

1/26/2008

UPA Iowa & Midwest Powerlifting Championships

Full Power Results																						
Name	Age	Div	BWt (Lbs)	WCls (Lbs)	Schwartz	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Pl. Total	Coeff Score	Placings	Team
Dick Zenzen	55	M-M2-AD	216.1	220	0.5591	606.3	-650.4	677.9	677.9	275.6	319.7	-363.8	319.7	997.6	352.7	418.9	507.1	507.1	1504.6	381.58575	1-M-M2-AD-100	Zenzen Barbell
Bruce McCord	46	M-M1-AD	218.7	220	0.556	573.2	-628.3	-628.3	573.2	407.9	429.9	-440.9	429.9	1003.1	518.1	551.2	-567.7	551.2	1554.2	391.98	1-M-M1-AD-100	Zenzen Barbell
Tony Quatrochi (M-M1-AD)	40	M-M1-AD	181.7	181	0.6198	451.9	485.0	-507.1	485.0	226.0	242.5	-253.5	253.5	738.5	440.9	468.5	-485.0	468.5	1207.0	339.3405	1-M-M1-AD-83.5	Team Carpenter
Mark Hibbing (Sub-M)	39	M-S-AD	179.0	181	0.6262	-540.1	-540.1	540.1	540.1	275.6	-319.7	-325.2	275.6	815.7	-429.9	429.9	-501.5	429.9	1245.6	353.803	1-M-S-AD-83.5	Zenzen Barbell
Ernie Lilliebridge Jr.	19	M-T-AD	220.5	220	0.554	661.4	711.0	744.1	744.1	440.9	474.0	501.5	501.5	1245.6	551.2	606.3	-633.8	606.3	1851.9	465.36	1-M-T-AD-100	Zenzen Barbell
Zach Zenzen	19	M-T-AD	220.0	220	0.5545	661.4	-711.0	-711.0	661.4	429.9	463.0	474.0	474.0	1135.4	551.2	606.3	-622.8	606.3	1741.6	438.055	2-M-T-AD-100	Zenzen Barbell
Jason Harris	31	M-O-AD	212.5	220	0.5636	418.9	440.9	451.9	451.9	253.5	264.6	303.1	303.1	755.1	418.9	440.9	-463.0	463.0	1218.0	311.389	1-M-O-AD-100	Zenzen Barbell
Mark Hibbing (Open-AD)	39	M-O-AD	179.0	181	0.6262	-540.1	-540.1	540.1	540.1	275.6	-319.7	-325.2	275.6	815.7	-429.9	429.9	-501.5	429.9	1245.6	353.803	1-M-O-AD-82.5	Zenzen Barbell
Tony Quatrochi (Open-AD)	40	M-O-AD	181.7	181	0.6198	451.9	485.0	-507.1	485.0	226.0	242.5	-253.5	253.5	738.5	440.9	468.5	-485.0	468.5	1207.0	339.3405	2-M-O-AD-83.5	Team Carpenter
Billy Boyce	57	M-M2	210.8	220	0.556	325.2	-336.2	-336.2	325.2	336.2	374.8	0.0	374.8	700.0	380.3	402.3	424.4	424.4	1124.3	288.66	1-M-M2-100	Team Carpenter
Ernie Lilliebridge Sr. (Sub-M)	36	M-S	308.6	308	0.5034	848.8	903.9	-942.5	903.9	-606.3	606.3	-617.3	606.3	1510.2	672.4	733.0	777.1	777.1	2287.3	522.2775	1-M-S-140	Zenzen Barbell
Chris Carter	37	M-JR	232.8	242	0.5427	655.9	711.0	-751.1	711.0	-463.0	463.0	501.5	501.5	1212.5	479.5	529.1	578.7	578.7	1791.2	440.94375	1-M-JR-110	ISU
Matt Sahlfeld	22	M-JR	216.1	220	0.5591	738.5	771.6	0.0	771.6	507.1	518.1	-523.6	518.1	1289.7	622.8	-639.3	639.3	639.3	1929.0	489.2125	1-M-JR-100	Big Iron Gym
Jake Baker	20	M-JR	216.1	220	0.5591	629.1	652.2	600.8	600.8	374.8	402.3	424.4	424.4	1025.1	479.5	512.6	551.2	551.2	1576.3	399.7565	2-M-JR-100	Team Carpenter
Michael Evans	22	M-JR	219.6	220	0.555	391.3	418.9	-429.9	418.9	270.1	-297.6	-297.6	270.1	688.9	424.4	451.9	-463.0	451.9	1140.9	287.2125	3-M-JR-100	Zenzen Barbell
Ernie Lilliebridge	17	M-T	218.7	220	0.556	661.4	711.0	722.0	722.0	325.2	374.8	374.8	374.8	1096.8	551.2	600.8	650.4	650.4	1747.1	440.63	1-M-T-100	Zenzen Barbell
Ernie Lilliebridge Sr. (Open)	36	M-O	292.7	308	0.5034	848.8	903.9	-942.5	903.9	-606.3	606.3	-617.3	606.3	1510.2	672.4	733.0	777.1	777.1	2287.3	522.2775	1-M-O-140	Zenzen Barbell
Josie Garcia	30	M-O	254.9	276	0.5309	-986.6	986.6	-1019.6	986.6	551.2	-595.2	-622.8	551.2	1537.7	755.1	804.7	-821.2	804.7	2424.2	564.08125	1-M-O-125	Zenzen Barbell
Jeremy Frey	26	M-O	240.3	242	0.5377	859.8	903.9	-948.0	903.9	-639.3	-639.3	639.3	639.3	1543.2	639.3	705.5	733.0	733.0	2276.2	555.1725	1-M-O-110	Cornell College
Conry Akers	32	M-O	234.6	242	0.5414	903.9	931.4	-970.0	931.4	600.8	633.8	-639.3	633.8	1565.3	600.8	-672.4	-700.0	600.8	2166.0	531.9255	2-M-O-110	Zenzen Barbell
Vladimir Vengolochi	28	M-O	209.9	220	0.5672	711.6	815.7	-859.8	815.7	485.0	507.1	518.1	518.1	1333.8	716.5	749.6	-771.6	749.6	2083.3	536.004	2-M-O-110	Triaspoff Powerlifting Team
Tony Judd	35	M-O	209.9	220	0.5672	760.6	804.7	821.2	821.2	-578.7	578.7	578.7	578.7	1399.9	617.3	660.4	650.4	650.4	2050.3	547.246	2-M-O-110	Big Iron Gym
London Evans	26	M-O	196.7	198	0.5885	617.3	655.9	688.9	688.9	418.9	463.0	-486.0	463.0	1151.9	529.1	573.2	-633.8	573.2	1725.1	460.50125	1-M-O-90	ISU
Stanton Schneider	34	M-O	176.8	181	0.6318	330.7	-446.4	-551.2	330.7	-226.0	-237.0	253.5	253.5	594.2	297.6	396.8	-507.1	396.8	981.0	261.151	1-M-O-82.5	Bettendorf YMCA
Seaver Mattison	20	M-JR	145.5	148	0.7408	-501.5	-501.5	-501.5	0.0	330.7	-352.7	352.7	352.7	0.0	-429.9	429.9	-479.5	429.9	0.0	0.0	0.0	Zenzen Barbell
Roger Hennigar	43	M-M1	198.4	198	0.5853	512.6	534.6	551.2	551.2	-518.1	-534.6	-534.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	

Bench Only Results											
Name	Age	Div	BWt (Lbs)	WCls (Lbs)	Schwartz	Bench 1	Bench 2	Bench 3	Best Bench	Coeff Score	Team
Patt Cartee	37	F-S-AD	138.9	97	0.7741	121.3	148.8	-154.3	148.8	52.25175	1-F-S-AD-44 Zenzen Barbell
Teresa Puchio	34	F-O-AD	108.0	97	1.0211	203.9	-220.5	-220.5	203.9	94.45175	1-F-O-AD-44 Team Carpenter
Michael Heppach	34	M-S-AD	196.2	198	0.5893	501.1	523.6	-545.6	523.6	139.95875	1-M-S-AD-90
Jason Carson (Sub-Master AD)	34	M-S-AD	194.9	198	0.5918	474.0	512.6	-529.1	512.6	137.5935	2-M-S-AD-90 Tadow Gym
John Hefel	17	M-T-AD	239.4	242	0.5382	-385.8	385.8	-402.3	385.8	94.185	1-M-T-AD-110 Team Carpenter
Jerrold Dolson	24	M-O-AD	349.2	SHW	0.4849	429.9	-446.4	-446.4	429.9	94.5555	1-M-O-AD-200 Team Carpenter
Tommy Harrison	24	M-O-AD	271.2	225	0.5237	821.2	-825.9	-842.5	821.2	195.07825	1-M-O-AD-125 Gladiator Powerlifting
Jason Carson (Open - AD)	34	M-O-AD	194.9	198	0.5918	474.0	512.6	-529.1	512.6	137.5935	1-M-O-AD-90 Tadow Gym
Mark Thompson	19	M-O-AD	127.4	132	0.8453	-237.0	242.5	-253.5	242.5	92.983	1-M-O-AD-60
Billy Boyce	57	M-M2	210.8	220	0.566	336.2	374.8	0.0	374.8	96.22	1-M-M2-100 Team Carpenter
Steve Egli	52	M-M2	197.5	198	0.5869	374.8	391.3	-418.9	391.3	104.17475	1-M-M2-90 Pop's Gym
Scott Nutter	40	M-M1	351.1	SHW	0.4445	606.3	-633.8	-633.8	606.3	122.2375	1-M-M1-200 Elite Barbell
Rob Kobeser	42	M-M1	306.9	308	0.5943	-573.2	606.3	628.3	628.3	143.7255	1-M-M1-140
John Berding	41	M-M1	214.9	220	0.5605	600.8	611.8	628.3	628.3	159.7425	1-M-M1-100
Dale Schmitzke	41	M-M1	218.3	220	0.5665	-402.3	402.3	-424.4	402.3	101.56125	2-M-M1-100
James Sorrell	48	M-M1	181.2	181	0.6209	474.0	501.5	507.1	507.1	142.807	1-M-M1-82.5 Big Iron Gym
John Chrenick	43	M-M1	165.3	165	0.6645	-363.8	363.8	-385.8	363.8	116.2975	1-M-M1-75
Gary Reichert	47	M-M1	165.3	165	0.6645	352.7	-385.8	-385.8	352.7	104.2175	2-M-M1-75
Ryan Murphy (Sub-Master)	35	M-S	291.9	308	0.5121	440.9	457.5	474.0	474.0	110.1015	1-M-S-140 Two Rivers YMCA
Stanley Tomaszewicz	38	M-S	214.3	220	0.5613	-485.0	485.0	507.1	507.1	129.099	1-M-S-100 Two Rivers YMCA
Brandon Roberts	20	M-JR	266.8	275	0.526	341.7	-363.8	363.8	363.8	86.79	1-M-JR-125
Dave Nelson	19	M-T	374.6	181	0.6376	436.4	-501.5	501.5	501.5	145.054	1-M-T-82.5
Wes Merrill	30	M-O	304.2	308	0.5056	782.6	-810.2	-810.2	782.6	179.488	1-M-O-140 Big Iron Gym
Mat Hobeimer	25	M-O	283.1	308	0.5169	661.4	-716.5	-716.5	661.4	155.07	2-M-O-140
Ryan Murphy (Open)	35	M-O	291.9	308	0.5121	440.9	457.5	474.0	474.0	110.1015	3-M-O-140 Two Rivers YMCA
Scott Barnes	39	M-O	275.6	275	0.521	606.3	628.3	633.8	633.8	149.7875	1-M-O-125 Big Iron Gym
Dan Gross	29	M-O	267.2	275	0.5258	606.3	622.8	628.3	628.3	140.853	2-M-O-125 Big Iron Gym
Richie Briggs	23	M-O	242.5	242	0.5385	-815.7	815.7	837.7	837.7	203.87	1-M-O-110 Big Iron Gym
Jake Prazak	30	M-O	235.9	242	0.5405	733.0	-760.6	760.6	760.6	186.4725	2-M-O-110
Jakob Cook	28	M-O	239.0	242	0.5385	573.2	600.8	628.3	628.3	153.4725	3-M-O-110 Big Iron Gym
Luke Tigges	28	M-O	242.5	242	0.5365	-584.2	584.2	-600.8	584.2	142.1725	4-M-O-110 Team Carpenter
Jacob Schmitt	24	M-O	216.1	220	0.5591	474.0	507.1	518.1	518.1	131.3885	1-M-O-100 Big Iron Gym
Mike Strom	27	M-O	181.9	181	0.6193	523.6	551.2	562.2	562.2	157.9215	1-M-O-82.5 Industrial Strength
Pete Thompson	25	M-O-AD	141.1	148	0.7625	-242.5	-242.5	-242.5	0.0	0.0	
Adrian Gutierrez Jr.	18	M-T-AD	146.4	148	0.7367	-314.2	-314.2	-325.2	0.0	0.0	Industrial Strength
Stewart Drake	41	M-M1	239.0	242	0.5385	-584.2	-584.2	-584.2	0.0	0.0	
Randy Biggam	43	M-O-AD	236.8	242	0.5399	-545.6	-545.6	0.0	0.0	0.0	Mustang Power Team
Roger Ryan	52	M-M2-AD	270.3	275	0.5242	-650.4	-650.4	-700.0	0.0	0.0	Lockup Gym
Rob Luyando (Bench Only)	37	M-O	264.6</								

