

11/02/19 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
Helen Quinn		F-O	51.30	52			WEP	92.5	97.5	102.5	102.5	55.0	-57.5	-57.5	55.0	-120.0	120.0	130.0	130.0	287.5	1/F-O/52/PL	457.30	PL	
Amila Dissanayake		F-O	51.20	52			WEP	87.5	92.5	95.0	95.0	62.5	65.0	-67.5	65.0	110.0	117.5	120.0	120.0	280.0	2/F-O/52/PL	448.38	PL	
Adejoke Adetayo		F-O	56.40	57			WEP	140.0	147.5	152.5	152.5	50.0	55.0	-62.5	55.0	145.0	155.0	170.0	170.0	377.5	1/F-O/57/PL	545.40	PL	
Melissa Hexter		F-O	55.20	57			WEP	127.5	-135.0	135.0	135.0	77.5	82.5	90.0	90.0	137.5	145.0	150.0	150.0	375.0	2/F-O/57/PL	547.49	PL	
emily przesiak		F-O	57.00	57			WEP	112.5	-117.5	-120.0	112.5	62.5	67.5	-70.0	67.5	135.0	-142.5	150.0	150.0	330.0	3/F-O/57/PL	487.65	PL	
Debbie Bell		F-O	55.90	57			WEP	102.5	107.5	110.0	110.0	55.0	-60.0	-60.0	55.0	127.5	135.0	142.5	142.5	307.5	4/F-O/57/PL	465.08	PL	
Desdemona Tilica		F-O	56.00	57			WEP	77.5	-82.5	85.0	85.0	40.0	42.5	45.0	45.0	100.0	105.0	110.0	110.0	240.0	5/F-O/57/PL	385.37	PL	
Casper Thomas		M-O	66.00	66			MEP	160.0	170.0	-172.5	170.0	140.0	147.5	152.5	152.5	200.0	210.0	-215.0	210.0	532.5	1/M-O/66/PL	527.00	PL	
Jun Jie (JJ) Ng		M-O	65.30	66			MEP	170.0	182.5	190.0	190.0	117.5	122.5	127.5	127.5	180.0	192.5	202.5	202.5	520.0	2/M-O/66/PL	519.92	PL	
Viet Bui-Le		M-O	64.90	66			MEP	160.0	-170.0	170.0	170.0	100.0	105.0	107.5	107.5	-180.0	180.0	190.0	190.0	467.5	3/M-O/66/PL	476.22	PL	
Jeriel Ho		M-O	63.20	66			MEP	135.0	142.5	145.0	145.0	100.0	107.5	-112.5	107.5	180.0	190.0	200.0	200.0	452.5	4/M-O/66/PL	471.57	PL	
Ihsaan Furlonge		M-O	64.80	66			MEP	150.0	155.0	162.5	162.5	95.0	100.0	-105.0	100.0	180.0	-190.0	-190.0	180.0	442.5	5/M-O/66/PL	454.85	PL	
calvin kimenyi		M-O	64.50	66			MEP	-120.0	-120.0	130.0	130.0	-82.5	87.5	-92.5	87.5	172.5	180.0	195.0	195.0	412.5	6/M-O/66/PL	429.96	PL	
Probir Debnath		M-O	64.10	66			MEP	140.0	147.5	155.0	155.0	92.5	-97.5	-97.5	92.5	145.0	152.5	157.5	157.5	405.0	7/M-O/66/PL	425.16	PL	
Ben Liew		M-O	72.80	74			MEP	-170.0	180.0	-187.5	180.0	135.0	145.0	0.0	145.0	195.0	210.0	220.0	220.0	545.0	1/M-O/74/PL	504.69	PL	
Michael Ampofo-Anti		M-O	73.00	74			MEP	160.0	170.0	180.0	180.0	105.0	115.0	125.0	125.0	210.0	222.5	240.0	240.0	545.0	2/M-O/74/PL	503.82	PL	
James Bannon		M-O	73.90	74			MEP	180.0	190.0	200.0	200.0	-117.5	120.0	-125.0	120.0	210.0	220.0	-227.5	220.0	540.0	3/M-O/74/PL	495.99	PL	
Adam Holmes		M-O	70.60	74			MEP	160.0	-175.0	180.0	180.0	107.5	115.0	122.5	122.5	195.0	215.0	222.5	222.5	525.0	4/M-O/74/PL	498.09	PL	
Gage Roberts		M-O	72.50	74			MEP	180.0	190.0	-200.0	190.0	120.0	-130.0	132.5	132.5	-180.0	190.0	200.0	200.0	522.5	5/M-O/74/PL	487.76	PL	
Sam Radage		M-O	73.10	74			MEP	170.0	180.0	-190.0	180.0	115.0	122.5	-130.0	122.5	180.0	190.0	200.0	200.0	502.5	6/M-O/74/PL	469.13	PL	
Julien Petit		M-O	72.30	74			MEP	165.0	177.5	-187.5	177.5	90.0	95.0	-100.0	95.0	210.0	220.0	227.5	227.5	500.0	7/M-O/74/PL	470.34	PL	
marcus wheeler		M-O	72.20	74			MEP	155.0	170.0	175.0	175.0	95.0	105.0	-107.5	105.0	195.0	210.0	-215.0	210.0	490.0	8/M-O/74/PL	462.62	PL	
Riordan O'Goan		M-O	69.80	74			MEP	125.0	140.0	160.0	160.0	95.0	-105.0	110.0	110.0	170.0	200.0	205.0	205.0	475.0	9/M-O/74/PL	460.19	PL	
Venet Kukran		M-O	72.50	74			MEP	-150.0	150.0	-162.5	150.0	105.0	110.0	117.5	117.5	-202.5	207.5	-212.5	207.5	475.0	10/M-O/74/PL	449.27	PL	
Jon Rose		M-O	71.90	74			MEP	130.0	140.0	142.5	142.5	95.0	100.0	102.5	102.5	160.0	175.0	0.0	175.0	420.0	11/M-O/74/PL	406.80	PL	
Jeffrey Doa		M-O	71.40	74			MEP	-185.0	-185.0	-195.0	0.0	25.0	0.0	0.0	25.0	-210.0	225.0	-245.0	225.0	0.0		0.00	PL	
Zechi Gan		M-O	78.60	83			MEP	170.0	185.0	195.0	195.0	125.0	130.0	132.5	132.5	245.0	257.5	-270.0	257.5	585.0	1/M-O/83/PL	512.40	PL	
Warren Haskins		M-O	81.40	83			MEP	-190.0	190.0	195.0	195.0	125.0	130.0	135.0	135.0	230.0	245.0	250.0	250.0	580.0	2/M-O/83/PL	498.16	PL	
Raphael Leong		M-O	81.00	83			MEP	180.0	192.5	-205.0	192.5	110.0	115.0	120.0	120.0	225.0	237.5	250.0	250.0	562.5	3/M-O/83/PL	486.37	PL	
Gareth Wong		M-O	81.10	83			MEP	177.5	187.5	192.5	192.5	127.5	135.0	-140.0	135.0	210.0	222.5	235.0	235.0	562.5	4/M-O/83/PL	486.02	PL	
Daniel Laing		M-O	81.90	83			MEP	195.0	210.0	-217.5	210.0	125.0	132.5	-135.0	132.5	205.0	220.0	-225.0	220.0	562.5	5/M-O/83/PL	483.25	PL	
Ashiq Taher		M-O	81.80	83			MEP	190.0	197.5	202.5	202.5	120.0	-125.0	125.0	125.0	205.0	212.5	217.5	217.5	545.0	6/M-O/83/PL	470.45	PL	
Asif Islam		M-O	82.60	83			MEP	175.0	187.5	205.0	205.0	100.0	110.0	115.0	115.0	175.0	195.0	210.0	210.0	530.0	7/M-O/83/PL	456.60	PL	
Simon Parsons		M-O	81.80	83			MEP	180.0	187.5	-195.0	187.5	112.5	115.0	117.5	117.5	200.0	-205.0	207.5	207.5	512.5	8/M-O/83/PL	446.03	PL	
Abdullah Butt		M-O	82.80	83			MEP	162.5	-172.5	172.5	172.5	112.5	-120.0	120.0	120.0	185.0	192.5	202.5	202.5	495.0	9/M-O/83/PL	429.87	PL	
Hamayun Farooq		M-O	81.70	83			MEP	142.5	-147.5	147.5	147.5	95.0	102.5	110.0	110.0	192.5	205.0	212.5	212.5	470.0	10/M-O/83/PL	414.40	PL	
Raqueeb Shabbir		M-O	81.80	83			MEP	150.0	-160.0	-160.0	150.0	100.0	107.5	-110.0	107.5	200.0	210.0	-215.0	210.0	467.5	11/M-O/83/PL	412.23	PL	
william porter		M-O	82.10	83			MEP	-125.0	125.0	-135.0	125.0	-85.0	85.0	90.0	90.0	160.0	175.0	180.0	180.0	395.0	12/M-O/83/PL	357.03	PL	