

Noke Push Pull Open Noke Training LLC, Roanoke, VA
24-Sep-23

Results - Kilos

PL	Name	Sex	Nati		Equip	Division	BodyWg t_Kg	WgtClass _Kg	Bench 1Kg	Bench 2Kg	Bench Bench3Kg	Bench Bench4Kg	Best3Be nchKg	Deadlift1 Kg	Deadlift2 Kg	Deadlift3 Kg	Deadlift4 Kg	Best3Dea dliiftKg	TotalKg	Event	
			Age	on State																	
1	Tiffany A Lee	F	38	USA VA	Bare	N-X	53.2	56	32.5	37.5	-42.5		37.5	70	80	85		85	122.5	BD	
1	Tiffany A Lee	F	38	USA VA	Bare	S-T	53.2	56	32.5	37.5	-42.5		37.5	70	80	85		85	122.5	BD	
1	Douglas Acheson	M	55	USA NC	Bare	M4-T	97.16	100	100	102.5	105		105	190	195	197.5		197.5	302.5	BD	
1	Jon Baer	M	20	USA VA	Bare	N-X	87.45	90	112.5	125	-130		125	182.5	205	-215		205	330	BD	
NS	Casey Beavers	M	26	USA VA	Bare	O-T														BD	
1	Tony Yancey	M	24	USA VA	Bare	O-U	137.71	140	155	165	172.5	177.5	172.5	215	227.5	240	250	240	412.5	BD	
1	Brian D Short	M	42	USA VA	Bare	M1-T	134.9	140	142.5	155	-162.5		155						155	B	
1	Chad Clark	M	51	USA VA	Bare	M3-U	133.81	140	162.5	170	180	182.5	180						180	B	
1	Rick Cash	M	60	USA VA	Bare	M5-T	98.88	100	145	150	155	-160	155						155	B	
1	Todd Campo	M	69	USA VA	Bare	M7-T	97.7	100	147.5	155			155						155	B	
DQ	Michael Buglione	M	46	USA VA	Single	M2-U														DQ	B
1	Todd Campo	M	69	USA VA	Single	M7-T	97.7	100	185	-195	195		195						195	B	
DQ	Jason Quackenbush	M	41	USA VA	Bare	O-T														DQ	D

Results - Pounds

PL	Name	Sex	Nati		Equip	Division	BodyWg t_Lb	WgtClass _Lb	Bench 1Lb	Bench 2Lb	Bench 3Lb	Bench 4Lb	Best3Be nchLb	Deadlift1 Lb	Deadlift2 Lb	Deadlift3 Lb	Deadlift4 Lb	Best3Dea dliiftLb	TotalLb	Event	
			Age	on State																	
1	Tiffany A Lee	F	38	USA VA	Bare	N-X	117.28	123.5	71.65	82.67	-93.7		82.67	154.32	176.37	187.39		187.39	270.06	BD	
1	Tiffany A Lee	F	38	USA VA	Bare	S-T	117.28	123.5	71.65	82.67	-93.7		82.67	154.32	176.37	187.39		187.39	270.06	BD	
1	Douglas Acheson	M	55	USA NC	Bare	M4-T	214.2	220.5	220.46	225.97	231.48		231.48	418.87	429.9	435.41		435.41	666.89	BD	
1	Jon Baer	M	20	USA VA	Bare	N-X	192.79	198.4	248.02	275.58	-286.6		275.58	402.34	451.94	-473.99		451.94	727.52	BD	
NS	Casey Beavers	M	26	USA VA	Bare	O-T														BD	
1	Tony Yancey	M	24	USA VA	Bare	O-U	303.6	308.6	341.71	363.76	380.29	391.32	380.29	473.99	501.55	529.1	551.15	529.1	909.4	BD	
1	Brian D Short	M	42	USA VA	Bare	M1-T	297.4	308.6	314.16	341.71	-358.25		341.71						341.71	B	
1	Chad Clark	M	51	USA VA	Bare	M3-U	295	308.6	358.25	374.78	396.83	402.34	396.83						396.83	B	
1	Rick Cash	M	60	USA VA	Bare	M5-T	217.99	220.5	319.67	330.69	341.71	-352.74	341.71						341.71	B	
1	Todd Campo	M	69	USA VA	Bare	M7-T	215.39	220.5	325.18	341.71			341.71						341.71	B	
DQ	Michael Buglione	M	46	USA VA	Single	M2-U														DQ	B
1	Todd Campo	M	69	USA VA	Single	M7-T	215.39	220.5	407.85	-429.9	429.9		429.9						429.9	B	
DQ	Jason Quackenbush	M	41	USA VA	Bare	O-T														DQ	D

Strict Curl Results - Pounds

Name	Sex	Nati		Equip	Division	BodyWg t_Lb	WgtClass _Lb	Best3Cur				Total_Lb	Points	Event	
		Age	on State					Curl 1Lb	Curl 2Lb	Curl 3Lb	Curl 4Lb				
1 Chad Clark	M	51	USA VA	Raw	M3-U	133.81	148	90	105	120	135	120	120	45.94	C
1 Brian Brindle	M	77	USA VA	Raw	M8-T	161.2	165	80	85	-90		85	85	27.97	C