

2013 SSPT Invitational

Meet Date: 4/27/2013 Meet Director: Matt Gary Type: Powerlifting Only Location: Supreme Sports Performance & Training, Inc. (SSPT)

Meet Statistics

Avg Lifts	Average Squat	Average Bench	Average Deadlift	Average Total	Biggest Lifts	Biggest Squat	Biggest Bench	Biggest Deadlift	Biggest Total
Women	91.9 kg 202.6 lbs	58.8 kg 129.5 lbs	123.8 kg 272.8 lbs	274.4 kg 604.9 lbs	Women	115 kg 253.5 lbs	92.5 kg 203.9 lbs	157.5 kg 347.2 lbs	345 kg 760.6 lbs
Men	201.9 kg 445 lbs	131.9 kg 290.7 lbs	220 kg 485 lbs	553.8 kg 1220.8 lbs	Men	262.5 kg 578.7 lbs	182.5 kg 402.3 lbs	272.5 kg 600.8 lbs	690 kg 1521.2 lbs

Full Powerlifting Results

	Lifter	WtClass	Bwt	Divisions	Squat1	Squat2	Squat3	Bench1	Bench2	Bench3	Deadlift1	Deadlift2	Deadlift3	Total	Wilks	Class
Women Raw	Joanna Gruvman	67.5 kg 148.8 lbs	66.6 Kg 147 Lbs	Open Age 22	90 Kg 198.4 Lbs	95 Kg 209.4 Lbs	95 Kg 209.4 Lbs	45 Kg 99.2 Lbs	50 Kg 110.2 Lbs	55 Kg 121.3 Lbs	110 Kg 242.5 Lbs	117.5 Kg 259 Lbs	125 Kg 275.6 Lbs	270 Kg 595.2 Lbs	278.26	Class III
Women Raw	Cathy Cox	75.0 kg 165.3 lbs	72.5 Kg 160 Lbs	Open Age 37	90 Kg 198.4 Lbs	97.5 Kg 215 Lbs	102.5 Kg 226 Lbs	52.5 Kg 115.7 Lbs	57.5 Kg 126.8 Lbs	60 Kg 132.3 Lbs	140 Kg 308.6 Lbs	150 Kg 330.7 Lbs	157.5 Kg 347.2 Lbs	317.5 Kg 700 Lbs	308.48	Class III
Women Raw	Anne Hayward	75.0 kg 165.3 lbs	72.2 Kg 159 Lbs	Open Age 27	45 Kg 99.2 Lbs	50 Kg 110.2 Lbs	55 Kg 121.3 Lbs	25 Kg 55.1 Lbs	30 Kg 66.1 Lbs	35 Kg 77.2 Lbs	65 Kg 143.3 Lbs	70 Kg 154.3 Lbs	75 Kg 165.3 Lbs	165 Kg 363.8 Lbs	160.74	
Women Raw	Amanda Koslow	90.0+ kg 198.4+ lbs	92.1 Kg 203 Lbs	Open Age 26	100 Kg 220.5 Lbs	107.5 Kg 237 Lbs	115 Kg 253.5 Lbs	82.5 Kg 181.9 Lbs	87.5 Kg 192.9 Lbs	92.5 Kg 203.9 Lbs	120 Kg 264.6 Lbs	130 Kg 286.6 Lbs	137.5 Kg 303.1 Lbs	345 Kg 760.6 Lbs	295.35	Class III
Men Raw	Christian Evans	90.0 kg 198.4 lbs	88.9 Kg 196 Lbs	Open Age 36	170 Kg 374.8 Lbs	185 Kg 407.9 Lbs	197.5 Kg 435.4 Lbs	90 Kg 198.4 Lbs	100 Kg 220.5 Lbs	110 Kg 242.5 Lbs	200 Kg 440.9 Lbs	215 Kg 474 Lbs	230 Kg 507.1 Lbs	537.5 Kg 1185 Lbs	345.29	Class III
Men Raw	Jack DiBenedetto	100.0 kg 220.5 lbs	99 Kg 218 Lbs	Open Age 28	242.5 Kg 534.6 Lbs	255 Kg 562.2 Lbs	267.5 Kg 589.7 Lbs	175 Kg 385.8 Lbs	182.5 Kg 402.3 Lbs	0 Kg 0 Lbs	242.5 Kg 534.6 Lbs	252.5 Kg 556.7 Lbs	0 Kg 0 Lbs	690 Kg 1521.2 Lbs	421.66	Class I
Men Raw	Brian Kane	100.0 kg 220.5 lbs	97.1 Kg 214 Lbs	Open Age 28	142.5 Kg 314.2 Lbs	150 Kg 330.7 Lbs	157.5 Kg 347.2 Lbs	102.5 Kg 226 Lbs	110 Kg 242.5 Lbs	117.5 Kg 259 Lbs	150 Kg 330.7 Lbs	160 Kg 352.7 Lbs	170 Kg 374.8 Lbs	445 Kg 981.1 Lbs	274.16	
Men Raw	Michael Milton	100.0 kg 220.5 lbs	91 Kg 201 Lbs	Open Age 35	140 Kg 308.6 Lbs	150 Kg 330.7 Lbs	160 Kg 352.7 Lbs	90 Kg 198.4 Lbs	95 Kg 209.4 Lbs	102.5 Kg 226 Lbs	155 Kg 341.7 Lbs	167.5 Kg 369.3 Lbs	180 Kg 396.8 Lbs	442.5 Kg 975.5 Lbs	280.94	
Men Raw	Mark Robb	110.0 kg 242.5 lbs	104.5 Kg 230 Lbs	Open Age 53	235 Kg 518.1 Lbs	255 Kg 562.2 Lbs	262.5 Kg 578.7 Lbs	125 Kg 275.6 Lbs	135 Kg 297.6 Lbs	140 Kg 308.6 Lbs	272.5 Kg 600.8 Lbs	295 Kg 650.4 Lbs	0 Kg 0 Lbs	675 Kg 1488.1 Lbs	404.06	Class II
Men Raw	Kelvin Everitt	110.0 kg 242.5 lbs	108.6 Kg 239 Lbs	Open Age 39	190 Kg 418.9 Lbs	197.5 Kg 435.4 Lbs	205 Kg 451.9 Lbs	130 Kg 286.6 Lbs	140 Kg 308.6 Lbs	145 Kg 319.7 Lbs	200 Kg 440.9 Lbs	217.5 Kg 479.5 Lbs	227.5 Kg 501.6 Lbs	577.5 Kg 1273.2 Lbs	341.24	Class III
Men Raw	Zack Robb	110.0 kg 242.5 lbs	101.8 Kg 224 Lbs	Open Age 18	170 Kg 374.8 Lbs	190 Kg 418.9 Lbs	195 Kg 429.9 Lbs	110 Kg 242.5 Lbs	117.5 Kg 259 Lbs	125 Kg 275.6 Lbs	170 Kg 374.8 Lbs	197.5 Kg 435.4 Lbs	217.5 Kg 479.5 Lbs	537.5 Kg 1185 Lbs	324.86	Class IV
Men Raw	Nick Fogleman	110.0 kg 242.5 lbs	105.8 Kg 233 Lbs	Open Age 24	162.5 Kg 358.3 Lbs	172.5 Kg 380.3 Lbs	182.5 Kg 402.3 Lbs	117.5 Kg 259 Lbs	125 Kg 275.6 Lbs	132.5 Kg 292.1 Lbs	185 Kg 407.9 Lbs	197.5 Kg 435.4 Lbs	210 Kg 463 Lbs	525 Kg 1157.4 Lbs	312.9	Class IV