

100%RAW Powerlifting Federation Canada

Hub Power 2018

High River, AB, July 28th 2018

Sanction 3 Event - Referees in attendance - Adam Price (3), Mike Proskow (3), Lori McWatters (3), Megan Bain (3)

Full Power and Push Pull - Original Raw

Name	Age	Div	Sleeves	BWt (Kg)	WTCLs (Kg)	Wilks	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score	Age & Coeff
Sarah Murray	31	F-O	Raw		53.6	56 1.2176	75	80	87.5		87.5	40	45	-47.5		45	85	92.5	97.5		97.5	230	280.05	280.048
Claudia Lai	21	F-J	Raw		55.1	56 1.1916	75	80	-85		80	40	42.5	-45		42.5	90	97.5	102.5		102.5	225	268.11	268.11
Darlene Warren	59	F-55	Raw		64.8	67.5 1.0515	80	-82.5	82.5		82.5	42.5	-47.5	-47.5		42.5	92.5	-100	-100		92.5	217.5	228.70	300.7421438
Alicia Schurtenberger	30	F-O	Raw		66.4	67.5 1.0328						62.5	-65	-67.5		62.5	112.5	120	125		125	187.5	193.65	193.65
Danielle MacInnis-Tanner	33	F-O	Raw		68.8	75 1.0069	95	-100	100		100	60	-65	-65		60	100	105	112.5		112.5	272.5	274.38	274.38025
Sheryl Malinowski	43	F-40	Raw		96.3	90+ 0.8425	100	-110	-110		100	62.5	65	-67.5		65	115	125	137.5		137.5	302.5	254.86	262.7567938
Melanie Perron	42	F-40	Raw		113.2	90+ 0.8083	-112.5	112.5	-122.5		112.5	-62.5	62.5	-65		62.5	127.5	-147.5	147.5	-150	147.5	322.5	260.68	265.890285
Coltin Herriman	28	M-O	Raw		79.1	82.5 0.6876	135	145	155		155	90	-105	-115		90	150	170	182.5		182.5	427.5	293.95	293.949
Ryan Hall	51	M-50	Raw		81.4	82.5 0.6754	-125	125	127.5		127.5	87.5	90	92.5		92.5	160	170	175		175	395	266.78	306.000101
Wesley Tanner	36	M-SM	Raw		104.6	110 0.5984	130	140	150		150	100	-105	-105		100	-200	205	212.5		212.5	462.5	276.76	276.76
Tyler Friesen	23	M-J	Raw		108.8	110 0.5905	180	-205	-205		180	115	125	-145		125	190	205	230		230	535	315.92	315.9175

Full Power - Classic Raw

Name	Age	Div	Sleeves	BWt (Kg)	WTCLs (Kg)	Wilks	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score	Age & Coeff
Sarah Cowley	26	F-O	Sleeves		66.6	67.5 1.0306	122.5	132.5	140	-144	140	67.5	70	-72.5		70	140	150	155		155	365	376.17	376.169
Melissa Buhler	29	F-O	Sleeves		69.1	75 1.0038	125	132.5	142.5	-150	142.5	72.5	77.5	85	-87.5	85	137.5	147.5	157.5		157.5	385	386.46	386.463
Julia Bassett	25	F-O	Sleeves		77.3	82.5 0.9333	92.5	100	107.5		107.5	-52.5	55	57.5		57.5	115	120	-127.5		120	285	265.99	265.9905
Ryan Bell	19	M-19	Sleeves		72.6	75 0.7293	157.5	170	-175		170	90	97.5	107.5		107.5	165	172.5	185		185	462.5	337.30	337.30125
Omar El-Sayed	29	M-O	Sleeves		89.9	90 0.6388	175	185	-190		185	-135	135	-145		135	225	235	-245		235	555	354.53	354.534
Clay Sparks	24	M-J	Sleeves		112.8	125 0.5841	220	230	240	-255.5	240	145	152.5	-160		152.5	230	240	255		255	647.5	378.20	378.20475
Motia Aokuso	28	M-O	Sleeves		148.3	SHW 0.5542	245	265	275		275	160	172.5	-182.5		172.5	275	295	-302.5		295	742.5	411.49	411.4935