

13-Aug-16

## CAPO/WPC National 3-Lift

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Glossbrenner	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Deadlif t 1	Deadlif t 2	Deadlif t 3	Deadlif t 4	PL Total	Coeff Score	Age & Coeff	Place code	PI-Div-WtCl	Team Pts	Team	Events	
Sam Marshall (VIC)	15	MT-RP	82.95	90	0.6421	110	125	-137.5		80	87.5	95	125	137.5	146	-153	366.0	235.01	235.01	3.00	1-MT-RP	7.00		PL	
Samantha Taylor (NSW)	22	FJ-RP	73.1	75	0.8507	95	107.5	-115		55	-57.5	-57.5	115	125	132.5		295.0	250.96	250.96	3.00	1-FJ-RP	7.00		PL	
Amanda Hart (QLD)	42	FM-R	88.7	90	0.7535	95	100	-105		60	65	70	127.5	135	140		310.0	233.59	238.26	3.00	3-FM-R	3.00		PL	
Mackenzie Barrington-Jacobi (QLD)	14	MT-R	92.05	100	0.6043	120	130	135	140	50	60	-65	130	140	150		345.0	208.48	208.48	3.00	2-MT-R	5.00		PL	
Gabriel Bindon (VIC)	18	MT-R	81.1	82.5	0.6519	130	135	140		97.5	102.5	-105	175	185	-192.5		427.5	278.67	278.67	3.00	1-MT-R	7.00		PL	
Sarah Rodwell (NT)	32	FO-RP	73.45	75	0.8476	120	130	-140		90	95	-100	175	187.5	-200		412.5	349.61	349.61	2.00	3-FO-RP	3.00		PL	
Dean Passaris (QLD)	23	MJ-RP	89.35	90	0.6142	195	202.5	-205		105	-110	-110	200	210	215		522.5	320.89	320.89	3.00	3-MJ-RP	3.00		PL	
Kat Becker (WA)	32	FO-RP	74.6	75	0.8391	-210	210	-225		95	-100	-100	210	220	-230		525.0	440.53	440.53	2.00	1-FO-RP	7.00		PL	
Jesse Peak (NSW)	18	MJ-RP	89.3	90	0.6146	235	250	-260		125	135	-140	210	230	242.5		627.5	385.63	385.63	3.00	2-MJ-RP	5.00		PL	
Hayden Ford (NSW)	23	MJ-R	118.4	125	0.5526	-200	225	235		120	130	137.5	240	265	-270		637.5	352.28	352.28	3.00	3-MJ-R	3.00		PL	
Rhys Fowler (NSW)	21	MJ-R	117.45	125	0.5535	200	215	222.5		135	145	-152.5	250	265	272.5		640.0	354.24	354.24	3.00	2-MJ-R	5.00		PL	
John Pappas (NSW)	23	MJ-SP	123.45	125	0.5472	-290	305			200	220	-230	255	266	280		805.0	440.50	440.50	3.00	1-MJ-SP	7.00		PL	
Sam Wallace (QLD)	20	MJ-RP	137.15	140	0.5335	270	285	-300		160	-165	-165	270	285	-300		730.0	389.46	389.46	3.00	1-MJ-RP	7.00		PL	
Samuel Gray (QLD)	23	MJ-R	95.85	100	0.5938	220	232.5	-240		160	170	172.5	300	-320	-320		705.0	418.59	418.59	3.00	1-MJ-R	7.00		PL	
Tom Buckland (NSW)	21	MJ-R	80.5	82.5	0.6551	195	215	-231		120	130	-140	170				515.0	337.35	337.35	3.00	4-MJ-R	3.00		PL	
Lauren Ashleigh Jiear (ACT)	29	FO-RP	66.85	67.5	0.9060	140	-160	-160		80	93										2.00				PL
Valerie Ferris (NSW)	56	FM-R	51.95	52	1.1076	55	60	65		32.5	37.5	-42.5	95	-102.5	-102.5		197.5	218.75	272.56	3.00	2-FM-R	5.00		PL	
Georgia Sapiano (QLD)	16	FT-RP	47.05	48	1.1961	80	87.5	90	-95	45	50	-52.5	100	110	117.5		257.5	308.00	308.00	3.00	1-FT-RP	7.00		PL	
Lesley Graveson (QLD)	43	FM-RP	71.85	75	0.8604	110	-120	120		45	50	52.5	110	120	-130		292.5	251.65	259.45	3.00	3-FM-RP	3.00		PL	
Rebecca Moore (NSW)	35	FO-RP	71.05	75	0.8670	102.5	110	-112.5		55	62.5	65	115	122.5	130		305.0	264.44	264.44	2.00	5-FO-RP	3.00		PL	
Zhara Krine (QLD)	27	FO-R	46.7	48	1.2038	90	95	-97.5		45	50	-52.5	120	-130	135	-136	280.0	337.06	337.06	2.00	3-FO-R	3.00		PL	
Lauren Hannon (NSW)	36	FO-R	59.3	60	0.9970	112.5	122.5	-127.5		65	72.5	-75	125	132.5	140		335.0	333.98	333.98	2.00	4-FO-R	3.00		PL	
Kate Gorman (NSW)	36	FO-R	58.8	60	1.0037	75	85	90		52.5	57.5	-60	125	132.5	140		287.5	288.56	288.56	2.00	5-FO-R	3.00		PL	
Andrea Sterns (SA)	54	FM-R	74.55	75	0.8391	105	-110	-110		72.5	75	78	137.5	-142.5			320.5	268.93	323.79	3.00	1-FM-R	7.00		PL	
April Wells (QLD)	21	FJ-R	62.9	67.5	0.9511	110	117.5	-122.5		62.5	65	67.5	140	150	152.5		337.5	321.00	321.00	3.00	1-FJ-R	7.00		PL	
Justine Baxter (NSW)	29	FO-RP	72.4	75	0.8563	145	155	160		67.5	-75	-75	145	155	-162.5		382.5	327.53	327.53	2.00	4-FO-RP	3.00		PL	
Jo Muraca (VIC)	50	FM-RP	62.4	67.5	0.9571	105	110	120		65	-70	70	150	160	167.5	172.5	357.5	342.16	386.64	3.00	1-FM-RP	7.00		PL	
Janelle Chamberlin (QLD)	42	FM-RP	66.95	67.5	0.9049	135	145	-150		75	80	-82.5	150	165	175	180	400.0	361.96	369.20	3.00	2-FM-RP	5.00		PL	
Rachelle Maatouk (NSW)	26	FO-R	66.45	67.5	0.9102	120	130	135		70	77.5	-80	160	170	-175		382.5	348.15	348.15	2.00	2-FO-R	5.00		PL	
Kayleigh De Jong (NSW)	29	FO-RP	67.45	67.5	0.9000	160	170	-175		90	-95	-95	160	170	180		440.0	395.98	395.98	2.00	2-FO-RP	5.00		PL	
Jaymii Morris (NSW)	22	FO-R	72.85	75	0.8523	145	-155	-155		80	-85	85	170	180	185	-190	415.0	353.70	353.70	2.00	1-FO-R	7.00		PL	
Rebecca Hodges (NSW)	33	FO-MP	65.45	67.5	0.9211	-150	-150	-160													2.00				PL