

19/08/2022

CAPO NATIONAL POWERLIFTING CHAMPIONSHIPS 2022

The Bridgeway Hotel - Adelaide SA

TEENS

Name	Sex	Age	State	Equip	Div	BWT	Wt Cls	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Total	Points	Team
Nyah Keep	F	17	WA	Sleeves	FT-RP	66.7	67.5	105	-112.5	115		115	65	70	-75		70	130	137.5	-142.5		137.5	322.5	292.92	WA
Emily Kiely	F	17	QLD	Wraps	FT-RP	58.75	60	85	-95	95	-101	95	45	-50	50		50	95	107.5	115	-120	115	260	260.42	QLD
Evelyn Stinson	F	14	WA	Wraps	FT-RP	106	110	80				80	42.5	47.5	52.5	55	52.5	80	95	105	115	105	237.5	165.99	WA
Aidan Clark	M	19	SA	Sleeves	MT-RP	89.7	90	235	247.5	260		260	117.5	125	-130		125	237.5	250	257.5		257.5	642.5	393.83	SA
Danny Vongphachanh	M	16	NSW	Bare	MT-R	53.7	56	135	142.5	-150		142.5	82.5	87.5	-92.5		87.5	175	185	190		190	420	391.87	NSW
Paul Llanes	M	19	VIC	Wraps	MT-RP	87.3	90	230	-250	-250		230	-120	120	127.5		127.5	240	255	262.5		262.5	620	385.97	VIC
Carlos Adina	M	16	NSW	Sleeves	MT-RP	71.2	75	170	180	185		185	107.5	115	120		120	215	225	230		230	535	383.29	NSW
Owen Dowley	M	17	WA	Wraps	MT-RP	96.9	100	200	205	215		215	120	125	-135		125	215	220	-225		220	560	330.03	WA
Chris Dama	M	18	SA	Sleeves	MT-RP	77.3	82.5	165	175	-185		175	97.5	-105	-105		97.5	190	200	-205		200	472.5	318.28	SA
Ethan Watkins	M	16	SA	Sleeves	MT-RP	65.7	67.5	100	110	-117.5		110	-50	50	58		58	135	145	155		155	322.5	247.42	SA
Ben May	M	14	SA	Bare	MT-R	55.6	56	52.5	62.5	70		70	30	35	-42.5		35	80	90	100	105	100	205	184.34	SA
Joshua Nicholson	M	19	VIC	Wraps	MT-RP	124.1	125	242.5	-250	260	267.5	260	145	152.5	157.5		157.5	-260	-260	-260					VIC