



2007 USAPL FLORIDA STATE BENCH PRESS & DEADLIFT CHAMPIONSHIPS



Nova Southeastern University - Ft. Lauderdale, Florida

Saturday, May 12, 2007

NR	WT	BDW.	NAME	AGE	DIVISION	GYM	SQUAT			BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilk's	PL.
							1.	2.	3.	1.	2.	3.		1.	2.	3.			
1			<b>Combined</b>																
2	60.00	57.7	Rodrigo Mora Beltran	32	Open	BallysHealth Club - Miami				90.0	-100.0	-102.5	90.0	130.0	150.0	-160.0	240.0	212.3	1.0
3	67.50	63.0	Pablo Castiblanco Nieto	42	Master I [40+]	BallysHealth Club - Miami				85.0	90.0	95.0	95.0	147.5	175.0	185.0	280.0	228.6	1.0
4	82.50	81.0	Thomas Hand	33	Raw/Unequipped	World Gym - Ft. Lauderdale				100.0	112.5	-117.5	112.5	147.5	170.0	180.0	292.5	198.1	1.0
5	82.50	81.2	Myles Kantor	27	Raw/Unequipped	YMCA - Boyton Beach				77.5	87.5	95.0	95.0	137.5	182.5	187.5	282.5	191.1	2.0
6	90.00	87.8	Jeff Gerardo	33	Open	Fitness Advantage - Naples				-182.5	190.0	-205.0	190.0	227.5	Pass	Pass	417.5	270.0	1.0
7	100.00	99.2	Mike Silveri	24	Raw/Unequipped	LA Fitness - Ft. Lauderdale				160.0	170.0	182.5	182.5	250.0	260.0	272.5	455.0	277.8	1.0
8	100.00	94.1	Allen Decker	46	Raw/Unequipped	World Gym - Ft. Lauderdale				137.5	150.0	155.0	155.0	137.5	160.0	-180.0	315.0	196.8	2.0
9	100.00	94.1	Allen Decker	46	Master I [40+]	World Gym - Ft. Lauderdale				137.5	150.0	155.0	155.0	137.5	160.0	-180.0	315.0	196.8	1.0
10	110.00	101.9	Segismundo Pares	49	Open	YMCA - Ocala				-155.0	-155.0	155.0	155.0	237.5	250.0	-260.0	405.0	244.7	1.0
11	110.00	101.9	Segismundo Pares	49	Master I [40+]	YMCA - Ocala				-155.0	-155.0	155.0	155.0	237.5	250.0	-260.0	405.0	244.7	1.0
12	110.00	108.0	Christopher Christiansen	24	Raw/Unequipped	LA Fitness - Ft. Lauderdale				-142.5	155.0	165.0	165.0	227.5	247.5	262.5	427.5	253.0	1.0
13	125.00	111.9	Damon Sansom	33	Police/Fire/Military	Tomoka Gym - Daytona				142.5	160.0	-172.5	160.0	165.0	182.5	-205.0	342.5	200.5	1.0
14	125.00	116.6	John Kennedy	33	Open	World Gym - Ft. Lauderdale				125.0	142.5	-152.5	142.5	185.0	200.0	-215.0	342.5	198.3	1.0
15	125+	145.7	James Myers	40	Police/Fire/Military	Tomoka Gym - Daytona				-160.0	160.0	-182.5	160.0	182.5	195.0	222.5	382.5	212.5	1.0
16			<b>Bench Only</b>																
17	90.00	86.8	John Ruffalo	69	Master III [60+]	East Coast Fitness - Palm				102.5	107.5	110.0	110.0				110.0	71.6	1.0
18	100.00	92.2	George Walker	60	Open	Quest Gym - Sebring				155.0	160.0	175.0	175.0				175.0	110.4	1.0
19	100.00	94.1	Allen Decker	46	Raw/Unequipped	World Gym - Ft. Lauderdale				137.5	150.0	155.0	155.0				155.0	96.8	1.0
20	100.00	94.1	Allen Decker	46	Master I [40+]	World Gym - Ft. Lauderdale				137.5	150.0	155.0	155.0				155.0	96.8	1.0
21	100.00	96.5	Dave Grossman	57	Master II [50+]	LA Fitness - Coral Springs				122.5	130.0	-135.0	130.0				130.0	80.3	1.0
22	100.00	97.5	Al Speech	62	Master III [60+]	NCH - Naples				127.5	140.0	-145.0	140.0				140.0	86.1	2.0
23	100.00	92.2	George Walker	60	Master III [60+]	Quest Gym - Sebring				155.0	160.0	175.0	175.0				175.0	110.4	1.0
24	110.00	107.5	Chris Calvano	38	Open	Cleveland Clinic - Weston				212.5	-227.5	-227.5	212.5				212.5	126.0	1.0
25	110.00	105.9	Jerry D. Clark	51	Master II [50+]	Just Lift Fitness - Tamarac				160.0	-177.5	-177.5	160.0				160.0	95.3	1.0
26	125.00	111.9	Damon Sansom	33	Police/Fire/Military	Tomoka Gym - Daytona				-142.5	160.0	-172.5	160.0				160.0	93.7	1.0
27	125.00	121.4	Skip Regan	54	Raw/Unequipped	Gold's Gym - Port St. Lucie				150.0	160.0	-170.0	160.0				160.0	91.7	1.0
28	125.00	121.4	Skip Regan	54	Master II [50+]	Gold's Gym - Port St. Lucie				150.0	160.0	-170.0	160.0				160.0	91.7	1.0
29	125+	145.7	James Myers	40	Police/Fire/Military	Tomoka Gym - Daytona				-160.0	160.0	-182.5	160.0				160.0	88.9	1.0
30			<b>Deadlift Only</b>																
31	100.00	94.1	Allen Decker	46	Raw/Unequipped	World Gym - Ft. Lauderdale								137.5	160.0	-180.0	160.0	100.0	1.0
32	100.00	94.1	Allen Decker	46	Master I [40+]	World Gym - Ft. Lauderdale								137.5	160.0	-180.0	160.0	100.0	1.0
33	125.00	111.9	Damon Sansom	33	Police/Fire/Military	Tomoka Gym - Daytona								165.0	182.5	-205.0	182.5	106.9	1.0
34	125+	145.7	James Myers	40	Police/Fire/Military	Tomoka Gym - Daytona								182.5	195.0	222.5	222.5	123.6	1.0
35			<b>Mens National Qualifer</b>																
36	90.00	87.8	Jeff Gerardo	33	Open	Fitness Advantage - Naples	240.0	-255.0	-267.5	-182.5	190.0	-205.0	430.0	227.5	Pass	Pass	657.5	425.2	1.0
37																			

HEADREFEREE  
NAME:

LEFT-REFEREE  
NAME:

RIGHT-REFEREE  
NAME: