

1/08/2024

CAPO NATIONAL CHAMPIONSHIPS 2024

Day 1 - Session 1 - TJMER-Male

Caloundra RSL - Queensland

Name	Sex	Raw/Equipped	Team	Awards Division	BWT	WtCls	Age	Age Coef	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Total	Gloss	Age Points	Place
Robert Hejduk	MALE	CLASSIC_RAW	NSW	Teen 18 - 19	65.5	67.5	18	1.06	-185	195	-210		195	100	112.5	-120		112.5	307.5	245	-260	-260		245	552.5	424.348	449.81	1
Hugo Hovagimian	MALE	CLASSIC_RAW	NSW	Teen 13 - 15	58.8	60	14	1.23	-135	140	147.5		147.5	80	87.5	95		95	242.5	165	185	-200		185	427.5	363.161	446.69	2
Kaylan Harris	MALE	CLASSIC_RAW	QLD	Teen 16 - 17	69.2	75	17	1.08	-180	-180	180		180	85	90	-95		90	270	210	-220	-220		210	480	351.888	380.04	3
Flynn Bates	MALE	CLASSIC_RAW	QLD	Teen 18 - 19	97.3	100	18	1.06	215	225	-230		225	120	130	-135		130	355	210	220	235		235	590	347.068	367.89	4
Matthew Harbison	MALE	CLASSIC_RAW	VIC	Teen 18 - 19	115.8	125	18	1.06	190	200	215		215	110	-120	-130		110	325	210	225	245		245	570	316.55	335.54	5
Alex Sipple	MALE	CLASSIC_RAW	NSW	Teen 13 - 15	112.7	125	15	1.18	140	150	160		160	110	121	130		130	290	170	190	205		205	495	276.655	326.45	6
Kobi Murphy	MALE	CLASSIC_RAW	WA	Teen 13 - 15	96.1	100	15	1.18	140	150	157.5		157.5	67.5	72.5	77.5		77.5	235	170	187.5	195.5	-200	195	430	254.705	300.55	7
Kylen Ziernicki	MALE	CLASSIC_RAW	VIC	Teen 13 - 15	62.3	67.5	15	1.18	95	105	112.5		112.5	55	60	62.5		62.5	175	125	135	140		140	315	253.134	298.70	8
Blake Gledhill	MALE	CLASSIC_RAW	QLD	Teen 13 - 15	51.8	52	13	1.23	72.5	77.5	82.5		82.5	42.5	47.5	50		50	132.5	95	105	112.5		112.5	245	237.785	292.48	9
Rj Foxwell	MALE	CLASSIC_RAW	QLD	Teen 13 - 15	84.1	90	14	1.23	120	130	135		135	70	-82.5			70	205	150	-157.5			150	355	226.064	278.06	10
Max Humble	MALE	CLASSIC_RAW	WA	Teen 13 - 15	87.5	90	15	1.18	110	117.5	122.5		122.5	60	65	67.5		67.5	190	155	165	167.5	-170.5	167.5	357.5	222.276	262.29	11
Jasper Lindon	MALE	CLASSIC_RAW	WA	Teen 13 - 15	67.2	67.5	13	1.23	-70	70	80		80	45	-50	52.5		52.5	132.5	100	115	125		125	257.5	193.447	237.94	12
Cooper Brown	MALE	CLASSIC_RAW	QLD	Junior	96	100	22	1.01	215	225	235		235	140	150	155		155	390	215	225	235		235	625	369.969	373.67	1
Brandon Doctor	MALE	CLASSIC_RAW	SA	Junior	67.5	67.5	22	1.01	170	-187.5	190		190	87.5	92.5	97.5		97.5	287.5	190	200	-210		200	487.5	364.845	368.49	2
Adam Williamson	MALE	CLASSIC_RAW	QLD	Junior	105.5	110	21	1.02	220	235	-250		235	140	150	152.5		152.5	387.5	220	240	-257.5		240	627.5	357.518	364.67	3
Connor Gambrell	MALE	CLASSIC_RAW	SA	Junior	61.5	67.5	22	1.01	135	150	-155		150	100	107.5	-115		107.5	257.5	150	170	-175		170	427.5	347.729	351.21	4
Suhail Ali	MALE	CLASSIC_RAW	QLD	Junior	80.4	82.5	20	1.03	150	160	165		165	100	-110	-112.5		100	265	-200	-210	210		210	475	311.434	320.78	5
Harrison Brewster	MALE	CLASSIC_RAW	QLD	Junior	93.9	100	23	1	-165	165	-180		165	85	95	-97.5		95	260	185	-197.5	-197.5		185	445	266.288	266.29	6
Jesse Waterson	MALE	RAW	QLD	Teen 13 - 15	55.1	56	14	1.23	125	135	-140		135	72.5	77.5	-80		77.5	212.5	135	145	-152.5		145	357.5	324.539	399.18	1
Kelley Clifford	MALE	RAW	VIC	Teen 13 - 15	93.7	100	15	1.18	150	161	170		170	105	112.5	117.5	-120	117.5	287.5	186	200	210	220	210	497.5	298.00	351.64	2
Rahadian Wildan	MALE	RAW	SA	Teen 18 - 19	58.5	60	19	1.04	125	127.5	-135		127.5	75	-80	80	81	80	207.5	165	170	-180		170	377.5	322.31	335.20	3
Bryden Crocker	MALE	RAW	QLD	Junior	73.2	75	19	1.04	165	-175	-175		165	130	135	137.5		137.5	302.5	210	220	-230		220	522.5	366.351	381.00	1
Josh Pywell	MALE	RAW	NSW	Open	99	100	32	1	230	242.5			242.5	135	145	-155		145	387.5	305	325			325	712.5	415.958		1
Ian Downes	MALE	RAW	ACT	Open	114	125	31	1	200				200	100	120			120	320	240	260			260	580	323.263		2
Rhys Phillips	MALE	RAW	QLD	Open	95.9	100	32	1	170	-185	-190		170	130	142.5	150		150	320	190	210	-227.5		210	530	313.893		3
Matthew Gregg	MALE	RAW	QLD	Masters	99.9	100	44	1.043	255	265	-275		265	160	-170	-2		160	425	245	265	285		285	710	412.90	430.66	1
Steve Ross	MALE	RAW	VIC	Masters	87.3	90	74	1.795	50	60	70		70	80	90	100		100	170	90	105	125		125	295	183.667	329.68	2
Harley Murphy	MALE	RAW	VIC	Masters	99.3	100	41	1.01	-165	165	180		180	120	130	135		135	315	200	215	-220		215	530	309.016	312.11	3
Paut Christie	MALE	RAW	NSW	Masters	107.8	110	53	1.184	130	150	-165		150	50	70			70	220	150	-167.5	-170		150	370	209.346	247.87	4
Jeffrey Lovelock	MALE	SINGLE_PLY	SA	Open	72.6	75	37	1	215	-225	225		225	110	-125	-125		110	335	205	217.5	222.5		222.5	557.5	393.40		1
Manatuki Pryor	MALE	SINGLE_PLY	QLD	Masters	114.2	125	51	1.147	220	230			230	140	-185	-185		140	370	250	262.5	-272.5		262.5	632.5	352.366	404.16	1
Anderson Janes	MALE	MULTI_PLY	QLD	Junior	104	110	22	1.01	220	-230	230		230	140	160	-176		160	390	220	241			240	630	361.279	364.89	1
Brendan Upton	MALE	MULTI_PLY	VIC	Open	95.5	100	32	1	280	-305	305	318	305	-177.5	185	195		195	500	280	-295	-295		280	780	462.891		1
Gavin Wartland	MALE	MULTI_PLY	VIC	Open	139.5	140	38	1	265	290	-305.5		290	195	210	225		225	515	290	315.5	327.5	-335	327.5	842.5	447.869		2
Nathan Di Giorgi	MALE	MULTI_PLY	ACT	Open	98.7	100	30	1	280	-290	-290		280	200	-210	210		210	490	220	-240	-240		220	710	415.031		3
David Cutroni	MALE	MULTI_PLY	VIC	Open	94.6	100	30	1	225	250	265		265	135	142.5	150		150	415	215	240	250		250	665	396.44		4
Lachlan Green	MALE	SINGLE_PLY	QLD	Open	110	110	34	1	-315	-330	-330														0	0	0	0
Mankaran Singh Braich	MALE	RAW	QLD	Open	74.2	75	23	1	-180	-180	-180														0	0	0	0
Rob Allen	MALE	MULTI_PLY	NSW	Open	138.4	140	42	1.02	-305	-305	-330														0	0	0	0
Alex Zerba	MALE	MULTI_PLY	QLD	Open	107.9	110	37	1	-300	-300	-310														0	0	0	0
Simon Wang	MALE	MULTI_PLY	ACT	Masters	94.5	100	42	1.02	240	-260	-260		240	-195	-195	-195									0	0	0	0