

CAPO VICTORIAN STATE TITLES

May 14th 2016

SLAUGHTERHOUSE GYM MELBOURNE

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Gloss	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Bench 4	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	PL Total	Coeff Score	Age & Coeff	Place
Michael Ray	53	MR-M	93.1	100	0.60095	110	120	130		115	120	125		160	170	180		435	261.413	309.513	3-MR-M
Dimos Sofroniou	28	MRP-O	81.6	82.5	0.64925	170	185	200		125	130	-132.5		160	180	200		530	344.103	344.103	2-MRP-O
Mark Hodges	42	MRP-M	98.2	100	0.58585	160	170	-180		75	90	100		180	190	200		470	275.350	280.856	4-MRP-M
Jack Irving	23	MRP-J	116	125	0.5551	200	220	230		110	120	-125		180	210	230		580	321.958	321.958	3-MRP-J
Jarrold Loidl	37	MRP-O	94.6	100	0.59615	180	-190	-200		-135	-135	-135		195	215	-230		0	0.000	0.000	0
Gary Jones	51	MR-M	107	110	0.5671	162.5	182.5	195	202.5	135	-147.5	150	-155	220	230	235		580	328.918	377.269	1-MR-M
Robert Harniman	31	MR-O	87.2	90	0.623	180	190	200		150	160	-165		230	240	250		610	380.030	380.030	1-MR-O
Joe Zollo	58	MRP-M	110	110	0.5625	240	255	265		120	125	127.5		235	250	260		652.5	367.031	473.837	1-MRP-M
Callum Douglass	22	MRP-J	106.2	110	0.56845	220	235	240		120	130	135		260	270	-280		645	366.650	366.650	2-MRP-J
Jacob Brennan	28	MRP-O	122.9	125	0.54845	265	275	285		140	150	155		285	-302.5	-302.5		725	397.626	397.626	1-MRP-O
Alexander Bradstock	31	MR-O	110	110	0.5625	180	200	-210		110	115	120		230	250			570	320.625	320.625	3-MR-O
Zoe Demarzo	18	FR-T	47	48	1.198	70	77.5	80		30	35	-37.5		82.5	87.5	90		205	245.590	245.590	1-FR-T
Monika Zdrojewska	38	FR-O	54.6	56	1.0653	75	80	82.5		37.5	42.5	45		90	100	105		232.5	247.682	247.682	1-FR-O
Lucy Hull	24	FRP-O	89.5	90	0.7497	77.5	90	100		55	-62.5	65		90	107.5	-120		272.5	204.293	204.293	2-FRP-O
Mari Kontos	25	FRP-O	47.2	48	1.1942	75	82.5	85		40	42.5	45		112.5	117.5			247.5	295.565	295.565	1-FRP-O
Sam Marshall	15	MRP-T	80.6	82.5	0.6545	100	112.5	122.5		-85	92.5	-95		120	132.5	140		355	232.348	232.348	1-MRP-T
Lisa Ly	40	FR-M	69.5	75	0.88085	100	107.5	112.5		65	70	72.5		130	140	150		335	295.085	295.085	1-FR-M
Ben Tiso	31	MR-O	80.5	82.5	0.65505	140	150	160		140	145			170	180	190		495	324.250	324.250	2-MR-O
Gabriel Bindon	18	MR-T	79.5	82.5	0.6606	120	125	130		90	95	100		180	-187.5	187.5		417.5	275.801	275.801	1-MR-T
Tony Torcasio	51	MR-M	74.4	75	0.69265	135	-145	-145		-92.5	97.5	-100		185	195	-200		427.5	296.108	339.636	2-MR-M
Greg Smith	55	MRP-M	86.7	90	0.6251	140	-145	145		85	90	-95		200	215	225	-230	460	287.546	352.244	3-MRP-M
Matthew Nicholson	53	MRP-M	82.3	82.5	0.6456	150	170	180		110	120	125		200	215	225		530	342.168	405.127	2-MRP-M
Stephen Wilson	20	MRP-J	81.9	82.5	0.6504	200	215	225		105	-110	110		250	260	-270		595	386.988	386.988	1-MRP-J