

Charlotte Strength Fe! Pride Conditioning, Charlotte, NC

9/16/2023

Results - Kilos

PL	Name	Sex	Age	Country	State	Equip.	Division	BodyWgt	WghtClass	Squat	Squat	Squat	Best3Sq	Bench1	Bench2	Bench3	Bench	Best3Be	Deadlift	Deadlift	Deadlift3	Deadlift	Best3D eadliftK	TotalKg	Event	
								gt	Kg	1Kg	2Kg	3Kg	uatKg	Kg	Kg	Kg	4Kg	nchKg	1Kg	2Kg	Kg	4Kg	g			
1	Jennifer Carter	F	49	USA	NC	Bare	M2-T	80.4	82.5	105	112.5	120	120	65	72.5	77.5		77.5	130	137.5	145		145	342.5	SBD	
NS	Samatha Allen	F	29	USA	NC	Bare	N-X		100																SBD	
1	Rusty Dawn	F	32	USA	NC	Bare	O-T	70.3	75	90	-92.5	92.5	92.5	60	62.5	65		65	142.5	150	-160		150	307.5	SBD	
1	Alexandra Rasmussen	F	35	USA	SC	Bare	O-U	88.1	90	67.5	77.5	90	90	40	50	-55		50	90	105	110		110	250	SBD	
NS	Alli Heironimus	F	36	USA	SC	Sleeves	O-T		75																SBD	
NS	Alli Heironimus	F	36	USA	SC	Sleeves	S-T		75																SBD	
1	Crystal Rhoades	F	60	USA	NC	Single-ply	M5-T	74	75	50	55	57.5	57.5	40	-45	-45		40	60	65	70		70	167.5	SBD	
1	Haley Shields	F	30	USA	NC	Single-ply	N-X	93.8	100	102.5	107.5	115	115	75	80	82.5		82.5	142.5	150	157.5		157.5	355	SBD	
1	Justin Gilseman	M	21	USA	NC	Bare	J-T	86.9	90	165	180	193	192.5	137.5	147.5	155	-160	155	255	282.5			282.5	630	SBD	
1	Austin Handy	M	21	USA	NC	Bare	J-T	98.7	100	225	-230	230	230	155	-160	-160		155	247.5	-257.5	-257.5		247.5	632.5	SBD	
1	Steven Taylor	M	47	USA	SC	Bare	M2-U	153.4	140+	240	267.5		267.5	162.5	182.5	-190		182.5	282.5	-317.5	-317.5		282.5	732.5	SBD	
1	Jim Coggin	M	71	USA	SC	Bare	M7-T	97.43	100	125	135	143	142.5	85	-95	-95		85	150	152.5	155		155	382.5	SBD	
1	Brian Knopf	M	35	USA	SC	Bare	MPF-T	103.3	110	167.5	180	190	190	115	122.5	130		130	185	197.5	210	220	210	530	SBD	
1	Benjamin Nastally	M	25	USA	NC	Bare	N-X	80.2	82.5	202.5	-210	-210	202.5	135	-145	145		145	220	-227.5	-227.5		220	567.5	SBD	
1	Daniel Calabretta	M	27	USA	NC	Bare	N-X	95.3	100	220	235	250	250	125	135	140		140	230	247.5	257.5		257.5	647.5	SBD	
1	Daniel Kerr	M	25	USA	NC	Bare	N-X	123.8	125	195	205	215	215	122.5	127.5	137.5		137.5	225	237.5	257.5		257.5	610	SBD	
1	Kyson Chisolm	M	21	USA	SC	Bare	N-X	149.55	140+	205	217.5	228	227.5	165	170	187.5		187.5	220	230	232.5		232.5	647.5	SBD	
1	Jeffrey Helms	M	27	USA	NC	Bare	O-T	82.2	82.5	150	165	183	182.5	132.5	-142.5	147.5		147.5	142.5	175	185		185	515	SBD	
1	Robert Lee	M	24	USA	NC	Bare	O-T	97.9	100	185	197.5	-205	197.5	115	-120	-120		115	225	250	260		260	572.5	SBD	
1	Idris Najeeullah	M	26	USA	NC	Bare	O-T	105.7	110	230	242.5	-273	242.5	177.5	192.5	205		205	237.5	255	272.5		272.5	720	SBD	
1	Daniel Kerr	M	25	USA	NC	Bare	O-T	123.8	125	195	205	215	215	122.5	127.5	137.5		137.5	225	237.5	257.5		257.5	610	SBD	
1	Brad Van Duyne	M	29	USA	NC	Bare	O-T	137	140	230	240	255	255	170	190	210		210	265	290	300		300	765	SBD	
NS	Kyle Cooper	M	28	USA	NC	Bare	O-U		90																SBD	
1	Jon Parker	M	35	USA	NC	Wraps	O-U	106.7	110	285	305	-330	305	185	195	200		200	340	-357.5	-357.5		340	845	SBD	
2	Casey Woodie	M	36	USA	NC	Bare	O-U	108.9	110	265	280	-290	280	192.5	205	212.5		212.5	295	307.5	-315		307.5	800	SBD	
1	Brian Knopf	M	35	USA	SC	Bare	S-T	103.3	110	167.5	180	190	190	115	122.5	130		130	185	197.5	210	220	210	530	SBD	
1	Jon Parker	M	35	USA	NC	Wraps	S-U	106.7	110	285	305	-330	305	185	195	200		200	340	-357.5	-357.5		340	845	SBD	
2	Casey Woodie	M	36	USA	NC	Bare	S-U	108.9	110	265	280	-290	280	192.5	205	212.5		212.5	295	307.5	-315		307.5	800	SBD	
1	Jake Simmons	M	14	USA	NC	Bare	T1-X	81.3	82.5	120	127.5	138	137.5	92.5	100	102.5		102.5	142.5	160	-182.5		160	400	SBD	
1	Caleb Heaton	M	14	USA	NC	Bare	T1-X	87.2	90	125	135	148	147.5	92.5	95	-100		95	127.5	142.5	155		155	397.5	SBD	
1	William Contes	M	18	USA	NC	Bare	T3-X	98.3	100	150	157.5	165	165	112.5	117.5	-122.5		117.5	180	192.5	205		205	487.5	SBD	
NS	Tahir Cheema	M	34	USA	SC	Sleeves	O-T		90																SBD	
1	Jason Scott	M	40	USA	SC	Wraps	M1-U	151.86	140+	150	180	235	235	145	175	-185		175	160	200	-235		200	610	SBD	
1	Brandon Arthur	M	29	USA	NC	Wraps	O-T	89.2	90	270	292.5	-305	292.5	182.5	-192.5			182.5	225	-242.5			225	700	SBD	
NS	Anthony Smith	M	35	USA	SC	Wraps	O-U		90																SBD	
NS	Steven Clark	M	30	USA	SC	Wraps	O-U		90																SBD	
NS	Anthony Smith	M	35	USA	SC	Wraps	S-U		90																SBD	
1	Nico Agundiz	M	15	USA	NC	Wraps	T1-X	72.75	75	127.5	-142.5	145	145	72.5	-80	-80		72.5	142.5	-160	-160		142.5	360	SBD	
DQ	Jon Hendricks	M	38	USA	NC	Single-ply	O-T	90.9	100	220	230	235	235	152.5	165	170		170	-215	-215					SBD	
DQ	Jon Hendricks	M	38	USA	NC	Single-ply	S-T	90.9	100	220	230	235	235	152.5	165	170		170	-215	-215					SBD	
NS	Thomas Larocco	M	48	USA	VA	Multi-ply	MPF-U																		SBD	
1	Ross Roberts	M	38	USA	NC	Bare	S-U	87	90					125	132.5	140		140	202.5	220	-230		220	360	BD	
1	Jon Hendricks	M	38	USA	NC	Single-ply	O-T	90.9	100	220	230	235	235	152.5	165	170		170							405	SB

1	Jon Hendricks	M	38	USA	NC	Single-ply S-T	90.9	100	220	230	235	235	152.5	165	170										405	S	
NS	Josh Burke	M	34	USA	NC	Bare O-T		90																			
1	Ray Linduski	M	59	USA	SC	Bare M4-T	108.86	110					145	157.5	170											170	B
1	Robert Lane	M	39	USA	NC	Bare MPF-U	105	110					-150	-160	160											160	B
1	Zion King	M	19	USA	NC	Bare N-X	109.3	110					82.5	97.5	105											105	B
1	Casey Woodie - Bench	M	36	USA	NC	Bare O-U	108.9	110					192.5	205	212.5											212.5	B
2	Robert Lane	M	39	USA	NC	Bare O-U	105	110					-150	-160	160											160	B
1	Bobby Strother	M	28	USA	NC	Bare O-U	147.7	140+					250	272.5	280											280	B
1	Robert Lane	M	39	USA	NC	Bare S-U	105	110					-150	-160	160											160	B
1	Zion King	M	19	USA	NC	Bare T3-X	109.3	110					82.5	97.5	105											105	B
1	Brandon Arthur	M	29	USA	NC	Wraps O-T	89.2	90					182.5	-192.5												182.5	B
1	Natanael Borrero	M	13	USA	NC	Bare T1-X	72.5	75										137.5	142.5	147.5	157.5	147.5				147.5	D

Results - Pounds

PL	Name	Sex	Age	Country	State	Equipment	Division	Bodyweight	WgtClass	Best3D																				TotalLb	Event
										Squat	Squat	Squat	Best3Sq	Bench	Bench	Bench	Bench	Best3Be	Deadlift	Deadlift	Deadlift	Deadlift	Deadlift		Deadlift						
										1Lb	2Lb	3Lb	quatLb	1Pd	Lb	BP	4Lb	nchlb	1Lb	2Lb	Lb	4Lb	b								
1	Jennifer Carter	F	49	USA	NC	Bare	M2-T	177.2	181.8	231.5	248	265	264.55	143.3	159.83	170.86	0	170.857	286.598	303.133	319.667	0	319.67	755.076	SBD						
NS	Samatha Allen	F	29	USA	NC	Bare	N-X	0	220.4	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	SBD			
1	Rusty Dawn	F	32	USA	NC	Bare	O-T	154.9	165.3	198.4	-203.9	204	203.93	132.28	137.79	143.3	0	143.299	314.156	330.69	-352.74	0	330.69	677.915	SBD						
1	Alexandra Rasmussen	F	35	USA	SC	Bare	O-U	194.2	198.4	148.8	170.9	198	198.41	88.184	110.23	-121.3	0	110.23	198.414	231.483	242.506	0	242.51	551.15	SBD						
NS	Alli Heironimus	F	36	USA	SC	Sleeves	O-T	0	165.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	SBD				
NS	Alli Heironimus	F	36	USA	SC	Sleeves	S-T	0	165.3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	SBD				
1	Crystal Rhoades	F	60	USA	NC	Single-ply	M5-T	163.1	165.3	110.2	121.3	127	126.76	88.184	-99.21	-99.21	0	88.184	132.276	143.299	154.322	0	154.32	369.271	SBD						
1	Haley Shields	F	30	USA	NC	Single-ply	N-X	206.7	220.4	226	237	254	253.53	165.35	176.37	181.88	0	181.88	314.156	330.69	347.225	0	347.22	782.633	SBD						
1	Justin Gilsenan	M	21	USA	NC	Bare	J-T	191.5	198.4	363.8	396.8	424	424.39	303.13	325.18	341.71	-352.7	341.713	562.173	622.8	0	0	622.8	1388.9	SBD						
1	Austin Handy	M	21	USA	NC	Bare	J-T	217.5	220.4	496	-507.1	507	507.06	341.71	-352.7	-352.7	0	341.713	545.639	-567.68	-567.68	0	545.64	1394.41	SBD						
1	Steven Taylor	M	47	USA	SC	Bare	M2-U	338.1	308 +	529.1	589.7	0	589.73	358.25	402.34	-418.9	0	402.34	622.8	-699.96	-699.96	0	622.8	1614.87	SBD						
1	Jim Coggin	M	71	USA	SC	Bare	M7-T	214.7	220.4	275.6	297.6	314	314.16	187.39	-209.4	-209.4	0	187.391	330.69	336.202	341.713	0	341.71	843.26	SBD						
1	Brian Knopf	M	35	USA	SC	Bare	MPF-T	227.7	242.5	369.3	396.8	419	418.87	253.53	270.06	286.6	0	286.598	407.851	435.409	462.966	485.012	462.97	1168.44	SBD						
1	Benjamin Nastally	M	25	USA	NC	Bare	N-X	176.8	181.8	446.4	-463	-463	446.43	297.62	-319.7	319.67	0	319.667	485.012	-501.55	-501.55	0	485.01	1251.11	SBD						
1	Daniel Calabretta	M	27	USA	NC	Bare	N-X	210	220.4	485	518.1	551	551.15	275.58	297.62	308.64	0	308.644	507.058	545.639	567.685	0	567.68	1427.48	SBD						
1	Daniel Kerr	M	25	USA	NC	Bare	N-X	272.9	275.5	429.9	451.9	474	473.99	270.06	281.09	303.13	0	303.133	496.035	523.593	567.685	0	567.68	1344.81	SBD						
1	Kyson Chisolm	M	21	USA	SC	Bare	N-X	329.6	308 +	451.9	479.5	502	501.55	363.76	374.78	413.36	0	413.363	485.012	507.058	512.57	0	512.57	1427.48	SBD						
1	Jeffrey Helms	M	27	USA	NC	Bare	O-T	181.2	181.8	330.7	363.8	402	402.34	292.11	-314.2	325.18	0	325.179	314.156	385.805	407.851	0	407.85	1135.37	SBD						
1	Robert Lee	M	24	USA	NC	Bare	O-T	215.8	220.4	407.9	435.4	-452	435.41	253.53	-264.6	-264.6	0	253.529	496.035	551.15	573.196	0	573.2	1262.13	SBD						
1	Idris Najeeullah	M	26	USA	NC	Bare	O-T	233	242.5	507.1	534.6	-601	534.62	391.32	424.39	451.94	0	451.943	523.593	562.173	600.754	0	600.75	1587.31	SBD						
1	Daniel Kerr	M	25	USA	NC	Bare	O-T	272.9	275.5	429.9	451.9	474	473.99	270.06	281.09	303.13	0	303.133	496.035	523.593	567.685	0	567.68	1344.81	SBD						
1	Brad Van Duyne	M	29	USA	NC	Bare	O-T	302	308.6	507.1	529.1	562	562.17	374.78	418.87	462.97	0	462.966	584.219	639.334	661.38	0	661.38	1686.52	SBD						

