

11/08/2023

CAPO NATIONAL POWERLIFTING CHAMPIONSHIPS 2023 Day 1 - Teens and Juniors

The Bridgeway Hotel - ADELAIDE

Place	Name	State	Sex	Born	Age	Equipment	Division	BWT	WtCls	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	Open Score	Age Score
1	Lauren Cavanagh	QLD	F	2000	22	Classic_Raw	Women's Raw Plus Junior	67.05	67.5	140	150	160		160	85	92.5	97.5	-100	97.5	160	170	180	185	180	437.5	395.66	399.62
2	Emily Schinella	SA	F	1999	23	Classic_Raw	Women's Raw Plus Junior	55.3	56	130	142.5	150		150	75	-80	80		80	140	145	-150		145	375	395.44	395.44
3	Sophie Fuller	SA	F	1999	23	Classic_Raw	Women's Raw Plus Junior	76.75	82.5	157.5	165	170		170	75	-80	80		80	185	195	-200		195	445	366.44	366.44
4	Veronica Halbryt	SA	F	2001	22	Classic_Raw	Women's Raw Plus Junior	61.1	67.5	120	130	-140		130	60	65	-70		65	122.5	132.5	-137.5		132.5	327.5	318.77	321.96
5	Stacey Swann	WA	F	2000	23	Classic_Raw	Women's Raw Plus Junior	66.9	67.5	100	110	-120		110	57.5	-65	65		65	115	130	-140		130	305	276.31	276.31
6	Lily Renshaw	QLD	F	1999	23	Classic_Raw	Women's Raw Plus Junior	86.65	90	107.5	115	120		120	45	50	-55		50	125	130	135		135	305	232.94	232.94
7	Claudia Doecke	SA	F	2000	23	Classic_Raw	Women's Raw Plus Junior	87.6	90	95	100	105		105	45	52.5	-55		52.5	125	135	140		140	297.5	225.79	225.79
1	Alethea Dama	SA	F	2000	23	Raw	Women's Raw Junior	59.65	60	102.5	110	-115		110	70	75	77.5	80	77.5	135	145	-155		145	332.5	329.93	329.93
2	Anisa Ralph	VIC	F	2002	21	Raw	Women's Raw Junior	71.85	75	115	122.5	-127.5		122.5	55	62.5	65		65	135	145	147.5		147.5	335	288.36	294.13
3	Hetal Singh	QLD	F	2003	20	Raw	Women's Raw Junior	73.2	75	75	85	92.5		92.5	35	40	-42.5		40	90	100	105		105	237.5	201.85	207.91
1	Maja Andrysiak	QLD	F	2005	17	Classic_Raw	Women's Raw Plus Teen	74.85	75	175	-182.5			175	70	75	-77.5		75	150	170	-175		170	420	351.63	379.76
2	Ophelia Davies	SA	F	2006	17	Classic_Raw	Women's Raw Plus Teen	65.45	67.5	115	125	132.5		132.5	67.5	75	80		80	142.5	155	165		165	377.5	347.92	375.76
3	Emel Ozdemir	NSW	F	2004	18	Classic_Raw	Women's Raw Plus Teen	66.1	67.5	117.5	120			120	60	65	-70		65	130	-140		130	315	288.07	305.35	
4	Peej Vouliotis	VIC	F	2004	19	Classic_Raw	Women's Raw Plus Teen	59.6	60	95	-105	107.5	-110	107.5	42.5	-45	45	-47.5	45	-112.5	112.5	-125.5		112.5	265	263.13	273.66
5	Shayla Winwood	WA	F	2004	19	Classic_Raw	Women's Raw Plus Teen	50.75	52	87.5	92.5	97.5	-102.5	97.5	37.5	40	-42.5		40	85	95	-100		95	232.5	262.49	272.99
6	Miah Lawry	WA	F	2009	13	Classic_Raw	Women's Raw Plus Teen	80.85	82.5	92.5	95	97.5		97.5	-50	52.5	-55		52.5	115	120	125		125	275	219.02	269.40
1	Bailey Stevens	QLD	F	2010	13	Raw	Women's Raw Teen	45.35	48	60	-65	65		65	25	27.5	29	-30	29	60	67.5	72.5		72.5	166.5	204.88	252.00
2	Shristi Singh	QLD	F	2008	15	Raw	Women's Raw Teen	88.6	90	75	82.5	-90		82.5	40	42.5	45		45	90	100	107.5		107.5	235	177.19	209.08
1	Joshua Genever	WA	M	2000	23	Classic_Raw	Men's Raw Plus Junior	81	82.5	255	265	-275		265	167.5	172.5	-175		172.5	250	262.5	-270		262.5	700	456.65	456.65
2	Amose Adala	SA	M	2002	20	Classic_Raw	Men's Raw Plus Junior	82.3	82.5	-180	190	200		200	85	-95	-95		85	275	-300	-300		275	560	361.54	372.38
3	Ryan Pool	SA	M	2000	22	Classic_Raw	Men's Raw Plus Junior	87.45	90	170	185	192.5		192.5	87.5	95	-100		95	180	195	205		205	492.5	306.31	309.37
4	Lachlan Porter	SA	M	2000	23	Classic_Raw	Men's Raw Plus Junior	90.55	100	135	145	150		150	77.5	-85	85		85	145	160	-170		160	395	240.88	240.88
1	Danny Vongphachanh	NSW	M	2006	17	Classic_Raw	Men's Raw Plus Teen	57.3	60	165	175	182.5		182.5	100	-105	-112.5		100	190	-205	210		210	492.5	429.36	463.71
2	Kristian Arcus	NSW	M	2004	19	Classic_Raw	Men's Raw Plus Teen	73.75	75	-215	215	-230		215	120	127.5	132.5		132.5	225	235	242.5		242.5	590	411.35	427.80
3	Tybias Horsfield	QLD	M	2006	17	Classic_Raw	Men's Raw Plus Teen	80.75	82.5	180	195	205		205	135	142.5	-147.5		142.5	220	230	240		240	587.5	384.06	414.79
4	Zeke McAuslin	NSW	M	2005	17	Classic_Raw	Men's Raw Plus Teen	88.9	90	205	-210	-217.5		205	110	117.5	127.5		127.5	230	242.5	-255		242.5	575	354.23	382.57
5	Chris Dama	SA	M	2004	19	Classic_Raw	Men's Raw Plus Teen	67.4	67.5	160	170	180		180	100	-105	105		105	175	190	-206		190	475	355.94	370.18
6	Orlando Tompkin-Drew	WA	M	2005	18	Classic_Raw	Men's Raw Plus Teen	78.8	82.5	-190	190	200	215	200	90	97.5	-102.5		97.5	197.5	-205	205		205	502.5	333.96	354.00
7	Eli Courtney	SA	M	2005	17	Classic_Raw	Men's Raw Plus Teen	65.55	67.5	125	132.5	-141		132.5	92.5	97.5	102.5		102.5	-160	175	185	190	185	420	322.37	348.16
8	Owen Dowley	WA	M	2004	18	Classic_Raw	Men's Raw Plus Teen	97.45	100	205	217.5	-227.5		217.5	125	132.5	-137.5		132.5	207.5	-217.5	-217.5		207.5	557.5	327.74	347.40
9	Kylen Ziernicki	VIC	M	2008	14	Classic_Raw	Men's Raw Plus Teen	54.15	56	95	-105	-105		95	-50	-55	55		55	115	127.5	-132.5		127.5	277.5	256.62	315.64
1	Alex Sipple	QLD	M	2008	14	Raw	Men's Raw Teen	101.25	110	170	182.5	193		193	110	120	-125		120	185	201	-210		201	514	297.28	365.66
2	Ben May	SA	M	2008	15	Raw	Men's Raw Teen	65.05	67.5	72.5	82.5	-90		82.5	42.5	47.5	52.5		52.5	105	117.5	125		125	260	200.92	237.09
DQ	Caleb Duffy	VIC	M	2001	21	Classic_Raw	Men's Raw Plus Junior	73.95	75	-90	90	102.5		102.5	62.5	67.5	-72.5		67.5	-112.5	-112.5	-112.5			0	0	0