

# 11/03/19 2019 IPF Powerlifting

Name	Team	Div	Bwt - kg	IPF Wt Cls	lot#	Birth Year	IPF Pts Code	SQ-1	SQ-2	SQ-3	Best SQ	BP-1	BP-2	BP-3	Best BP	DL-1	DL-2	DL-3	Best DL	PL Total	PI/Div/Cls/Event	IPF Points	Events Entered	State
Emelie Forsberg		F-O	61.10	63			WEP	115.0	120.0	125.0	125.0	67.5	72.5	-75.0	72.5	125.0	132.5	140.0	140.0	337.5	1/F-O/63/PL	482.78	PL	
Ladoki Toya		F-O	62.40	63			WEP	107.5	112.5	115.0	115.0	52.5	57.5	60.0	60.0	127.5	135.0	140.0	140.0	315.0	2/F-O/63/PL	453.93	PL	
Jana Civelova		F-O	63.00	63			WEP	100.0	107.5	-140.0	107.5	50.0	-52.5	-52.5	50.0	110.0	120.0	-127.5	120.0	277.5	3/F-O/63/PL	410.99	PL	
Len Demetriou		F-O	59.80	63			WEP	82.5	87.5	-92.5	87.5	45.0	47.5	50.0	50.0	117.5	127.5	132.5	132.5	270.0	4/F-O/63/PL	410.37	PL	
Maria Nagyova		F-O	62.60	63			WEP	75.0	80.0	85.0	85.0	35.0	-40.0	-40.0	35.0	115.0	-120.0	125.0	125.0	245.0	5/F-O/63/PL	375.99	PL	
Sam Pryn		F-O	62.00	63			WEP	60.0	65.0	67.5	67.5	-40.0	45.0	-47.5	45.0	85.0	90.0	95.0	95.0	207.5	6/F-O/63/PL	335.56	PL	
Joanne Holden		F-O	60.10	63			WEP	65.0	70.0	72.5	72.5	35.0	37.5	40.0	40.0	85.0	90.0	-95.0	90.0	202.5	7/F-O/63/PL	333.32	PL	
Lydia Charles		F-O	70.50	72			WEP	130.0	137.5	-142.5	137.5	70.0	-75.0	0.0	70.0	-145.0	145.0	155.0	155.0	362.5	1/F-O/72/PL	483.74	PL	
Charlotte Deval		F-O	68.50	72			WEP	-127.5	127.5	135.0	135.0	67.5	-72.5	-72.5	67.5	130.0	140.0	-147.5	140.0	342.5	2/F-O/72/PL	467.77	PL	
letitia lau		F-O	68.50	72			WEP	110.0	115.0	120.0	120.0	60.0	65.0	67.5	67.5	145.0	155.0	-162.5	155.0	342.5	3/F-O/72/PL	467.77	PL	
GríÁinne Creighton		F-O	71.50	72			WEP	97.5	102.5	-107.5	102.5	57.5	60.0	62.5	62.5	115.0	120.0	125.0	125.0	290.0	4/F-O/72/PL	406.45	PL	
Kathy Doyle		F-O	70.70	72			WEP	90.0	95.0	100.0	100.0	50.0	52.5	-55.0	52.5	120.0	125.0	-132.5	125.0	277.5	5/F-O/72/PL	395.01	PL	
Sandra Mardin		F-O	70.70	72			WEP	75.0	80.0	85.0	85.0	42.5	-47.5	47.5	47.5	95.0	102.5	107.5	107.5	240.0	6/F-O/72/PL	356.09	PL	
Monkia Tonkol		F-O	72.00	72			WEP	90.0	100.0	-105.0	100.0	-55.0	-60.0	-60.0	0.0	90.0	100.0	107.5	107.5	0.0		0.00	PL	
Elina Abel-Oporum		F-O	78.90	84			WEP	140.0	145.0	147.5	147.5	65.0	70.0	-72.5	70.0	-170.0	180.0	185.0	185.0	402.5	1/F-O/84/PL	504.41	PL	
Kerri Edwards		F-O	84.00	84			WEP	135.0	142.5	147.5	147.5	85.0	92.5	-100.0	92.5	140.0	147.5	152.5	152.5	392.5	2/F-O/84/PL	484.16	PL	
Mariam Mahmoud		F-O	81.90	84			WEP	127.5	135.0	137.5	137.5	70.0	75.0	-77.5	75.0	147.5	-160.0	-160.0	147.5	360.0	3/F-O/84/PL	456.88	PL	
Abigail McGrath		F-O	78.90	84			WEP	125.0	132.5	137.5	137.5	65.0	70.0	-75.0	70.0	130.0	140.0	145.0	145.0	352.5	4/F-O/84/PL	455.22	PL	
Alison Young		F-O	80.10	84			WEP	110.0	115.0	120.0	120.0	75.0	77.5	80.0	80.0	140.0	145.0	147.5	147.5	347.5	5/F-O/84/PL	448.05	PL	
Spence		F-O	75.00	84			WEP	102.5	107.5	112.5	112.5	55.0	57.5	-60.0	57.5	117.5	122.5	-127.5	122.5	292.5	6/F-O/84/PL	402.65	PL	
Rachel Williams		F-O	113.80	84+			WEP	145.0	150.0	155.0	155.0	77.5	82.5	85.0	85.0	150.0	155.0	162.5	162.5	402.5	1/F-O/84+/PL	449.59	PL	
Lewis Ball		M-O	90.80	93			MEP	230.0	240.0	250.0	250.0	160.0	170.0	-172.5	170.0	250.0	265.0	280.0	280.0	700.0	1/M-O/93/PL	553.15	PL	
Harry Davies		M-O	90.70	93			MEP	235.0	245.0	250.0	250.0	-145.0	145.0	-155.0	145.0	265.0	-280.0	280.0	280.0	675.0	2/M-O/93/PL	535.81	PL	
Favourite		M-O	92.00	93			MEP	237.5	247.5	-250.0	247.5	135.0	142.5	150.0	150.0	240.0	255.0	-270.0	255.0	652.5	3/M-O/93/PL	515.88	PL	
Ivan Otim		M-O	92.70	93			MEP	180.0	190.0	195.0	195.0	110.0	117.5	122.5	122.5	240.0	260.0	270.0	270.0	587.5	4/M-O/93/PL	468.38	PL	
Gabriel Kassayie		M-O	93.00	93			MEP	205.0	212.5	-222.5	212.5	117.5	127.5	-132.5	127.5	227.5	240.0	247.5	247.5	587.5	5/M-O/93/PL	467.56	PL	
Ben Davies		M-O	89.10	93			MEP	187.5	202.5	210.0	210.0	117.5	127.5	-130.0	127.5	225.0	240.0	-257.5	240.0	577.5	6/M-O/93/PL	471.47	PL	
Lewis Cordwell		M-O	92.10	93			MEP	180.0	190.0	200.0	200.0	127.5	135.0	-140.0	135.0	217.5	227.5	-242.5	227.5	562.5	7/M-O/93/PL	452.50	PL	
Alan Joseph		M-O	86.90	93			MEP	170.0	182.5	192.5	192.5	110.0	120.0	127.5	127.5	210.0	230.0	240.0	240.0	560.0	8/M-O/93/PL	465.39	PL	
Eamon Alsaffar		M-O	86.50	93			MEP	180.0	190.0	-195.0	190.0	117.5	122.5	125.0	125.0	200.0	0.0	0.0	200.0	515.0	9/M-O/93/PL	433.90	PL	
Ollie Bowen		M-O	90.60	93			MEP	172.5	180.0	-185.0	180.0	-115.0	120.0	-122.5	120.0	212.5	-225.0	-225.0	212.5	512.5	10/M-O/93/PL	421.19	PL	
Abdullah Muhammad		M-O	91.50	93			MEP	185.0	190.0	-200.0	190.0	-92.5	92.5	-97.5	92.5	215.0	220.0	-222.5	220.0	502.5	11/M-O/93/PL	411.90	PL	
Quang Nguyen		M-O	88.60	93			MEP	175.0	182.5	185.0	185.0	127.5	132.5	137.5	137.5	75.0	-175.0	-175.0	75.0	397.5	12/M-O/93/PL	343.97	PL	
jeff ocrah		M-O	100.70	105			MEP	240.0	255.0	265.0	265.0	170.0	180.0	185.0	185.0	300.0	310.0	0.0	310.0	760.0	1/M-O/105/PL	563.49	PL	
Paul Olowogoby		M-O	103.90	105			MEP	265.0	277.5	282.5	282.5	150.0	157.5	-160.0	157.5	260.0	280.0	-290.0	280.0	720.0	2/M-O/105/PL	528.24	PL	
Antonio Shinebourne		M-O	103.10	105			MEP	-250.0	260.0	265.0	265.0	145.0	150.0	152.5	152.5	270.0	282.5	290.0	290.0	707.5	3/M-O/105/PL	522.09	PL	
Nicholas Georgallides		M-O	104.50	105			MEP	230.0	240.0	-245.0	240.0	-155.0	-155.0	155.0	155.0	280.0	295.0	-307.5	295.0	690.0	4/M-O/105/PL	507.07	PL	
Reece Smith		M-O	104.50	105			MEP	242.5	252.5	257.5	257.5	147.5	155.0	-157.5	155.0	257.5	275.0	-287.5	275.0	687.5	5/M-O/105/PL	505.44	PL	

Tosin Ososami		M-O	100.50	105			MEP	195.0	205.0	212.5	212.5	140.0	147.5	150.0	150.0	255.0	270.0	-282.5	270.0	632.5	6/M-O/105/PL	478.91	PL	
Jamie Barratt		M-O	102.10	105			MEP	195.0	205.0	-245.0	205.0	145.0	155.0	-460.0	155.0	225.0	240.0	-260.0	240.0	600.0	7/M-O/105/PL	453.52	PL	
emils solmanis		M-O	98.80	105			MEP	195.0	207.5	215.0	215.0	102.5	110.0	115.0	115.0	227.5	245.0	257.5	257.5	587.5	8/M-O/105/PL	452.84	PL	
Rizvan Mussa		M-O	99.30	105			MEP	175.0	190.0	200.0	200.0	122.5	130.0	135.0	135.0	225.0	240.0	-252.5	240.0	575.0	9/M-O/105/PL	443.25	PL	
Mike Waite		M-O	103.00	105			MEP	170.0	177.5	-182.5	177.5	120.0	-430.0	130.0	130.0	190.0	200.0	205.0	205.0	512.5	10/M-O/105/PL	393.82	PL	
augustine adeosun		M-O	111.20	120			MEP	210.0	220.0	230.0	230.0	130.0	137.5	-145.0	137.5	280.0	300.0	-325.0	300.0	667.5	1/M-O/120/PL	477.35	PL	
Marty Lazarov		M-O	110.60	120			MEP	200.0	215.0	220.0	220.0	130.0	140.0	-145.0	140.0	245.0	260.0	270.0	270.0	630.0	2/M-O/120/PL	454.81	PL	
Edem Amuzu		M-O	112.50	120			MEP	-180.0	180.0	190.0	190.0	130.0	140.0	150.0	150.0	-230.0	230.0	250.0	250.0	590.0	3/M-O/120/PL	425.86	PL	
Vladi Lazarov		M-O	117.50	120			MEP	220.0	-235.0	240.0	240.0	-145.0	-155.0	-155.0	0.0	275.0	285.0	-305.0	285.0	0.0		0.00	PL	
Asif Ahmed		M-O	151.70	120+			MEP	325.0	350.0	-365.0	350.0	190.0	200.0	-210.0	200.0	300.0	315.0	-320.0	315.0	865.0	1/M-O/120+/PL	522.67	PL	
Afrasiaab Khan		M-O	133.20	120+			MEP	220.0	240.0	-250.0	240.0	-180.0	190.0	-205.0	190.0	240.0	260.0	280.0	280.0	710.0	2/M-O/120+/PL	463.37	PL	
Chris Hamilton		M-O	120.40	120+			MEP	170.0	182.5	190.0	190.0	147.5	152.5	-155.0	152.5	190.0	200.0	210.0	210.0	552.5	3/M-O/120+/PL	389.51	PL	