

2019 APF 3rd Annual Women's Powerlifting Meet													
DYNAMAXX Westbrook, ME Mar 9, 2019													
ID	First	Last	City, State	Category	Division	Age	BW Lbs	SQUAT In Kg	BENCH In Kg	DEAD In Kg	Product Number	TOTAL Kg	TOTAL Lbs
12	Laura	Denis	North Conway, NH	Womens Raw	Womens Raw Masters 40-49	44	104	80.0	45.0	115.0	298	240.0	529
5	Jennifer	Jensen	Fitchburg, MA	Womens Raw	Womens Raw Masters 40-49	44	176	122.5	52.5	120.0	247	295.0	650
10	Jennifer	Rudolf	Dover, NH	Womens Raw	Womens Raw Open	38	165	135.0	92.5	167.5	330	395.0	871
11	Brianna	Fortin	Scarborough, ME	Womens Raw	Womens Raw Open	25	202	152.5	70.0	155.0	280	377.5	832
4	Ashley	Sculac	Poland, ME	Womens Raw	Womens Raw Open	29	146	107.5	62.5	105.0	252	275.0	606
7	Inger	Cyr	Gorham, ME	Womens Raw	Womens Raw Open	53	165	77.5	47.5	120.0	205	245.0	540
6	Brooke	Gordon	Westbrook, ME	Womens Raw	Womens Raw Open	36	214	97.5	57.5	120.0	199	275.0	606
3	Allie	Platts	Hollis Center, ME	Womens Raw	Womens Raw Open	28	165	85.0	40.0	100.0	189	225.0	496
2	Anya	Trundy	Hebron, ME	Womens Raw	Womens Raw Open	35	236	92.5	60.0	110.0	183	262.5	579
1	Crystal	Curtis	Norway, ME	Womens Raw	Womens Raw Open	35	189	52.5	35.0	92.5	139	180.0	397
9	Pam	McKeage	Limington, ME	Womens Geared	Womens Geared Open	35	135	75.0	60.0	97.5	225	232.5	513
8	Carolyn	Braun	Portland, ME	Womens Bench Only Geared	Womens Bench Only Geared Masters 40+	61	141	0.0	77.5	0.0	99	77.5	171

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DYNAMAXX

Westbrook, ME

Mar 9, 2019

BEST LIFTER - WOMENS RAW	PN	kg
Jennifer Rudolf	330	-

BEST LIFTER WOMENS RAW MASTERS	PN	kg
Laura Denis	298	240

BEST LIFTER WOMENS GEARED	PN	kg
Pam McKeage	225	233

	Womens Bench Only Geared Masters 40	PN	kg
1st	Carolyn Braun	99	78
2nd	-	-	-
3rd	-	-	-

	Womens Geared Open	PN	kg
1st	Pam McKeage	225	233
2nd	-	-	-
3rd	-	-	-

	Womens Raw Masters 40-49	PN	kg
1st	Laura Denis	298	240
2nd	Jennifer Jensen	247	295
3rd	-	-	-

	Womens Raw Open	PN	kg
1st	Jennifer Rudolf	330	395
2nd	Brianna Fortin	280	378
3rd	Ashley Sculac	252	275