

## Tri-State Power Slam

Hellhounds Strength & Athletics, Milford, CT

12-May-24

### Results - Kilos

Pl	Name	Sex	Age	Country	State	Equip.	Division	Bodywgt Kg	WgtCla ssKg	Squat1 Kg	Squat2 Kg	Squat3 Kg	Best3Sq uatKg	Bench1 Kg	Bench2 Kg	Bench3 Kg	Best3Be nchKg	Deadlift 1Kg	Deadlift 2Kg	Deadlift 3Kg	Best3Dea dliftKg	TotalKg	Event
1	Kimberly Soracco	F	37	USA	CT	Wraps	O-T	129.37	110+	160	175	-177.5	175	55	62.5	-65	62.5	132.5	140	145	145	382.5	SBD
1	Alec Gonzalo	M	21	USA	NY	Bare	J-T	65.14	67.5	125	135	140	140	70	80	-82.5	80	170	180	185	185	405	SBD
1	Tao Johnston	M	23	USA	MA	Bare	J-T	75.4	82.5	147.5	157.5	165	165	87.5	95	-97.5	95	182.5	195	207.5	207.5	467.5	SBD
1	Lucas Danburg	M	20	USA	CT	Bare	J-T	87.72	90	150	160	-165	160	97.5	-110	-110	97.5	200	210	-227.5	210	467.5	SBD
1	Stelio Frankis	M	20	USA	NY	Bare	J-T	97.23	100	205	220	227.5	227.5	147.5	157.5	-170	157.5	230	247.5	257.5	257.5	642.5	SBD
2	Cole Ellison	M	20	USA	MA	Bare	J-T	91.52	100	155	160	170	170	112.5	117.5	-120	117.5	180	190	200	200	487.5	SBD
1	Chan Groccia	M	22	USA	CT	Bare	J-T	101.24	110	235	247.5	257.5	257.5	150	155	-157.5	155	275	-290	-295	275	687.5	SBD
1	Steven Fabrizi	M	32	USA	CT	Bare	N-X	88.36	90	147.5	155	-162.5	155	92.5	97.5	102.5	102.5	185	195	200	200	457.5	SBD
1	Gary Teeter	M	59	USA	PA	Bare	O-T	56.8	60	110	123		123	92.5			92.5	150	166		166	381.5	SBD
1	Peter Simmel	M	25	USA	CT	Bare	O-T	146.83	140+	200	220	227.5	227.5	102.5	107.5	110	110	182.5	207.5	-227.5	207.5	545	SBD
1	Terrence Curry	M	31	USA	CT	Bare	O-U	105.8	110	260	280	285	285	172.5	187.5	-192.5	187.5	270	-290	310	310	782.5	SBD
NS	Ryan Steele	M	43	USA	CT	Bare	O-U																SBD

### Results - Pounds

Pl	Name	Sex	Age	Country	State	Equip.	Division	Bodywgt Lb	Weight ClassLb	Squat1 Lb	Squat2 Lb	Squat3 Lb	Best3Sq uatLb	Bench1 Lb	Bench2 Lb	Bench3 Lb	Best3Be nchLb	Deadlift 1Lb	Deadlift 2Lb	Deadlift 3Lb	Best3Dea dliftLb	TotalLb	Event
1	Kimberly Soracco	F	37	USA	CT	Wraps	O-T	285.21	SHW	352.7	385.8	-391.3	385.8	121.3	137.8	-143.3	137.8	292.1	308.6	319.7	319.7	843.3	SBD
1	Alec Gonzalo	M	21	USA	NY	Bare	J-T	143.61	148.8	275.6	297.6	308.6	308.6	154.3	176.4	-181.9	176.4	374.8	396.8	407.9	407.9	892.9	SBD
1	Tao Johnston	M	23	USA	MA	Bare	J-T	166.23	181.9	325.2	347.2	363.8	363.8	192.9	209.4	-214.9	209.4	402.3	429.9	457.5	457.5	1030.7	SBD
1	Lucas Danburg	M	20	USA	CT	Bare	J-T	193.39	198.4	330.7	352.7	-363.8	352.7	214.9	-242.5	-242.5	214.9	440.9	463.0	-501.5	463.0	1030.7	SBD
1	Stelio Frankis	M	20	USA	NY	Bare	J-T	214.35	220.5	451.9	485.0	501.5	501.5	325.2	347.2	-374.8	347.2	507.1	545.6	567.7	567.7	1416.5	SBD
2	Cole Ellison	M	20	USA	MA	Bare	J-T	201.76	220.5	341.7	352.7	374.8	374.8	248.0	259.0	-264.6	259.0	396.8	418.9	440.9	440.9	1074.7	SBD
1	Chan Groccia	M	22	USA	CT	Bare	J-T	223.19	242.5	518.1	545.6	567.7	567.7	330.7	341.7	-347.2	341.7	606.3	-639.3	-650.4	606.3	1515.7	SBD
1	Steven Fabrizi	M	32	USA	CT	Bare	N-X	194.80	198.4	325.2	341.7	-358.2	341.7	203.9	214.9	226.0	226.0	407.9	429.9	440.9	440.9	1008.6	SBD
1	Gary Teeter	M	59	USA	PA	Bare	O-T	125.22	132.3	242.5	271.2	0.0	271.2	203.9	0.0	0.0	203.9	330.7	366.0	0.0	366.0	841.1	SBD
1	Peter Simmel	M	25	USA	CT	Bare	O-T	323.70	SHW	440.9	485.0	501.5	501.5	226.0	237.0	242.5	242.5	402.3	457.5	-501.5	457.5	1201.5	SBD
1	Terrence Curry	M	31	USA	CT	Bare	O-U	233.25	242.5	573.2	617.3	628.3	628.3	380.3	413.4	-424.4	413.4	595.2	-639.3	683.4	683.4	1725.1	SBD
NS	Ryan Steele	M	43	USA	CT	Bare	O-U																SBD

### Strict Curl Results - Pounds

Pl	Name	Sex	Age	Country	State	Equip ment	Division	Bodywgt Lbs	WgtCla ssLbs	Curl1Lb s	Curl2Lb s	Curl3Lb bs	Best3Cu rLbs	Event
1	Elena Sannicandro	F	15	USA	NY	Sleeves	T1-X	124.4	132	30	45	52.5	52.5	C
1	Gary Teeter	M	59	USA	PA	Sleeves	M4-T	125.2	132	116	120	-125	120	C
1	Ron Sannicandro	M	60	USA	NY	Sleeves	M5-T	177.3	181	90	105	116	116	C