

**BIG IRON AAU 5<sup>th</sup> Annual Christmas Challenge**

**FULL POWER**

<b><u>Name</u></b>	<b><u>Class</u></b>	<b><u>Squat</u></b>	<b><u>Bench</u></b>	<b><u>Deadlift</u></b>	<b><u>Total</u></b>
Johnstone, Lindsay	52 F	72.5	45	110	227.5
Shear, Joanne	56 F M5	70	42.5	122.5	235.0
Capodilupo, Nick	100 Y11	65	45	85	195.0
Diaz, Alex	90 T19	92.5	82.5	125	300.0
Bermudez, Andre	90 T16	150	92.5	172.5	415.0
Laich, Marcus	100	165	80	195.0	440.0
Buhlman, Bob	90 M2	117.5	85	130	332.5
Hoff, Steve	75	160	105	192.5	457.5
Rak, Dave	90 Jr	182.5	110	220	512.5
DeLancey, Adam	110 Jr	155	112.5	227.5	495.0
Bergeron, Steve	90	185	137.5	200	522.5
Wall, Dennis	110 M1 Eq.	250	135	225	610.0
Nordengren, Conor	125	215	137.5	260	612.5
Strohmeir, Craig	100	192.5	152.5	235	580.0

**American Record**

**PUSH/PULL**

Clark, Mike	67.5 Jr		60	125	185.0
Caderette, MacKenzie	90 T 19		75	122.5	197.5
Chase, Brandon	75 Jr		130	150	280.0
Calhoun, Darrel I	100 SM		142.5	230	372.5

**Deadlift**

Leahy, John				170	
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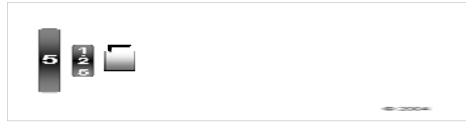


# Christmas Challenge 3 Lift Results

Name	Age	Div	BWT (Kg)	WCls (Kg)	Schwartz	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score	Age & Coeff	PI code	PI-Div-WC	Tm Pts	Team	
Shear, Joanne	62	F-M5	52.8	56	0.9348	60	-70	70	80	70	37.5	42.5	0		42.5	112.5	102.5	122.5	-127.5		122.5	235	219.678	306.0114 54	1	1-F-M5-56	12		
Johnstone , Lindsay	26	F-O	52	52	0.9515	57.5	65	72.5		72.5	37.5	-45	45		45	117.5	102.5	110	-115		110	227.5	216.4662 5	0	1	1-F-O-52	12		
Buhlman, Bob	48	M-M2	85.6	90	0.6041	-107.5	107.5	117.5		117.5	80	85	-90		85	202.5	125	130	-137.5		130	332.5	200.8632 5	220.3469 853	1	1-M-M2-90	12		
Cap., Nick	11	M-Y	100	100	0.554	45	55	65		65	37.5	45	-47.5		45	110	65	75	85		85	195	108.03	#N/A	1	1-M-Y-100	12		
Wall, Dennis	40	M-M1E	106.9	110	0.5422	220	240	250		250	130	135	-140		135	385	210	225	-235		225	610	330.742	330.742	1	1-M-M1E-110	12		
Hoff, Steve	36	M-O	74.5	75	0.668	142.5	-160	160		160	85	100	105		105	265	175	192.5	-200		192.5	457.5	305.61	0	1	1-M-O-75	12		
Bergeron, Steve	29	M-O	89	90	0.5893	175	185	-195		185	130	137.5	-142.5		137.5	322.5	200	-215	-225		200	522.5	307.9092 5	0	1	1-M-O-90	12		
Rak, David	23	M-O	85.6	90	0.6041	160	175	182.5		182.5	102.5	110	-115		110	292.5	187.5	205	220		220	512.5	309.6012 5	0	1	2-M-O-90	9		
Bermudez , Andre	16	M-O	87.8	90	0.5943	122.5	140	150		150	77.5	87.5	92.5		92.5	242.5	132.5	155	172.5		172.5	415	246.6345	278.6969 85	1	3-M-O-90	8		
Diaz, Al	19	M-O	86	90	0.6022	75	85	92.5		92.5	65	75	82.5		82.5	175	87.5	102.5	125		125	300	180.66	187.8864	1	4-M-O-90	7		
Strohmeir, Craig	31	M-O	98.8	100	0.557	-180	185	192.5		192.5	142.5	152.5	-160		152.5	345	235	-250	-250		235	580	323.06	0	1	1-M-O-100	12		
Laich, Marcus	28	M-O	96.8	100	0.5624	137.5	-150	165		165	80	-85	-87.5		80	245	167.5	185	195		195	440	247.456	0	1	2-M-O-100	9		
Calhoun, Darrell	37	M-O	98.6	100	0.5575					0	-142.5	142.5	-155		142.5	0	230	-245	0		230	0	0	0	1	20	0		
DeLancey, Adam	23	M-O	107.2	110	0.5402	155	-170	-170		155	-105	112.5	-117.5		112.5	267.5	205	220	227.5		227.5	495	267.399	0	1	1-M-O-110	12		
Nordengren, Conor	25	M-O	119.4	0	0.5275	190	205	215		215	130	137.5	-140		137.5	352.5	235	260	-272.5		260	612.5	323.0937 5	0	1	0	12		
Name	Age	Div	BWT (Kg)	WCls (Kg)	Schwartz	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	PL Total	Coeff Score	Age & Coeff	PI code	PI-Div-WC	Tm Pts	Team	
Shear, Joanne	62	F-M5	52.8	56	0.9348	132.276	-154.322	154.322	176.368	154.322	82.6725	93.6955	0	0	93.6955	248.0175	225.9715	270.0635	-281.087	0	270.0635	518.081	219.678	306.0114 54	1	1-F-M5-56	12		
Johnstone , Lindsay	26	F-O	52	52	0.9515	126.7645	143.299	159.8335	0	159.8335	82.6725	-99.207	99.207	0	99.207	259.0405	225.9715	242.506	-253.529	0	242.506	501.5465	216.4662 5	0	1	1-F-O-52	12		
Buhlman, Bob	48	M-M2	85.6	90	0.6041	-236.995	236.9945	259.0405	0	259.0405	176.368	187.391	-198.414	0	187.391	446.4315	275.575	286.598	-303.133	0	286.598	733.0295	200.8632 5	220.3469 853	1	1-M-M2-90	12		
Cap., Nick	11	M-Y	100	100	0.554	99.207	121.253	143.299	0	143.299	82.6725	99.207	-104.719	0	99.207	242.506	143.299	165.345	187.391	0	187.391	429.897	108.03	#N/A	1	1-M-Y-100	12		
Wall, Dennis	40	M-M1E	106.9	110	0.5422	485.012	529.104	551.15	0	551.15	286.598	297.621	-308.644	0	297.621	848.771	462.966	496.035	-518.081	0	496.035	1344.806	330.742	330.742	1	1-M-M1E-110	12		
Hoff, Steve	36	M-O	74.5	75	0.668	314.1555	-352.736	352.736	0	352.736	187.391	220.46	231.483	0	231.483	584.219	385.805	424.3855	-440.92	0	424.3855	1008.604 5	305.61	0	1	1-M-O-75	12		
Bergeron, Steve	29	M-O	89	90	0.5893	385.805	407.851	-429.897	0	407.851	286.598	303.1325	-314.156	0	303.1325	710.9835	440.92	-473.989	-496.035	0	440.92	1151.903 5	307.9092 5	0	1	1-M-O-90	12		
Rak, David	23	M-O	85.6	90	0.6041	352.736	385.805	402.3395	0	402.3395	225.9715	242.506	-253.529	0	242.506	644.8455	413.3625	451.943	485.012	0	485.012	1129.857 5	309.6012 5	0	1	2-M-O-90	9		
Bermudez , Andre	16	M-O	87.8	90	0.5943	270.0635	308.644	330.69	0	330.69	170.8565	192.9025	203.9255	0	203.9255	534.6155	292.1095	341.713	380.2935	0	380.2935	914.909	246.6345	278.6969 85	1	3-M-O-90	8		
Diaz, Al	19	M-O	86	90	0.6022	165.345	187.391	203.9255	0	203.9255	143.299	165.345	181.8795	0	181.8795	385.805	192.9025	225.9715	275.575	0	275.575	661.38	180.66	187.8864	1	4-M-O-90	7		
Strohmeir, Craig	31	M-O	98.8	100	0.557	-396.828	407.851	424.3855	0	424.3855	314.1555	336.2015	-352.736	0	336.2015	760.587	518.081	-551.15	-551.15	0	518.081	1278.668	323.06	0	1	1-M-O-100	12		
Laich, Marcus	28	M-O	96.8	100	0.5624	303.1325	-330.69	363.759	0	363.759	176.368	-187.391	-192.903	0	176.368	540.127	369.2705	407.851	429.897	0	429.897	970.024	247.456	0	1	2-M-O-100	9		
Calhoun, Darrell	37	M-O	98.6	100	0.5575	0	0	0	0	0	-314.156	314.1555	-341.713	0	314.1555	0	507.058	-540.127	0	0	507.058	0	0	0	1	20	0		
DeLancey, Adam	23	M-O	107.2	110	0.5402	341.713	-374.782	-374.782	0	341.713	-231.483	248.0175	-259.041	0	248.0175	589.7305	451.943	485.012	501.5465	0	501.5465	1091.277	267.399	0	1	1-M-O-110	12		
Nordengren, Conor	25	M-O	119.4	0	0.5275	418.874	451.943	473.989	0	473.989	286.598	303.1325	-308.644	0	303.1325	777.1215	518.081	573.196	-600.754	0	573.196	1350.317 5	323.0937 5	0	1	0	12		

# Christmas Challenge Lifting Results

Johnstone, Lindsay		#REF!	#REF! #REF!
Bench 1	#REF!	0	Good
#REF!	#REF!	Kg	No-Lift
	PrintSheet		Next Lifter
	Results		automatic



#REF!  
#REF! \$AG\$0 \$AG\$Tm Pts

Fit A	Name	Age	Div	0	WtCls (Lb)	0	Lot #	RH Sq	Squat 1	Squat 2	Squat 3	Squat 4	Best Squat	RH BP	Bench 1	Bench 2	Bench 3	Bench 4	Best Bench	Sub Total	Deadlift 1	Deadlift 2	Deadlift 3	Deadlift 4	Best Deadlift	Best Deadlift	Coeff Score	Age & Coeff	Pl code	Pl-Div-WtCl	Tm Pts	Team	Events	
A	Johnstone, Lindsay	26	F-O	52	52	#N/A	1	9	57.5	65	72.5		0		37.5	-45	45		0	0	102.5	110	-115		0	0	0.000	0.000	#N/A	0	0		PL	
A	Shear, Joanne	62	F-M5	52.8	56	#N/A	2	8	60	-70	70	80	0		37.5	42.5	0		0	0	102.5	122.5	-127.5		0	0	0.000	0.000	#N/A	0	0		PL	
A	Cap, Nick	11	M-Y	100	100	#N/A	15	9	45	55	65		0		37.5	45	-47.5		0	0	65	75	85		0	0	0.000	0.000	#N/A	0	0		PL	
A	Clark, Michael	20	M-Jr	67	67.5	#N/A	21						0		50	60	-70		0	0	110	-122.5	125		0	0	0.000	0.000	#N/A	0	0		PP	
A	Diaz, Al	19	M-O	86	90	#N/A	13	21	75	85	92.5		0		65	75	82.5		0	0	87.5	102.5	125		0	0	0.000	0.000	#N/A	0	0		PL	
A	Culbert, Mackenzie	19	M-T3	87.8	90	#N/A	18						0		-75	75	-82.5		0	0	117.5	122.5	-140		0	0	0.000	0.000	#N/A	0	0		PP	
A	Bernandez, Andre	16	M-O	87.8	90	#N/A	12	21	122.5	140	150		0		77.5	87.5	92.5		0	0	132.5	155	172.5		0	0	0.000	0.000	#N/A	0	0		PL	
A	Laich, Marcus	28	M-O	96.8	100	#N/A	10	17	137.5	-150	165		0		80	-85	-87.5		0	0	167.5	185	195		0	0	0.000	0.000	#N/A	0	0		PL	
A	Buhlman, Bob	48	M-M2	85.6	90	#N/A	16	18	-107.5	107.5	117.5		0		80	85	-90		0	0	125	130	-137.5		0	0	0.000	0.000	#N/A	0	0		PL	
A	Hoff, Steve	36	M-O	74.5	75	#N/A	14	12	142.5	-160	160		0		85	100	105		0	0	175	192.5	-200		0	0	0.000	0.000	#N/A	0	0		PL	
A	Rak, David	23	M-O	85.6	90	#N/A	4	18	160	175	182.5		0		102.5	110	-115		0	0	187.5	205	220		0	0	0.000	0.000	#N/A	0	0		PL	
A	Delancey, Adam	23	M-O	107.2	110	#N/A	8	16	155	-170	-170		0		-105	112.5	-117.5		0	0	205	220	227.5		0	0	0.000	0.000	#N/A	0	0		PL	
A	Chase, Brandon	20	M-Jr	70.8	75	#N/A	17						0		120	130	-135		0	0	130	150	-175		0	0	0.000	0.000	#N/A	0	0		PP	
A	Bergerson, Steve	29	M-O	89	90	#N/A	5	17	175	185	-195		0		130	137.5	-142.5		0	0	200	-215	-225		0	0	0.000	0.000	#N/A	0	0		PL	
A	Wall, Dennis	40	M-M1E	106.9	110	#N/A	9	14	220	240	250		0		130	135	-140		0	0	210	225	-235		0	0	0.000	0.000	#N/A	0	0		PL	
A	Madigan, Connor	25	M-O	119.4	0	#N/A	11	20	190	205	215		0		130	137.5	-140		0	0	235	260	-272.5		0	0	0.000	0.000	#N/A	0	0		PL	
A	Calhoun, Darrel	37	M-O	98.6	100	#N/A	7						0		-142.5	142.5	-155		0	0	230	-245	0		0	0	0.000	0.000	#N/A	20	0		PL	
A	Strohmeier, Craig	31	M-O	98.8	100	#N/A	19	16	-180	185	192.5		0		142.5	152.5	-160		0	0	235	-250	-250		0	0	0.000	0.000	#N/A	0	0		PL	
A	Leahy, John	65	M-M6	84.8	90	#N/A	20						0		160	170	-185		0	0	170	-170	-185		0	170	103.326	152.922	#N/A	1-M-M6-90	12			DL
A		65	M-M6	84.8	90	#N/A	20						0		0				0	0	0				0	0	0.000	0.000	#N/A	0	0		DL	
A		65	M-M6	84.8	90	#N/A	20						0		0				0	0	0				0	0	0.000	0.000	#N/A	0	0		DL	