USAPL South Florida Open Bench Press/Deadlift/Push-Pull/Powerlifting Championships

Hyatt Regency Hotel: Bonaventure Resort -- Weston, Florida

Saturday, October 03, 2009

								SQUAT				BENCHPRESS				DEADLIFT					
NR	WT.	BDW.	NAME	AGE	TRAINING CENTER	STATE	DIVISION	1.	2.	3.		1.	2.	3.	SUB.	1.	2.	3.	TOT.	Wilk's	PL.
1			**Powerlifting**																		
2	F 52.00	51.30	Kara Kowing	23	Fit Forever -- Bonita Springs	Florida	Raw Unequipped	-60.0	62.5	67.5	67.5	40.0	-42.5	-47.5	107.5	85.0	90.0	95.0	202.5	255.1	1.0
3	60.00	57.90	Tyler Mohammed	20	Fit Forever -- Bonita Springs	Florida	Raw Unequipped	-160.0	-160.0	-160.0											
4	67.50	62.50	Derek Morais	20	Gold's Gym -- Springhill	Florida	Junior [20 - 23]	-155.0	155.0	162.5	162.5	95.0	-107.5	107.5	270.0	150.0	160.0	172.5	442.5	363.9	1.0
5	82.50	81.40	Renzo Saldana	23	LA Fitness -- Boca Raton	Florida	Raw Unequipped	-125.0	125.0	-137.5	125.0	102.5	-107.5	-107.5	227.5	182.5	192.5	200.0	427.5	288.7	1.0
6	90.00	88.20	Corey Clark	22	University of Florida -- Ganesville	Florida	Raw Unequipped	220.0	230.0	235.0	235.0	130.0	140.0	145.0	380.0	200.0	240.0	-250.0	620.0	400.0	1.0
7	90.00	84.50	Eric Smuclovisky	24	LA Fitness -- Boca Raton	Florida	Raw Unequipped	102.5	125.0	-137.5	125.0	102.5	115.0	125.0	250.0	182.5	195.0	205.0	455.0	300.6	2.0
8	90.00	85.20	Claudio Lora	55	Dumbarton WL Club -- Dumbarton	New Jersey	Open	142.5	165.0	182.5	182.5	137.5	145.0	147.5	330.0	142.5	152.5	155.0	485.0	318.9	1.0
9	90.00	85.20	Claudio Lora	55	Dumbarton WL Club -- Dumbarton	New Jersey	Masters I [50 - 59]	142.5	165.0	182.5	182.5	137.5	145.0	147.5	330.0	142.5	152.5	155.0	485.0	318.9	1.0
10	100.00	96.10	Joe Jimenez	38	Porky's Gym -- Miami	Florida	Open	-190.0	-190.0	190.0	190.0	130.0	135.0	145.0	335.0	185.0	190.0	195.0	530.0	328.0	**DT-DQ**
11	100.00	93.10	Michael Ritter	40	World Gym -- East Ft. Lauderdale	Florida	Masters I [40 - 49]	142.5	155.0	165.0	165.0	125.0	135.0	142.5	307.5	185.0	195.0	205.0	512.5	321.8	1.0
12	100.00	96.50	Jon Landau	39	LA Fitness -- Boca Raton	Florida	Raw Unequipped	205.0	-230.0	240.0	240.0	-137.5	137.5	-150.0	377.5	227.5	240.0	-255.0	617.5	381.4	1.0
13	110.00	107.80	Nathan Gaide	29	Anytime Fitness -- Ft. Myers	Florida	Open	155.0	162.5	170.0	170.0	117.5	125.0	-135.0	295.0	200.0	207.5	-217.5	502.5	297.6	1.0
14	125.00	120.40	Kenneth Morris	24	LA Fitness -- Coral Springs	Florida	Raw Unequipped	210.0	227.5	237.5	237.5	165.0	172.5	182.5	420.0	250.0	272.5	287.5	707.5	406.5	1.0
15	125.00	117.80	Dominic Sirianni	32	Cross Fit 305 -- Miami	Florida	Raw Unequipped	172.5	185.0	192.5	192.5	135.0	-142.5	-142.5	327.5	225.0	237.5	245.0	572.5	330.6	2.0
16																					
17			**Bench Press**																		
18	67.50	66.30	Tyler Gehr	15	Montverde Academy -- Montverde	Florida	Teen I [14 - 15]					75.0	77.5	80.0	80.0				80.0	62.6	1.0
19	67.50	66.30	Tyler Gehr	15	Montverde Academy -- Montverde	Florida	Raw/Unequipped					75.0	77.5	80.0	80.0				80.0	62.6	1.0
20	90.00	85.10	Quan Zou	18	Montverde Academy -- Montverde	Florida	Teen III [18 - 19]					97.5	100.0	102.5	102.5				102.5	67.4	1.0
21	90.00	85.10	Quan Zou	18	Montverde Academy -- Montverde	Florida	Raw/Unequipped					97.5	100.0	102.5	102.5				102.5	67.4	1.0
22	90.00	89.80	Jeff Gerardo	35	Fit Forever	Florida	Open					-287.5	-287.5	-287.5							
23	110.00	109.70	Andrew Cohen	28	Just Lift Inc -- Tamarac	Florida	Special Olympian					75.0	82.5	-92.5	82.5				82.5	48.6	1.0
24																					
25			**Deadlift**																		
26	75.00	68.10	Abraham Azan	18	Montverde Academy -- Montverde	Florida	Teen III [18 - 19]									110.0	115.0	125.0	125.0	95.7	1.0
27	75.00	68.10	Abraham Azan	18	Montverde Academy -- Montverde	Florida	Raw/Unequipped									110.0	115.0	125.0	125.0	95.7	1.0
28	125.00	124.20	Jon Kennedy	36	Sunrise Fitness -- Sunrise	Florida	Open									182.5	205.0	-227.5	205.0	117.0	1.0
29																					
30			**Push/Pull**																		
31	100.00	90.20	Art Germaine	30	Sunrise Fitness -- Sunrise	Florida	Raw/Unequipped					105.0	-122.5	-122.5	105.0	182.5	202.5	205.0	310.0	197.7	1.0
32	125.00	124.20	Jon Kennedy	36	Sunrise Fitness -- Sunrise	Florida	Open					142.5	152.5	160.0	160.0	182.5	205.0	-227.5	365.0	208.3	1.0
33																					
34			**Out**																		
35	82.50		Mosbeh Alkinany	40	Gold's Gym -- Coral Gables	Florida	Open														
36	100.00		Brian Burritt	42	Gold's Gym -- Port St. Lucie	Florida	Open														
37	125.00+		Nasr Houssein	23	Gold's Gym -- Coral Gables	Florida	Open														
38																					
39																					
40																					