

21/03/2021

CAPO WILD WEST SHOOT OUT 2021

POWER PIT ROCKINGHAM

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Gloss	Squat 1	Squat 2	Squat 3	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-WtCl
Daniel Boros	15	M-O	70.3	75	0.7237	140	150 AR	-170	150	65	67.5	70 AR	70	220	145	160 AR		160	380 AR	275.006	275.006	11-M-O
Owen Dowley	16	M-O	91.6	100	0.60605	160	175	-185	175	-90	105	115	115	290	-180	200	-210	200	490	296.965	296.9645	7-M-O
Tyrone Jackson	16	M-O	92.2	100	0.604	75	85	90	90	-55	-55	55	55	145	120	130	135	182.5	327.5	197.81	197.81	14-M-O
Brendon Murphy	19	M-O	78.2	82.5	0.66815	200	210	-217.5	210	100	110	115	115	325	200	210	220	220	545	364.142	364.14175	5-M-O
Tharen Kander	25	M-O	65.9	67.5	0.7693	167.5	177.5	185	185	105	-112.5	-115	105	290	222.5 AR	-232.5	-240	222.5	512.5 AR	394.266	394.26625	3-M-O
Mathew Hrabar	30	M-O	89.9	90	0.61425	250	260	270	270	145	155	165	165	435	260	270	-280	270	705	433.046	433.04625	1-M-O
Steve Loftus	31	M-O	89.6	90	0.61335	210	220	230	230	152.5	160	-165	160	390	242.5	255	-257.5	255	645	395.611	395.61075	2-M-O
Nathan Parnell	30	M-O	121	SHW	0.67635	200	220	-240	220	120	130	-137.5	130	350	180	200		200	550	371.993	371.9925	4-F-O
Ryan Chaudhry	39	M-O	103	110	0.574	180	200		200	160	-170	-170	160	360	250	260	-270	260	620	355.88	355.88	6-M-O
Jeff O'Mahony	37	M-O	115	125	0.55655	-175	185	195	195	110	120	-130	120	315	175	185	200	200	515	286.623	286.62325	9-M-O
Peter Fear	38	M-O	122	125	0.54855	155	165	-172.5	165	105	-112.5	117.5	117.5	282.5	205	215	220	220	502.5	275.646	275.64638	10-M-O
Sam True	38	M-O	137	140	0.53385	150	165	180	180	100	120	-130	120	300	200	230	245	245	545	290.948	290.94825	8-M-O
Rosario Murace	42	M-O	89.5	90	0.61375	120	127.5	-132.5	127.5	72.5	77.5	-82.5	77.5	205	167.5	175	-182.5	175	380	233.223	237.8895	13-M-O
Ronald McIlwraith	64	M-O	82.1	82.5	0.64665	90 AR	-100	-115	90	70 AR	-80	-80	70	160	110	120	130 AR	130	290 AR	187.529	271.91633	12-M-O
Kat Becker	37	F-O	85.7	90	0.7687	200	215	230	230	90	105	-112.5	105	335	200	215	-225	215	550	422.785	422.785	1-F-O
Catherine Henderson	40	F-O	80.9	82.5	0.79615	-145	150	160	160	70	75	-80	75	235	150	160	170	170 AR	405	322.441	322.44075	2-F-O
Bonnie Rostron	23	F-O	60.8	67.5	0.97715	110	-115	115	115	50	52.5	55	55	170	120	127.5	-135	127.5	297.5	290.702	290.70213	3-F-O
Jourdana Dyson	35	F-O	70.9	75	0.8687	100	110	115	115	65	70	-72.5	70	185	120	135	145	145	330	286.671	286.671	4-F-O
Kylie Mcleod	39	F-O	80	82.5	0.80175	120	130	-135	130	60	-65	-65	60	190	155	165	-170	165	355	284.621	284.62125	5-F-O
Shantelle Rea	19	F-O	74.6	75	0.8391	75	85	-100	85	45	-55	-55	45	130	120	130	137.5	137.5	267.5	224.459	224.45925	6-F-O
Shauna Jenkins	39	F-O	81.6	82.5	0.7919	85	-100	-100	85	40	-50	-50	40	125	115	-125	125	125	250	197.975	197.975	7-F-O
Sonia Becker	59	F-O	105	SHW	0.70295	50 AR	-60	-60	50	40 AR	-50	-50	40	90	80	90	100 AR	100	190 AR	133.561	175.63206	8-F-O
Ashlee Watkinson	31	F-O	54.1	56	1.0732	-85	-95	-95	0	52.5	57.5	-60	57.5	0	117.5	122.5	-125	122.5	0	0	0	0
Dean Jackson	38	M-O	126	140	0.54395	195	-200	-200	195	-110	-110	-110	0	0	-230	-230	230	230	0	0	0	0
Kristopher Sheppard	30	M-O	110	110	0.56325	-190	-190	-190	0	140	-150	150	150	0	220	235	-250	235	0	0	0	0