

18-8-2019

CAPO NATIONAL POWERLIFTING CHAMPIONSHIPS

CAMP WATTLE GROVE WA

Name	Age		Div	BWt (Kg)	WtCls (Kg)	Gloss	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score	Age & Coeff
Terrence Titus (QLD)	64	M-M	M-O	118.1	125	0.5529	210	230	240	240	150	160			160	400	285	305	-320		305	705	389.795	565.202
Jim Ambrose (WA)	68	M-M	M-O	74.2	75	0.694	-155	155	-165	155	105	110.5	-115		110.5	265.5	215	-225	-225		215	480.5	333.467	525.544
Garnet Gregory (WA)	60	M-M	M-O	95	100	0.5949	-185	-200	200	200	125	135	140		140	340	225	235	245		245	585	348.017	466.342
Shane Rock (QLD)	46	M-M	M-O	67.5	67.5	0.7484	-200	200	-210	200	-120	125	-135.5		125	325	230	250	-260		250	575	430.330	459.592
Brian Jarrott (VIC)	50	M-M	M-O	100	100	0.5813	245	255	265	265	130	145	-150		145	410	240	250	-255		250	660	383.658	433.534
Peter Baskerville (QLD)	64	M-M	M-O	99.7	100	0.58205	180	190	195	195	85	90	92.5		92.5	287.5	200	215	225		225	512.5	298.301	432.536
Kevin Conway (SA)	60	M-M	M-O	100.7	110	0.57965	-160	-160	160	160	80	90	100		100	260	230	255	-270		255	515	298.520	400.016
Jarad Evans (QLD)	44	M-M	M-O	124.3	125	0.54625	240	-255	255	255	140	147.5	150		150	405	265	285	-295		285	690	376.913	393.120
George Napper (WA)	46	M-M	M-O	109.8	110	0.56275	220	240	-260	240	-160	-160	160		160	400	230	250	-265		250	650	365.788	390.661
Gary Jones (SA)	54	M-M	M-O	98.5	100	0.58505	180	-200	-200	180	160	167.5	-172.5		167.5	347.5	-175	175	200		200	547.5	320.315	385.659
Bill Harnett (WA)	48	M-M	M-O	96.8	100	0.58965	-225	225	-252.5	225	120	-130	130		130	355	240	-260	-270		240	595	350.842	384.873
Shane Stringer (NT)	57	M-M	M-O	89.2	90	0.6149	-160	-160	160	160	-125	125	-135		125	285	180	190	200		200	485	298.227	378.151
Cyll Duncan (QLD)	42	M-M	M-O	96.5	100	0.5905	-185	200	-205	200	105	110	-112.5		110	310	195	207.5	212.5		212.5	522.5	308.536	314.707
Ahmed Hulameh (WA)	36	M-O	M-O	82.5	82.5	0.6446	-280	280	-300	280	155	-165	-165		155	435	285				285	720	464.112	82.5 - 1
Muhammad N.B. Sahari (SIN)	30	M-O	M-O	81.8	82.5	0.6482	-290	290	-307.5	290	170	-185	-185		170	460	240	-260	-260		240	700	453.740	82.5 - 2
Kyle Love (WA)	30	M-O	M-O	106.2	110	0.56845	265	275	-280	275	205	215	220		220	495	275	290	-305		290	785	446.233	110-1
Dylan Moltoni (WA)	26	M-O	M-O	124.2	125	0.54635	282.5	302.5	-317.5	302.5	190	-202.5	-205		190	492.5	280	302.5	-312.5		302.5	795	434.348	125-1
Rohan Dwyer (QLD)	25	M-O	M-O	109.1	110	0.5638	290	-310	310	310	150	160	-165		160	470	270	290	-300		290	760	428.488	110-2
Shaun Ashwell (QLD)	35	M-O	M-O	110	110	0.5625	280	295	-305	295	170	185	190		190	485	270	-285	-287.5		270	755	424.688	110-3
Jared Braganza (QLD)	25	M-O	M-O	110	110	0.5625	270	-285	-285	270	145	155	162.5		162.5	432.5	290	312.5	322.5		322.5	755	424.688	110-4
Luke Smith (SA)	34	M-O	M-O	127.9	140	0.543	265	285	300	300	157.5	167.5	175		175	475	265	285	300		300	775	420.825	140-1
Francis Cowan (WA)	32	M-O	M-O	111.4	125	0.5606	260	280	-300	280	170	180	-187.5		180	460	260	280	-300		280	740	414.844	125-2
Rob Joyner (WA)	36	M-O	M-O	108.7	110	0.5644	260	280	-300	280	140	-145	-145		140	420	285	300	307.5		307.5	727.5	410.601	110-5
Corey Millar (WA)	28	M-O	M-O	73.9	75	0.69985	197.5	210	212.5	212.5	110	115	-117.5		115	327.5	240	255	-262.5		255	582.5	407.663	75-1
Jamie Cougan (QLD)	31	M-O	M-O	99.5	100	0.58255	235	245	-260	245	142.5	150	157.5		157.5	402.5	260	285	290		290	692.5	403.416	100-1
Mark Inglis (WA)	24	M-O	M-O	109.1	110	0.5638	240	257.5	265	265	155	165	-175		165	430	255	272.5	280		280	710	400.298	110-6
Nathan Graham (WA)	35	M-O	M-O	120.7	125	0.55025	-237.5	252.5	260	260	137.5	147.5	152.5		152.5	412.5	237.5	252.5	260		260	672.5	370.043	125-3
Jatz Rasmussen (WA)	31	M-O	M-O	74.3	75	0.69335	185	195	-202.5	195	107.5	-112.5	112.5		112.5	307.5	200	215	-220		215	522.5	362.275	75-2
Neil Briton (QLD)	38	M-O	M-O	90.7	100	0.6093	-215	215	225	225	117.5	122.5	-125		122.5	347.5	210	225	235		235	582.5	354.917	100-2
Dean Myall (SA)	35	M-O	M-O	89.4	90	0.61415	190	200	-210	200	135	140	-145		140	340	220	230	235		235	575	353.136	90-1
Reuben May (WA)	33	M-O	M-O	66.8	67.5	0.7551	150	160	-170	160	100	110	-115		110	270	-190	-195	195		195	465	351.122	67.5-1
Michael Trentin (QLD)	36	M-O	M-O	89.2	90	0.6149	-200	-200	200	200	137.5	142.5	-147.5		142.5	342.5	217.5	227.5	-232.5		227.5	570	350.493	90-2
Aaron Kohn (WA)	51	M-M	M-O	93.7	100	0.599	-220	220	225	225	-110	115	-125		115	340	0				0	0	0.000	0.000
Heath Ryan (QLD)	45	M-M	M-O	81.2	82.5	0.6513	-245	-245	-245	0	-155	-160	-160		0	0	0				0	0	0.000	0.000
Brent Drake (NSW)	43	M-M	M-O	97.6	100	0.58745	235	-250	-250	235	-150	-155	155		155	390	-240	-250	-250		0	0	0.000	0.000