

OPL Format v1 Submit by email:

Federation Date
IPF 2024-12-07

Place	Name	Equipment	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Squat4Kg	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Bench4Kg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	Deadlift4Kg	TotalKg	Event	
1	Clara Thomas	Raw	Women's Raw Open	56.4	57	100	110	115	115	50	55	57.5	57.5	115	125	130						302.5 SBD	
2	Saffron Bargewell	Raw	Women's Raw Open	56	57	107.5	115	120	120	47.5	52.5	55	55	110	117.5	125						300 SBD	
3	Huiyuan Zhang	Raw	Women's Raw Open	56.6	57	115	120	120	115	47.5	50	-52.5	50	120	130	135						300 SBD	
4	Akshita Bakrie	Raw	Women's Raw Open	55.6	57	82.5	87.5	100	102.5	50	55	-60	55	120	127.5	135						282.5 SBD	
5	Juana Fernandez	Raw	Women's Raw Open	55.8	57	107.5	112.5	-117.5	112.5	45	47.5	-50	47.5	122.5	127.5	-132.5							287.5 SBD
6	Charalote Judans	Raw	Women's Raw Open	62.4	63	110	117.5	117.5	117.5	60	-65	-70	60	130	142.5	-152.5							320 SBD
7	Charme Nguyen	Raw	Women's Raw Open	63.8	63	120	127.5	-132.5	127.5	47.5	50	-55	50	125	132.5	137.5							315 SBD
8	Julia Szumilas	Raw	Women's Raw Open	62	63	77.5	87.5	95	95	57.5	-62.5	62.5	62.5	110	120	130							287.5 SBD
9	Eliska Cule	Raw	Women's Raw Open	60.2	63	82.5	-87.5	87.5	87.5	40	-42.5	-42.5	40	110	115	120							247.5 SBD
5	Judean Victor	Raw	Women's Raw Open	61.4	63	75	-77.5	80	80	40	45	-50	45	100	110	120							245 SBD
1	Dhryana Soehnar	Raw	Women's Raw Open	67.6	69	127.5	137.5	-147.5	137.5	102.5	105	-110	105	130	137.5	150	160	160					402.5 SBD
2	Elizabeth Martin de Barotomé	Raw	Women's Raw Open	67.9	69	127.5	135	-140	135	47.5	52.5	55	55	142.5	155	160	160						390 SBD
3	Habiba Hussain	Raw	Women's Raw Open	68.8	69	105	110	115	115	55	57.5	-60	57.5	130	137.5	-140							310 SBD
4	Alexandra Basing	Raw	Women's Raw Open	67.8	69	95	100	102.5	102.5	50	52.5	-55	52.5	130	137.5	-142.5							292.5 SBD
5	Clare Yates	Raw	Women's Raw Open	68	69	100	107.5	112.5	112.5	50	52.5	55	55	107.5	115	120							287.5 SBD
1	Yunia Maalo	Raw	Women's Raw Open	74.2	76	110	117.5	122.5	122.5	57.5	62.5	65	65	165	172.5	177.5							365 SBD
2	Praveeta Thayalan	Raw	Women's Raw Open	75	76	100	105	107.5	107.5	60	62.5	65	65	140	145	150	150						322.5 SBD
3	Kocoe Eber	Raw	Women's Raw Open	71.6	76	92.5	97.5	97.5	97.5	55	60	65	65	100	105	-110	105						287.5 SBD
1	Isi Avtuliminen	Raw	Women's Raw Open	84	84	120	130	135	135	52.5	57.5	62.5	62.5	150	165	-175	165						362.5 SBD
2	Zzay Jaliloh	Raw	Women's Raw Open	82.4	84	120	125	132.5	132.5	60	65	70	70	120	127.5	135	135						337.5 SBD
1	Arianessa Viente	Raw	Women's Raw Open	103.8 B4+	83	155	165	170	170	75	87.5	90	90	170	180	185	185						430 SBD
2	Emily Dennis-Huille	Raw	Women's Raw Open	151 B4+	83	155	-165	-170	155	97.5	-102.5	-102.5	97.5	135	142.5	-147.5	142.5						395 SBD
1	Fadul Hammond	Raw	Men's Raw Open	58.7	59	137.5	145	-150	145	107.5	115	120	120	155	165	170	170						435 SBD
2	Saiman Desai	Raw	Men's Raw Open	58.8	59	140	147.5	152.5	152.5	97.5	102.5	-105	102.5	170	180	-190	180						435 SBD
1	Ethan Sarves	Raw	Men's Raw Open	64.8	66	157.5	167.5	175	175	97.5	102.5	107.5	107.5	200	215	230	230						542.5 SBD
2	Yiwan Lin	Raw	Men's Raw Open	65.4	66	155	165	175	175	92.5	97.5	-100	97.5	170	180	-190	180						415.5 SBD
3	Hui Swaminathan	Raw	Men's Raw Open	64.4	66	147.5	155	162.5	162.5	82.5	-87.5	-87.5	82.5	185	-200	200	185						430 SBD
4	Jonathan Mesele	Raw	Men's Raw Open	65	66	-117.5	127.5	140	140	77.5	85	-90	85	162.5	175	185	185						410 SBD
5	Arian Perumal	Raw	Men's Raw Open	64.6	66	120	-130	135	135	70	77.5	82.5	82.5	145	160	170	170						387.5 SBD
	Ali Ullah	Raw	Men's Raw Open	66	66																		SBD
1	Samuel Kaye	Raw	Men's Raw Open	72.6	74	202.5	215	217.5	217.5	147.5	152.5	155	155	255	265	-270	265						637.5 SBD
2	Jochuan Yang	Raw	Men's Raw Open	73.8	74	185	195	-205	195	157.5	-165	-165	157.5	210	227.5	240	240						592.5 SBD
3	Ery Moubiar	Raw	Men's Raw Open	73.4	74	180	187.5	195	195	127.5	-132.5	-132.5	127.5	227.5	240	250	250						572.5 SBD
4	Miyazur Terafdar	Raw	Men's Raw Open	73	74	192.5	202.5	-215	202.5	95	100	107.5	107.5	210	230	245	245						555 SBD
5	Thomas Laurence	Raw	Men's Raw Open	72	74	155	165	-170	165	85	-92.5	92.5	92.5	195	-210	220	220						477.5 SBD
6	Luise Wildgoose	Raw	Men's Raw Open	70	74	120	130	140	140	90	97.5	-102.5	97.5	140	150	165	165						402.5 SBD
7	Robert Chatterjee	Raw	Men's Raw Open	70	74	110	120	125	125	-77.5	77.5	82.5	82.5	155	165	175	175						382.5 SBD
	Joseph Simon-Clyde	Raw	Men's Raw Open	74	74																		SBD
	Godfrey Chau	Raw	Men's Raw Open	74	74																		SBD
	France Ballesteros	Raw	Men's Raw Open	71.6	74	110	115	-120	115	-80	-85	-85		155	162.5	170	170						SBD
	Doungyan Yoong	Raw	Men's Raw Open	78.4	83	197.5	200	207.5	207.5	140	147.5	-152.5	147.5	220	235	250	250						605 SBD
1	Thomas Hom	Raw	Men's Raw Open	82	83	190	200	-207.5	200	140	147.5	150	150	220	235	250	250						600 SBD
3	Joel Atkins	Raw	Men's Raw Open	76.8	83	165	172.5	180	180	107.5	115	120	120	217.5	237.5	245	245						545 SBD
4	Thomas Serenico Price	Raw	Men's Raw Open	82	83	180	190	200	200	117.5	122.5	127.5	127.5	210	225	232.5	232.5						560 SBD
5	Wesli Kendrick	Raw	Men's Raw Open	81.8	83	185	192.5	200	192.5	135	142.5	-150	142.5	215.5	222.5	-230	222.5						577.5 SBD
6	Danyal Magnus	Raw	Men's Raw Open	80	83	170	180	185	185	110	115	-120	115	220	230	-240	230						530 SBD
7	Jay Priya	Raw	Men's Raw Open	80.4	83	167.5	177.5	187.5	187.5	77.5	82.5	87.5	87.5	215	230	240	240						515 SBD
8	Biswajit Manigaz	Raw	Men's Raw Open	80	83	160	170	180	180	115	122.5	125	125	185	195	205	205						510 SBD
9	Friedie Taylor	Raw	Men's Raw Open	81	83	150	165	-175	165	120	127.5	132.5	132.5	175	187.5	200	200						497.5 SBD
10	Stephen Ashcroft	Raw	Men's Raw Open	82	83	155	165	172.5	172.5	92.5	97.5	102.5	102.5	195	210	220	220						495 SBD
11	Michael Wang	Raw	Men's Raw Open	83	83	155	160	165	165	90	95	100	100	185	195	200	200						465 SBD
12	Almad Mutlag Bin Mohammad Shamsul	Raw	Men's Raw Open	79.8	83	160	-165	-165	160	-102.5	107.5	-112.5	107.5	-175	175	-185	175						442.5 SBD
13	Sireen Yu	Raw	Men's Raw Open	75.4	83	145	-155	-155	145	85	-92.5	-92.5	85	175	185	192.5	192.5						422.5 SBD
14	Wilson Wang	Raw	Men's Raw Open	82	83	125	130	135	135	75	-80	-80	75	145	152.5	165	165						375 SBD
15	Adrian Galy	Raw	Men's Raw Open	81	83	70	75	80	80	42.5	45	-47.5	45	95	100	105	105						230 SBD
1	Ishadin Ali	Raw	Men's Raw Open	91.2	93	215	222.5	230	230	155	165	-172.5	165	232.5	250	-260	250						645 SBD
2	Thomas Celestin	Raw	Men's Raw Open	92.8	93	240	247.5	255	255	107.5	-112.5	-112.5	107.5	277.5	-292.5	-300	277.5						640 SBD
3	Rizwan Mussa	Raw	Men's Raw Open	91.4	93	170	185	195	195	125	132.5	-137.5	132.5	220	235	250	250						577.5 SBD
4	Thomas Dunn	Raw	Men's Raw Open	91	93	155	-165	170	170	105	-112.5	-115	105	192.5	205	215	215						490 SBD
5	Jasper Gregory	Raw	Men's Raw Open	85.6	93	150	157.5	160	160	95	100	105	105	180	192.5	200	200						465 SBD
6	Stephen Christian	Raw	Men's Raw Open	91.8	93	140	152.5	160	160	110	-117.5	-117.5	110	185	200	-205	200						470 SBD
7	Sahil Khan	Raw	Men's Raw Open	86	93	140	145	150	150	115	120	125	125	167.5	175	180	180						455 SBD
8	Mihai Perju	Raw	Men's Raw Open	91	93	150	160	170	170	85	92.5	100	100	160	170	180	180						450 SBD
9	Jeffery Gruska	Raw	Men's Raw Open	97.5	105	245	262.5	265	262.5	170	-185	-190	170	290	310	310	310						742.5 SBD
2	Taras Lyncovskii	Raw	Men's Raw Open	102.6	105	220	230	-235	230	155	155	-157.5	155	240	250	-260	250						635 SBD
4	Jack Johns	Raw	Men's Raw Open	102	105	190	200	205	205	130	-135	135	135	240	252.5	-260	252.5						592.5 SBD
5	Callum Chibsey	Raw	Men's Raw Open	101	105	190	200	-230	200	135	145	150	150	185	205	-240	225						575 SBD
6	Cristian Vuivan	Raw																					