

| Oct 28 2019 WPO -Kg Results |     |       |          |            |              |         |         |         |         |            |         |         |         |         |            |           |            |            |            |            |               |           |             |             |             |                                 |                     |                                   |
|-----------------------------|-----|-------|----------|------------|--------------|---------|---------|---------|---------|------------|---------|---------|---------|---------|------------|-----------|------------|------------|------------|------------|---------------|-----------|-------------|-------------|-------------|---------------------------------|---------------------|-----------------------------------|
| Name                        | Age | Div   | BWt (Kg) | WtCIs (Kg) | Glossbrenner | 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 | PL Total  | Coeff Score | Age & Coeff | PI-Div-WtCI | Team                            |                     |                                   |
| Tara Webber                 | 29  | F_WPO | 74.3     | 75         | 0.8414       | 305     | -322.5  | 330     |         | 330        | 152.5   | -165    | -165    |         | 152.5      | 482.5     | 207.5      | 227.5      | 240        |            | 240           | 722.5     | 607.9115    | 0           | 1-F_WPO     | Xconditioning                   |                     |                                   |
| Cosette Neely               | 41  | F_WPO | 47.8     | 48         | 1.1827       | 207.5   | -217.5  | -220    |         | 207.5      | -145    | 145     | -155    |         | 145        | 352.5     | 155        | -170       | -170       |            | 155           | 507.5     | 600.22025   | 606.22245   | 0           | 2-F_WPO                         | Sweattshop          |                                   |
| Stacia Al Mahoe             | 23  | F_WPO | 47.45    | 48         | 1.1884       | 175     | 182.5   | 192.5   |         | 192.5      | 115     | 122.5   | 127.5   |         | 127.5      | 320       | 167.5      | 182.5      | -187.5     |            | 182.5         | 502.5     | 597.171     | 0           | 3-F_WPO     | Fifty Barbell                   |                     |                                   |
| Shawna Mendelson            | 47  | F_WPO | 80.95    | 82.5       | 0.79555      | -300    | 322.5   | -330    |         | 322.5      | 192.5   | 200     | -210    |         | 200        | 522.5     | 210        | -230       | -235       |            | 210           | 732.5     | 582.74037   | 630.52508   | 0           | 4-F_WPO                         | Blue Collar Barbell |                                   |
| Andrea Corder               | 28  | F_WPO | 80.2     | 82.5       | 0.8005       | 262.5   | 285     | 302.5   |         | 302.5      | 145     | 157.5   | -167.5  |         | 157.5      | 460       | 262.5      | -277.5     | -277.5     |            | 262.5         | 722.5     | 578.36125   | 0           | 5-F_WPO     | Sweattshop                      |                     |                                   |
| Jeannie Nutter              | 34  | F_WPO | 67.15    | 67.5       | 0.9028       | 257.5   | 275     | -290    |         | 275        | -135    | 135     | -145    |         | 135        | 410       | 210        | 230        | -237.5     |            | 230           | 640       | 577.792     | 0           | 6-F_WPO     | VIP Barbell                     |                     |                                   |
| Tracey Patrick              | 48  | F_WPO | 64.8     | 67.5       | 0.9289       | 260     | 275     | -285    |         | 275        | -160    | -160    | 160     |         | 160        | 435       | 142.5      | 182.5      | -200       |            | 182.5         | 617.5     | 573.59575   | 629.23453   | 0           | 7-F_WPO                         | Detroit Barbell     |                                   |
| Debbie Damminga             | 58  | F_WPO | 70.55    | 75         | 0.87125      | 255     | 272.5   | 285     |         | 285        | 125     | -132.5  | -132.5  |         | 125        | 410       | 220        | 240        | -257.5     |            | 240           | 650       | 566.3125    | 731.10943   | 0           | 8-F_WPO                         | Twin Cities Barbell |                                   |
| Katrina Bielomyza           | 39  | F_WPO | 89.9     | 90         | 0.74785      | 312.5   | -330    | -330    |         | 312.5      | 165     | 175     | -185    |         | 175        | 487.5     | 212.5      | -227.5     | 227.5      |            | 227.5         | 715       | 534.71275   | 0           | 9-F_WPO     | Lighting Fitness                |                     |                                   |
| Alecia Varga                | 40  | F_WPO | 58.95    | 60         | 1.001        | 190     | 210     | -220    |         | 210        | -135    | 135     | 140     |         | 140        | 350       | 167.5      | 177.5      | -182.5     |            | 177.5         | 527.5     | 528.0275    | 528.0275    | 0           | 10-F_WPO                        | Dogg House          |                                   |
| Valerie Oliveira            | 26  | F_WPO | 92       | SHW        | 0.7404       | -282.5  | 282.5   | 302.5   |         | 302.5      | 162.5   | 177.5   | 185     |         | 185        | 487.5     | 195        | 207.5      | -215       |            | 207.5         | 695       | 514.578     | 0           | 11-F_WPO    |                                 |                     |                                   |
| Jenna Rowe                  | 35  | F_WPO | 69.55    | 75         | 0.87995      | 227.5   | 250     | -265    |         | 250        | -117.5  | -117.5  | 117.5   |         | 117.5      | 367.5     | 182.5      | 192.5      | -200       |            | 192.5         | 560       | 492.772     | 0           | 12-F_WPO    | Hellbent Barbell Club           |                     |                                   |
| Crystal Tate                | 32  | F_WPO | 88.95    | 90         | 0.75205      | 327.5   | 352.5   | 370     |         | 352.5      | -212.5  | -220    | -220    |         | 0          | 0         | 0          |            |            |            | 0             | 0         | 0           | 0           | 0           | 0                               | 0                   | Monster Garage Gym                |
| Sarah Effinger              | 38  | F_WPO | 55.6     | 56         | 1.05         | -235    | -240    | -247.5  |         | 0          | 0       | 0       | 0       |         | 0          | 0         | 0          |            |            |            | 0             | 0         | 0           | 0           | 0           | 0                               | 0                   | The Battlefield Wolfpack Strength |
| Dave Hoff                   | 31  | M_WPO | 132.6    | 140        | 0.53775      | 532.5   | 577.5   | 0       |         | 577.5      | 425     | 442.5   | 460     |         | 460        | 1037.5    | 340        | 370        | 0          |            | 370           | 1407.5    | 756.88312   | 0           | 1-M_WPO     | Westside Barbell                |                     |                                   |
| Bob Merkh                   | 35  | M_WPO | 120.7    | 125        | 0.55025      | -485    | 485     | 515     |         | 515        | 345     | -380    | 0       |         | 345        | 860       | -310       | 310        | 325        |            | 325           | 1185      | 652.04625   | 0           | 2-M_WPO     | Atlantic City Barbell           |                     |                                   |
| Daniel Tinajero             | 32  | M_WPO | 106.1    | 110        | 0.56865      | 375     | 397.5   | 422.5   |         | 422.5      | 332.5   | 352.5   | -365    |         | 352.5      | 775       | 327.5      | 350        | -372.5     |            | 350           | 1125      | 639.73125   | 0           | 3-M_WPO     | Perfect Storm Hardcore Training |                     |                                   |
| Henry Thomason              | 40  | M_WPO | 118.2    | 125        | 0.5528       | 465     | 502.5   | -510    |         | 502.5      | -345    | 345     | -355    |         | 345        | 847.5     | 300        | -320       | -322.5     |            | 300           | 1147.5    | 634.338     | 634.338     | 0           | 4-M_WPO                         | Hidden Gym          |                                   |
| Allen Pilley                | 37  | M_WPO | 122.65   | 125        | 0.5481       | 447.5   | 487.5   | -510    |         | 487.5      | 302.5   | 330     | -342.5  |         | 330        | 817.5     | 307.5      | -330       | -330       |            | 307.5         | 1125      | 616.6125    | 0           | 5-M_WPO     | CTX Barbell                     |                     |                                   |
| Marc Tejero                 | 41  | M_WPO | 66.75    | 67.5       | 0.7551       | 337.5   | -365    | -380    |         | 337.5      | -187.5  | 187.5   | 0       |         | 187.5      | 525       | 237.5      | 260        | -272.5     |            | 260           | 785       | 592.7535    | 598.68103   | 0           | 6-M_WPO                         | Main Street Barbell |                                   |
| Joseph Stein                | 24  | M_WPO | 158.4    | SHW        | 0.51695      | 475     | 502.5   | 522.5   |         | 522.5      | -287.5  | -287.5  | 295     |         | 295        | 817.5     | 287.5      | 322.5      | 327.5      |            | 327.5         | 1145      | 591.90775   | 0           | 7-M_WPO     | Absolute Performance            |                     |                                   |
| Anthony Oliveira            | 33  | M_WPO | 115.8    | 125        | 0.55535      | 472.5   | -490    | 0       |         | 472.5      | 250     | -285    | -285    |         | 250        | 722.5     | 317.5      | 335        | -352.5     |            | 335           | 1057.5    | 587.28262   | 0           | 8-M_WPO     | Night Crew                      |                     |                                   |
| Alex Kovatch                | 21  | M_WPO | 74.65    | 75         | 0.6906       | 352.5   | 385     | -412.5  |         | 385        | -202.5  | 202.5   | -240    |         | 202.5      | 587.5     | 230        | 255        | -272.5     |            | 255           | 842.5     | 581.8305    | 0           | 9-M_WPO     | Westside Barbell                |                     |                                   |
| James Burdette              | 46  | M_WPO | 101.5    | 110        | 0.5778       | 400     | 410     | 430     |         | 430        | -320    | 320     | -337.5  |         | 320        | 750       | 250        | -275       | -275       |            | 250           | 1000      | 577.8       | 617.0904    | 0           | 10-M_WPO                        |                     |                                   |
| Thomas Krawiec              | 37  | M_WPO | 82       | 82.5       | 0.64715      | 402.5   | -425    | -425    |         | 402.5      | -300    | -300    | -300    |         | 0          | 0         | 0          |            |            |            | 0             | 0         | 0           | 0           | 0           | 0                               | 0                   | Barbell 4:13                      |
| Dave Kirschen               | 42  | M_WPO | 74.9     | 75         | 0.69275      | -345    | -365    | -365    |         | 0          | 0       |         |         |         | 0          | 0         | 0          |            |            |            | 0             | 0         | 0           | 0           | 0           | 0                               | 0                   | Hellbent Barbell Club             |
| Chris Della Fave            | 31  | M_WPO | 110.7    | 125        | 0.56155      | -465    | -475    | -475    |         | 0          | 0       |         |         |         | 0          | 0         | 0          |            |            |            | 0             | 0         | 0           | 0           | 0           | 0                               | 0                   | Bergen County Barbell/Hellbent BB |
| Brian Hill                  | 31  | M_WPO | 108.6    | 110        | 0.56455      | -480    | -510    | -510    |         | 0          | 0       |         |         |         | 0          | 0         | 0          |            |            |            | 0             | 0         | 0           | 0           | 0           | 0                               | 0                   | Hill's Gym                        |
| Matt Minuth                 | 38  | M_WPO | 109.75   | 110        | 0.56275      | -500    | -510    | -510    |         | 0          | 0       |         |         |         | 0          | 0         | 0          |            |            |            | 0             | 0         | 0           | 0           | 0           | 0                               | 0                   | Barbell 4:13                      |
| WPO -Lb Results             |     |       |          |            |              |         |         |         |         |            |         |         |         |         |            |           |            |            |            |            |               |           |             |             |             |                                 |                     |                                   |
| Name                        | Age | Div   | BWt (Kg) | WtCIs (Kg) | Glossbrenner | 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 | PL Total  | Coeff Score | Age & Coeff | PI-Div-WtCI | Team                            |                     |                                   |
| Tara Webber                 | 29  | F_WPO | 74.3     | 75         | 0.8414       | 672.403 | -710.98 | 727.518 | 0       | 727.518    | 336.202 | -363.76 | -363.76 | 0       | 336.202    | 1063.72   | 457.455    | 501.547    | 529.104    | 0          | 529.104       | 1592.8235 | 607.9115    | 0           | 1-F_WPO     | Xconditioning                   |                     |                                   |
| Cosette Neely               | 41  | F_WPO | 47.8     | 48         | 1.1827       | 457.455 | -479.5  | -485.01 | 0       | 457.455    | -319.67 | 319.667 | -341.71 | 0       | 319.667    | 777.122   | 341.713    | -374.78    | -374.78    | 0          | 341.713       | 1118.8345 | 600.22025   | 606.22245   | 0           | 2-F_WPO                         | Sweattshop          |                                   |
| Stacia Al Mahoe             | 23  | F_WPO | 47.45    | 48         | 1.1884       | 385.805 | 402.34  | 424.386 | 0       | 424.386    | 253.529 | 270.064 | 281.087 | 0       | 281.087    | 705.472   | 369.271    | 402.34     | -413.36    | 0          | 402.34        | 1107.8115 | 597.171     | 0           | 3-F_WPO     | Fifty Barbell                   |                     |                                   |
| Shawna Mendelson            | 47  | F_WPO | 80.95    | 82.5       | 0.79555      | -661.38 | 710.984 | -727.52 | 0       | 710.984    | 424.386 | 440.92  | -462.97 | 0       | 440.92     | 1151.9    | 462.966    | -507.06    | -518.08    | 0          | 462.966       | 1614.8695 | 582.74037   | 630.52508   | 0           | 4-F_WPO                         | Blue Collar Barbell |                                   |
| Andrea Corder               | 28  | F_WPO | 80.2     | 82.5       | 0.8005       | 578.708 | 628.311 | 666.892 | 0       | 666.892    | 319.667 | 347.225 | -369.27 | 0       | 347.225    | 1014.12   | 578.708    | -611.78    | -611.78    | 0          | 578.708       | 1592.8235 | 578.36125   | 0           | 5-F_WPO     | Sweattshop                      |                     |                                   |
| Jeannie Nutter              | 34  | F_WPO | 67.15    | 67.5       | 0.9028       | 567.685 | 606.265 | -639.33 | 0       | 606.265    | -297.62 | 297.621 | -319.67 | 0       | 297.621    | 903.886   | 462.966    | 507.058    | -523.59    | 0          | 507.058       | 1410.944  | 577.792     | 0           | 6-F_WPO     | VIP Barbell                     |                     |                                   |
| Tracey Patrick              | 48  | F_WPO | 64.8     | 67.5       | 0.9289       | 573.196 | 606.265 | -628.31 | 0       | 606.265    | -352.74 | -352.74 | 352.736 | 0       | 352.736    | 959.001   | 314.156    | 402.34     | -440.92    | 0          | 402.34        | 1361.3405 | 573.59575   | 629.23453   | 0           | 7-F_WPO                         | Detroit Barbell     |                                   |
| Debbie Damminga             | 58  | F_WPO | 70.55    | 75         | 0.87125      | 562.173 | 600.754 | 628.311 | 0       | 628.311    | 275.575 | -292.11 | -292.11 | 0       | 275.575    | 903.886   | 485.012    | 529.104    | -567.68    | 0          | 529.104       | 1432.99   | 566.3125    | 731.10943   | 0           | 8-F_WPO                         | Twin Cities Barbell |                                   |
| Katrina Bielomyza           | 39  | F_WPO | 89.9     | 90         | 0.74785      | 688.938 | -727.52 | -727.52 | 0       | 688.938    | 363.759 | 385.805 | -407.85 | 0       | 385.805    | 1074.74   | 468.478    | -501.55    | 501.547    | 0          | 501.547       | 1576.289  | 534.71275   | 0           | 9-F_WPO     | Lighting Fitness                |                     |                                   |
| Alecia Varga                | 40  | F_WPO | 58.95    | 60         | 1.001        | 418.874 | 462.966 | -485.01 | 0       | 462.966    | -297.62 | 297.621 | 308.644 | 0       | 308.644    | 771.61    | 369.271    | 391.317    | -402.34    | 0          | 391.317       | 1162.9265 | 528.0275    | 528.0275    | 0           | 10-F_WPO                        | Dogg House          |                                   |
| Valerie Oliveira            | 26  | F_WPO | 92       | SHW        | 0.7404       | -622.8  | 622.8   | 666.892 | 0       | 666.892    | 358.248 | 391.317 | 407.851 | 0       | 407.851    | 1074.74   | 429.897    | 457.455    | -473.99    | 0          | 457.455       | 1532.197  | 514.578     | 0           | 11-F_WPO    |                                 |                     |                                   |
| Jenna Rowe                  | 35  | F_WPO | 69.55    | 75         | 0.87995      | 501.547 | 551.15  | -584.22 | 0       | 551.15     | -259.04 | -259.04 | 259.041 | 0       | 259.041    | 810.191   | 402.34     | 424.386    | -440.92    | 0          | 424.386       | 1234.576  | 492.772     | 0           | 12-F_WPO    | Hellbent Barbell Club           |                     |                                   |
| Crystal Tate                | 32  | F_WPO | 88.95    | 90         | 0.75205      | 722.007 | 777.122 | 815.702 | 0       | 777.122    | -468.48 | -485.01 | -485.01 | 0       | 0          | 0         | 0          | 0          | 0          | 0          | 0             | 0         | 0           | 0           | 0           | 0                               | Monster Garage Gym  |                                   |
| Sarah Effinger              | 38  | F_WPO | 55.6     | 56         | 1.05         | -518.08 | -529.1  | -545.64 | 0       | 0          | 0       | 0       | 0       | 0       | 0          | 0         | 0          | 0          | 0          | 0          | 0             | 0         | 0           | 0           | 0           | 0                               | 0                   | The Battlefield Wolfpack Strength |
| Dave Hoff                   | 31  | M_WPO | 132.6    | 140        | 0.53775      | 1173.95 | 1273.16 | 0       | 0       | 1273.16    | 936.955 | 975.536 | 1014.12 | 0       | 1014.12    | 2287.27   | 749.564    | 815.702    | 0          | 0          | 815.702       | 3102.9745 | 756.88312   | 0           | 1-M_WPO     | Westside Barbell                |                     |                                   |
| Bob Merkh                   | 35  | M_WPO | 120.7    | 125        | 0.55025      | -1069.2 | 1069.23 | 1135.37 | 0       | 1135.37    | 760.587 | -837.75 | 0       | 0       | 760.587    | 1895.96   | -683.43    | 683.426    | 716.495    | 0          | 716.495       | 2612.451  | 652.04625   | 0           | 2-M_WPO     | Atlantic City Barbell           |                     |                                   |
| Daniel Tinajero             | 32  | M_WPO | 106.1    | 110        | 0.56865      | 826.725 | 876.329 | 931.444 | 0       | 931.444    | 733.03  | 777.122 | -804.68 | 0       | 777.122    | 1708.57   | 722.007    | 771.61     | -821.21    | 0          | 771.61        | 2480.175  | 639.73125   | 0           | 3-M_WPO     | Perfect Storm Hardcore Training |                     |                                   |
| Henry Thomason              | 40  | M_WPO | 118.2    | 125        | 0.5528       | 1025.14 | 1107.81 | -1124.3 | 0       | 1107.81    | -760.59 | 760.587 | -782.63 | 0       | 760.587    | 1868.4    | 661.38     | -705.47    | -710.98    | 0          | 661.38        | 2529.7785 | 634.338     | 634.338     | 0           | 4-M_WPO                         | Hidden Gym          |                                   |
| Allen Pilley                | 37  | M_WPO | 122.65   | 125        | 0.5481       | 986.559 | 1074.74 | -1124.3 | 0       | 1074.74    | 666.892 | 727.518 | -755.08 | 0       | 727.518    | 1802.26   | 677.915    | -727.52    | -727.52    | 0          | 677.915       | 2480.175  | 616.6125    | 0           | 5-M_WPO     | CTX Barbell                     |                     |                                   |
| Marc Tejero                 | 41  | M_WPO | 66.75    | 67.5       | 0.7551       | 744.053 | -804.68 | -837    |         |            |         |         |         |         |            |           |            |            |            |            |               |           |             |             |             |                                 |                     |                                   |