

29/05/2016

CAPO NSW State Championsip 2016

Warrior Performance - Sydney

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Gloss	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score	Age & Coeff	Pl-Div
Rebecca Hodges	33	F-MP	64.8	67.5	0.9289	137.5	-160	-160		137.5	70	75	-80	75	212.5	130	140	-150		140	352.5	327.440		1-F-MP
Rachelle Maatouk	26	F-R	66.3	67.5	0.9124	-120	120	130		130	62.5	70	-75	70	200	150	160	165		165	365	333.010		1-F-R
Lauren Hannon	36	F-R	59.5	60	0.9943	105	-112.5	-112.5		105	60	65	-70	65	170	115	125	132.5		132.5	302.5	300.780		2-F-R
Kate Gorman	36	F-R	58.1	60	1.0135	80	-90	90		90	55	60		60	150	110	125	135		135	285	288.850		3-F-R
Valerie Ferris	56	F-R	51.4	52	1.1178	55	57.5			57.5	32.5	37.5	-40	37.5	95	80	92.5	100	-105	100	195	217.970	271.59	4-F-R
Belinda White	37	F-R	66	67.5	0.9156	75	80	-85		80	45	50	-55	50	130	85	92.5	100		100	230	210.590		5-F-R
Lauren Ashleigh	29	F-RP	69.6	75	0.88	120	145	-165		145	60	85	-95	85	230	160	190	-200		190	420	369.580		1-F-RP
Micka Bajjada	41	F-RP	55.85	56	1.0454	60	70	80		80	40	45	-50	45	125	125	135	142.5	147.5	142.5	267.5	279.640	282.44	2-F-RP
Rebecca Moore	35	F-RP	69.4	75	0.8818	92.5	102.5	-107.5		102.5	55	60	-65	60	162.5	110	117.5	125		125	287.5	253.500		3-F-RP
Andrew Caltabiano	26	M-R	107.8	110	0.5658	-210	215	222.5		222.5	-195	200		200	422.5	240	255	270		270	692.5	391.820		1-M-R
Aaron Jackson	30	M-R	144.05	SHW	0.5277	240	250	260		260	170	-180	190	190	450	270	290	-300		290	740	390.500		2-M-R
Paolo Wilkinson	28	M-R	87	90	0.6239	185	195	205		205	120	125	130	130	335	230	245	-260		245	580	361.830		3-M-R
Beau Creavy	29	M-R	102.55	110	0.5755	190	205	215		215	155	165	170	170	385	200	220	235		235	620	356.780		4-M-R
Ben Chan	31	M-R	82.5	82.5	0.6446	170	180	-190		180	130	-135	135	135	315	220	235	-247.5		235	550	354.530		5-M-R
Rhys Fowler	21	M-R	114	125	0.5574	190	200			200	132.5	140	145	145	345	240	255	265		265	610	339.980		6-M-R
John Biggs	44	M-R	99.55	100	0.5823	180	-202.5	202.5	-210	202.5	115	-122.5		115	317.5	230	250	255	260	255	572.5	333.370	347.70	7-M-R
Hugo Ortega	26	M-R	98.95	100	0.5838	185	195	205		205	120	125	-130	125	330	220	230	235		235	565	329.850		8-M-R
Ben Thorne	30	M-R	85.1	90	0.6322	160	170	180		180	127.5	-135	-142.5	127.5	307.5	185	195	205		205	512.5	323.980		9-M-R
Todd Shardlow	36	M-R	81.3	82.5	0.6508	140	150	-155		150	85	90	-95	90	240	180	190	-200		190	430	279.840		10-M-R
Lyndon Smith	28	M-R	87.6	90	0.6214	125	132.5	140		140	105	110	-112.5	110	250	170	180	190		190	440	273.390		11-M-R
Gary Liebe-Nolan	25	M-RP	82.25	82.5	0.6456	-240	250	260		260	145	155	165	165	425	300				300	725	468.060		1-M-RP
Tony Beecham	41	M-RP	115.75	125	0.5554	245	265	-285		265	145	155	-160	155	420	270	290	-310		290	710	394.300	398.24	2-M-RP
Andrew Dowrick	26	M-RP	88.7	90	0.6169	220	230	235		235	115	120	122.5	122.5	357.5	240	250	255		255	612.5	377.820		3-M-RP
Jarrod Gould	27	M-RP	105.4	110	0.57	-215	227.5	240		240	130	-140	145	145	385	230	245	260		260	645	367.620		4-M-RP
Feyde Rahban	41	M-RP	98.2	100	0.5859	-180	-200	220	-240	220	100	120	-135	120	340	220	245	270	-290	270	610	357.370	360.94	5-M-RP
Leroy Scott	30	M-RP	97.6	100	0.5875	215	-235	-250		215	142.5	-152.5	-160	142.5	357.5	205	235	250		250	607.5	356.880		6-M-RP
Justin Faella	31	M-RP	79.5	82.5	0.6606	170	195	-205		195	90	100	-105	100	295	212.5	225	235		235	530	350.120		7-M-RP
Francis Massaghi	24	M-RP	110.15	125	0.5622	225				225	160			160	385	225				225	610	342.940		8-M-RP
Brodie McNally	16	M-RP	104.75	110	0.5711	-210	210	225		225	120	132.5	-140	132.5	357.5	220	240	-242.5		240	597.5	341.200		9-M-RP
Mike Jones	36	M-RP	154	SHW	0.5201	250				250	150			150	400	250				250	650	338.030		10-M-RP
Mathew Martyn	21	M-RP	102.2	110	0.5763	200	215	-225		215	125	135	-140	135	350	235	-250			235	585	337.140		11-M-RP
Dan Buckler	38	M-RP	128.4	140	0.5419	220	235	-245		235	120	130	-140	130	365	250	-267.5	-267.5		250	615	333.270		12-M-RP
John Papas	23	M-SP	120	125	0.551	262.5	285	300		300	195	-220	220	220	520	250	-270			250	770	424.230		1-M-SP
Glen Stewart	48	M-MP	97.7	100	0.5872	230	-250			230	140	-160		140	370	230				230	600	352.290	386.46	1-M-MP
Daniel Steiger	28	M-R	127	140	0.5434						155	-165	165	165	165	290	310	330		330	495			
Tom Atkins	26	M-R	127	140	0.5434						150	157.5	162.5	162.5	162.5	300	315	322.5		322.5	485			
Trent Large	23	M-R	105.6	110	0.5696						140	150	-155	150	150	262.5				262.5	412.5			
Jonathon Walder	17	M-R	76.85	82.5	0.6794						102.5	107.5	112.5	112.5	112.5	190	200	210		210	322.5			
Wulff Breitsameter	71	M-R	99.2	100	0.5833						120	125	-127.5	125	125	140	155	162.5		162.5	287.5			
Shannon Green	36	M-R	113.8	125	0.5576						150	160	170	170	170									
Matthew Cottam	17	M-R	79.6	82.5	0.6601						-110	115	-125	115	115									
Magdalena Wahhab	37	F-R	49.15	52	1.1568	-72.5	-72.5	-72.5			45	-50	-50			105	110	117.5						
Daniel Beardall	17	M-R	72.9	75	0.7073						-95	-105	-110											