

Meet Name: **Halloween Havoc**

Missing Link Crossfit, Jacksonville, NC

Formula

Date

Wilks

Federation

'2022-10-29

**365 Strong World Powerlifting Federation**

**Final Results - Kilos**

Name	Sex	Age	Stat	Equip	Division	BW-Kg	WC-Kg	Squat1Kg	Squat2Kg	Squat3Kg	Best3Sq	Bench1Kg	Bench2Kg	Bench3Kg	Best3BenchKg	Deadlift1Kg	Deadlift2Kg	Deadlift3Kg	Best3DeadliftKg	TotalKg	Event
LADETRA COLE	F	36	NC	Bare	MPF-T	63.23	68	87.5	92.5	97.5	97.5	47.5	50	52.5	52.5	140	142.5	147.5	147.5	<b>297.5</b>	SBD
LADETRA COLE	F	36	NC	Bare	S-T	63.23	68	87.5	92.5	97.5	97.5	47.5	50	52.5	52.5	140	142.5	147.5	147.5	<b>297.5</b>	SBD
KRIS HOKE	M	23	NC	Bare	J-T	88.27	90	175	180	187.5	187.5	132.5	137.5	142.5	142.5	200	207.5	215	215	<b>545</b>	SBD
JEREMIAH MAKOWSKI	M	23	NC	Bare	J-T	108.32	110	205	212.5	227.5	227.5	147.5	-160	-160	147.5	240	260	-275	260	<b>635</b>	SBD
RICKY JAMES	M	22	NC	Bare	J-U	80.92	83	220	225	230	230	140	-142.5	145	145	222.5	230	237.5	237.5	<b>612.5</b>	SBD
KRIS HOKE	M	23	NC	Bare	O-T	88.27	90	175	180	187.5	187.5	132.5	137.5	142.5	142.5	200	207.5	215	215	<b>545</b>	SBD
JEREMIAH MAKOWSKI	M	23	NC	Bare	O-T	108.32	110	205	212.5	227.5	227.5	147.5	-160	-160	147.5	240	260	-275	260	<b>635</b>	SBD
WILLIAM HOWARD	M	39	NC	Bare	O-U	73.93	75	192.5	230	235	235										S
WILLIAM HOWARD	M	39	NC	Bare	S-U	73.93	75	192.5	230	235	235										S
WILLIS LEWIS	M	51	SC	Single-pl	M3-T	120.84	125	250	272.5		272.5	60	182.5	-195	182.5	250	295		295	<b>750</b>	SBD
WILLIAM HOWARD	M	39	NC	Bare	O-U	73.93	75					-175	-185	-185		230	-255	-255	230		D
WILLIAM HOWARD	M	39	NC	Bare	S-U	73.93	75					-175	-185	-185		230	-255	-255	230		D
ANDREW CHAPMAN	M	40	NC	Bare	M1-U	122.10	125					200	-210		200					<b>200</b>	B
JIM STEFFEL	M	65	NC	Bare	M6-T	104.96	110					170	-180	-180	170					<b>170</b>	B
WILLIAM HOWARD	M	39	NC	Bare	O-U	73.93	75					-175	-185	-185							B
WILLIAM HOWARD	M	39	NC	Bare	S-U	73.93	75					-175	-185	-185							B
RAYMOND COLE	M	10	NC	Bare	KC-X	52.62	56									60	80	85	85	<b>85</b>	D
TYLER POPEJOY	M	18	NC	Multi-pl	T3-X	107.50	110													<b>WD</b>	SBD

**Final Results - Pounds**

Name	Sex	Age	Stat	Equip	Division	BW-Lb	WC-Lb	Squat1-Lb	Squat2-Lb	Squat3-Lb	Best3Sq	Bench1-Lb	Bench2-Lb	Bench3-Lb	Best3Bench-Lb	Deadlift1-Lb	Deadlift2-Lb	Deadlift3-Lb	Best3Deadlift-Lb	Total-Lb	Event
LADETRA COLE	F	36	NC	Bare	MPF-T	139.40	148	193	204	215	215	105	110	116	116	309	314	325	325	<b>656</b>	SBD
LADETRA COLE	F	36	NC	Bare	S-T	139.40	148	193	204	215	215	105	110	116	116	309	314	325	325	<b>656</b>	SBD
KRIS HOKE	M	23	NC	Bare	J-T	194.60	198	386	397	413	413	292	303	314	314	441	457	474	474	<b>1202</b>	SBD
JEREMIAH MAKOWSKI	M	23	NC	Bare	J-T	238.80	242	452	468	502	502	325	<b>353</b>	<b>353</b>	325	529	573	<b>606</b>	573	<b>1400</b>	SBD
RICKY JAMES	M	22	NC	Bare	J-U	178.40	181	485	496	507	507	309	<b>314</b>	320	320	491	507	524	524	<b>1350</b>	SBD
KRIS HOKE	M	23	NC	Bare	O-T	194.60	198	386	397	413	413	292	303	314	314	441	457	474	474	<b>1202</b>	SBD
JEREMIAH MAKOWSKI	M	23	NC	Bare	O-T	238.80	242	452	468	502	502	325	<b>353</b>	<b>353</b>	325	529	573	<b>606</b>	573	<b>1400</b>	SBD
WILLIAM HOWARD	M	39	NC	Bare	O-U	162.99	165	424	507	518	518	0	0	0	0	0	0	0	0	<b>0</b>	S
WILLIAM HOWARD	M	39	NC	Bare	S-U	162.99	165	424	507	518	518	0	0	0	0	0	0	0	0	<b>0</b>	S
WILLIS LEWIS	M	51	SC	Single-pl	M3-T	266.41	275	551	601	0	601	132	402	<b>430</b>	402	551	650	0	650	<b>1653</b>	SBD
WILLIAM HOWARD	M	39	NC	Bare	O-U	162.99	165	0	0	0	0	<b>386</b>	<b>408</b>	<b>408</b>	0	507	<b>562</b>	<b>562</b>	507	<b>0</b>	D
WILLIAM HOWARD	M	39	NC	Bare	S-U	162.99	165	0	0	0	0	<b>386</b>	<b>408</b>	<b>408</b>	0	507	<b>562</b>	<b>562</b>	507	<b>0</b>	D
ANDREW CHAPMAN	M	40	NC	Bare	M1-U	269.18	275	0	0	0	0	441	<b>463</b>	0	441	0	0	0	0	<b>441</b>	B
JIM STEFFEL	M	65	NC	Bare	M6-T	231.40	242	0	0	0	0	375	<b>397</b>	<b>397</b>	375	0	0	0	0	<b>375</b>	B
WILLIAM HOWARD	M	39	NC	Bare	O-U	162.99	165	0	0	0	0	<b>386</b>	<b>408</b>	<b>408</b>	0	0	0	0	0	<b>0</b>	B
WILLIAM HOWARD	M	39	NC	Bare	S-U	162.99	165	0	0	0	0	<b>386</b>	<b>408</b>	<b>408</b>	0	0	0	0	0	<b>0</b>	B
RAYMOND COLE	M	10	NC	Bare	KC-X	116.01	123	0	0	0	0	0	0	0	0	132	176	187	187	<b>187</b>	D
TYLER POPEJOY	M	18	NC	Multi-pl	T3-X	236.75	242													<b>WD</b>	SBD