

24-Feb-24

Icebreaker 2024 - Full Power Results

Name	Age	Div	BW (Kg)	WCIs (Kg)	Wilks	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	RH BP	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift t1	Deadlift t2	Deadlift t3	Deadlift t4	Best Deadlift	PL Total	Coeff Score	Age & Coeff	Pl code	Pl-Div-WCI	Tm Pts	Team	Events
Lynn McInchad	42	F-M	65.15	67.5	1.0467	40	45	47.5		47.5	14	42.5	45	-52.5		45	92.5	87.5	82.5	97.5		97.5	190.0	108.87	202.85	#N/A	0.00	7.00	PL	
Ella Zellner	14	F-14	58	60	1.1447	62.5	80	87	-100.6	87	12	55	57.5	-60		57.5	144.5	100	109	112.5	115	112.5	257.0	294.19	294.19	#N/A	0.00	7.00	PL	
Jill Kelly-Dilling	49	F-M	50.4	52	1.2769	77.5	82.5	-86		82.5	11	55	57.5	60.5	-60	60.5	143	105	-142.6			105	248.0	316.67	352.46	#N/A	0.00	7.00	PL	
Mica Truong	26	F-O	58.95	60	1.1295	95	102.5	107.5		107.5	11	65	70	-75		70	177.5	112.5	122.5	130		130	307.5	347.32	347.32	2.00	2-F-O	5.00	PL	
Tatiana Onyschichuk	26	F-O	58.35	60	1.1386	100	110	115		115	12b	85	87.5	72.5		72.5	187.5	120	125	130		130	317.5	361.51	361.51	2.00	1-F-O	7.00	PL	
Gabrielle Reid	24	F-J	61.95	67.5	1.0871	107.5	115	-136		115	14	62.5	70	75		75	190	120	132.5	140		140	330.0	368.74	368.74	2.00	2-F-J	5.00	PL	
Cassidy Conaghan	24	F-J	45.0	45	1.3678	122.5	130	135	140	135	9	60	63	67	70	67	202	137.5	145	152.5	155	152.5	354.5	484.89	484.89	2.00	1-F-J	7.00	PL	
Jane Thompson	39	F-SM	74.9	75	0.9514					0	12	55	60	65		65	0	120	125	132.5		132.5	0.0	0.00	0.00	2.00	0.00	0.00	PP	
Maryam Ageel	39	F-SM		60	0.0000					0						0	0					0	0.0	0.00	0.00	2.00	0.00	0.00	BP PP DL	
Karina Harris	62	F-M	60.05	67.5	1.1134	40	-45	-45		40	14	40	43	-45.5	0	43	83	80	85	90		90	173.0	192.62	268.32	#N/A	0.00	7.00	PL PP	
Emma Pollard	14	F-14	71.85	75	0.9769	80	102.5	107.5	-116.6	107.5	14	57.5	62.5	-66		62.5	170	100	112.5	117.5		117.5	287.5	280.86	280.86	#N/A	0.00	7.00	PL	
Janais Tunak	42	F-M	80.35	90	0.9125	90	100	105		105	16	42.5	47.5	52.5		52.5	157.5	105	115	122.5		122.5	280.0	255.50	260.61	#N/A	0.00	7.00	PL	
Malori Stan	34	F-O	71.35	75	0.9815	117.5	125	130		130	7	62.5	67.5	-72.6		67.5	197.5	125	132.5	135		135	332.5	326.35	326.35	2.00	3-F-O	3.00	PL	
Rachel Ryan	57	F-M	119.95	90+	0.7997					0	13	45	50	-64		50	0	105	-142.6	-142.6		105	0.0	0.00	0.00	#N/A	0.00	0.00	PP	
Courtney Johnston	42	F-M	80.25	82.5	0.9131					0	14	60	80	-84		80	0	155	165	172.5		172.5	0.0	0.00	0.00	#N/A	0.00	0.00	PP	
Sue Kish	52	F-M	67.5	67.5	1.0206					0	13	50	52.5	55	57.5	55	0					0	0.0	0.00	0.00	#N/A	0.00	0.00	BP	
Stacy Burak	41	F-M	72.85	75	0.9681					0	11	60	70	75	-80	75	0					0	0.0	0.00	0.00	#N/A	0.00	0.00	BP	
Siri Svensson	27	F-O		75	0.0000					0						0	0					0	0.0	0.00	0.00	2.00	0.00	0.00	PL	
Jordie MacInnes	51	M-M	74.45	75	0.7159	-70	100	-102.5		100	19	70	80	85		85	185	120	130	140		140	0.0	0.00	0.00	#N/A	0.00	0.00	PP	
Joe Viczko	17	M-17	95	100	0.6220	100	105	125		125	19	62.5	-70	70		70	195	145	150	170		170	365.0	227.03	227.03	2.00	1-M-17	7.00	PL	
Steve Lawrence	58	M-M	73.25	75	0.7242	-107.6	107.5	115		115	14	77.5	82.5	87.5		87.5	202.5	145	155	162.5		162.5	365.0	264.33	341.25	#N/A	0.00	7.00	PL	
Adam Cairns	31	M-O	82.15	82.5	0.6714	110	112.5	115		115	16	60	65	-70		65	180	125	135	145		145	325.0	218.21	218.21	2.00	3-M-O	3.00	PL	
Spencer Stevens	57	M-M	87.75	90	0.6467	110	115	125		125	14	70	72.5	-80		72.5	197.5	125	137.5	150		150	347.5	224.73	284.96	#N/A	0.00	7.00	PL	
Jim Haskayne	60	M-M	80.95	82.5	0.6774	120	130	135		135	12	85	90	97.5		97.5	232.5	170	185	187.5		187.5	420.0	284.51	381.24	#N/A	0.00	7.00	PL	
Dylan Aronson	20	M-J	69.4	75	0.7544	155	165	170		170	14	95	102.5	107.5		107.5	272.5	215	227.5	-232.6		227.5	505.0	380.97	380.97	2.00	1-M-J	7.00	PL	
Doug Delainey	63	M-M	88.5	90	0.6440	162.5	-170.5	170.5		170.5	15	72.5	75	77.5	-80	77.5	248	200	212.5	223	227.5	223	471.0	303.32	431.02	#N/A	0.00	7.00	PL BP	
Denis Alvarenga	26	M-O	74.95	75	0.7126	192.5	205	210		210	11	130	137.5	140		140	350	207.5	220	227.5		227.5	577.5	411.53	411.53	2.00	1-M-O	7.00	PL	
Blake bull	17	M-17	71.85	75	0.7345					0	15	87.5	92.5	95		95	0					0	0.0	0.00	0.00	2.00	0.00	0.00	BP	
Mateusz Cichowias	15	M-15	71.5	75	0.7375					0	15	-86	-88.6	-88.6		0	0					0	0.0	0.00	0.00	2.00	0.00	0.00	BP	
Oleg Tyan	54	M-M	74.1	75	0.7186					0	15	100	105	107.5	-110	107.5	0					0	0.0	0.00	0.00	#N/A	0.00	0.00	BP	
Devon Sankey	40	M-M	95.6	100	0.6203					0	16	-120	-120			0	0					0	0.0	0.00	0.00	#N/A	0.00	0.00	BP	
Tom Petersen	70	M-M		75	0.0000					0						0	0					0	0.0	0.00	0.00	#N/A	0.00	0.00	PP	
Jordan deBoer	26	M-O		90	0.0000					0						0	0					0	0.0	0.00	0.00	2.00	0.00	0.00	PL	
Kyle Paul	35	M-SM	122.4	125	0.5724	175	177.5	190		190	15	135	142.5	-160		142.5	332.5	182.5	205	212.5		212.5	545.0	311.96	311.96	2.00	1-M-SM	7.00	PL	
Michael Hogan	64	M-M	148.5	140+	0.5541	185	192	-107.6		192	19	145	148.5	150		150	342	215	220	227.5	235	227.5	569.5	315.56	457.56	#N/A	0.00	7.00	PL DL	
Tom Nicholls	60	M-M	111.45	125	0.5861	190	205			205	12	125	135	145		145	350	205	230	245		245	595.0	348.73	467.30	#N/A	0.00	7.00	PL	
Ronald Hagen	50	M-M	105.8	110	0.5960	200	217.5	227.5	228	227.5	15	145	150	-165		150	377.5	230	240	242.5	245	242.5	620.0	369.52	417.56	#N/A	0.00	7.00	PL	
Brad Swidzinski	55	M-M	97.25	100	0.6155	205	210	215.5	218	215.5	13	100	117.5	-125	0	117.5	333	185	205	-200		205	538.0	331.14	405.65	#N/A	0.00	7.00	PL	
Josh McNally	26	M-O	134.95	140	0.5620	247.5	260	-272.6		260	14	147.5	155	165		165	425	237.5	247.5	257.5		257.5	682.5	383.57	383.57	2.00	2-M-O	5.00	PL	
Russell Peel	44	M-M	139.85	140	0.5589	-260	260	275		275	19	185	192.5	-200		192.5	467.5	260	275	-282.6		275	742.5	414.98	432.83	#N/A	0.00	7.00	PL	
Kevin Tyson	48	M-M	175	140+	0.5407					0	18	110	117.5	125	127.5	125	0					0	0.0	0.00	0.00	#N/A	0.00	0.00	BP	
Scott Watson	33	M-O	108.8	110	0.5905					0	15	127.5	-136	-136		127.5	0					0	0.0	0.00	0.00	2.00	0.00	0.00	BP	
Colin Bonneau	76	M-M		110	0.0000					0						0	0					0	0.0	0.00	0.00	#N/A	0.00	0.00	BP	

Officials: Randy Sparks, Mike Proskow, Herb Veckenstedt

24-Feb-24**Icebreaker 2024 Strict Curl Results**

Name	Age	Div	Body Weight	Weight Class	Wilks	Curl 1	Curl 2	Curl 3	Curl 4	Best Curl	Events
Sue Kish	52	F-M	67.5	67.5	1.0206	22.5	-27.5	27.5	28.5	27.5	SC
Karina Harris	62	F-M	59.15	67.5	1.1266	27.5	29.5	-31.5		29.5	SC
Stacy BURAK	41	F-M	72.85	75	0.9681	-37.5	37.5	41	43.5	41	SC
Kyle paul	35	M-SM	122.4	125	0.5724	45	50	57		57	SC
Blake bull	17	M-17	71.85	75	0.7345	47.5	52.5	57.5		57.5	SC
Devon Sankey	40	M-M	95.6	100	0.6203	47.5	52.5	-57.5		52.5	SC
Michael Hogan	64	M-M	148.5	140+	0.5541	55	61	64	65	64	SC
Kevin Tyson	48	M-M	175	140+	0.5407	55	60			60	SC
Shane Frey	44	M-M	69.15	75	0.7561	57.5	-61.5	-61.5		57.5	SC
Angelo Addante	32	M-O	147	140+	0.5549	-65	65	-75.5		65	SC
Christopher Burak	42	M-M	87.45	90	0.6479	67.5	70.5	72	76	72	SC