

ALL IN ONE STRENGTH AND CONDITIONING MASTER'S CHALLENGE -- April 30, 2017

Kg Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	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
Alan Liang	41	M_MR_1_APF	99.5	100.0	0.5826	210.0	-220.0	-220.0		210.0	132.5	140.0	-147.5		140.0	350.0	255.0	-265.0	267.5	272.5	267.5	617.5	359.725	363.322
Andrew Berry-Moreau	47	M_MRA_2_AAPF	95.7	100.0	0.5929	160.0	180.0	185.0	-190.0	185.0	125.0	142.5	147.5	-152.5	147.5	332.5	175.0	190.0	202.5	207.5	202.5	535.0	317.175	343.183
Clark Yeo (Bench only)	43	M_MR_1_APF	66.2	67.5	0.761						92.5	102.5	105.0		105.0								79.900	82.377
Dave Erhard PL	54	M_MRA_3_AAPF	121.6	125.0	0.5493	172.5	187.5	195.0		195.0	160.0	167.5	-172.5		167.5	362.5	215.0	225.0	232.5		232.5	595.0	326.834	393.508
Dave Erhard BP	54	M_MRA_3_AAPF	121.6	125.0	0.5493						160.0	167.5	-172.5		167.5								92.008	110.777
Granville Mayers	42	M_MRA_1_AAPF	106.3	110.0	0.5683	180.0	192.5	200.0	217.5	200.0	195.0	200.0	205.0	-212.5	205.0	405.0	272.5	282.5	287.5	290.0	287.5	692.5	393.548	401.419
James Abraham PL	55	M_MR_4_AAPF	80.1	82.5	0.6573	170.0	177.5	182.5		182.5	120.0	127.5	-130.0		127.5	310.0	210.0	227.5	-232.5		227.5	537.5	353.299	432.791
James Abraham DL	55	M_MR_4_AAPF	80.1	82.5	0.6573												210.0	227.5	-232.5		227.5		149.536	183.181
James Abraham PP	55	M_MR_4_AAPF	80.1	82.5	0.6573						120.0	127.5	-130.0		127.5		210.0	227.5	-232.5		227.5	355.0	233.342	285.843
James Lin	46	M_MRA_2_AAPF	77.7	82.5	0.6712	127.5	-137.5	140.0		140.0	85.0	90.0	-97.5		90.0	230.0	142.5	155.0	160.0		160.0	390.0	261.768	279.568
Jeff Rivera	53	M_MR_3_AAPF	79.5	82.5	0.6606	87.5	95.0	107.5		107.5	72.5	-82.5	-82.5		72.5	180.0	115.0	135.0	155.0		155.0	335.0	221.301	262.020
Julie Watkin	52	F_MRA_3_AAPF	59.1	60	0.9997	102.5	-107.5	107.5		107.5	50	52.5	-55		52.5	160	135	142.5	-150		142.5	302.5	302.409	352.307
Michael Krause (Bench only)	48	M_MR_2_APF	89.3	90.0	0.6146						190.0	195.0	-202.5		195.0								119.837	131.461
Michael Milton	66	M_MR_6_AAPF	80.7	82.5	0.654	130	137.5	145	150	145	107.5	115	117.5	-120	117.5	262.5	142.5	160	167.5		167.5	430	281.220	424.923
Peter Pantazopoulos	57	M_MRA_4_APF	81.0	82.5	0.6524	145.0	165.0	185.0		185.0	80.0	85.0	92.5		92.5	277.5	185.0	210.0	220.0		220.0	497.5	324.544	411.522
Sherry Archer	60	F_MR_5_AAPF	71	75	0.8679	60	65	70		70	40	42.5	45		45	115	80	87.5	95		95	210	182.249	244.213

Lb Results

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	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
Alan Liang	41	M_MR_1_APF	99.5	100.0	0.5826	463.0	-485.0	-485.0		463.0	292.1	308.6	-325.2		308.6	771.6	562.2	-584.2	589.7	600.8	589.7	1361.3	359.725	363.322
Andrew Berry-Moreau	47	M_MRA_2_AAPF	95.7	100.0	0.5929	352.7	396.8	407.9	-418.9	407.9	275.6	314.2	325.2	-336.2	325.2	733.0	385.8	418.9	446.4	457.5	446.4	1179.5	317.175	343.183
Clark Yeo	43	M_MR_1_APF	66.2	67.5	0.761						203.9	226.0	231.5		231.5								79.900	82.377
Dave Erhard (PL)	54	M_MRA_3_AAPF	121.6	125.0	0.5493	380.3	413.4	429.9		429.9	352.7	369.3	-380.3		369.3	799.2	474.0	496.0	512.6		512.6	1311.7	326.834	393.508
Dave Erhard (BP)	54	M_MRA_3_AAPF	121.6	125.0	0.5493						352.7	369.3	-380.3		369.3								92.008	110.777
Granville Mayers	42	M_MRA_1_AAPF	106.3	110.0	0.5683	396.8	424.4	440.9	479.5	440.9	429.9	440.9	451.9	-468.5	451.9	892.9	600.8	622.8	633.8	639.3	633.8	1526.7	393.548	401.419
James Abraham (PL)	55	M_MR_4_AAPF	80.1	82.5	0.6573	374.8	391.3	402.3		402.3	264.6	281.1	-286.6		281.1	683.4	463.0	501.5	-512.6		501.5	1185.0	353.299	432.791
James Abraham (DL)	55	M_MR_4_AAPF	80.1	82.5	0.6573												463.0	501.5	-512.6		501.5		149.536	183.181
James Abraham (PP)	55	M_MR_4_AAPF	80.1	82.5	0.6573						264.6	281.1	-286.6		281.1		463.0	501.5	-512.6		501.5	782.6	233.342	285.843
James Lin	46	M_MRA_2_AAPF	77.7	82.5	0.6712	281.1	-303.1	308.6		308.6	187.4	198.4	-214.9		198.4	507.1	314.2	341.7	352.7		352.7	859.8	261.768	279.568
Jeff Rivera	53	M_MR_3_AAPF	79.5	82.5	0.6606	192.9	209.4	237.0		237.0	159.8	-181.9	-181.9		159.8	396.8	253.5	297.6	341.7		341.7	738.5	221.301	262.020
Julie Watkin	52	F_MRA_3_AAPF	59.1	60	0.9997	226.0	-237.0	237.0		237.0	110.2	115.7	-121.3		115.7	352.7	297.6	314.2	-330.7		314.2	666.9	302.409	352.307
Michael Krause	48	M_MR_2_APF	89.3	90.0	0.6146						418.9	429.9	-446.4		429.9								119.837	131.461
Michael Milton	66	M_MR_6_AAPF	80.7	82.5	0.654	286.6	303.1	319.7	330.7	319.7	237.0	253.5	259.0	-264.6	259.0	578.7	314.2	352.7	369.3		369.3	948.0	281.220	424.923
Peter Pantazopoulos	57	M_MRA_4_APF	81.0	82.5	0.6524	319.7	363.8	407.9		407.9	176.4	187.4	203.9		203.9	611.8	407.9	463.0	485.0		485.0	1096.8	324.544	411.522
Sherry Archer	60	F_MR_5_AAPF	71	75	0.8679	132.3	143.3	154.3		154.3	88.2	93.7	99.2		99.2	253.5	176.4	192.9	209.4		209.4	463.0	182.249	244.213