

30-Aug-20

CAPO SA States 2020

618 Barbell Adelaide

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	Best Deadlift	PL Total	Coeff Score	Age & Coeff	
Brandon Clarke	35	MO-RP	Wraps	99.4	100	0.5828	260	285		285	140	155	165		165	450	250	275	285	285	735.0	428.36	
Gary Jones	56	MM-R	Raw	115.25	125	0.5559	210	222.5		222.5	175	183	-186		183	405.5	240	250	255	255	660.5	367.14	457.5168
Francisco Dullona	48	MM-RP	Wraps	59.9	60	0.8414	150	-160	160	160	90	-95			90	250	170	180		180	430.0	361.80	393.5005
Brian Ting	24	MO-RP	Wraps	90.5	100	0.6100	200	215	225	225	105	110	115		115	340	205	225	-240	225	565.0	344.65	
Peter Launer	50	MM-RP	Wraps	119.3	125	0.5517	220	235	-250	235	120	130	-140		130	365	200	220	235	235	600.0	330.99	374.0187
Philip Van Der Hoek	32	MO-RP	Wraps	89.3	90	0.6146	162.5	177.5	190	190	120	130	-135		130	320	195	215	-230	215	535.0	328.78	
Laura Jacobs	19	FO-RP	Wraps	70.5	75	0.8722	120	140	150	150	55	60	-65		60	210	-130	155	-160	155	365.0	318.33	
Vincent Sim	23	MJ-RP	Wraps	63.1	67.5	0.7942	130	137.5	145	145	65	72.5	-77.5		72.5	217.5	147.5	165	175	175	392.5	311.72	
Emily Maddern	41	FM-RP	Wraps	91.4	SHW	0.7425	150	-157.5	160	160	70	75	-80		75	235	150	165	175	175	410.0	304.43	307.4692
Wayne Hunter	34	MO-RP	Wraps	69.05	75	0.7340	110	120	130	130	80	85	-90		85	215	160	175	185	185	400.0	293.58	
Genevieve Smith	35	FO-RP	Wraps	63.35	67.5	0.9451	90	100	-105	100	67.5	72.5	-75		72.5	172.5	120	127.5	132.5	132.5	305.0	288.24	
Jessica Hammer	35	FO-RP	Wraps	96.75	SHW	0.7249	120	125	-130	125	-80	82.5	87.5		87.5	212.5	145	150	-155	150	362.5	262.76	
Kelly Knuckey	40	FM-R	Raw	71.05	75	0.8670	47.5	55	60	60	35	40	42.5		42.5	102.5	85	92.5	100	100	202.5	175.57	175.6525
David Thomas	52	MM-R	Raw	115.35	125	0.5558					160	171.5	181.5	-185	181.5								
Artem Kutyaev	25	MO-R	Raw	99.4	100	0.5828					-152.5	152.5	-157.5		152.5								

Good Lift	Fail	Record
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