6th USAPL Southeastern USA Regional Bench Press/Deadlift/Push-Pull/Powerlifting Championships

Elico Arena -- Florida Gulf Coast University: Ft. Myers, Florida

Saturday, December 05, 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 82.50	80.20	Hannah Crowe	20	State College of Florida -- Bradenton	Florida	Open	-97.5	97.5	110.0	52.5	55.0	62.5	172.5	100.0	110.0	117.5	290.0	265.0	1.0
3	F 82.50	80.20	Hannah Crowe	20	State College of Florida -- Bradenton	Florida	Junior [20 - 23]	-97.5	97.5	110.0	52.5	55.0	62.5	172.5	100.0	110.0	117.5	290.0	265.0	1.0
4	F 82.50	80.20	Hannah Crowe	20	State College of Florida -- Bradenton	Florida	Raw/Unequipped	-97.5	97.5	110.0	52.5	55.0	62.5	172.5	100.0	110.0	117.5	290.0	265.0	1.0
5	F 82.50	81.70	Regina Hackney	70	Charleston Naval Air Station -- Charleston	South Carolina	Masters [70 - 59]	-105.0	-105.0	105.0	65.0	68.0	-70.0	173.0	127.5	135.5	-137.5	308.5	279.1	1.0
6	60.00	57.60	Tyler Mohammed	20	Fit Forever -- Bonita Springs	Florida	Junior [20 - 23]	145.0	155.0	160.0	92.5	Pass	Pass	252.5	215.0	Pass	Pass	467.5	414.2	1.0
7	67.50	65.30	Rick Esposito	51	Florida Gulf Coast University --Estero	Florida	Masters [50 - 59]	-160.0	160.0	-165.0	102.5	107.5	110.5	270.5	-175.0	175.0	186.0	456.5	361.6	1.0
8	75.00	73.50	Andreas Parra	23	Florida Atlantic University -- Boca Raton	Florida	Raw/Unequipped	70.0	100.0	-145.0	70.0	92.5	-112.5	192.5	70.0	112.5	167.5	360.0	260.2	1.0
9	82.50	83.10	Brandon Hardey	19	Lifestyles Fitness Center -- Bradenton	Florida	Teen [18 - 19]	-187.5	-187.5	-187.5	-102.5	-102.5	102.5		207.5	222.5	227.5			
10	90.00	89.80	Ray Penland	57	Just Life Inc -- Margate	Florida	Open	165.0	-175.0	-185.0	110.0	-120.0	-120.0	275.0	192.5	-200.0	-200.0	467.5	298.8	1.0
11	90.00	84.90	Claudio Lora	57	Dumbarton BB Club -- Dumbarton	New Jersey	Masters [50 - 59]	152.5	170.0	185.0	137.5	140.0	142.5	327.5	137.5	140.0	142.5	470.0	309.6	1.0
12	90.00	86.90	Gary Levenson	45	Florida Gulf Coast University --Estero	Florida	Raw/Unequipped	150.0	155.0	160.0	115.0	-120.0	-120.0	275.0	177.5	185.0	190.0	465.0	302.4	1.0
13	90.00	89.80	Ray Penland	57	Just Life Inc -- Margate	Florida	Police/Fire/Military	165.0	-175.0	-185.0	110.0	-120.0	-120.0	275.0	192.5	-200.0	-200.0	467.5	298.8	1.0
14	110.00	100.90	Jon Landau	39	LA Fitness -- Boca Raton	Florida	Raw/Unequipped	227.5	250.0	-272.5	-147.5	147.5	157.5	407.5	227.5	240.0	255.0	662.5	401.7	1.0
15	110.00	109.20	Nathan Gaide	29	Anytime Fitness - Bonita Springs	Florida	Open	160.0	167.5	175.0	120.0	127.5	-135.0	302.5	200.0	210.0	217.5	520.0	306.7	1.0
16	125.00+	137.40	Neal Cotton	20	Skiba Barbell Club -- Carteret	New Jersey	Junior [20 - 23]	-270.0	-287.5	-287.5	165.0	-175.0	-175.0		-232.5	-232.5	-232.5			
17			**Bench Press**																	
18	67.50	65.30	Tyler Gehr	16	Montverde Academy - Montverde	Florida	High School JV				82.5	87.5	92.5	92.5				92.5	73.3	1.0
19	100.00	93.50	Devon Rodgers	16	Montverde Academy - Montverde	Florida	High School JV				102.5	105.0	107.5	107.5				107.5	67.4	1.0
20	90.00	87.70	Quan Zou	18	Montverde Academy - Montverde	Florida	High School Varsity				100.0	102.5	105.0	105.0				105.0	67.9	1.0
21	90.00	83.10	Abe Nasser	15	West Palm Beach High School - WPB	Florida	Teen [14 - 15]				115.0	125.0	-127.5	125.0				125.0	83.4	1.0
22	67.50	65.30	Tyler Gehr	16	Montverde Academy - Montverde	Florida	Teen [16 - 17]				82.5	87.5	92.5	92.5				92.5	73.3	1.0
23	100.00	93.50	Devon Rodgers	16	Montverde Academy - Montverde	Florida	Teen [16 - 17]				102.5	105.0	107.5	107.5				107.5	67.4	1.0
24	110.00	108.90	Michael Harding	17	Sunlake High School -- Land-o-Lakes	Florida	Teen [16 - 17]				145.0	-155.0	-155.0	145.0				145.0	85.6	1.0
25	90.00	87.70	Quan Zou	18	Montverde Academy - Montverde	Florida	Teen [18 - 19]				100.0	102.5	105.0	105.0				105.0	67.9	1.0
26	90.00	84.90	Claudio Lora	57	Dumbarton BB Club -- Dumbarton	New Jersey	Masters [50 - 59]				137.5	140.0	142.5	142.5				142.5	93.9	1.0
27	67.50	65.30	Tyler Gehr	16	Montverde Academy - Montverde	Florida	Raw/Unequipped				82.5	87.5	92.5	92.5				92.5	73.3	1.0
28	100.00	93.50	Devon Rodgers	16	Montverde Academy - Montverde	Florida	Raw/Unequipped				102.5	105.0	107.5	107.5				107.5	67.4	1.0
29	125.00	120.30	Eric Pauli	50	Montverde Academy - Montverde	Florida	Raw/Unequipped				140.0	-145.0	150.0	150.0				150.0	86.2	1.0
30			**Deadlift**																	
31	75.00	68.40	Dcota Sims	14	Montverde Academy - Montverde	Florida	High School JV								115.0	117.5	120.0	120.0	91.6	1.0
32	90.00	85.70	Brandon Pownall	15	Montverde Academy - Montverde	Florida	High School JV								120.0	125.0	132.5	132.5	86.8	1.0
33	100.00	98.20	IL Dirim Ganbarov	16	Montverde Academy - Montverde	Florida	High School JV								130.0	140.0	152.5	152.5	93.5	1.0
34	75.00	66.80	Abraham Azan	18	Montverde Academy - Montverde	Florida	High School Varsity								127.5	140.0	145.0	145.0	112.7	1.0
35	90.00	87.70	Quan Zou	18	Montverde Academy - Montverde	Florida	High School Varsity								150.0	180.0	185	185.0	119.7	1.0
36	75.00	68.40	Dcota Sims	14	Montverde Academy - Montverde	Florida	Teen [14 - 15]								115.0	117.5	120.0	120.0	91.6	1.0
37	90.00	85.70	Brandon Pownall	15	Montverde Academy - Montverde	Florida	Teen [14 - 15]								120.0	125.0	132.5	132.5	86.8	1.0
38	100.00	98.20	IL Dirim Ganbarov	16	Montverde Academy - Montverde	Florida	Teen [16 - 17]								130.0	140.0	152.5	152.5	93.5	1.0
39	75.00	66.80	Abraham Azan	18	Montverde Academy - Montverde	Florida	Teen [18 - 19]								127.5	140.0	145.0	145.0	112.7	1.0
40	90.00	87.70	Quan Zou	18	Montverde Academy - Montverde	Florida	Teen [18 - 19]								150.0	180.0	185	185.0	119.7	1.0
41	75.00	68.40	Dcota Sims	14	Montverde Academy - Montverde	Florida	Raw/Unequipped								115.0	117.5	120.0	120.0	91.6	1.0
42	75.00	66.80	Abraham Azan	18	Montverde Academy - Montverde	Florida	Raw/Unequipped								127.5	140.0	145.0	145.0	112.7	1.0
43	90.00	85.70	Brandon Pownall	15	Montverde Academy - Montverde	Florida	Raw/Unequipped								120.0	125.0	132.5	132.5	86.8	1.0
44	100.00	98.20	IL Dirim Ganbarov	16	Montverde Academy - Montverde	Florida	Raw/Unequipped								130.0	140.0	152.5	152.5	93.5	1.0
45	125.00	120.30	Eric Pauli	50	Montverde Academy - Montverde	Florida	Raw/Unequipped								170.0	180.0	192.5	192.5	110.6	1.0
46			**Push-Pull**																	
47	125.00	130.40	Nate McCoole	15	Sunlake High School - Land-O-Lakes	Florida	High School JV				150.0	160.0	162.5	162.5	175.0	180.0	187.5	350.0	197.9	1.0
48	125.00	130.40	Nate McCoole	15	Sunlake High School - Land-O-Lakes	Florida	Teen [14- 15]				150.0	160.0	162.5	162.5	175.0	180.0	187.5	350.0	197.9	1.0
49	67.50	66.20	Kyle Fraser	16	Sunlake High School - Land-O-Lakes	Florida	Teen [16 - 17]				90.0	95.0	-100.0	95.0	125.0	130.0	135.0	230.0	180.1	1.0
50	82.50	76.50	Alex Curry	16	Sunlake High School - Land-O-Lakes	Florida	Teen [16 - 17]				92.5	97.5	-102.5	97.5	115.0	120.0	130.0	227.5	159.9	1.0
51	100.00	98.00	Craig King	17	Sunlake High School - Land-O-Lakes	Florida	Teen [16 - 17]				105.0	110.0	115.0	115.0	127.5	137.5	152.5	267.5	164.1	1.0
52	100.00	94.70	Bryce Johnston	19	Santa Fe College - Gainesville	Florida	Teen [18 - 19]				132.5	140.0	145.0	145.0	227.5	240.0	255.0	400.0	249.2	1.0
53	125.00	120.30	Eric Pauli	50	Montverde Academy - Montverde	Florida	Raw/Unequipped				140.0	-145.0	150.0	150.0	170.0	180.0	192.5	342.5	196.8	1.0
54			**OUT**																	
55	82.50		Chris McNichols	30		Florida	Raw/Unequipped													
56	90.00		Burt RosenField	78		Florida	Masters [70 - 79]													
57																				
58																				