

12-Aug-16**CAPO/GPA National 3-Lift**

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Bench 4	Deadlif t 1	Deadlif t 2	Deadlif t 3	Deadlif t 4	PL Total	Coeff Score	Age & Coeff	Place code	PI-Div-WtCl	Events
Kaari MacDonald (NSW)	23	FJ-RP	73.9	75	0.8445	101	-110	-110		57.5	61	-62.5		122.5	127.5	132.5	135	294.5	248.69	248.69	3.00	1-FJ-RP	PL
Linda Finch (TAS)	40	FM-RP	51.2	52	1.1212	85	92.5	-97.5		55	60	-62.5		105	115	117.5		270.0	302.72	302.72	3.00	1-FM-RP	PL
Vasuki Annamalai (TAS)	35	FO-RP	66.9	67.5	0.9060	105	115	120		55	60	-62.5		115	125	130		310.0	280.84	280.84	2.00	2-FO-RP	PL
Lisa Ly (VIC)	40	FM-R	73.4	75	0.8484	115	120	125		70	75	80	85	160	170	180		385.0	326.61	326.61	3.00	1-FM-R	PL
Brendan Lockett (TAS)	26	MO-RP	78.75	82.5	0.6646	145	155	-160		92.5	97.5	-100		190	202.5	210		462.5	307.38	307.38	2.00	2-MO-RP	PL
Jim Ambrose (WA)	65	MM-RP	73.7	75	0.6976	-160	-160	160		110	120			200	220	-226		500.0	348.78	516.19	3.00	1-MM-RP	PL
Laura Sgro (NSW)	25	FO-RP	59.7	60	0.9916	165	177.5	185		97.5	102.5	-107.5		140	145	152		439.5	435.81	435.81	2.00	1-FO-RP	PL
Ben Chan (NSW)	32	MO-R	82.4	82.5	0.6451	170	180	-190		130	-137.5	137.5		230	240	-250		557.5	359.64	359.64	2.00	5-MO-R	PL
Marcus Poole (TAS)	19	MT-R	81.4	82.5	0.6503	180	195	-202.5		92.5	97.5	-100		230	245	252.5		545.0	354.39	354.39	3.00	1-MT-R	PL
Dimos Sofroniou (VIC)	29	MO-RP	79.7	82.5	0.6595	200	-210	-210		125	130	135		220	230	240		575.0	379.21	379.21	2.00	1-MO-RP	PL
Brodie McNally (NSW)	16	MT-RP	105.65	110	0.5694	227.5	242.5	250	260	125	140	-145		230	245	252.5	260	642.5	365.84	365.84	3.00	1-MT-RP	PL
Joe Holland (TAS)	22	MJ-RP	96.4	100	0.5908	150	-165	165		95	105	-110		180	200			470.0	277.68	277.68	3.00	1-MJ-RP	PL
Mark (Eddie) Jones (SA)	49	MM-R	87.55	90	0.6214	130	147.5	152.5	155	115	125	-130		180	-197.5	-197.5		457.5	284.27	316.39	3.00	4-MM-R	PL
Mitch Peter Lee (TAS)	18	MT-RP	105.25	110	0.5701	180	200	220		120	-130	-130		190	215	227.5		555.0	316.41	316.41	3.00	2-MT-RP	PL
John Biggs (NSW)	44	MM-R	99.6	100	0.5823	180				120	127.5	-132.5		230	261	-270		568.5	331.04	345.27	3.00	3-MM-R	PL
Feyde Rahban (NSW)	41	MM-R	99	100	0.5838	-200	-210	-220		100	120	-135		250	270	280					3.00		PL
Kane Knights (VIC)	25	MO-R	96.7	100	0.5900	180	200	210		120	130	140		230	250	260		610.0	359.87	359.87	2.00	4-MO-R	PL
Gary Jones (SA)	52	MM-R	106.75	110	0.5675	180	195	205		147.5	155	-160		232.5	242.5	250		610.0	346.14	403.26	3.00	2-MM-R	PL
Tony Beecham (NSW)	41	MM-R	116.1	125	0.5550	245	260	270		150	157.5	162.5		260	280	300		732.5	406.54	410.60	3.00	1-MM-R	PL
Robert Harniman (VIC)	32	MO-R	89.6	90	0.6134	190	200	205		150	160	165		240	250	-255		620.0	380.28	380.28	2.00	2-MO-R	PL
Eric Ovens (VIC)	24	MO-R	97.7	100	0.5872	200	210	220		155	165	-170		240	250	260		645.0	378.71	378.71	2.00	3-MO-R	PL
Matthew Middleton (NSW)	28	MO-R	99.5	100	0.5826	250	275	290		180	190	-200		270	300			780.0	454.39	454.39	2.00	1-MO-R	PL