

2013 NASA WV Regional PL/BP/PP/PS Championships
11-09-13
Ravenswood, WV

Power Press																										
Pl.	Wt.Cl.	Name	St.	Team	Sex	Coef	B.W.T	TL Coef	Meet	Bench	Power	Uequip	PP U	PP	P Press	Tl. Lbs.	Best PC	C-4ar	Best-C	SQ-4ar	Best SQ	BP-4ar	Best BP	DL-4ar	Best DL	TL Kgs
1	220.25	Deran Martin	OH		M	1.1493	207.00	2.8153							nov	507.06	115.00		0.00		0.00		115.00		0.00	230.00
1	275.50	Max Liles	OH		M	1.3290	271.40	3.0497							nov	622.80	125.00		0.00		0.00		157.50		0.00	282.50
Power Sports																										
Pl.	Wt.Cl.	Name	St.	Team	Sex	Coef	B.W.T	TL Coef	Meet	Bench	Power	Uequip	PP U	PP	P Press	Tl. Lbs.	Best PC	C-4ar	Best-C	SQ-4ar	Best SQ	BP-4ar	Best BP	DL-4ar	Best DL	TL Kgs
1	181.75	Brian Hellmondollar	WV		M	1.0700	179.40	4.6350			M2					777.12	0.00		52.50		0.00	-130.00	127.50		172.50	352.50
1	181.75	Brian Hellmondollar	WV		M	1.0700	179.40	4.6350			Mp					777.12	0.00		52.50		0.00	-130.00	127.50		172.50	352.50
1	275.50	Greg Simpson	OH		M	1.2310	236.00	5.3472			SM2					1025.14	0.00	85.00	82.50		0.00		165.00		217.50	465.00
1	275.50	Dan Bloxton	WV		M	1.3290	271.20	2.6199			dm2					534.62	0.00		0.00		0.00		0.00		242.50	242.50
Pl.	Wt.Cl.	Name	St.	Team	Sex	Coef	B.W.T	TL Coef	Meet	Bench	Power	Uequip	PP U	PP	P Press	Tl. Lbs.	Best PC	C-4ar	Best-C	SQ-4ar	Best SQ	BP-4ar	Best BP	DL-4ar	Best DL	TL Kgs
1	275.50	Sammy Sebok	WV		M	1.2534	244.00	8.7201	SMP							1697.54	0.00		0.00		290.00		217.50		262.50	770.00
1	275.50	Corey Sites	OH		M	1.3094	263.60	6.8718	Pure							1383.39	0.00		0.00		237.50		175.00		215.00	627.50
Unequipped Powerlifting																										
Pl.	Wt.Cl.	Name	St.	Team	Sex	Coef	B.W.T	TL Coef	Meet	Bench	Power	Uequip	PP U	PP	P Press	Tl. Lbs.	Best PC	C-4ar	Best-C	SQ-4ar	Best SQ	BP-4ar	Best BP	DL-4ar	Best DL	TL Kgs
1	165.50	Jessica Davis	OH		F	1.0133	158.80	3.9037				wint				611.78	0.00		0.00		102.50		47.50		127.50	277.50
1	181.75	Eric Davis	OH		M	1.0586	175.00	6.4679				Int				1069.23	0.00		0.00		185.00		100.00		200.00	485.00
1	181.75	Brian Hellmondollar	WV		M	1.0700	179.40	1.6765				bm2				281.09	0.00		0.00		0.00	-130.00	127.50		0.00	127.50
1	220.25	Doran Martin	OH		M	1.1493	207.00	6.4568				pn				1162.93	0.00		0.00		185.00		115.00		227.50	527.50
1	242.50	Dwayne Walker	OH		M	1.2198	232.40	7.4056				M1				1410.94	0.00		0.00		230.00		182.50		227.50	640.00
2	242.50	Nathan Smith	WV		M	1.2142	230.00	6.8666				M1				1300.71	0.00		0.00		227.50		127.50		235.00	590.00
1	275.50	Max Liles	OH		M	1.3290	271.40	6.5853				pn				1344.81	0.00		0.00		225.00		157.50		227.50	610.00
Equipped Bench Press																										
Pl.	Wt.Cl.	Name	St.	Team	Sex	Coef	B.W.T	TL Coef	Meet	Bench	Power	Uequip	PP U	PP	P Press	Tl. Lbs.	Best PC	C-4ar	Best-C	SQ-4ar	Best SQ	BP-4ar	Best BP	DL-4ar	Best DL	TL Kgs
1	308.50	Zach Howerton	WV		M	1.4298	307.00	2.7209		Jr						584.22	0.00		0.00		0.00		265.00		0.00	265.00
1	SHW	Mark Jarrell	WV		M	1.4830	349.20	2.1534		SM2						507.06	0.00		0.00		0.00		230.00		0.00	230.00
Push/Pull																										
Pl.	Wt.Cl.	Name	St.	Team	Sex	Coef	B.W.T	TL Coef	Meet	Bench	Power	Uequip	PP U	PP	P Press	Tl. Lbs.	Best PC	C-4ar	Best-C	SQ-4ar	Best SQ	BP-4ar	Best BP	DL-4ar	Best DL	TL Kgs
1	181.75	Brian Hellmondollar	WV		M	1.0700	179.40	3.9447						m2		661.38	0.00		0.00		0.00	-130.00	127.50		172.50	300.00
1	242.50	Tyler Jones	WV		M	1.2114	229.40	4.0165						nov		760.59	0.00		0.00		0.00		125.00		220.00	345.00
1	275.00	Sammy Sebok	WV		M	1.2534	244.00	5.4359						sm1		1058.21	0.00		0.00		0.00		217.50		262.50	480.00
1	242.50	Jonathan Clark	WV		M	1.2170	231.20	4.4968						int		854.28	0.00		0.00		0.00		142.50		245.00	387.50
1	242.50	Jonathan Clark	WV		M	1.2170	231.20	4.4968						open		854.28	0.00		0.00		0.00		142.50		245.00	387.50