

2016 Grind Powerlifting Challenge
Medicine Hat, Alberta
August 13th, 2016

Full Powerlifting

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Squat 1	Squat 2	Squat 3	Squat 4	Bench 1	Bench 2	Bench 3	Bench 4	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	PL Total	Coeff Score
McKenna Kozina	16	F-17	47.4	48	1.3367	70	80	-90.5		45	50	-52.5		72.5	-82.5	-82.5		202.5	270.68175
Erin Matheson	25	F-O	59.6	60	1.1207	87.5	92.5	-97.5		52.5	55	-57.5		132.5	-140	140		287.5	322.20125
Alyssia DeWolfe	26	F-O	67.1	67.5	1.025	107.5	-115	-115		65	-72.5	-75		135	145	-147.5		317.5	325.4375
Crystal Ahlm	32	F-O	65.9	67.5	1.0385	80	87.5	-95		42.5	-47.5	47.5		107.5	115	120		255	264.8175
Landon Hochstein	19	M-19	66.5	67.5	0.7804	115	120.5	122.5	124	-95	-95	95		145	155	161	-162.5	378.5	295.3814
Shane Frey	37	M-SM	67.2	67.5	0.7738	150	157.5	160		-102.5	-102.5	102.5		185	192.5	202.5		465	359.817
Teresa Lei	20	F-J	71.4	75	0.9815	92.5	102.5	115	123.5	42.5	-47.5	-47.5		137.5	147.5	-155		305	299.3575
Alex Saretsky	26	M-O	70	75	0.7494	160	182.5	-200		130	137.5	140		205	227.5	-235		550	412.17
Colin DeWolfe	32	M-O	74.4	75	0.7166	155	-165	-165		90	-92.5	92.5		185	192.5	197.5		445	318.887
Lisa Gervais	29	F-O	80.9	82.5	0.9094	155	162.5	165		100	105	-107.5		170	180	185	-190	455	413.777
Marcel Gavoci	19	M-19	80	82.5	0.6827	102.5	117.5	-137.5		85	97.5	-100		125	142.5	152.5		367.5	250.89225
Victor Akpawan	28	M-O	86.6	90	0.6515	205	-220	220		127.5	140	145		275	-290	-290		640	416.96
Aaron Sobkowicz	29	M-O	85.3	90	0.657	142.5	152.5	162.5		-110	117.5	130		155	170	182.5		475	312.075
Chilton Maphosa	37	M-SM	84.9	90	0.6588	155	165	167.5		95	105	112.5		180	190	200		480	316.224
Kory Kozina	35	M-SM	87.6	90	0.6475	160	-170	-170		92.5	-100	100		160	170	-182.5		430	278.425
Vaughn Jonhson	46	M-45	98.3	100	0.6129	157.5	175	188		110	115	122.5		200	220	225	233	535.5	328.20795
Allen Marr	61	M-60	94.7	100	0.6229	150	165	0		125	137.5	140	-142.5	170	190	205	210	510	317.679
Mike Moorhead	39	M-SM	98.8	100	0.6116	200	210	225		-150	160	170	178	225	235	247.5	250.5	642.5	392.953
Jason Thompson	31	M-O	126.6	140	0.5684	-195	195	-202.5		150	162.5	-170		225	237.5	-260		595	338.198
Susan Knight	47	F-45	90.5	90+	0.8621	142.5	155	-160		65	-77.5	77.5		142.5	157.5	162.5		395	340.5295

Push/Pull. Bench Only, Deadlift Only

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Kaper MacIntyre	24	M-J	88.8	90	0.6428					137.5	145	-157.5						145	93.206
Mike Habina	51	M-50	81.2	82.5	0.6764					127.5	-133	133	-135					133	89.9612
Trygve Tysseland	31	M-O	78	82.5	0.6939	-157.5	157.5	-165		-125	-125	-125		160	175	185		185	128.3715
Johann DeWolfe	57	F-55	108.5	90+	0.8155									125	130	135.5	-137.5	135.5	110.50025

Military Press

Name	Age	Div	BWt (Kg)	WtCls (Kg)	Wilks	Press 1	Press 2	Press 3	Press 4	Press Total	Coeff Score
McKenna Kozina	16	F-17	47.4	48	1.3367	32.5	37.5	38	39	38	50.7946
Alyssia DeWolfe	26	F-O	67.1	67.5	1.025	42.5	45	-46		45	46.125
Teresa Lindgren	33	F-O	68.7	75	1.0079	37.5	-40	-40		37.5	37.79625
Alex Saretsky	26	M-O	70	75	0.7494	70	75	82.5		82.5	61.8255
Lisa Gervais	29	F-O	80.9	82.5	0.9094	60	65	67.5	-70	67.5	61.3845
Mike Habina	51	M-50	81.2	82.5	0.6764	72.5	77.5	82.5	-85	82.5	55.803
Kaper MacIntyre	24	M-J	88.8	90	0.6428	75	80	0		80	51.424
Christopher Carrera	23	M-J	97.8	100	0.6142	-75	87.5	-100		87.5	53.7425
Mike Moorhead	39	M-SM	98.8	100	0.6116	97.5	100	105.5	108	105.5	64.5238