

DEADLIEST DEADLIFT AND BENCH

CICERELLO'S RESTAURANT FREMANTLE

24-11-2019

Name	Age	Div	BWt (Kg)	WtCIs (Kg)	Gloss	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Push Pull Total	Coeff Score	Age & Coeff	PI-Div-WtCI
Sam Murphy	36	M-OR	120.1	125	0.55085	-180	192.5	-197.5		192.5	300	330	-335		330	522.5	287.819	287.819	1-M-O
Corey Millar	28	M-OR	70	75	0.72625	105	110			110	242.5	-250	-250		242.5	352.5	256.003	256.003	2-M-O
Phile Wilde	30	M-OR	122.35	125	0.54845	165	175	-185		175	235	255	275		275	450	246.803	246.803	3-M-O
Rundle Crodin	23	M-OR	95.5	100	0.59345	150	-160	167.5		167.5	220	230	240		240	407.5	241.831	241.831	4-M-O
Ashleigh Hartigen	26	M-OR	109.4	110	0.56335	-140	-147.5	147.5		147.5	250	265	275		275	422.5	238.015	238.015	5-M-O
Kenyon Donaldson	25	M-OR	96.1	100	0.59165	110	117.5	122.5		122.5	240	250	265		265	387.5	229.264	229.264	6-M-O
Nikolas Bormolini	25	M-OR	74.1	75	0.6947	-120	130	-140		130	200	-210	-210		200	330	229.251	229.251	7-M-O
Perry Wilson	20	M-OR	88.8	90	0.61645	105	110	-112.5		110	205	-210	-210		205	315	194.182	194.182	8-M-O
James Toop	35	M-OR	99	100	0.5838	100	-105	-105		100	200	220	-240		220	320	186.816	186.816	9-M-O
Hercules Perryman	90	M-OR	64.6	67.5	0.7775	20	25	27.5	-30	27.5	20				20	47.5	36.931	75.709	10-M-O
David James	43	M-OR	98.81	100	0.5843	-65	-70	-70		0	-60	70	75		75	0	0.000	0.000	0
Luca Borgese	30	M-OR	111.1	125	0.56095	-112.5	-120	-120		0	-220	-220	-220		0	0	0.000	0.000	0
Lachlan Turner	25	M-OR	90.9	100	0.61045					0					0	0	0.000	0.000	0

Tania Winwood	48	F-OR	47.7	48	1.1846	42.5	45	-47.5		45	127.5	135	-142.5		135	180	213.228	233.911	1-F-O
Lucy Michon	34	F-OR	72.6	75	0.8547	80	-82.5	-82.5		80	160	165	-170		165	245	209.402	209.402	2-F-O
Kate Reed	35	F-OR	55.5	56	1.0514	57.5	60	62.5	65	62.5	-125	125	135	140	135	197.5	207.652	207.652	3-F-O
Monica Cook	55	F-OR	65.7	67.5	0.91885	85	90	-92.5		90	135	-145			135	225	206.741	253.258	4-F-O
Leah Bennett	37	F-OR	87.1	90	0.76145	87.5	92.5	97.5	-100	97.5	155	165	172.5	180	172.5	270	205.592	205.592	5-F-O
Jackie Caldona	30	F-OR	49.4	52	1.1531	45	50	52.5	-55	52.5	100	110	120	-125	120	172.5	198.910	198.910	6-F-O
Annie Mallard	38	F-OR	67.5	67.5	0.89995	60	65	-70		65	142.5	150	155		155	220	197.989	197.989	7-F-O
Bianca Tipper	44	F-OR	62.5	67.5	0.9559	52.5	-57.5	-60		52.5	125	135	140		140	192.5	184.011	191.923	8-F-O
Natina Grace	33	F-OR	73.2	75	0.8499	55	62.5	-65		62.5	125	132.5	140		140	202.5	172.105	172.105	9-F-O
Erica McKnight	51	F-OR	75	75	0.8361	-60	65	-67.5		65	130	135	140		140	205	171.401	196.596	10-F-O
Alison Craven	39	F-OR	70.1	75	0.8756	57.5	60			60	100	105	110		110	170	148.852	148.852	11-F-O