19-Sep-20

Charlotte Strength Fest, Pride Conditioning, Charlotte, NC

Full Power - Kg Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total
Amber Rabon	27	F-OF-RC-	143.4	148	1.05	137.5	147.5	-157.5	147.5	62.5	67.5	-72.5	67.5	215	137.5	147.5	157.5	157.5	**372.5**
Alisha Martin	23	F-NF-R-T	161.5	165	0.96	92.5	112.5	127.5	127.5	60	65	-72.5	65	192.5	107.5	127.5	137.5	137.5	**330**
Kayla Kendall	25	M-NF-R-T	139	148	0.82	100	110	115	115	45	57.5	-62.5	57.5	172.5	120	-135	-135	120	**292.5**
Kyler Barracks	29	M-OF-MP-	242	242	0.59	-295	295	-305	295	182.5	197.5	212.5	212.5	507.5	182.5	215	232.5	232.5	**740**
Randy Rabon	32	M-OF-RC-	202.2	220	0.63	310	332.5	-345	332.5	172.5	-180	-180	172.5	505	272.5	285	-290	285	**790**
Jamal James	33	M-OF-RC-	235.4	242	0.59	220	245	265	265	170	175	195	195	460	227.5	250	265	265	**725**
Spencer Waites	24	M-NF-R-T	232.8	242	0.6	142.5	155	177.5	177.5	92.5	115	-130	115	292.5	175	195	-207.5	195	**487.5**
Chris Young	39	M-MPFF-	281.6	308	0.57	-320	320	340	340	205	-227.5	227.5	227.5	567.5	250	272.5	285	285	**852.5**
Shane Bistline	26	MPFF-RC	192.7	198	0.65	142.5	152.5	172.5	172.5	87.5	95	-102.5	95	267.5	185	-205	-205	185	**452.5**
Jared Drye	25	-MPFF-R	190.7	198	0.65	-145	145	-160	145	120	127.5	137.5	137.5	282.5	182.5	197.5	-217.5	197.5	**480**

Full Power - Lb Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	PL Total
Amber Rabon	27	F-OF-RC-	143.4	148	1.05	303.13	325.18	-347.22	325.1785	137.7875	148.8105	-159.83	148.811	473.989	303.1325	325.179	347.22	347.2245	**821.2135**
Alisha Martin	23	F-NF-R-T	161.5	165	0.96	203.93	248.02	281.087	281.0865	132.276	143.299	-159.83	143.299	424.3855	236.9945	281.087	303.13	303.1325	**727.518**
Kayla Kendall	25	M-NF-R-T	139	148	0.82	220.46	242.51	253.529	253.529	99.207	126.7645	-137.79	126.765	380.2935	264.552	-297.62	-297.62	264.552	**644.8455**
Kyler Barracks	29	M-OF-MP-	242	242	0.59	-650.36	650.36	-672.4	650.357	402.3395	435.4085	468.478	468.478	1118.8345	402.3395	473.989	512.57	512.5695	**1631.404**
Randy Rabon	32	M-OF-RC-	202.2	220	0.63	683.43	733.03	-760.59	733.0295	380.2935	-396.828	-396.83	380.294	1113.323	600.7535	628.311	-639.33	628.311	**1741.634**
Jamal James	33	M-OF-RC-	235.4	242	0.59	485.01	540.13	584.219	584.219	374.782	385.805	429.897	429.897	1014.116	501.5465	551.15	584.22	584.219	**1598.335**
Spencer Waites	24	M-NF-R-T	232.8	242	0.6	314.16	341.71	391.317	391.3165	203.9255	253.529	-286.6	253.529	644.8455	385.805	429.897	-457.45	429.897	**1074.7425**
Chris Young	39	M-MPFF-	281.6	308	0.57	-705.47	705.47	749.564	749.564	451.943	-501.5465	501.547	501.547	1251.1105	551.15	600.754	628.31	628.311	**1879.4215**
Shane Bistline	26	MPFF-RC	192.7	198	0.65	314.16	336.2	380.294	380.2935	192.9025	209.437	-225.97	209.437	589.7305	407.851	-451.94	-451.94	407.851	**997.5815**
Jared Drye	25	-MPFF-R	190.7	198	0.65	-319.67	319.67	-352.74	319.667	264.552	281.0865	303.133	303.133	622.7995	402.3395	435.409	-479.5	435.4085	**1058.208**

Push Pull - Kg Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Push Pull Total
James Walker	62	M-M5P-R-	225.3	242	0.6	170	175	180	180	167.5	175	182.5	182.5	**362.5**
Tim Metcalf	59	M-M4P-R-	180.2	181	0.67	100	102.5	105	105	125	137.5	140	140	**245**

Push Pull - Lb Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Push Pull Total
James Walker	62	M-M5P-R-	225.3	242	0.6	374.78	385.81	396.828	396.828	369.2705	385.805	402.34	402.34	**799.1675**
Tim Metcalf	59	M-M4P-R-	180.2	181	0.67	220.46	225.97	231.483	231.483	275.575	303.1325	308.644	308.644	**540.127**

Squat - Kg Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Squat 1	Squat 2	Squat 3	Best Squat
Derrick Pinckney	45	M-M2S-R-	247.6	275	0.59	235	245	260	**260**

Squat - Lb Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Squat 1	Squat 2	Squat 3	Best Squat
Derrick Pinckney	45	M-M2S-R-	247.6	275	0.59	518.08	540.13	573.196	**573.196**

Bench - Kg Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Bench 1	Bench 2	Bench 3	Best Bench
Blake Ewing	27	M-OB-R-T	273.5	275	0.57	110	120	-125	**120**
James Walker	62	M-M5B-R-	225.3	242	0.6	170	175	180	**180**

Bench - Lb Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Bench 1	Bench 2	Bench 3	Best Bench
Blake Ewing	27	M-OB-R-T	273.5	275	0.57	242.51	264.55	-275.58	**264.552**
James Walker	62	M-M5B-R-	225.3	242	0.6	374.78	385.81	396.828	**396.828**

Standing Curl - Kg Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Curl 1	Curl 2	Curl 3	Best Curl
Tim Metcalf	59	M-M4C-R-	180.2	181	40	50	55	**55**
Maureen Clary	62	M-OC-R-T	156.9	165	30	40	-50	**40**

Standing Curl - Lb Results

Name	Age	Div	BWt (Lb)	WtCls (Lb)	Curl 1	Curl 2	Curl 3	Best Curl
Tim Metcalf	59	M-M4C-R-	180.2	181	88	110	121.25	**121.25**
Maureen Clary	62	M-OC-R-T	156.9	165	66	88	-110	**88**