

New Day Fitness, Roanoke Rapids, NC

21-Mar-20 New Day Power Evolution - Full Power Results / Kg																						
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	Deadlift 4	Best Deadlift	PL Total	Coeff Score	PI-Div-WtCl
Nykisha Garland	27	F-OF-RC-U	113.2	114	1.2597	102.5	-115	-125	102.5	47.5	-50	50	50	152.5	102.5	115	-125		115	267.5	336.97	1-F-OF-RC-U-114
Promandeep Kaur	34	F-NF-RC-X	193.6	198	0.8733	115	127.5	137.5	137.5	45	57.5	-67.5	57.5	195	135	155	-175		155	350	305.655	1-F-NF-RC-X-198
Andrew Nelson	18	M-T3F-R-X	286.8	308	0.5655	-175	185	202.5	202.5	110	122.5	137.5	137.5	340	215	227.5	242.5	252.5	242.5	582.5	329.404	1-M-T3F-R-X-308
Marquis Aquino	21	M-OF-R-T	205.4	220	0.6276	92.5	102.5	110	110	77.5	80	-97.5	80	190	160	172.5	187.5		187.5	377.5	236.919	1-M-OF-R-T-220
Corey Tinkler	27	M-NF-R-X	238.2	242	0.5919	172.5	185	197.5	197.5	102.5	110	120	120	317.5	-185	185	202.5		202.5	520	307.788	1-M-NF-R-X-242
Caleb Reynolds	28	M-NF-R-X	223.2	242	0.6057	170	182.5	192.5	192.5	110	120	125	125	317.5	182.5	192.5	197.5		197.5	515	311.936	2-M-NF-R-X-242
David Kemp	30	M-MPFF-RC-X	219.8	220	0.6093	210	240	260	260	175	182.5	192.5	192.5	452.5	227.5	245	260		260	712.5	434.126	1-M-MPFF-RC-X-220
Ted de Ment	68	M-M6F-RC-X	190.6	198	0.6519	205	240	995	240	102.5	107.5	115	115	355	160	175	185		185	540	352.026	1-M-M6F-RC-X-198
George Jordan	48	M-M2F-R-X	180.8	181	0.6724	142.5	152.5	160	160	-102.5	-105	105	105	265	185	200	210		210	475	319.39	1-M-M2F-R-X-181
Michaelle Owens	57	F-M4F-R-X		SHW																WD		
Landon Danser	16	M-T2F-R-X		165																WD		
Miguel Fuentes	29	M-OF-R-T		132																WD		
Ramon Vega	26	M-OF-R-T		181																WD		
Thomas Napoli	60	M-M5F-R-X		198																WD		
John Snow	27	M-OF-RC-T		220																WD		
Curtis Person	31	M-OF-MP-T		220																WD		
Henry Spruill	30	M-NF-R-X		220																WD		
Milon Lynch	34	M-OF-R-T		242																WD		

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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	Deadlift 4	Best Deadlift	PL Total	Coeff Score	PI-Div-WtCl
Marquis Aquino	21	M-OF-R-T	205.4	220	0.6276	203.9255	225.9715	242.506	242.506	170.8565	176.368	-214.949	176.368	418.874	352.736	380.2935	413.3625	0	413.3625	832.2365	236.919	1-M-OF-R-T-220
Promandeep Kaur	34	F-NF-RC-X	193.6	198	0.8733	253.529	281.0865	303.1325	303.1325	99.207	126.7645	-148.811	126.7645	429.897	297.621	341.713	-385.805	0	341.713	771.61	305.655	1-F-NF-RC-X-198
Corey Tinkler	27	M-NF-R-X	238.2	242	0.5919	380.2935	407.851	435.4085	435.4085	225.9715	242.506	264.552	264.552	699.9605	-407.851	407.851	446.4315	0	446.4315	1146.392	307.788	1-M-NF-R-X-242
Caleb Reynolds	28	M-NF-R-X	223.2	242	0.6057	374.782	402.3395	424.3855	424.3855	242.506	264.552	275.575	275.575	699.9605	402.3395	424.3855	435.4085	0	435.4085	1135.369	311.936	2-M-NF-R-X-242
George Jordan	48	M-M2F-R-X	180.8	181	0.6724	314.1555	336.2015	352.736	352.736	-225.972	-231.483	231.483	231.483	584.219	407.851	440.92	462.966	0	462.966	1047.185	319.39	1-M-M2F-R-X-181
Andrew Nelson	18	M-T3F-R-X	286.8	308	0.5655	-385.805	407.851	446.4315	446.4315	242.506	270.0635	303.1325	303.1325	749.564	473.989	501.5465	534.6155	556.6615	534.6155	1284.1795	329.404	1-M-T3F-R-X-308
Nykisha Garland	27	F-OF-RC-U	113.2	114	1.2597	225.9715	-253.529	-275.575	225.9715	104.7185	-110.23	110.23	110.23	336.2015	225.9715	253.529	-275.575	0	253.529	589.7305	336.97	1-F-OF-RC-U-114
Ted de Ment	68	M-M6F-RC-X	190.6	198	0.6519	451.943	529.104	2193.577	529.104	225.9715	236.9945	253.529	253.529	782.633	352.736	385.805	407.851	0	407.851	1190.484	352.026	1-M-M6F-RC-X-198
David Kemp	30	M-MPFF-RC-X	219.8	220	0.6093	462.966	529.104	573.196	573.196	385.805	402.3395	424.3855	424.3855	997.5815	501.5465	540.127	573.196	0	573.196	1570.7775	434.126	1-M-MPFF-RC-X-220
Michaelle Owens	57	F-M4F-R-X		SHW																WD		
Landon Danser	16	M-T2F-R-X		165																WD		
Miguel Fuentes	29	M-OF-R-T		132																WD		
Ramon Vega	26	M-OF-R-T		181																WD		

Thomas Napoli	60	M-M5F-R-X		198																	WD			
John Snow	27	M-OF-RC-T		220																		WD		
Curtis Person	31	M-OF-MP-T		220																		WD		
Henry Spruill	30	M-NF-R-X		220																		WD		
Milon Lynch	34	M-OF-R-T		242																		WD		

21-Mar-20 New Day Power Evolution - Bench Press Results / Kg

Name	Age	Div	BWt (Lb)	WtClIs (Lb)	Wilks	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	PI-Div-WtCl	Team
Zack Viers-Raw	23	M-OB-R-T	180.8	181	0.6724	170	182.5	185	-202.75	185	124.394	124.394	1-M-OB-R-T-181	Muzz's Gym
Bill Gillespie-Open	60	M-OB-MP-T	332.2	SHW	0.5529	440	-470	-470		440	243.276	325.9898	1-M-OB-MP-T	Kinetix Gym
Doug Smithey-SP	45	M-OB-SP-U	266.6	275	0.5739	292.5	-320	-320		292.5	167.8658	177.0984	1-M-OB-SP-U-275	Muzz's Gym
Jacob French	21	M-OB-SP-T	217.5	220	0.6118	205	220	227.5	-232.5	227.5	139.1845	139.1845	1-M-OB-SP-T-220	Jnattached
Zack Viers-SP	23	M-NB-R-X	180.8	181	0.6724	197.5	-202.5			197.5	132.799	132.799	1-M-NB-R-X-181	Muzz's Gym
Bill Gillespie-M5	60	M-M5B-MP-X	332.2	SHW	0.5529	440	-470	-470		440	243.276	325.9898	1-M-M5B-MP-X	Kinetix Gym
Josh Richardson	41	M-M1B-MP-U		275						WD				
Zander Richardson	14	M-T1B-R-X		148						WD				
Archer Richardson	12	M-YB-R-X		148						WD				

New Day Power Evolution - Bench Press Results / LB

Name	Age	Div	BWt (Lb)	WtClIs (Lb)	Wilks	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Coeff Score	Age & Coeff	PI-Div-WtCl	Team
Zack Viers-Raw	23	M-OB-R-T	180.8	181	0.6724	374.782	402.3395	407.851	-446.983	407.851	124.394	124.394	1-M-OB-R-T-181	Muzz's Gym
Zack Viers-SP	23	M-NB-R-X	180.8	181	0.6724	435.4085	-446.432	0	0	435.4085	132.799	132.799	1-M-NB-R-X-181	Muzz's Gym
Jacob French	21	M-OB-SP-T	217.5	220	0.6118	451.943	485.012	501.5465	-512.57	501.5465	139.1845	139.1845	1-M-OB-SP-T-220	Jnattached
Doug Smithey	45	M-OB-SP-U	266.6	275	0.5739	644.8455	-705.472	-705.472	0	644.8455	167.8658	177.0984	1-M-OB-SP-U-275	Muzz's Gym
Bill Gillespie-Open	60	M-OB-MP-T	332.2	SHW	0.5529	970.024	-1036.16	-1036.16	0	970.024	243.276	325.9898	1-M-OB-MP-T	Kinetix Gym
Bill Gillespie-M5	60	M-M5B-MP-X	332.2	SHW	0.5529	970.024	-1036.16	-1036.16	0	970.024	243.276	325.9898	1-M-M5B-MP-X	Kinetix Gym
Josh Richardson	41	M-M1B-MP-U		275						WD				
Zander Richardson	14	M-T1B-R-X		148						WD				
Archer Richardson	12	M-YB-R-X		148						WD				

21-Mar-20 New Day Power Evolution - Push Pull Results / Kg																			
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Push Pull Total	Coeff Score	PI-Div-WtCI	Team
Will Postlethwait	37	M-OP-R-U	283.8	308	0.5666	170	175	-182.5		175	227.5	250	-272.5		250	425	240.805	1-M-OP-R-U-308	/inner's Gym
Tim Metcalf	59	M-M4P-R-X	173.8	181	0.6893	95	97.5	100		100	125	137.5	142.5		142.5	242.5	167.1553	1-M-M4P-R-X-181	NC A&T
Todd King	58	M-M3P-R-X	241	242	0.5897	110	115	127.5		127.5	182.5	192.5	205		205	332.5	196.0753	1-M-M3P-R-X-242	

21-Mar-20 New Day Power Evolution - Push Pull Results / LB																			
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Wilks	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Push Pull Total	Coeff Score	PI-Div-WtCI	Team
Will Postlethwait	37	M-OP-R-U	283.8	308	0.5666	374.782	385.805	-402.34	0	385.805	501.5465	551.15	-600.754	0	551.15	936.955	240.805	1-M-OP-R-U-308	/inner's Gym
Tim Metcalf	59	M-M4P-R-X	173.8	181	0.6893	209.437	214.9485	220.46	0	220.46	275.575	303.1325	314.1555	0	314.1555	534.6155	167.1553	1-M-M4P-R-X-181	NC A&T
Todd King	58	M-M3P-R-X	241	242	0.5897	242.506	253.529	281.0865	0	281.0865	402.3395	424.3855	451.943	0	451.943	733.0295	196.0753	1-M-M3P-R-X-242	

21-Mar-20 New Day Power Evolution - Deadlift Results / Kg									
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Team
Andee Stephenson	26	F-OD-R-T	185.4	198	82.5	100	110	110	w Day Fitness
Jasmin Ahluwalia	35	F-ND-R-X		132				WD	

21-Mar-20 New Day Power Evolution - Deadlift Results / LB									
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Team
Andee Stephenson	26	F-OD-R-T	185.4	198	181.88	220.46	242.506	242.506	w Day Fitness
Jasmin Ahluwalia	35	F-ND-R-X		132				WD	

21-Mar-20 New Day Power Evolution - Squat Results / Kg									
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Squat 1	Squat 2	Squat 3	Best Deadlift	Team
Alisha Zornes	35	F-OS-R-T	123	123	60	65	-70	65	w Day Fitness
Jasmin Ahluwalia	35	F-ND-R-X		132				WD	

21-Mar-20 New Day Power Evolution - Squat Results / LB									
Name	Age	Div	BWt (Lb)	WtCls (Lb)	Squat 1	Squat 2	Squat 3	Best Deadlift	Team
Alisha Zornes	35	F-OS-R-T	123	123	132.3	143.3	-154.3	143.3	w Day Fitness
Jasmin Ahluwalia	35	F-ND-R-X		132				WD	