

OPL Format v1 Submit by email:

Federation
IPF Date
2025-04-27

Place	Name	Division	BodyweightKg	WeightClassKg	Squat1Kg	Squat2Kg	Squat3Kg	Best3SquatKg	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg
1	Rochelle Bygraves	Women's Raw Open	55.9	57	100	105	107.5	107.5	47.5	52.5	55	55	135	145	150	150	312.5
1	Stephanie Saunders	Women's Raw Open	61.5	63	102.5	110	115	115	55	57.5	-60	57.5	130	137.5	-145	137.5	310
2	Nadiye Morgan	Women's Raw Open	60.5	63	90	97.5	105	105	42.5	45	-47.5	45	115	120	125	125	275
3	Jolawn Victor	Women's Raw Open	60.9	63	77.5	85	90	90	42.5	47.5	-50	47.5	110	120	127.5	127.5	265
1	Marta Lesina	Women's Raw Open	67.4	69	112.5	120	127.5	127.5	65	70	72.5	72.5	127.5	135	142.5	142.5	342.5
2	Jamie Redden	Women's Raw Open	67.4	69	82.5	87.5	92.5	92.5	40	45	-50	45	105	115	122.5	122.5	260
3	Clara Ewert	Women's Raw Open	66.3	69	90	97.5	-102.5	97.5	47.5	50	52.5	52.5	95	-102.5	105	105	255
4	Jess Hern	Women's Raw Open	65.3	69	72.5	75	-80	75	45	47.5	50	50	95	100	105	105	230
1	Maytal Akselrad	Women's Raw Open	72.7	76	95	105	115	115	55	60	62.5	62.5	120	130	140	140	317.5
2	Clare Porter	Women's Raw Open	73.2	76	110	-117.5	117.5	117.5	65	70	-75	70	110	117.5	122.5	122.5	310
3	Laura Soul	Women's Raw Open	73.1	76	100	107.5	112.5	112.5	52.5	-57.5	-57.5	52.5	120	125	130	130	295
4	Julia Carroll	Women's Raw Open	74	76	85	-90	90	90	45	47.5	-50	47.5	115	120	125	125	262.5
1	Elisabeth Welburn	Women's Raw Open	76.7	84	132.5	140	-145	140	67.5	-70	-70	67.5	170	182.5	-192.5	182.5	390
2	Zainab Jalloh	Women's Raw Open	82.4	84	127.5	135	142.5	142.5	62.5	-67.5	67.5	67.5	-130	135	145	145	355
3	Curie Kim	Women's Raw Open	83.8	84	115	122.5	130	130	65	-70	-70	65	145	155	-165	155	350
4	Ileri Ogunbanwo	Women's Raw Open	77.6	84	95	102.5	110	110	60	-65	-65	60	115	122.5	-130	122.5	292.5
5	Rosena Barnes	Women's Raw Open	82	84	-87.5	-87.5	87.5	87.5	35	45	47.5	47.5	95	110	115	115	250
6	Rashmi Dube	Women's Raw Open	76.5	84					25	30	-32.5	30					30
1	Sandra Ostlelu	Women's Raw Open	93.8	84	130	140	150	150	75	80	85	85	150	160	170	170	405
2	Jen Lang	Women's Raw Open	125.4	84	132.5	-137.5	137.5	137.5	82.5	87.5	-92.5	87.5	147.5	152.5	155	155	380
3	Rachel Avbulumen	Women's Raw Open	93.2	84	95	102.5	110	110	45	50	-52.5	50	135	145	155	155	315
4	Zoe Woodruff	Women's Raw Open	88.4	84	95	102.5	-110	102.5	45	-50	-50	45	100	110	120	120	267.5
1	Efty Moshur	Men's Raw Open	73.9	74	185	195	202.5	202.5	130	137.5	-140	137.5	230	250	-260	250	590
2	Casper Mc	Men's Raw Open	70.8	74	117.5	125	130	130	85	90	92.5	92.5	140	147.5	160	160	382.5
1	Diego Martinez	Men's Raw Open	82.6	83	190	200	215	215	110	130	137.5	137.5	230	250	-270	250	602.5
2	Don Demetrius	Men's Raw Open	77.8	83	157.5	167.5	175	175	120	127.5	132.5	132.5	205	217.5	227.5	227.5	535
3	Ben Morris	Men's Raw Open	82	83	-165	165	172.5	172.5	120	125	-127.5	125	200	207.5	212.5	212.5	510
4	Ed Cannon	Men's Raw Open	82.9	83	150	157.5	-160	157.5	85	90	92.5	92.5	157.5	165	-170	165	415
1	Julian Smith	Men's Raw Open	91.9	93	190	207.5	215	215	135	150	-155	150	210	225	232.5	232.5	597.5
2	Gary Sawers	Men's Raw Open	90.8	93	190	200	210	210	127.5	-135	-140	127.5	225	232.5	240	240	577.5
3	Tom Simpson	Men's Raw Open	83.7	93	150	157.5	162.5	162.5	70	72.5	-77.5	72.5	162.5	172.5	177.5	177.5	412.5
1	Lenny Oseni	Men's Raw Open	101.6	105	210	225	235	235	147.5	157.5	165	165	225	240	260	260	660
2	Kwesi Ameyaw	Men's Raw Open	99.5	105	195	210	215	215	120	130	-140	130	250	262.5	-275	262.5	607.5
3	David Lewis	Men's Raw Open	103.1	105	200	-210	210	210	110	117.5	122.5	122.5	217.5	230	240	240	572.5
4	Kieran Winterburn	Men's Raw Open	101.4	105	160	170	180	180	107.5	115	-120	115	220	232.5	240	240	535
5	Phil Longhurst	Men's Raw Open	102.99	105	140	150	155	155	-120	120	-130	120	162.5	175	-185	175	450
6	Andrew Peachey	Men's Raw Open	104.5	105	140	150	157.5	157.5	75	80	85	85	180	190	-200	190	432.5
1	John Carroll	Men's Raw Open	119.1	120	230	240	250	250	150	157.5	-162.5	157.5	240	255	265	265	672.5
1	Nathan Jonhston	Men's Raw Open	130.6	120	200	215	225	225	175	182.5	-190	182.5	210	220	-230	220	627.5
2	Christopher William Gillard	Men's Raw Open	164	120	220	235	242.5	242.5	160	-167.5	167.5	167.5	230	-245	-245	230	640
3	James Lucas	Men's Raw Open	121	120	182.5	192.5	200	200	107.5	112.5	115	115	207.5	220	230	230	545
4	Kieran Johnson-Biggs	Men's Raw Open	153.3	120	215	227.5	-235	227.5	125	132.5	-137.5	132.5	215	230	-235	230	590