

27th USAPL Womens Nationals Powerlifting Championship

Miami, Florida - February 14\15, 2009

Name	Div(s)	Body Wt	Wt cls	Coeff	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlif t 1	Deadlif t 2	Deadlif t 3	Best Deadlif t	Total	PI-Div-Cls	Team	Tm Pts	Wilks Total
Nicole Simonis	F-T3	43.8	44	1.4123	62.5	62.5	67.5	67.5	95	35	37.5	35	92.5	97.5	105	105	207.5	1-F-T3-44	NY	12	293.05225
Leslie Kutner (O)	F-T3	55.2	56	1.1900	110	120	120	110	77.5	77.5	82.5	82.5	120	127.5	137.5	137.5	330	1-F-T3-56	FL	12	392.70002
Sarah Lewis	F-T3	59.4	60	1.1236	102.5	115	125	115	55	60	60	55	130	142.5	155	142.5	312.5	1-F-T3-60	WA	12	351.125
Dawn Gant	F-JR	55.2	56	1.1900	85	0	0	85	47.5	0	0	47.5	107.5	120	127.5	127.5	260	1-F-JR-56	FL	12	309.40001
Jessica Koerperich	F-JR	65.1	67.5	1.0479	87.5	100	100	87.5	40	47.5	55	47.5	87.5	97.5	102.5	102.5	237.5	1-F-JR-67.5	CO	12	248.87624
Daliann James	F-JR	75.7	82.5	0.9452	185	197.5	207.5	207.5	112.5	117.5	120	120	215	225	230	230	557.5	1-F-JR-82.5	TX	12	526.94901
Leigh Arnold	F-JR	90	90	0.8641	187.5	205	212.5	212.5	102.5	110	120	120	182.5	192.5	200	200	532.5	1-F-JR-90	LA	12	460.13324
April Shumaker	F-M1a	47	48	1.3449	117.5	122.5	127.5	127.5	82.5	85	90	90	127.5	135	145	135	352.5	1-F-M1a-48	FL	12	474.07725
JoJo Ocampo	F-M1a	47.3	48	1.3387	112.5	112.5	112.5	0	55	55	62.5	62.5	117.5	127.5	132.5	132.5	0		HI	0	0
Suzanne Hartwig-Gary	F-M1a	52	52	1.2466	150	157.5	157.5	150	92.5	97.5	97.5	97.5	145	155	160	155	402.5	1-F-M1a-52	MD	12	501.75651
Toni Kemper	F-M1a	55.7	56	1.1816	117.5	130	137.5	137.5	72.5	77.5	80	77.5	145	152.5	160	152.5	367.5	1-F-M1a-56	CO	12	434.23799
Dana Snow	F-M1a	53.6	56	1.2176	95	105	112.5	112.5	75	82.5	87.5	82.5	140	147.5	147.5	140	335	2-F-M1a-56	WA	9	407.896
Laurie Lamp	F-M1a	55.3	56	1.1883	105	110	112.5	112.5	95	85	90	85	102.5	110	112.5	112.5	310	3-F-M1a-56	WA	8	368.373
Laura Styrlund	F-M1a	73.9	75	0.9596	152.5	160	160	160	102.5	102.5	110	110	170	180	180	170	440	1-F-M1a-75	MO	12	422.22399
Natalie Harmon	F-M1a	80.3	82.5	0.9131	145	155	155	145	77.5	85	85	85	142.5	142.5	155	142.5	372.5	1-F-M1a-82.5	WA	12	340.12975
Tammi Smith	F-M1a	122.7	UNL	0.7965	175	180	187.5	187.5	92.5	102.5	102.5	102.5	160	170	175	170	460	1-F-M1a-UNL	FL	12	366.39001
Theresa Michaels-Ward	F-M1b	53.3	56	1.2230	87.5	87.5	87.5	87.5	45	47.5	50	47.5	110	125		110	245	1-F-M1b-56	NH	12	299.63501
Angela Simons	F-M1b	57.4	60	1.1541	120	127.5	135	127.5	82.5	85	90	85	130	140	142.5	142.5	355	1-F-M1b-60	MN	12	409.70548
Lanette Lopez	F-M1b	58.7	60	1.1340	105	112.5	112.5	105	52.5	52.5	52.5	52.5	120	127.5	130	130	287.5	2-F-M1b-60	TX	9	326.02498
Donna Marts	F-M1b	66.7	67.5	1.0294	135	147.5	155	155	92.5	102.5	108	102.5	142.5	157.5	162.5	162.5	420	1-F-M1b-67.5	ID	12	432.348
Paula Houston	F-M1b	70.8	75	0.9871	162.5	175	182.5	175	102.5	110	110	102.5	170	182.5	187.5	187.5	465	1-F-M1b-75	WA	12	459.0015
Donna Bryant	F-M1b	73.1	75	0.9663	147.5	157.5	167.5	157.5	82.5	87.5	92.5	87.5	157.5	167.5	175	175	420	2-F-M1b-75	TX	9	405.846
Jo Ann Lerew	F-M1b	81.6	82.5	0.9052	130	140	150	150	80	85	87.5	80	125	140	147.5	140	370	1-F-M1b-82.5	CO	12	334.924
Barbara Behm	F-M1b	79.9	82.5	0.9156	25	0	0	25	107.5	107.5	107.5	0	0	0	0	0	0		CA	0	0
Jill Arnow	F-M1b	89.2	90	0.8673	182.5	182.5	182.5	182.5	125	125	130.5	125	180	185.5	187.5	187.5	495	1-F-M1b-90	WA	12	429.31349
Malinda Baum	F-M1b	86.2	90	0.8807	165	172.5	175	175	102.5	110	115	102.5	165	182.5	197.5	182.5	460	2-F-M1b-90	TX	9	405.122

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Debra Jackson	F-M2a	55.3	56	1.1883	117.5	125	125	117.5	67.5	72.5	72.5	72.5	127.5	137.5	145	145	335	1-F-M2a-56	TX	12	398.0805
Katie Dingle-Craig	F-M2a	55.4	56	1.1866	110	122.5	135	122.5	65	72.5	77.5	77.5	125	135	137.5	135	335	2-F-M2a-56	AK	9	397.51099
Melinda Henry	F-M2a	57.5	60	1.1525	47.5	55	60	55	45	45	47.5	45	75	77.5	85	77.5	177.5	1-F-M2a-60	FL	12	204.56876
Ruth Welding	F-M2a	64.3	67.5	1.0576	127.5	137.5	145	145	65	67.5	70	70	142.5	152.5	160	160	375	1-F-M2a-67.5	IL	12	396.60001
Cathy Marksteiner	F-M2a	66.5	67.5	1.0317	90	110	110	110	75	82.5	85	82.5	125	137.5	140	137.5	330	2-F-M2a-67.5	OH	9	340.461
Debra Duffy-Smet	F-M2a	67	67.5	1.0261	92.5	92.5	102.5	92.5	82.5	90	92.5	92.5	132.5	142.5	147.5	142.5	327.5	3-F-M2a-67.5	MN	8	336.04776
Terry Lee	F-M2a	68.1	75	1.0142	120	127.5	133	127.5	87.5	90	90	87.5	132.5	140	142.5	140	355	1-F-M2a-75	WA	12	360.04099
Sue Hallen	F-M2a	113.7	UNL	0.8077	150	165	175	175	110	120	125	125	145	160	165	160	460	1-F-M2a-UNL	IL	12	371.54199
Ann Leverett	F-M2b	47.5	48	1.3346	110	115	120	120	70	75	83	75	132.5	137.5	142.5	142.5	337.5	1-F-M2b-48	GA	12	450.42749
Ita Pantilat	F-M2b	54.2	56	1.2071	115	115	122.5	122.5	92.5	97.5	100	97.5	132.5	142.5	145	145	365	1-F-M2b-56	WA	12	440.59151
Ellen Stein	F-M2b	58.4	60	1.1386	142.5	152.5	157.5	157.5	70	75	75	75	160	170	180	170	402.5	1-F-M2b-60	NY	12	458.2865
Rita Carlsson	F-M2b	59.7	60	1.1192	125	132.5	132.5	132.5	62.5	67.5	67.5	62.5	150	160	165	165	360	2-F-M2b-60	NE	9	402.912
Gail Moore	F-M3a	66	67.5	1.0374	120	120	132.5	132.5	75	75	85	75	122.5	132.5	140	140	347.5	1-F-M3a-67.5	PA	12	360.4965
Carolyn Phillips	F-M3a	88	90	0.8724	102.5	102.5	107.5	107.5	52.5	55	57.5	55	122.5	127.5	132.5	132.5	295	1-F-M3a-90	FL	12	257.358
Harriett Hall	F-M3a	106.5	UNL	0.8189	210	225	237.5	237.5	110	122.5	122.5	122.5	197.5	210.5	215	215	575	1-F-M3a-UNL	AK	12	470.86749
Bebe Burns	F-M3b	51.6	52	1.2541	42.5	47.5	52.5	52.5	30	30	32.5	32.5	65	72.5	77.5	77.5	162.5	1-F-M3b-52	WA	12	203.79124
Joan Schmidt	F-M3b	48.4	52	1.3163	25	27.5	27.5	27.5	25	27.5	30	30	55	62.5	67.5	67.5	125	2-F-M3b-52	FL	9	164.5375
Faith Ireland	F-M3b	59.6	60	1.1207	105	105	112.5	105	60	62.5	65	62.5	117.5	126	127.5	127.5	295	1-F-M3b-60	WA	12	330.6065
Regina Hackney	F-M3b	81	82.5	0.9088	107.5	107.5	115	107.5	67.5	67.5	72.5	72.5	127.5	135	140	135	315	1-F-M3b-82.5	SC	12	286.272