

CAPO STATES 2021				VICTORIA		SLAUGHTERHOUSE GYM MELBOURNE														22/05/2021						
Name	Age	Div	BWt (Kg)	WtCls (Kg)	Gloss	Squat 1	Squat 2	Squat 3	Squat 4	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	PI-Div-WtCI	Events
Mark Anderson	38	MO-RP	106.7	110	0.56765	220	250	270		270	150	170	185		185	455	250	280	300	-320	300	755	428.576	428.576	1-MO-RP-110	PL
Ingrid Barclay	52	FO-RP	80.4	82.5	0.79925	175	-190	190		190	87.5	92.5	95		95	285	190	210	215		215	500	399.625	465.563	1-FO-RP-82.5	PL
Ben Howitt	29	MO-RP	200	SHW	0.49035	230	255	275		275	-182.5	192.5	202.5		202.5	477.5	272.5	290	305		305	782.5	383.699	383.699	1-MO-RP-SHW	PL
Brent Drake	45	MM-RP	98.6	100	0.5848	210	220	240		240	135	145	-150		145	385	220	240	250		250	635	371.348	391.772	2-MM-RP	PL
Joe Zollo	63	MM-RP	115	125	0.55625	210	220	230		230	110	120	0		120	350	210	220	227.5		227.5	577.5	321.234	456.474	1-MM-RP	PL
Simon Jarvis	46	MM-R	89.1	90	0.6153	155	-162.5	-162.5		155	127.5	132.5	137.5		137.5	292.5	200	215	-222.5		215	507.5	312.265	333.499	2-MM-R	PL
Jim Panagiotidis	51	MM-R	60	60	0.83285	-105	105	110		110	92.5	-102.5	-102.5		92.5	202.5	152.5	165			165	367.5	306.072	351.065	1-MM-R	PL
Anna Parygina	50	FM-RP	56.3	60	1.0394	92.5	100	102.5	-105	102.5	52.5	-60	-60		52.5	155	110	115	-120		115	270	280.638	317.121	1-FM-RP	PL
Simon Johnson	46	MM-SP	102.5	110	0.57565	160	-175	175	180	175	115	-117.5	0	0	115	290	160	175	195		195	485	279.190	298.175	1-MM-SP	PL
Brian Jarrott	52	MM-RP	98.7	100	0.58455	230	250	-275		250	60	0			60	310	100				100	410	239.666	279.210	3-MM-RP	PL
Tahlia Sanger	14	FT-R	51.7	52	1.1126	65	72.5	80		80	30	42.5	0		42.5	122.5	85	90	-95		90	212.5	236.428	236.428	1-FT-R	PL
Brenden Skrnjug	23	MJ-R	114.9	125	0.5568						140	147.5	150		150	0	240	262.5	-280		262.5	412.5	229.680	229.680	1-MJ-R	PP
Jim Panagiotidis	51	MM-R	60	60	0.83285						85	92.5	100		100	0	145	160	0		160	260	216.541	248.373	1-MM-R	PP
Miki Mayer	44	MM-R	105.5	110	0.56975						115	120	123	125	123	0	200	210	217.5		217.5	340.5	194.000	202.342	2-MM-R	PP
Damien Christidis	50	MM-R	138.5	140	0.53235						75	80	85	-87.5	85	0	210	215	220		220	305	162.367	183.474	3-MM-R	PP
Tahlia Sanger	14	FT-R	51.7	52	1.1126						30	35	40	42.5	40	0	70	80	85	87.5	85	125	139.075	139.075	1-FT-R	PP
Dafne Tabak	53	FM-R	62.2	67.5	0.95955						30	32.5	35		35	0	65	70	75		75	110	105.551	124.972	1-FM-R	PP
Phil Ross	50	MM-R	136.7	140	0.53395						192.5	197.5	200		200	0						200	106.790	120.673	1-MM-R	BO
Alex Ross	16	MT-R	74.7	75	0.6906						87.5	92.5	97.5		97.5	0						97.5	67.334	67.334	1-MT-R	BO
Simon Johnson	46	MM-SP	102.5	110	0.57565						100	105	110	115	110	0						110	63.322	67.627	1-MM-SP	BO
Gigi Van Der Poll	45	FM-R	82.6	90	0.78595						55	60	-62.5		60	0						60	47.157	49.751	1-FM-R	BO
Mia Johnson	16	FT-SP	65	67.5	0.92665						25	27.5	30	32.5	30	0						30	27.800	27.800	1-FT-SP	BO
Rebecca Forbes	23	FJ-R	66.9	67.5	0.90595										0	0	105	112.5	117.5		117.5	117.5	106.449	106.449	1-FJ-R	DO
Mia Johnson	16	FT-MP	65	67.5	0.92665										0	0	65	75	82.5	87.5	82.5	82.5	76.449	76.449	1-FT-MP	DO