

2015 USAPL Central MD Push Pull Challenge

Meet Date(s): 09/20/2015 To 09/20/2015

Meet Director: Mike Sichelman

Location: Colosseum Gym

Co Director

Events: Push/Pull, Bench Press Only, Deadlift Only

Sort By: Gender

Meet Statistics

Avg Lifts	Average Squat	Average Bench	Average Deadlift	Average Total		Biggest Lifts	Biggest Squat	Biggest Bench	Biggest Deadlift	Biggest Total
Women	0	49.7	100.6	149.7	Total Women	Women	0	77.5	160	13.5
	0	109.6	221.8	330			17	0	170.9	352.7
Men	0	115.3	169	281.5	Total Men	Men	0	192.5	275	10.5
	0	254.2	372.7	620.6			42	0	424.4	606.3

	Lifter	Age	Session		Bwt	Divisions	Events	Squat			Bench Press			Deadlift			Total	Wilks Class
			Flight	WtClass				1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd		
Female Raw	Gabriel, Donna	28	1 A	63.0 138.9	58.8 129.6	Open	DL	kg 0 lb	kg 0 lb	kg 0 lb	kg 0 lb	kg 0 lb	kg 0 lb	115.0 kg 253.5 lb	125.0 kg 275.6 lb	132.5 kg 292.1 lb	132.5 292.1	150.06
Female Raw	Karl, Emily	27	1 A	72.0 158.7	71 156.5	Open	DL	kg 0 lb	kg 0 lb	kg 0 lb	kg 0 lb	kg 0 lb	kg 0 lb	132.5 kg 292.1 lb	150.0 kg 330.7 lb	157.5 kg 347.2 lb	157.5 347.2	155.17
Female Raw	Heenan, Sonya	47	1 A	52.0 114.6	50.5 111.3	Open	BP	kg 0 lb	kg 0 lb	kg 0 lb	-50.0 kg -110.2 lb	52.5 kg 115.7 lb	-55.0 kg -121.3 lb	kg 0 lb	kg 0 lb	kg 0 lb	52.5 115.7	66.94
Female Raw	Tucker, Tierra	26	1 A	63.0 138.9	62.4 137.6	Open	BP	kg 0 lb	kg 0 lb	kg 0 lb	75.0 kg 165.3 lb	-77.5 kg -170.9 lb	77.5 kg 170.9 lb	kg 0 lb	kg 0 lb	kg 0 lb	77.5 170.9	83.84
Female Raw	Socolinsky, Emily	40	1 A	72.0 158.7	69.6 153.4	Open	BP	kg 0 lb	kg 0 lb	kg 0 lb	52.5 kg 115.7 lb	55.0 kg 121.3 lb	57.5 kg 126.8 lb	kg 0 lb	kg 0 lb	kg 0 lb	57.5 126.8	57.43
Female Raw	Perez, Alyssa	24	1 A	52.0 114.6	51.4 113.3	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	40.0 kg 88.2 lb	45.0 kg 99.2 lb	47.5 kg 104.7 lb	107.5 kg 237 lb	115.0 kg 253.5 lb	-120.0 kg -264.6 lb	162.5 358.2	204.39
Female Raw	Boyce, Christine	34	1 A	52.0 114.6	51.9 114.4	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	30.0 kg 66.1 lb	-32.5 kg -71.6 lb	-32.5 kg -71.6 lb	50.0 kg 110.2 lb	52.5 kg 115.7 lb	55.0 kg 121.3 lb	85.0 187.4	106.12
Female Raw	Atkinson, Natasha	51	1 A	63.0 138.9	63 138.9	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	52.5 kg 115.7 lb	57.5 kg 126.8 lb	60.0 kg 132.3 lb	97.5 kg 214.9 lb	105.0 kg 231.5 lb	115.0 kg 253.5 lb	175.0 385.8	187.95
Female Raw	Musacchio, Lisa	24	1 A	63.0 138.9	57.2 126.1	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	42.5 kg 93.7 lb	45.0 kg 99.2 lb	-47.5 kg -104.7 lb	105.0 kg 231.5 lb	-115.0 kg -253.5 lb	115.0 kg 253.5 lb	150.0 330.7	173.58
Female Raw	Duzak-Trebach, Amanda	29	1 A	63.0 138.9	61.2 134.9	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	40.0 kg 88.2 lb	-45.0 kg -99.2 lb	45.0 kg 99.2 lb	92.5 kg 203.9 lb	102.5 kg 226 lb	105.0 kg 231.5 lb	150.0 330.7	164.7
Female Raw	Gottlieb, Isabella	18	1 A	63.0 138.9	59.2 130.5	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	37.5 kg 82.7 lb	42.5 kg 93.7 lb	-45.0 kg -99.2 lb	87.5 kg 192.9 lb	97.5 kg 214.9 lb	102.5 kg 226 lb	145.0 319.7	163.36

	Lifter	Age	Session		WtClass	Bwt	Divisions	Events	Squat			Bench Press			Deadlift			Total	Wilks
			Flight						1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd		Class
Female Raw	Lang, Kristy	24	1 A	72.0 158.7	70.4 155.2	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	65.0 kg 143.3 lb	67.5 kg 148.8 lb	70.0 kg 154.3 lb	145.0 kg 319.7 lb	155.0 kg 341.7 lb	160.0 kg 352.7 lb	230.0 507.1	227.93	
Female Raw	Goldberg, Abigail	20	1 A	72.0 158.7	70 154.3	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	62.5 kg 137.8 lb	70.0 kg 154.3 lb	-75.0 kg -165.3 lb	140.0 kg 308.6 lb	152.5 kg 336.2 lb	-165.0 kg -363.8 lb	222.5 490.5	221.34	
Female Raw	Figgatt, Caroline	26	1 A	72.0 158.7	71 156.5	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	70.0 kg 154.3 lb	-75.0 kg -165.3 lb	75.0 kg 165.3 lb	130.0 kg 286.6 lb	135.0 kg 297.6 lb	137.5 kg 303.1 lb	212.5 468.5	209.36	
Female Raw	Roberts, Kyra	25	1 A	72.0 158.7	66.4 146.4	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	-55.0 kg -121.3 lb	55.0 kg 121.3 lb	-62.5 kg -137.8 lb	122.5 kg 270.1 lb	-135.0 kg -297.6 lb	-137.5 kg -303.1 lb	177.5 391.3	183.32	
Female Raw	Saucedo, Monica	31	1 B	84.0 185.2	81.6 179.9	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	57.5 kg 126.8 lb	60.0 kg 132.3 lb	62.5 kg 137.8 lb	125.0 kg 275.6 lb	135.0 kg 297.6 lb	-142.5 kg -314.2 lb	197.5 435.4	178.78	
Female Raw	Surowiec, Sylwia	26	1 B	84.0+ 185.2+	84.5 186.3	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	47.5 kg 104.7 lb	50.0 kg 110.2 lb	55.0 kg 121.3 lb	95.0 kg 209.4 lb	97.5 kg 214.9 lb	105.0 kg 231.5 lb	160.0 352.7	142.26	
Male Raw	Ballesteros, Romel	29	1 B	59.0 130.1	56.2 123.9	Open	DL	kg 0 lb	kg 0 lb	kg 0 lb	kg 0 lb	kg 0 lb	kg 0 lb	147.5 kg 325.2 lb	165.0 kg 363.8 lb	-185.0 kg -407.9 lb	165.0 363.8	149.69	
Male Raw	Keith, Dale	22	1 B	53.0 116.8	51.8 114.2	Open	BP	kg 0 lb	kg 0 lb	kg 0 lb	87.5 kg 192.9 lb	95.0 kg 209.4 lb	-97.5 kg -214.9 lb	kg 0 lb	kg 0 lb	kg 0 lb	95.0 209.4	93.6	
Male Raw	Sumardi, Bryan	23	1 B	66.0 145.5	66 145.5	Open	BP	kg 0 lb	kg 0 lb	kg 0 lb	100.0 kg 220.5 lb	112.5 kg 248 lb	120.0 kg 264.6 lb	kg 0 lb	kg 0 lb	kg 0 lb	120.0 264.6	94.22	
Male Raw	Elbert, Randy	45	2 D	93.0 205.0	86.1 189.8	Open	BP	kg 0 lb	kg 0 lb	kg 0 lb	140.0 kg 308.6 lb	145.0 kg 319.7 lb	150.0 kg 330.7 lb	kg 0 lb	kg 0 lb	kg 0 lb	150.0 330.7	98.04	
Male Raw	Mulligan, Chuck	72	2 D	93.0 205.0	91.9 202.6	Open	BP	kg 0 lb	kg 0 lb	kg 0 lb	125.0 kg 275.6 lb	-135.0 kg -297.6 lb	137.5 kg 303.1 lb	kg 0 lb	kg 0 lb	kg 0 lb	137.5 303.1	86.87	
Male Raw	Poledna, James	29	2 D	105.0 231.5	105 231.5	Open	BP	kg 0 lb	kg 0 lb	kg 0 lb	145.0 kg 319.7 lb	152.5 kg 336.2 lb	-160.0 kg -352.7 lb	kg 0 lb	kg 0 lb	kg 0 lb	152.5 336.2	91.13	
Male Raw	Jones, John	29	1 B	120.0 264.6	117.9 259.9	Open	BP	kg 0 lb	kg 0 lb	kg 0 lb	-182.5 kg -402.3 lb	182.5 kg 402.3 lb	192.5 kg 424.4 lb	kg 0 lb	kg 0 lb	kg 0 lb	192.5 424.4	111.15	
Male Raw	Hipolito, Nicholas	16	1 B	59.0 130.1	56.4 124.3	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	72.5 kg 159.8 lb	80.0 kg 176.4 lb	85.0 kg 187.4 lb	125.0 kg 275.6 lb	145.0 kg 319.7 lb	162.5 kg 358.2 lb	247.5 545.6	223.76	
Male Raw	Hipolito, Dionisio	19	1 B	66.0 145.5	64.3 141.8	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	95.0 kg 209.4 lb	-102.5 kg -226 lb	102.5 kg 226 lb	187.5 kg 413.4 lb	202.5 kg 446.4 lb	212.5 kg 468.5 lb	315.0 694.4	252.79	
Male Raw	Panameno-Castro, Gino	23	1 B	66.0 145.5	66 145.5	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	90.0 kg 198.4 lb	97.5 kg 214.9 lb	102.5 kg 226 lb	162.5 kg 358.2 lb	175.0 kg 385.8 lb	-185.0 kg -407.9 lb	277.5 611.8	217.89	
Male Raw	Piesto, Blake	25	1 B	66.0 145.5	63.4 139.8	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	85.0 kg 187.4 lb	92.5 kg 203.9 lb	-97.5 kg -214.9 lb	150.0 kg 330.7 lb	167.5 kg 369.3 lb	177.5 kg 391.3 lb	270.0 595.2	219.29	
Male Raw	Dahne, Samuel	21	1 B	66.0 145.5	65.2 143.7	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	82.5 kg 181.9 lb	87.5 kg 192.9 lb	92.5 kg 203.9 lb	145.0 kg 319.7 lb	162.5 kg 358.2 lb	-175.0 kg -385.8 lb	255.0 562.2	202.27	
Male Raw	Lecato, Jerard	28	1 B	66.0 145.5	65.8 145.1	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	-102.5 kg -226 lb	-110.0 kg -242.5 lb	-120.0 kg -264.6 lb	125.0 kg 275.6 lb	130.0 kg 286.6 lb	135.0 kg 297.6 lb	135.0 297.6	106.27	

	Lifter	Age	Session		WtClass	Bwt	Divisions	Events	Squat			Bench Press			Deadlift			Total	Wilks
			Flight						1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd		Class
Male Raw	Hemby, Sidney	30	2 C	74.0 163.1	73.6 162.3	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	140.0 kg 308.6 lb	145.0 kg 319.7 lb	-150.0 kg -330.7 lb	230.0 kg 507.1 lb	232.5 kg 512.6 lb	245.0 kg 540.1 lb	390.0 859.8	281.62	
Male Raw	Pelc, Josh	28	2 C	74.0 163.1	73.9 162.9	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	105.0 kg 231.5 lb	110.0 kg 242.5 lb	115.0 kg 253.5 lb	185.0 kg 407.9 lb	210.0 kg 463 lb	-227.5 kg -501.5 lb	325.0 716.5	234	
Male Raw	Rock, Jean-Paul	26	2 C	74.0 163.1	73.7 162.5	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	100.0 kg 220.5 lb	105.0 kg 231.5 lb	110.0 kg 242.5 lb	180.0 kg 396.8 lb	187.5 kg 413.4 lb	202.5 kg 446.4 lb	312.5 688.9	225.44	
Male Raw	Phlek, Phillip	23	2 C	74.0 163.1	73 160.9	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	92.5 kg 203.9 lb	97.5 kg 214.9 lb	-100.0 kg -220.5 lb	187.5 kg 413.4 lb	200.0 kg 440.9 lb	210.0 kg 463 lb	307.5 677.9	223.37	
Male Raw	Shad, Jeff	51	2 C	74.0 163.1	72.6 160.1	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	92.5 kg 203.9 lb	97.5 kg 214.9 lb	100.0 kg 220.5 lb	165.0 kg 363.8 lb	182.5 kg 402.3 lb	190.0 kg 418.9 lb	290.0 639.3	211.5	
Male Raw	Basdavanos, Steve	62	2 C	74.0 163.1	71.2 157	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	75.0 kg 165.3 lb	90.0 kg 198.4 lb	95.0 kg 209.4 lb	132.5 kg 292.1 lb	150.0 kg 330.7 lb	165.0 kg 363.8 lb	260.0 573.2	192.35	
Male Raw	Kelchaw, Daniel	26	2 C	83.0 183.0	80.1 176.6	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	152.5 kg 336.2 lb	157.5 kg 347.2 lb	160.0 kg 352.7 lb	235.0 kg 518.1 lb	245.0 kg 540.1 lb	255.0 kg 562.2 lb	415.0 914.9	283.11	
Male Raw	Shaffer, Michael	26	2 C	83.0 183.0	81.5 179.7	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	132.5 kg 292.1 lb	-137.5 kg -303.1 lb	137.5 kg 303.1 lb	245.0 kg 540.1 lb	-262.5 kg -578.7 lb	-262.5 kg -578.7 lb	382.5 843.3	258.15	
Male Raw	Zeit III, John	21	2 C	83.0 183.0	81 178.6	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	-132.5 kg -292.1 lb	132.5 kg 292.1 lb	-137.5 kg -303.1 lb	210.0 kg 463 lb	222.5 kg 490.5 lb	232.5 kg 512.6 lb	365.0 804.7	247.25	
Male Raw	Bulagay, Sam	21	2 C	83.0 183.0	77.2 170.2	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	135.0 kg 297.6 lb	140.0 kg 308.6 lb	142.5 kg 314.2 lb	195.0 kg 429.9 lb	205.0 kg 451.9 lb	215.0 kg 474 lb	357.5 788.1	249.79	
Male Raw	Williams, Michael	29	2 C	83.0 183.0	82.9 182.8	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	107.5 kg 237 lb	112.5 kg 248 lb	-120.0 kg -264.6 lb	227.5 kg 501.5 lb	240.0 kg 529.1 lb	-252.5 kg -556.7 lb	352.5 777.1	235.47	
Male Raw	Blough, Jason	34	2 C	83.0 183.0	81.6 179.9	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	112.5 kg 248 lb	120.0 kg 264.6 lb	-127.5 kg -281.1 lb	187.5 kg 413.4 lb	200.0 kg 440.9 lb	205.0 kg 451.9 lb	325.0 716.5	219.18	
Male Raw	Pullins, Zachary	34	2 C	83.0 183.0	82.5 181.9	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	102.5 kg 226 lb	112.5 kg 248 lb	115.0 kg 253.5 lb	180.0 kg 396.8 lb	192.5 kg 424.4 lb	202.5 kg 446.4 lb	317.5 700.0	212.69	
Male Raw	Romero, Oscar	31	2 C	83.0 183.0	80.4 177.2	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	82.5 kg 181.9 lb	87.5 kg 192.9 lb	90.0 kg 198.4 lb	160.0 kg 352.7 lb	170.0 kg 374.8 lb	177.5 kg 391.3 lb	267.5 589.7	182.06	
Male Raw	Shirey, Joshua	14	2 C	83.0 183.0	79 174.2	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	87.5 kg 192.9 lb	95.0 kg 209.4 lb	-102.5 kg -226 lb	147.5 kg 325.2 lb	160.0 kg 352.7 lb	-170.0 kg -374.8 lb	255.0 562.2	175.49	
Male Raw	Milby, Joel	21	2 C	83.0 183.0	81.9 180.6	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	120.0 kg 264.6 lb	-132.5 kg -292.1 lb	-132.5 kg -292.1 lb	-212.5 kg -468.5 lb	kg 0 lb	kg 0 lb	0.0 0.0	0	
Male Raw	Carey, Edward	21	2 D	93.0 205.0	90.2 198.9	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	-125.0 kg -275.6 lb	-125.0 kg -275.6 lb	142.5 kg 314.2 lb	205.0 kg 451.9 lb	220.0 kg 485 lb	240.0 kg 529.1 lb	382.5 843.3	243.92	
Male Raw	Zaky, Kalil	23	2 D	93.0 205.0	91.5 201.7	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	125.0 kg 275.6 lb	-137.5 kg -303.1 lb	-137.5 kg -303.1 lb	220.0 kg 485 lb	240.0 kg 529.1 lb	-265.0 kg -584.2 lb	365.0 804.7	231.08	
Male Raw	Smith, Ken	63	2 D	93.0 205.0	89.1 196.4	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	122.5 kg 270.1 lb	127.5 kg 281.1 lb	-132.5 kg -292.1 lb	-210.0 kg -463 lb	210.0 kg 463 lb	220.0 kg 485 lb	347.5 766.1	222.99	

	Lifter	Age	Session		WtClass	Bwt	Divisions	Events	Squat			Bench Press			Deadlift			Total	Wilks
			Flight						1st	2nd	3rd	1st	2nd	3rd	1st	2nd	3rd		Class
Male Raw	Kitzmilller, Neil	23	2 D	93.0 205.0	87.1 192	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	112.5 kg 248 lb	122.5 kg 270.1 lb	132.5 kg 292.1 lb	182.5 kg 402.3 lb	195.0 kg 429.9 lb	212.5 kg 468.5 lb	345.0 760.6	224.08	
Male Raw	Cluney, Ryan	31	2 D	93.0 205.0	88.3 194.7	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	110.0 kg 242.5 lb	115.0 kg 253.5 lb	-117.5 kg -259 lb	202.5 kg 446.4 lb	215.0 kg 474 lb	-230.0 kg -507.1 lb	330.0 727.5	212.75	
Male Raw	Opitz, Bryan	27	2 D	93.0 205.0	89.9 198.2	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	117.5 kg 259 lb	125.0 kg 275.6 lb	130.0 kg 286.6 lb	172.5 kg 380.3 lb	185.0 kg 407.9 lb	195.0 kg 429.9 lb	325.0 716.5	207.61	
Male Raw	Morataya, Thomas	23	2 D	93.0 205.0	92.8 204.6	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	97.5 kg 214.9 lb	102.5 kg 226 lb	107.5 kg 237 lb	172.5 kg 380.3 lb	182.5 kg 402.3 lb	192.5 kg 424.4 lb	300.0 661.4	188.64	
Male Raw	Curtin, Daniel	29	2 D	105.0 231.5	103.4 228	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	122.5 kg 270.1 lb	130.0 kg 286.6 lb	137.5 kg 303.1 lb	195.0 kg 429.9 lb	202.5 kg 446.4 lb	207.5 kg 457.5 lb	345.0 760.6	207.31	
Male Raw	Tolstoi, Paul	62	2 D	105.0 231.5	98.2 216.5	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	60.0 kg 132.3 lb	65.0 kg 143.3 lb	70.0 kg 154.3 lb	125.0 kg 275.6 lb	132.5 kg 292.1 lb	140.0 kg 308.6 lb	210.0 463.0	128.75	
Male Raw	Thomas, Ashton	47	1 B	120.0 264.6	115.3 254.2	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	150.0 kg 330.7 lb	162.5 kg 358.2 lb	172.5 kg 380.3 lb	202.5 kg 446.4 lb	227.5 kg 501.5 lb	245.0 kg 540.1 lb	417.5 920.4	242.4	
Male Raw	Camacho-Vargas, Jose	27	2 D	120.0 264.6	107.1 236.1	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	112.5 kg 248 lb	127.5 kg 281.1 lb	-137.5 kg -303.1 lb	205.0 kg 451.9 lb	215.0 kg 474 lb	-227.5 kg -501.5 lb	342.5 755.1	203.27	
Male Raw	Dawson, JR, Francis	25	1 B	120.0+ 264.6+	124 273.4	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	155.0 kg 341.7 lb	162.5 kg 358.2 lb	165.0 kg 363.8 lb	265.0 kg 584.2 lb	275.0 kg 606.3 lb	-282.5 kg -622.8 lb	440.0 970.0	251.15	
Male Raw	Perlman, Evan	32	1 B	120.0+ 264.6+	135.8 299.4	Open	PP	kg 0 lb	kg 0 lb	kg 0 lb	70.0 kg 154.3 lb	72.5 kg 159.8 lb	80.0 kg 176.4 lb	135.0 kg 297.6 lb	145.0 kg 319.7 lb	157.5 kg 347.2 lb	237.5 523.6	133.33	

Raw Lifts Raw lifts are done without any additional equipment except a belt and knee sleeves (which are optional).

Failed Lift Lifts with a line through are failed attempts (ex: 100.0).

Totals To post a full meet Total, the lifter must have one successful lift in each of the three lifts (squat, bench, deadlift)

Kilos Meet weights are in kilos. 1 kilo approximately equals 2.2 pounds.

Wilks The Wilks Coefficient is a formula used to determine the best lifter or lift of powerlifters of different body weights