

**NASA 100% Tested Nationals
PL/BP /PS/PP
Ravenswood, WV 11-09-08**

Power Sports																	
<u>Pl.</u>	<u>Wt.Cl.</u>	<u>Name</u>	<u>St.</u>	<u>Coef</u>	<u>B.W.T</u>	<u>TL Coef</u>	<u>Meet</u>	<u>Bench</u>	<u>P/P</u>	<u>Power</u>	<u>Tl. Lbs.</u>	<u>Best-C</u>	<u>Best SQ</u>	<u>Best BP</u>	<u>Best DL</u>	<u>TL Kgs</u>	<u>Total Lbs.</u>
1	181.75	Brian Helmondollar	WV	1.0756	181.20	4.7111				M2	793.66	52.50	0.00	127.50	180.00	360.00	793.66
1	181.75	Brian Helmondollar	WV	1.0756	181.20	4.7111				M5	793.66	52.50	0.00	127.50	180.00	360.00	793.66
1	220.25	Jeff Briner	OH	1.1691	213.80	4.4906				M5	821.21	65.00	0.00	115.00	192.50	372.50	821.21
1	242.50	Rossie Mitchum	WV	1.1918	221.80	4.5311				D-Open	843.26	62.50	0.00	130.00	190.00	382.50	843.26
1	242.50	Rossie Mitchum	WV	1.1918	221.80	4.5311				D-SM	843.26	62.50	0.00	130.00	190.00	382.50	843.26
1	242.50	Rossie Mitchum	WV	1.1918	221.80	4.5311				Open	843.26	62.50	0.00	130.00	190.00	382.50	843.26
1	242.50	Rossie Mitchum	WV	1.1918	221.80	4.5311				Sm	843.26	62.50	0.00	130.00	190.00	382.50	843.26
1	275.50	Kent Burgess	WV	1.3318	272.00	5.6779				M2	1159.62	93.50	0.00	202.50	230.00	526.00	1159.62
Equipped Powerlifting																	
<u>Pl.</u>	<u>Wt.Cl.</u>	<u>Name</u>	<u>St.</u>	<u>Coef</u>	<u>B.W.T</u>	<u>TL Coef</u>	<u>Meet</u>	<u>Bench</u>	<u>P/P</u>	<u>Power</u>	<u>Tl. Lbs.</u>	<u>Best-C</u>	<u>Best SQ</u>	<u>Best BP</u>	<u>Best DL</u>	<u>TL Kgs</u>	<u>Total Lbs.</u>
1	123.25	Deb Barnette	WV	0.9085	122.20	4.4417	M2				597.45	0.00	92.50	50.00	128.50	271.00	597.45
1	181.75	Ken Moody	WV	1.0445	170.20	8.0162	Open				1306.23	0.00	205.00	142.50	245.00	592.50	1306.23
1	308.50	AJ Freda	WV	1.3710	286.40	8.6011	Jr				1796.75	0.00	320.00	210.00	285.00	815.00	1796.75
Unequipped Powerlifting																	
<u>Pl.</u>	<u>Wt.Cl.</u>	<u>Name</u>	<u>St.</u>	<u>Coef</u>	<u>B.W.T</u>	<u>TL Coef</u>	<u>Meet</u>	<u>Bench</u>	<u>P/P</u>	<u>Power</u>	<u>Tl. Lbs.</u>	<u>Best-C</u>	<u>Best SQ</u>	<u>Best BP</u>	<u>Best DL</u>	<u>TL Kgs</u>	<u>Total Lbs.</u>
1	181.75	Brian Helmondollar	WV	1.0756	181.20	5.1364	U-M2				865.31	0.00	85.00	127.50	180.00	392.50	865.31
Equipped Bench																	
<u>Pl.</u>	<u>Wt.Cl.</u>	<u>Name</u>	<u>St.</u>	<u>Coef</u>	<u>B.W.T</u>	<u>TL Coef</u>	<u>Meet</u>	<u>Bench</u>	<u>P/P</u>	<u>Power</u>	<u>Tl. Lbs.</u>	<u>Best-C</u>	<u>Best SQ</u>	<u>Best BP</u>	<u>Best DL</u>	<u>TL Kgs</u>	<u>Total Lbs.</u>
1	165.50	Steve Martin	WV	1.0218	162.20	3.0554		Int			485.01	0.00	0.00	220.00	0.00	220.00	485.01
1	165.50	Steve Martin	WV	1.0218	162.20	3.0554		Open			485.01	0.00	0.00	220.00	0.00	220.00	485.01
1	242.50	Timmy Rowsey	WV	1.2142	230.20	2.0059		Nat			380.29	0.00	0.00	172.50	0.00	172.50	380.29
1	242.50	Chris Asbury	WV	1.2842	255.00	2.8311		SM			562.17	0.00	0.00	255.00	0.00	255.00	562.17
1	275.50	Zach Howerton	WV	1.3122	264.60	1.8586		Teen			374.78	0.00	0.00	170.00	0.00	170.00	374.78
Unequipped Bench																	
<u>Pl.</u>	<u>Wt.Cl.</u>	<u>Name</u>	<u>St.</u>	<u>Coef</u>	<u>B.W.T</u>	<u>TL Coef</u>	<u>Meet</u>	<u>Bench</u>	<u>P/P</u>	<u>Power</u>	<u>Tl. Lbs.</u>	<u>Best-C</u>	<u>Best SQ</u>	<u>Best BP</u>	<u>Best DL</u>	<u>TL Kgs</u>	<u>Total Lbs.</u>
1	181.75	Brian Helmondollar	WV	1.0756	181.20	1.6685		U-M2			281.09	0.00	0.00	127.50	0.00	127.50	281.09
1	181.75	Brian Helmondollar	WV	1.0756	181.20	1.6685		U-M5			281.09	0.00	0.00	127.50	0.00	127.50	281.09
1	275.50	Kent Burgess	WV	1.3318	272.00	2.1859		U-m2			446.43	0.00	0.00	202.50	0.00	202.50	446.43
Push/Pull																	
<u>Pl.</u>	<u>Wt.Cl.</u>	<u>Name</u>	<u>St.</u>	<u>Coef</u>	<u>B.W.T</u>	<u>TL Coef</u>	<u>Meet</u>	<u>Bench</u>	<u>P/P</u>	<u>Power</u>	<u>Tl. Lbs.</u>	<u>Best-C</u>	<u>Best SQ</u>	<u>Best BP</u>	<u>Best DL</u>	<u>TL Kgs</u>	<u>Total Lbs.</u>
1	181.75	Brian Helmondollar	WV	1.0756	181.20	4.0241			M2		677.91	0.00	0.00	127.50	180.00	307.50	677.91