

2009 YMCA and NASA Sanctioned
Great Lakes Regional
November 21, 2009

<u>Power Sports</u>																
Pl.	Wt.Cl.	Name	St.	Coef	B.W.T	TL Coef	Meet	Bench	Power	Tl. Lbs.	Best-C	Best SQ	BP-4ar	Best BP	Best DL	Total
1	165.00	Justin Phillips	IL	1.0161	160.10	4.284	J			675.00	110.00	0.00	222.50	215.00	350.00	675.00
1	181.00	Anthony Bonaudonta	IL	1.0473	171.40	5.683	Novice			930.00	140.00	0.00		315.00	475.00	930.00
1	181.00	Anthony Bonaudonta	IL	1.0473	171.40	5.683	SMP			930.00	140.00	0.00		315.00	475.00	930.00
1	198.00	Kevin Daugherty	IL	1.1011	190.10	5.242	Novice			905.00	145.00	0.00		305.00	455.00	905.00
1	198.00	<i>Brian Silanskis</i>	IL	1.1096	193.00	6.238	Pure			1085.00	155.00	0.00		315.00	615.00	1085.00
1	198.00	Brian Silanskis	IL	1.1096	193.00	6.238	SMP			1085.00	155.00	0.00		315.00	615.00	1085.00
1	242.00	Jeff Jordan	IL	1.2254	234.10	4.345	SMP			830.00	155.00	0.00		335.00	340.00	830.00
<u>Power Sports Bench Only</u>																
1	308	Jeff Phillips	IL	1.4326	308.20	1.859		M5		400.00	0.00	0.00	0.00	400.00	0.00	400.00
1	275.00	Len Webb	IL	1.2758	252.00	2.304		SM		455.00	0.00	0.00	0.00	455.00	0.00	455.00
<u>Power Sports Deadlift Only</u>																
	165.00	Greg Kleyn	IL	1.0133	159.10	3.344			m2	525.00	0.00	0.00		0.00	525.00	525.00
<u>Powerlifting Men</u>																
Pl.	Wt.Cl.	Name	St.	Coef	B.W.T	TL Coef	Meet	Bench	Power	Tl. Lbs.	Best-C	Best SQ	BP-4ar	Best BP	Best DL	Total
1	165.00	<i>Paul Osterberg</i>	IL	1.0246	162.80	8.685	Jr			1380.00	0.00	500.00		345.00	535.00	1380.00
1	181.00	Tom Niedziek	IL	1.0983	189.20	7.459	Jr			1285.00	0.00	450.00		285.00	550.00	1285.00
1	220.00	Allen Mueller	IL	1.1380	203.20	6.580	Novice			1175.00	0.00	385.00		315.00	475.00	1175.00
1	242.00	Mike Parilla	IL	1.2114	229.10	6.980	Pure			1320.00	0.00	405.00		405.00	510.00	1320.00
1	181.00	Tyler Meeks	IL	1.0388	168.40	8.636				1400.00	0.00	550.00		315.00	535.00	1400.00

**2009 YMCA and NASA Sanctioned
Great Lakes Regional
November 21, 2009**

Powerlifting Women																
<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>Power</u>	<u>Tl. Lbs.</u>	<u>Best-C</u>	<u>Best SQ</u>	<u>BP-4ar</u>	<u>Best BP</u>	<u>Best DL</u>	<u>Total</u>
1	132.00	Susanah Gilberth	IL	0.9142	124.10	5.083	Novice			690.00	0.00	235.00	0.00	165.00	290.00	690.00
Bench Only Men																
<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>Power</u>	<u>Tl. Lbs.</u>	<u>Best-C</u>	<u>Best SQ</u>	<u>BP-4ar</u>	<u>Best BP</u>	<u>Best DL</u>	<u>Total</u>
	220	Eric Felder	IL	1.1351	201.60	1.689		HS		300.00	0.00	0.00	0.00	300.00	0.00	300.00
Uniquipped Bench Only Men																
<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>Power</u>	<u>Tl. Lbs.</u>	<u>Best-C</u>	<u>Best SQ</u>	<u>BP-4ar</u>	<u>Best BP</u>	<u>Best DL</u>	<u>Total</u>
1	275.00	Len Webb	IL	1.2758	252.00	2.304				455.00	0.00	0.00	0.00	455.00	0.00	455.00
1	132	Xavier Frost	IL	0.9340	131.10	0.962		HS		135.00	0.00	0.00	0.00	135.00	0.00	135.00
Push - Pull Men																
<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>Push Pull</u>	<u>Power</u>	<u>Tl. Lbs.</u>	<u>Best-C</u>	<u>Best SQ</u>	<u>BP-4ar</u>	<u>Best BP</u>	<u>Best DL</u>	<u>Total</u>
1	1.00	Tom Mangelstorf	IL	1.2954	259.14	3.049	M2			610.00	0.00	0.00	0.00	275.00	335.00	610.00