

2005 AAU Military Nationals Bench Press Meet

	Name	AAU Record	Weight Class	Age Group	AGE	Unit	Bodyweight (kgs)	Attempt 1	Attempt 2	Attempt 3	(Record) Attempt 4	Kilos	Lbs	Sinclair Coeff.	Sinclair Total
	Women														
1	Garnica, Ana	35.0 kg/77.16 lb	60.0 kg	Junior	21	Ft. Bliss	59.6	47.5x	60x	60x		No Total		1.2226387	#VALUE!
2	Walker, Cassandra	No Mil Record	90 kg	Open	26	Ft. Bliss	87.25	75	80	85	87.5	87.5	192.9025	1.0259985	87.20987
3	Grimes, Delores	65 kg/143.25 lb.	67.5 kg	Open	32	ARNG	67.34	42.5	45	47.5		47.5	104.7185	1.1351446	53.919366
4	Montanez-Couey, Deliris	72.5 kg/159.83 lb	75 kg	Sub-Master	35	Ft. Bliss	72.29	45	50	55		55	121.253	1.0957627	60.26695
5	Powell, Lani	50.0 kg/110.23 lb	67.5 kg	Master	46	Fairchild AFB	67.11	70	77.5	82.5	85x	82.5	181.8795	1.1372448	93.822699
6	Hawkins, Lucy	63.0 kg/143.30 lb	90 kg	Master	50	ARNG	87.97	47.5	52.5	62.5x		52.5	115.7415	1.0239975	#VALUE!
	Men														
1	Gracey, Michael	137.53 /303.13 lb	82.5	Open	25	Ft. Bliss	81.89	145	160	165x		160	352.736	1.209	193.46884
2	Richardson, Harold	Raw/No Record	75 kg	Open	28	Ft. Bliss	74.14	120	135	140x		135	297.621	1.279	172.66758
3	Schultzman, James C.	E517.57/R424	100 kg	Open	28	Ft. Bliss	97.24	140x	140x	140		140	308.644	1.116	156.28307
4	Myers, Marcus	Raw/No Sub Rec	75 kg	Sub-Master	36	Ft. Bliss	74.69	135	142.5	150	155	155	341.713	1.273	197.37284
6	Gains, Robert	No Mil Record	140 kg	Master	42	Ft. Bliss	133.4	205	215x	215x		205	451.943	1.020	209.06286
7	Hawkins, Bill	No Mil Record	90 kg	Master	43	Ft. Bliss	89.05	150	165x	165	182.5x	165	363.759	1.160	191.36633
8	Henry, James	No Mil Record	125 kg	Master	46	Ft. Bliss	124.98	185	200	212.5	215	215	473.989	1.033	222.04833

Best Lifter-Female
Best Lifter-Male
Team Trophy

Lani Powell
James Henry
Fort Bliss

No Lift
Good Lift
Record