

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 |