

## 2024 Carolina Cup

GoodBodies 24/7 Fitness

Kinston, NC

2024-11-9

Results: Kilos

Formula

Dots

PL	Name	Sex	Age	Nation	State	Equip	Division	Bodywgt		Squat1K	Squat2K	Squat3K	Best3Squa	Bench1	Bench2K	Bench3K	Bench4	Best3Benc	Deadlift1	Deadlift2	Deadlift3	Best3Dead	TotalKg	Event
								Kg	g															
1	Dasia Sanders	F	27	USA	NC	Bare	MPF-T	76.9	82.5	95	102.5	110	110	55	57.5	-65		57.5	97.5	107.5	115	115	282.5	SBD
1	Alexandra Cieckiewicz-Gray	F	42	USA	NC	Wraps	M1-T	61.8	67.5	115	122.5	130	130	67.5	70	75		75	125	137.5	-140	137.5	342.5	SBD
1	Alexandra Cieckiewicz-Gray	F	42	USA	NC	Wraps	O-T	61.8	67.5	115	122.5	130	130	67.5	70	75		75	125	137.5	-140	137.5	342.5	SBD
1	Gloria Knight-McNeil	F	65	USA	NC	Bare	M6-T	81.9	82.5					72.5	80	85		85	112.5	117.5	122.5	122.5	207.5	BD
1	Gloria Knight-McNeil	F	65	USA	NC	Bare	O-T	81.9	82.5					72.5	80	85		85	112.5	117.5	122.5	122.5	207.5	BD
1	Gloria Knight-McNeil	F	65	USA	NC	Bare	M6-T	81.9	82.5					72.5	80	85		85					85	B
1	Gloria Knight-McNeil	F	65	USA	NC	Bare	M6-T	81.9	82.5										112.5	117.5	122.5	122.5	122.5	D
DQ	Zachary Brown	M	25	USA	NC	Bare	N-X																	SBD
1	Tanner Taylor	M	26	USA	NC	Bare	O-T	88	90	227.5	-245	-245	227.5	132.5	140	145		145	247.5	262.5	-272.5	262.5	635	SBD
2	Daniel Benton	M	25	USA	NC	Bare	O-T	89.3	90	200	205	-215	205	125	130	-137.5		130	227.5	242.5	-250	242.5	577.5	SBD
3	Michael Conlin	M	33	USA	NC	Bare	O-T	85	90	157.5	170	182.5	182.5	102.5	112.5	-117.5		112.5	177.5	197.5	215	215	510	SBD
1	Austin Pearce	M	26	USA	NC	Bare	O-T	106	110	182.5	192.5	205	205	127.5	-132.5	-135		127.5	-225	232.5	235	235	567.5	SBD
1	C Scott Jackson	M	32	USA	NC	Bare	O-U	81.9	82.5	137.5	142.5	150	150	152.5	155	157.5		157.5	172.5	177.5	185	185	492.5	SBD
1	Matthew Lemon	M	24	USA	NC	Bare	O-U	88.5	90	152.5	160	170	170	107.5	115	125		125	167.5	172.5	185	185	480	SBD
1	Daniel Reveles	M	27	USA	NC	Multi-ply	O-U	96.2	100	275	285	302.5	302.5	190	215	-227.5		215	227.5	-247.5	247.5	247.5	765	SBD
1	Johnathan Gober	M	26	USA	NC	Multi-ply	O-U	133.5	140	272.5	285	-302.5	285	287.5	295	320		320	205	227.5	-232.5	227.5	832.5	SBD
DQ	Nate Best	M	22	USA	NC	Bare	J-T																	S
1	Scot Grove	M	55	USA	NC	Bare	M4-U	115.4	125					165	170	175		175					175	B
DQ	Louis Batchelor	M	39	USA	NC	Bare	MPF-T	104.3	110															B
DQ	Louis Batchelor	M	39	USA	NC	Bare	S-T	230	110															B
1	Scot Grove	M	55	USA	NC	Single-pt	M4-U	115.4	125					182.5	192.5	-200		192.5					192.5	B
1	John Goff	M	57	USA	NC	Single-pt	M4-U	107.7	110					-167.5	167.5	185		185					185	B
1	John Goff	M	57	USA	NC	Single-pt	N-X	107.7	110					-167.5	167.5	185		185					185	B
1	David Bundy	M	41	USA	NC	Multi-ply	M1-U	105.3	110					195	220	240		240					240	B
1	Kevin Gilly	M	45	USA	NC	Multi-ply	M2-U	136.7	140					217.5	230	242.5	-252.5	242.5					242.5	B
1	Joe Huber	M	57	USA	NC	Multi-ply	M4-U	106.7	110					230	242.5	-260		242.5					242.5	B
1	Joe Huber	M	57	USA	NC	Multi-ply	MPF-U	106.7	110					230	242.5	-260		242.5					242.5	B
1	David Bundy	M	41	USA	NC	Multi-ply	N-X	105.3	110					195	220	240		240					240	B
1	Kevin Gilly	M	45	USA	NC	Multi-ply	N-X	136.7	140					217.5	230	242.5	-252.5	242.5					242.5	B
1	David Bundy	M	41	USA	NC	Multi-ply	O-U	105.3	110					195	220	240		240					240	B
1	Sean Hildreth	M	38	USA	NC	Multi-ply	O-U	122.3	125					230	242.5	260	-272.5	260					260	B
1	Johnathan Gober	M	26	USA	NC	Multi-ply	O-U	133.5	140					287.5	295	320		320					320	B
2	Kevin Gilly	M	45	USA	NC	Multi-ply	O-U	136.7	140					217.5	230	242.5	-252.5	242.5					242.5	B
1	Sean Hildreth	M	38	USA	NC	Multi-ply	S-U	122.3	125					230	242.5	260	-272.5	260					260	B

### Results: Pounds

PL	Name	Sex	Age	Nation	State	Equip	Division	Bodywgt	WgtClassL					Bench1	Bench2L	Bench3L	Bench4L	Best3Benc	Deadlift1	Deadlift2	Deadlift3	Best3Dead	TotalLb	Event		
									b	b	b	b	tKg													
1	Dasia Sanders	F	27	USA	NC	Bare	MPF-T	169.5	181.8	209.4	226	242.5	242.5	121.3	126.8	-143.3		126.8	214.9	237	253.5	253.5	<b>622.8</b>	SBD		
1	Alexandra Cieciewicz-Gray	F	42	USA	NC	Wraps	M1-T	136.2	148.8	253.5	270.1	286.6	286.6	148.8	154.3	165.3		165.3	275.6	303.1	-308.6	303.1	<b>755.1</b>	SBD		
1	Alexandra Cieciewicz-Gray	F	42	USA	NC	Wraps	O-T	136.2	148.8	253.5	270.1	286.6	286.6	148.8	154.3	165.3		165.3	275.6	303.1	-308.6	303.1	<b>755.1</b>	SBD		
1	Gloria Knight-McNeil	F	65	USA	NC	Bare	M6-T	180.6	181.8					159.8	176.4	187.4		187.4	248	259	270.1	270.1	<b>457.5</b>	BD		
1	Gloria Knight-McNeil	F	65	USA	NC	Bare	O-T	180.6	181.8					159.8	176.4	187.4		187.4	248	259	270.1	270.1	<b>457.5</b>	BD		
1	Gloria Knight-McNeil	F	65	USA	NC	Bare	O-T	180.6	181.8					159.8	176.4	187.4		187.4	248	259	270.1	270.1	<b>187.4</b>	B		
1	Gloria Knight-McNeil	F	65	USA	NC	Bare	M6-T	180.6	181.8										248	259	270.1	270.1	<b>270.1</b>	D		
DQ	Zachary Brown	M	25	USA	NC	Bare	N-X																	SBD		
1	Tanner Taylor	M	26	USA	NC	Bare	O-T	194	198.4	501.5	-540.1	-540.1	501.5	292.1	308.6	319.7		319.7	545.6	578.7	-600.8	578.7	<b>1399.9</b>	SBD		
2	Daniel Benton	M	25	USA	NC	Bare	O-T	196.9	198.4	440.9	451.9	-474	451.9	275.6	286.6	-303.1		286.6	501.5	534.6	-551.2	534.6	<b>1273.2</b>	SBD		
3	Michael Contin	M	33	USA	NC	Bare	O-T	187.4	198.4	347.2	374.8	402.3	402.3	226	248	-259		248	391.3	435.4	474	474	<b>1124.3</b>	SBD		
1	Austin Pearce	M	26	USA	NC	Bare	O-T	233.7	242.5	402.3	424.4	451.9	451.9	281.1	-292.1	-297.6		281.1	-496	512.6	518.1	518.1	<b>1251.1</b>	SBD		
1	C Scott Jackson	M	32	USA	NC	Bare	O-U	180.6	181.8	303.1	314.2	330.7	330.7	336.2	341.7	347.2		347.2	380.3	391.3	407.9	407.9	<b>1085.8</b>	SBD		
1	Matthew Lemon	M	24	USA	NC	Bare	O-U	195.1	198.4	336.2	352.7	374.8	374.8	237	253.5	275.6		275.6	369.3	380.3	407.9	407.9	<b>1058.2</b>	SBD		
1	Daniel Reveles	M	27	USA	NC	Multi-ply	O-U	212.1	220.4	606.3	628.3	666.9	666.9	418.9	474	-501.5		474	501.5	-545.6	545.6	545.6	<b>1686.5</b>	SBD		
1	Johnathan Gober	M	26	USA	NC	Multi-ply	O-U	294.3	308.6	600.8	628.3	-666.9	628.3	633.8	650.4	705.5		705.5	451.9	501.5	-512.6	501.5	<b>1835.3</b>	SBD		
DQ	Nate Best	M	22	USA	NC	Bare	J-T	181	181.8															DQ	S	
1	Scot Grove	M	55	USA	NC	Bare	M4-U	254.4	275.5					363.8	374.8	385.8		385.8					<b>385.8</b>	B		
DQ	Louis Batchelor	M	39	USA	NC	Bare	MPF-T	230	242.5															DQ	B	
DQ	Louis Batchelor	M	39	USA	NC	Bare	S-T	230	242.5																DQ	B
1	Scot Grove	M	55	USA	NC	Single-pt	M4-U	254.4	275.5					402.3	424.4	-440.9		424.4					<b>424.4</b>	B		
1	John Goff	M	57	USA	NC	Single-pt	M4-U	237.4	242.5					-369.3	369.3	407.9		407.9					<b>407.9</b>	B		
1	John Goff	M	57	USA	NC	Single-pt	N-X	237.4	242.5					-369.3	369.3	407.9		407.9					<b>407.9</b>	B		
1	David Bundy	M	41	USA	NC	Multi-ply	M1-U	232.1	242.5					429.9	485	529.1		529.1					<b>529.1</b>	B		
1	Kevin Gilly	M	45	USA	NC	Multi-ply	M2-U	301.4	308.6					479.5	507.1	534.6	-556.7	534.6					<b>534.6</b>	B		
1	Joe Huber	M	57	USA	NC	Multi-ply	M4-U	235.2	242.5					507.1	534.6	-573.2		534.6					<b>534.6</b>	B		
1	Joe Huber	M	57	USA	NC	Multi-ply	MPF-U	235.2	242.5					507.1	534.6	-573.2		534.6					<b>534.6</b>	B		
1	David Bundy	M	41	USA	NC	Multi-ply	N-X	232.1	242.5					429.9	485	529.1		529.1					<b>529.1</b>	B		
1	Kevin Gilly	M	45	USA	NC	Multi-ply	N-X	301.4	308.6					479.5	507.1	534.6	-556.7	534.6					<b>534.6</b>	B		
1	David Bundy	M	41	USA	NC	Multi-ply	O-U	232.1	242.5					429.9	485	529.1		529.1					<b>529.1</b>	B		
1	Sean Hildreth	M	38	USA	NC	Multi-ply	O-U	269.6	275.5					507.1	534.6	573.2	-600.8	573.2					<b>573.2</b>	B		
1	Johnathan Gober	M	26	USA	NC	Multi-ply	O-U	294.3	308.6					633.8	650.4	705.5		705.5					<b>705.5</b>	B		
2	Kevin Gilly	M	45	USA	NC	Multi-ply	O-U	301.4	308.6					479.5	507.1	534.6	-556.7	534.6					<b>534.6</b>	B		
1	Sean Hildreth	M	38	USA	NC	Multi-ply	S-U	269.6	275.5					507.1	534.6	573.2	-600.8	573.2					<b>573.2</b>	B		

### Strict Curl Results: Pounds

PL	Name	Sex	Age	Nation	State	Equip	Division	Bodywgt	WgtClassL				Best3Squa	Event
									b	Curt1Lb	Curt2Lb	Curt3Lb		
1	Gloria Knight-McNeil	F	65	USA	NC	Bare	O-T	180.6	181.8	75	85	-90	<b>85</b>	C
DQ	David Bundy	M	41	USA	NC	Multi-ply	M1-U	232.1	242.5	-120	-140	-140	<b>DQ</b>	C

Team Champions: Champions Gym