

22/01/2023					STRENGTH QUEST 2023												POWERPIT ROCKINGHAM			
Name	Age	Division	Bwt(Kg)	WtCl (Kg)	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total Kg	Points	Place	Team
Female																				
Raegan Ashplant	30	FO-R	88.35	90	150	160	165	165	-75	75	-80	75	150	160	175	175	415	314.69	1-FO-R	Peak PT
Brooke Palmer	34	FO-RP	109.3	110	140	-160	160	160	65	72.5	-80	72.5	135	-150	-160	135	367.5	254.75	2-FO-RP	POWER PIT
Bernadette Fagan	36	FO-RP	111.3	110+	85	-97.5	-100	85	57.5	60	-62.5	60	105	117.5	120	120	265	182.86	3-FO-RP	POWER PIT
Domenica Soroka	43	FM-RP	81	82.5	110	120	130	130	62.5	67.5	-70	67.5	115	-125	-125	115	312.5	256.59	1-FM-RP	POWER PIT
Male																				
Matthew Hrabar	32	MO-RP	89.5	90	270	-287.5	-290	270	162.5	172.5	-175	172.5	270	-287.5	-287.5	270	712.5	437.28	1-MO-RP	POWER PIT
Cameron Pilapil	28	MO-RP	84.7	90	180	200	210	210	140	150	160	160	190	220	235	235	605	383.55	2-MO-RP	XO FIT
David Barker	54	MM-RP	92.2	100	150	155	160	160	125	132.5	140	140	175	182.5	190	190	490	356.3	1-MM-RP	Genesis
Luke Mullins	49	MM-RP	88.9	90	130	140	-145	140	130	140	145	145	160	-170	-170	160	445	305.12	2-MM-RP	
Ashley Quadros	19	MT-RP	59.9	60	100	110	120	120	90	100	-105	100	205	210	-220	210	430	373.05	1-MT-RP	Genesis
Benjamin Tubby	19	MT-RP	72.7	75	100	120	140	140	-117.5	117.5	120	120	100	110	115	115	375	274.9	2-MT-RP	Genesis
Zachary Buba	17	MT-RP	146	140+	-60	80	100	100	95	107.5	-115	107.5	160	-180	-180	160	367.5	208.83	3-MT-RP	