

POWER SLAM AT CLUB FITNESS

Club Fitness, Mt. Washington, KY

22-Mar-25

Results: Kilos

PL	Name	Sex	Age	Country	State	Equip	Division	Bodywgt_K	WgtClass_	Squat1K	Squat2	Squat3	Best3Sq	Bench1	Bench2	Bench3K	Best3Ben	Deadlift1	Deadlift2	Deadlift3	Best3Dead	TotalKg	Event
								g	Kg	g	Kg	Kg	uatKg	Kg	Kg	g	chKg	Kg	Kg	Kg	liftKg		
1	LAURA KERR	F	42	USA	KY	Bare	M1-T	104	110	70	72.5	75	75	37.5	42.5	45	45	70	75	80	80	200	SBD
1	NATASHA SHELBY	F	12	USA	TN	Bare	Y-X	51.2	52	25	27.5	30	30	20	-25	25	25	30	37.5	47.5	47.5	102.5	SBD
DQ	EMILIE ABBOTT	F	33	USA	KY	Bare	O-T	66.1	67.5					-67.5	-67.5	-67.5		142.5	-145	-145	142.5	DQ	BD
1	EMILIE ABBOTT	F	33	USA	KY	Bare	O-T	66.1	67.5									142.5	-145	-145	142.5	142.5	D
1	SAMUEL LEYDEN	M	20	USA	TN	Bare	J-U	83.7	90	125	132.5	142.5	142.5	102.5	110	117.5	117.5	140	150	160	160	420	SBD
1	GEORGE SHELBY	M	44	USA	TN	Bare	M1-T	74.8	75	92.5	105	122.5	122.5	82.5	92.5	97.5	97.5	130	142.5	155	155	375	SBD
1	DEAN SMITH	M	48	USA	KY	Bare	M2-T	95	100	100	115	125	125	80	95	100	100	100	120	135	135	360	SBD
1	ZEB WEESE	M	53	USA	KY	Bare	M3-T	77.9	82.5	132.5	142.5	152.5	152.5	105	110		110	137.5	147.5	160	160	422.5	SBD
1	DEAN SMITH	M	48	USA	KY	Bare	MPF-T	95	100	100	115	125	125	80	95	100	100	100	120	135	135	360	SBD
1	MIKE DEURMIER	M	30	USA	KY	Bare	N-X	85	90	92.5	100	110	110	75	80	85	85	115	125	135	135	330	SBD
1	DONOVAN PUGH	M	24	USA	KY	Bare	O-T	70.7	75	175	187.5	-192.5	187.5	135	142.5	147.5	147.5	220	242.5	-260	242.5	577.5	SBD
2	GEORGE SHELBY	M	44	USA	TN	Bare	O-T	74.8	75	92.5	105	122.5	122.5	82.5	92.5	97.5	97.5	130	142.5	155	155	375	SBD
1	DYLLAN BRESHEAR	M	33	USA	KY	Bare	O-T	79.2	82.5	145	155	165	165	125	127.5	132.5	132.5	182.5	192.5	-202.5	192.5	490	SBD
2	NICK MILLER	M	27	USA	KY	Bare	O-T	80.6	82.5	125	142.5	157.5	157.5	102.5	115	120	120	142.5	165	177.5	177.5	455	SBD
1	ZACK SMITH	M	30	USA	KY	Bare	O-T	101	110	-60	60	-65	60	-70	-72.5	72.5	72.5	90	102.5	110	110	242.5	SBD
1	JORDAN OWENS	M	38	USA	KY	Bare	S-T	80	82.5	100	125	127.5	127.5	80	92.5	102.5	102.5	100	120	152.5	152.5	382.5	SBD
1	MOSES CLARE	M	13	USA	KY	Bare	T1-X	65.5	67.5	40	45	47.5	47.5	30	37.5	45	45	70	75	80	80	172.5	SBD
1	ZEBADIAH WEESE	M	14	USA	KY	Bare	T1-X	77.6	82.5	120	135	140	140	75	82.5	87.5	87.5	125	135	145	145	372.5	SBD
1	NOAH STUMBO	M	18	USA	KY	Bare	T3-X	108.7	110	130	142.5	147.5	147.5	92.5	102.5	-115	102.5	125	142.5	165	165	415	SBD
1	SAMMY WEESE	M	12	USA	KY	Bare	Y-X	52.7	56	60	70	72.5	72.5	37.5	45	47.5	47.5	62.5	80	85	85	205	SBD
1	JOEL MILLINER	M	18	USA	KY	Bare	T3-X	102.5	110					122.5	-140	140	140	197.5	232.5	-237.5	232.5	372.5	BD
DQ	BRENT SINKHORN	M	34	USA	KY	Bare	O-T	110.2	125													DQ	SD
DQ	ROBERT PATTON	M	43	USA	KY	Bare	M1-U	115.8	125													DQ	B
1	BRIAN BOND	M	53	USA	KY	Bare	M3-T	87	90					155	165	-170	165					165	B
DQ	ROBERT PATTON	M	43	USA	KY	Bare	O-U	115.8	125													DQ	B
1	GABRIEL SHELBY	M	9	USA	TN	Bare	KC-X	29.3	52									25	30	32.5	32.5	32.5	D
2	OLIVER SHELBY	M	5	USA	TN	Bare	KC-X	18.7	52									9	13.6	18.1	18.1	27.5	D
DQ	NOAH BOGUSZEWSKI	M	18	USA	KY	Bare	T3-X	100.2	110													DQ	D
1	SAWYER OWENS	M	11	USA	KY	Bare	Y-X	29	52									30	42.5	-52.5	42.5	42.5	D

Results: Pounds

PL	Name	Sex	Age	Country	State	Equip	Division	Bodywgt_L	WgtClass_	Squat1L	Squat2L	Squat3	Best3Sq	Bench1	Bench2L	Bench3L	Best3Ben	Deadlift1	Deadlift2	Deadlift3	Best3Dead	TotalLb	Event	
								b	Lb	b	b	Lb	uatLb	Lb	b	b	chLb	Lb	Lb	Lb	Lb			liftLb
1	LAURA KERR	F	42	USA	KY	Bare	M1-T	229.3	242.5	154.3	159.8	165.3	165.3	82.7	93.7	99.2	99.2	154.3	165.3	176.4	176.4	440.9	SBD	
1	NATASHA SHELBY	F	12	USA	TN	Bare	Y-X	112.9	114.6	55.1	60.6	66.1	66.1	44.1	-55.1	55.1	55.1	66.1	82.7	104.7	104.7	226	SBD	
DQ	EMILIE ABBOTT	F	33	USA	KY	Bare	O-T	145.7	148.8					-148.8	-148.8	-148.8		314.2	-319.7	-319.7	314.2	DQ	BD	
1	EMILIE ABBOTT	F	33	USA	KY	Bare	O-T	145.7	148.8									314.2	-319.7	-319.7	314.2	314.2	D	
1	SAMUEL LEYDEN	M	20	USA	TN	Bare	J-U	184.5	198.4	275.6	292.1	314.2	314.2	226	242.5	259	259	308.6	330.7	352.7	352.7	925.9	SBD	
1	GEORGE SHELBY	M	44	USA	TN	Bare	M1-T	164.9	165.3	203.9	231.5	270.1	270.1	181.9	203.9	214.9	214.9	286.6	314.2	341.7	341.7	826.7	SBD	
1	DEAN SMITH	M	48	USA	KY	Bare	M2-T	209.4	220.5	220.5	253.5	275.6	275.6	176.4	209.4	220.5	220.5	220.5	264.6	297.6	297.6	793.7	SBD	
1	ZEB WEESE	M	53	USA	KY	Bare	M3-T	171.7	181.9	292.1	314.2	336.2	336.2	231.5	242.5		242.5	303.1	325.2	352.7	352.7	931.4	SBD	
1	DEAN SMITH	M	48	USA	KY	Bare	MPF-T	209.4	220.5	220.5	253.5	275.6	275.6	176.4	209.4	220.5	220.5	220.5	264.6	297.6	297.6	793.7	SBD	
1	MIKE DEURMIER	M	30	USA	KY	Bare	N-X	187.4	198.4	203.9	220.5	242.5	242.5	165.3	176.4	187.4	187.4	253.5	275.6	297.6	297.6	727.5	SBD	
1	DONOVAN PUGH	M	24	USA	KY	Bare	O-T	155.9	165.3	385.8	413.4	-424.4	413.4	297.6	314.2	325.2	325.2	485	534.6	-573.2	534.6	1273.2	SBD	
2	GEORGE SHELBY	M	44	USA	TN	Bare	O-T	164.9	165.3	203.9	231.5	270.1	270.1	181.9	203.9	214.9	214.9	286.6	314.2	341.7	341.7	826.7	SBD	
1	DYLLAN BRESHEAR	M	33	USA	KY	Bare	O-T	174.6	181.9	319.7	341.7	363.8	363.8	275.6	281.1	292.1	292.1	402.3	424.4	-446.4	424.4	1080.3	SBD	
2	NICK MILLER	M	27	USA	KY	Bare	O-T	177.7	181.9	275.6	314.2	347.2	347.2	226	253.5	264.6	264.6	314.2	363.8	391.3	391.3	1003.1	SBD	
1	ZACK SMITH	M	30	USA	KY	Bare	O-T	222.7	242.5	-132.3	132.3	-143.3	132.3	-154.3	-159.8	159.8	159.8	198.4	226	242.5	242.5	534.6	SBD	
1	JORDAN OWENS	M	38	USA	KY	Bare	S-T	176.4	181.9	220.5	275.6	281.1	281.1	176.4	203.9	226	226	220.5	264.6	336.2	336.2	843.3	SBD	
1	MOSES CLARE	M	13	USA	KY	Bare	T1-X	144.4	148.8	88.2	99.2	104.7	104.7	66.1	82.7	99.2	99.2	154.3	165.3	176.4	176.4	380.3	SBD	
1	ZEBADIAH WEESE	M	14	USA	KY	Bare	T1-X	171.1	181.9	264.6	297.6	308.6	308.6	165.3	181.9	192.9	192.9	275.6	297.6	319.7	319.7	821.2	SBD	
1	NOAH STUMBO	M	18	USA	KY	Bare	T3-X	239.6	242.5	286.6	314.2	325.2	325.2	203.9	226	-253.5	226	275.6	314.2	363.8	363.8	914.9	SBD	
1	SAMMY WEESE	M	12	USA	KY	Bare	Y-X	116.2	123.5	132.3	154.3	159.8	159.8	82.7	99.2	104.7	104.7	137.8	176.4	187.4	187.4	451.9	SBD	
1	JOEL MILLINER	M	18	USA	KY	Bare	T3-X	226	242.5					270.1	-308.6	308.6	308.6	435.4	512.6	-523.6	512.6	821.2	BD	
DQ	BRENT SINKHORN	M	34	USA	KY	Bare	O-T	242.9	275.6														DQ	SD
DQ	ROBERT PATTON	M	43	USA	KY	Bare	M1-U	255.3	275.6														DQ	B
1	BRIAN BOND	M	53	USA	KY	Bare	M3-T	191.8	198.4					341.7	363.8	-374.8	363.8					363.8	B	
DQ	ROBERT PATTON	M	43	USA	KY	Bare	O-U	255.3	275.6														DQ	B
1	GABRIEL SHELBY	M	9	USA	TN	Bare	KC-X	64.6	114.6									55	66.1	71.6	71.6	71.6	D	
2	OLIVER SHELBY	M	5	USA	TN	Bare	KC-X	41.2	114.6									20	30	40	40	40	D	
DQ	NOAH BOGUSZEWSKI	M	18	USA	KY	Bare	T3-X	220.9	242.5														DQ	D
1	SAWYER OWENS	M	11	USA	KY	Bare	Y-X	63.9	114.6									66.1	93.7	-115.7	93.7	93.7	D	

Curl Results: Pounds

PL	Name	Sex	Age	Country	State	Equip	Division	Bodywgt_L	WgtClass_	Curl_1L	Curl_2L	Curl_3L	BestCurl
								b	Lb	b	b	b	_Lb
1	DEAN SMITH	M	48	USA	KY	Bare	M2-T	209.4	220.5	45	Pass	Pass	45
1	JOHN KRAWCHISON	M	65	USA	IN	Bare	M6-T	192	198.4	70	80	90	90

Best Lifters: Overall - Donovan Pugh & Teenage-Zebadiah Weese
 Team Results: 1st Place-Legal Limits Barbell & Runner-up-XenoFit