OPL Format v1 Submit by email: issues@openpowerlifting.org

Federation Date MeetState MeetTown MeetName Formula
IPF 2024-07-21 Bethnal Green Weightlifting Club Summer Championships

Place	Name	BirthDate	Sex	BirthYear	Age	Country	State	Equipment	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3Squat Kg	Squat4Kg	Bench1Kg	Bench2Kg	Bench3Kg	Best3Bench Kg	Bench4Kg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3Deadlift Kg	Deadlift4Kg	TotalKg
1	Ka Shuan Catherine Wong		F					Raw	Women's Raw Open	48.2	52	70	-75	-77.5	70		40	42.5	-45	42.5		90	95	-97.5	95		207.5
1	Morag Campbell		F					Raw	Women's Raw Open	53.6	57	102.5	107.5	112.5	112.5		52.5	55	57.5	57.5		127.5	135	140	140		310
1	Stephanie Saunders		F					Raw	Women's Raw Open	61.4	63	105	110	112.5	112.5		55	57.5	-60	57.5		117.5	125	130	130		300
2	Juana Fernandez		F					Raw	Women's Raw Open	61	63	-105	110	112.5	112.5		42.5	45	47.5	47.5		125	-135	135	135		295
3	Jen Abdalla		F					Raw	Women's Raw Open	58.8	63	100	110	115	115		50	55	-60	55		100	110	120	120		290
4	Jamie Nguyen		F					Raw	Women's Raw Open	60.6	63	107.5	112.5	117.5	117.5		40	42.5	45	45		110	117.5	125	125		287.5
5	Noreen Kay		F					Raw	Women's Raw Open	63	63	90	-95	-95	90		45	47.5	50	50		110	115	120	120		260
6	Juliaen Victor		F					Raw	Women's Raw Open	62	63	60	65	70	70		42.5	-47.5	-47.5	42.5		95	105	110	110		222.5
1	Lucy Woodruff		F					Raw	Women's Raw Open	69	69	70	82.5	85	85		32.5	37.5	40	40		90	100	110	110		235
1	Cainy Mason		F					Raw	Women's Raw Open	75.2	76	125	-135		125		87.5	92.5		92.5		162.5	170	-195	170		387.5
2	Eleanor Smith		F					Raw	Women's Raw Open	75.8	76	135	142.5	147.5	147.5		57.5	60	-62.5	60		155	165	-172.5	165		372.5
3	Florence Thail		F					Raw	Women's Raw Open	75.2	76	115	-122.5	122.5	122.5		-60	62.5	65	65		145	155	162.5	162.5		350
1	Toyosi Omotoso		F					Raw	Women's Raw Open	97.84+		197.5	207.5	215	215		92.5	97.5	100	100		225	242.5	251.5	251.5		566.5
2	Annalisa Vaente		F					Raw	Women's Raw Open	102.6 84+		147.5	157.5	162.5	162.5		65	-70	-70	65		160	172.5	180	180		407.5
3	Isi Avbulimen		F					Raw	Women's Raw Open	84.6 84+		115	122.5	130	130		50	55	-57.5	55		145	157.5	165	165		350
1	Salman Desai		M					Raw	Men's Raw Open	57.4	59	135	142.5	147.5	147.5		90	95	100	100		165	175	182.5	182.5		430
1	Elty Moshe		M					Raw	Men's Raw Open	73.8	74	175	-185	-185	175		125	-130	-130	125		215	227.5	240	240		540
1	Don Demetrius		M					Raw	Men's Raw Open	77.2	83	150	160	-170	160		120	125	130	130		200	210	220	220		510
2	Jasper Gregory		M					Raw	Men's Raw Open	82.2	83	130	135	140	140		95	100	105	105		160	172.5	182.5	182.5		427.5
3	Mohammad Rafi		M					Raw	Men's Raw Open	81.8	83	172.5	-185	-185	172.5		117.5	125	130	130		75			75		377.5
4	Adrian Galy		M					Raw	Men's Raw Open	80.2	83	-60	60	65	65		37.5	40	42.5	42.5		-70	75	80	80		187.5
1	Badrun Ali		M					Raw	Men's Raw Open	90.6	93	-217.5	-217.5	217.5	217.5		152.5	162.5	170	170		230	247.5	-272.5	247.5		635
2	Abdul Basit Ali		M					Raw	Men's Raw Open	91	93	190	205	215	215		127.5	137.5	142.5	142.5		215	227.5	245	245		602.5
3	Tanny Chiu		M					Raw	Men's Raw Open	91.6	93	205	-217.5	222.5	222.5		115	122.5	-130	122.5		210	227.5	-237.5	227.5		572.5
1	Jeffrey Gruszka		M					Raw	Men's Raw Open	96.2	105	245	255	260	260		165	175	180	180		290	300	-310	300		740
2	Jordan Grace		M					Raw	Men's Raw Open	101.2	105	220	235	245	245		152.5	162.5	167.5	167.5		250	260	267.5	267.5		680
3	Sam Tilby		M					Raw	Men's Raw Open	104.6	105	190	202.5	212.5	212.5		155	-162.5	-162.5	155		200	215	-225	215		582.5
4	Krubel Getachew		M					Raw	Men's Raw Open	103.4	105	190	202.5	210	210		105	115	120	120		205	220	230	230		560
5	Daniel Paget		M					Raw	Men's Raw Open	104.2	105	187.5	200	-207.5	200		115	122.5	-132.5	122.5		215	227.5	235	235		557.5
6	Benjamine Klein		M					Raw	Men's Raw Open	95.8	105	170	180	190	190		110	-115	125	125		180	190	210	210		525
7	Jack Biddlecombe		M					Raw	Men's Raw Open	94	105	160	170	175	175		127.5	135	140	140		187.5	195	202.5	202.5		517.5
8	Mike Denzil		M					Raw	Men's Raw Open	95.2	105	145	150	155	155		85	90	95	95		182.5	187.5	192.5	192.5		442.5
1	Augustine Adeosun		M					Raw	Men's Raw Open	119.6	120	280	-295	295	295		155	165	-175	165		-315	330	350	350		810
2	David Pickin		M					Raw	Men's Raw Open	114.4	120	222.5	-237.5	237.5	237.5		135	140	-142.5	140		252.5	270	280	280		657.5
3	Chris Delahunt		M					Raw	Men's Raw Open	105.6	120	195	205	212.5	212.5		137.5	145	-150	145		230	242.5	-250	242.5		600
1	Paul Olowogboye		M					Raw	Men's Raw Open	120.8 120+		270	285		285		155	165	-172.5	165		275	290	305	305		755