

03/02/2018

PowerHouse Powerlifting - Ladies Results

	Equipped Bench Press Name	Team		Bwt (kg)	WtCls (kg)	Wilks Coeff				SQ-1	SQ-2	SQ-3	Best SQ		BP-1	BP-2	BP-3	Best BP			DL-1	DL-2	DL-3	Best DL	Total	(2) Wilks Pts		Place		Qual SA BP	
Junior	Rouxchelle Roux	PHP		51.75	52	1.2513				0	0		0		67.5	72.5	-75	72.5			0	0	0	0	72.5	90.719		1	Best Equipped Lifter	Q(J/O)	
Open	Rozane du Plessis	1610		112.3	84+	0.8096				0	0		0		95	100	105	105			0	0	0	0	105	85.008		1			Q(O)
	Powerlifting Name	Team		Bwt	WtCls	Wilks Coeff				SQ-1	SQ-2	SQ-3	Best SQ		BP-1	BP-2	BP-3	Best BP			DL-1	DL-2	DL-3	Best DL	Total	(2) Wilks Pts		Place		Qual SA Raw	
Open	Cherissa Haupt	Eleven		61.95	63	1.0878				90	95	102.5	102.5		45	50	-55	50			100	115	127.5	127.5	280	304.584		1	Best Open lifter	Q(O)	
	Marthie Els			67.8	72	1.0174				90	100	-105	100		50	60	-70	60			110	120	130	130	290	295.046		1			Q(O)
	Michelle de Jong	Yard		66.1	72	1.0362				90	97.5	105	105		57.5	-62.5	62.5	62.5			100	112.5	-120	112.5	280	290.136		2			Q(O)
	Ruth Brookes	Eleven		64.6	72	1.0539				62.5	67.5	-80	67.5		35	-40	-40	35			80	85	-90	85	187.5	197.606		3			
Subjunior	Caitlin Poxon	Eleven		61.4	63	1.0952				100	105	110	110		52.5	57.5	60	60			100	110	112.5	112.5	282.5	309.394		1	Best SubJunior lifter	Q(SJ/J/O)	
	Kayla Ann Ott	Chaos		69.35	72	1.0013				90	100	-100	100		42.5	47.5	0	47.5			-120	-130	-130	0	0	0.000					
Junior	Demi Lee Preston			62.9	63	1.0753				100	110	117.5	117.5		45	52.5	-57.5	52.5			130	145	155	155	325	349.472		1	Best Junior Lifter	Q(J/O)	
	Danielle Whyte	Eleven		76.8	84	0.9369				75	77.5	-85	77.5		27.5	32.5	-37.5	32.5			75	85	95	95	205	192.065		1			
Master 1	Carmit Nadel			61.6	63	1.0925				70	75	80	80		40	42.5	45	45			90	95	102.5	102.5	227.5	248.544		1			Q(M1/O)
	Gaenor Cripps	1610		70.8	72	0.9871				80	90	-100	90		45	47.5	50	50			115	125	135	135	275	271.453		1	Best Master 1 Lifter	Q(M1/O)	
	Gerda Burger			82.55	84	0.8997				95	105	-115	105		52.5	57.5	-60	57.5			102.5	115	120	120	282.5	254.165		1			Q(M1/O)
	Jodi Poxon	Eleven		80.15	84	0.9141				95	102.5	105	105		52.5	55	57.5	57.5			100	110	115	115	277.5	253.663		2			Q(M1/O)
Master 2	Lana Kleynhans	Gy6		70.4	72	0.991				57.5	62.5	70	70		52.5	57.5	-60	57.5			122.5	132.5	-137.5	132.5	260	257.660		1	Best Master 2 lifter	Q(M2/O)	
	Fiona Hickman	SoS		71.35	72	0.982				80	85	90	90		45	-50	50	50			100	110	117.5	117.5	257.5	252.865		2			Q(M2/O)
	Heather Leighton	SoS		70.4	72	0.991				-52.5	52.5	57.5	57.5		32.5	35	37.5	37.5			85	95	100	100	195	193.245		3			Q(M2)