

28/03/2021

CAPO SA State Championsip 2021 - 618 Barbell Adelaide

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	Best Deadlift	PL Total	Coeff Score	Age & Coeff	Pl-Div
Ligaya Wood	37	FO-RP	79.9	82.5	0.8024	170	185	-195		185	85	95	-100	95	280	185	195	-200	195	475	381.140	0.00	1-FO-RP
Jordan Raphael	29	FO-RP	58.05	60	1.0135	122.5	132.5	-142.5		132.5	72.5	75	-77.5	75	207.5	140	150	-157.5	150	357.5	362.326	0.00	2-FO-RP
Kate McEwen	34	FO-RP	57.65	60	1.0191	100	110	115		115	50	55	60	60	175	135	147.5	-150	147.5	322.5	328.660	0.00	3-FO-RP
Lee Glew	21	FJ-RP	56.25	60	1.0394	90	100	107.5		107.5	50	55	58	58	165.5	125	135	142.5	142.5	308	320.135	0.00	1-FJ-RP
Emma Jacobs	21	FJ-RP	65.65	67.5	0.91885	110	120	127.5		127.5	60	62.5	-65	62.5	190	125	135	142.5	142.5	332.5	305.518	0.00	2-FJ-RP
Rebecca Mercieca	26	FO-R	59.05	60	0.9997	-105	105	110	-113	110	50	-52.5	52.5	52.5	162.5	125	-135	135	135	297.5	297.411	0.00	1-FO-R
Franca Bulzomi	34	FO-R	105.5	SHW	0.70155	120	132.5	140		140	75	82.5	87.5	87.5	227.5	130	145	155	155	382.5	268.343	0.00	2-FO-R
Tori Davidson	22	FJ-RP	87.2	90	0.76095	122.5	132.5	140		140	62.5	67.5	-70	67.5	207.5	122.5	132.5	140	140	347.5	264.430	0.00	3-FJ-RP
Sophie Fuller	21	FJ-R	76.55	82.5	0.82455	107.5	120	127.5		127.5	52.5	57.5	-60	57.5	185	120	130	-137.5	130	315	259.733	0.00	1-FJ-R
Nadine Wessel	36	FO-RP	74.7	75	0.83835	70	77.5	82.5		82.5	42.5	47.5	50	50	132.5	105	115	122.5	122.5	255	213.779	0.00	4-FO-RP
Patrick Morrison	31	MO-RP	90	90	0.61185	335	-350	350		350	165	-170		165	515	320	340	-352.5	340	855	523.132	0.00	1-MO-RP
Marcus Aland	44	MM-RP	123.7	125	0.54695	290	310	-330		310	200	210	-215	210	520	300	320	330	330	850	464.908	484.90	1-MM-RP
Brandon Robertson	23	MJ-RP	163.15	SHW	0.51355	360	380	400		400	145	155	-160	155	555	305	320	-345	320	875	449.356	0.00	1-MJ-RP
Taylor Smith	25	MO-RP	109.75	110	0.56275	250	275	285		285	160	167.5	172.5	172.5	457.5	275	292.5	-305	292.5	750	422.063	0.00	2-MO-RP
Brandon Clarke	35	MO-RP	99.95	100	0.5813	-290	290			290	140	160	-170	160	450	260	275	-285	275	725	421.443	0.00	3-MO-RP
Bradley Clewes	24	MO-RP	99.3	100	0.58305	-250	260	267.5		267.5	150	157.5	165	165	432.5	245	260	272.5	272.5	705	411.050	0.00	4-MO-RP
Brad Cooper	51	MM-RP	95.15	100	0.5943	250	-270	270		270	150	160	-165	160	430	240	-255	-255	240	670	398.181	456.71	2-MM-RP
Alex Doggett	28	MO-RP	97.7	100	0.58715	230	250	270		270	140	150	-160	150	420	220	245	255	255	675	396.326	0.00	5-MO-RP
Jad Richani	28	MO-RP	102.05	110	0.5765	220	-240	240		240	150	155	-162.5	155	395	-260	-270	270	270	665	383.373	0.00	6-MO-RP
Steve White	31	MO-RP	178.3	SHW	0.503595	250	275	300		300	145	157.5	172.5	172.5	472.5	230	255	275	275	747.5	376.437	0.00	7-MO-RP
Emanuel Berecny	30	MO-RP	96	100	0.59195	215	230	-245		230	120	132.5	-142.5	132.5	362.5	245	260	-272.5	260	622.5	368.489	0.00	8-MO-RP
Griffin Finlay-Brooks	21	MJ-RP	95.55	100	0.59315	205	220	230		230	130	137.5	-140	137.5	367.5	225	235	245	245	612.5	363.304	0.00	2-MJ-RP
Josh Bates	27	MO-R	98.25	100	0.5856	220	227.5	235		235	135	-140	-140	135	370	240	-247.5	-250	240	610	357.216	0.00	1-MO-R
Vince Simonetta	60	MM-RP	99.25	100	0.58305	210	225	235		235	95	102.5	105	105	340	230	247.5	260	260	600	349.830	468.77	3-MM-RP
Vincent Sim	23	MJ-RP	62.35	67.5	0.80245	137.5	147.5	160		160	67.5	72.5	77.5	77.5	237.5	170	185	-200	185	422.5	339.035	0.00	3-MJ-RP
Joshua Dagostino	26	MO-RP	96.45	100	0.5905	180	190	200		200	120	130	135	135	335	210	220	230	230	565	333.633	0.00	9-MO-RP
Anthony Hood	36	MO-RP	119.5	125	0.55145	192.5	207.5	217.5		217.5	140	145	-150	145	362.5	217.5	232.5	-237.5	232.5	595	328.113	0.00	10-MO-RP
Damien Hardaker	40	MO-RP	99.55	100	0.5823	200	210	215		215	105	115	-120	115	330	197.5	220	227.5	227.5	557.5	324.632	324.63	11-MO-RP
Luke Hahn	40	MO-RP	93.55	100	0.5993	175	182.5	190		190	-120	120	125	125	315	190	210	220	220	535	320.626	320.63	12-MO-RP
Eddie Jones	54	MM-R	81.7	82.5	0.6487	155	166			166	105	110	112.5	112.5	278.5	170	177.5	191	191	469.5	304.565	366.70	1-MM-R
Kaleb Swanson	36	MO-RP	97.6	100	0.58745	145	-160	160		160	107.5	120	125	125	285	200	215	225	225	510	299.600	0.00	13-MO-RP
Daniel Barber	19	MT-RP	71.1	75	0.71725	130	145	152.5		152.5	87.5	-95	-95	87.5	240	152.5			152.5	392.5	281.521	0.00	1-MT-RP
Mason Campbell	27	MO-RP	88.4	90	0.6181	130	140	150		150	90	100	-110	100	250	170	185	195	195	445	275.055	0.00	14-MO-RP
Brendan Hains	52	MM-RP	87.9	90	0.62225	140				140	130	137.5	140	140	280	60	80	120	120	400	248.900	289.97	4-MM-RP
Mark Micallef	41	MM-R	86.6	90	0.6255	-110	110	125		125	90	102.5	-105	102.5	227.5	145	160	-170	160	387.5	242.381	244.81	2-MM-R
Jacob Watson	17	MT-R	58.45	60	0.8538											110	115	125	125	0	0.000	0	0
Sam Chisari	32	MO-SP	63.15	67.5	0.79305					0	-142.5	-147.5	-147.5	0	0				0	0	0.000	0	0