

USPA Alaka'i Real Steel Classic III Dec. 1-2, 2018 Kapolei, HI

	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
	<b>Women Raw Powerlifting</b>														
	48kg Jr 20-23														
1	Lean Teodoro	HI	48kg	45.4	22	70	40	107.5	217.5	299.78		154.3	88.2	237	479.5
	52kg Jr 18-19														
1	Leilani Dela Cruz Nicolas	HI	52kg	51.4	19	90	47.5	105	242.5	305.017		198.4	104.7	231.5	534.6
	56kg Jr 20-23														
1	Shyla Atoigue Concepcion	HI	56kg	54	20	115	62.5	135	312.5	378.313		253.5	137.8	297.6	688.9
2	Jennifer Nguyen	HI	56kg	52.6	23	105	55	125	285	352.146		231.5	121.3	275.6	628.3
	67.5kg Jr 18-19														
1	Lorraine Dizon	HI	67.5kg	67.2	19	110	42.5	127.5	280	286.692		242.5	93.7	281.1	617.3
	75kg Jr 20-23														
1	Lauren Oakland	HI	75kg	72.8	21	130	70	147.5	347.5	336.693		286.6	154.3	325.2	766.1
	SHW Jr 18-19														
1	Lily Rogers	HI	SHW	101.8	18	117.5	65	125	307.5	254.733		259	143.3	275.6	677.9
	52kg Open														
1	Lindsey Okumoto	HI	52kg	51	31	117.5	62.5	152.5	332.5	420.746		259	137.8	336.2	733
	56kg Open														
1	Magnolia Centeno	HI	56kg	55.4	44	97.5	65	155	317.5	376.746	392.946	214.9	143.3	341.7	700
2	Monique Sheffield	HI	56kg	54	26	92.5	50	105	247.5	299.624		203.9	110.2	231.5	545.6
	60kg Open														
1	Marisa Testino	HI	60kg	58	25	92.5	52.5	132.5	277.5	317.654		203.9	115.7	292.1	611.8
2	Jacqueline Razon	HI	60kg	58.6	26	87.5	55	130	272.5	309.424		192.9	121.3	286.6	600.8
	67.5kg Open														
1	Aspen Billiet	HI	67.5kg	64.6	24	90	62.5	120	272.5	287.188		198.4	137.8	264.6	600.8
2	Jacqueline Rodrigo	HI	67.5kg	67.2	34	90	57.5	125	272.5	279.013		198.4	126.8	275.6	600.8
	75kg Open														
1	Aisha Patrick	HI	75kg	71.6	24	105	62.5	130	297.5	291.461		231.5	137.8	286.6	655.9
	82.5kg Open														
1	Aurielle Polynice	HI	82.5kg	75.6	29	177.5	85	192.5	455	430.385		391.3	187.4	424.4	1003.1
2	Noelle Tsutsui	HI	82.5kg	80	24	130	75	137.5	342.5	313.388		286.6	165.3	303.1	755.1
3	Gloryann Justo	HI	82.5kg	78	28	132.5	62.5	140	335	310.981		292.1	137.8	308.6	738.5
4	Naomi-Lynn Sonnier	AR	82.5kg	79.8	25	115	62.5	142.5	320	293.216		253.5	137.8	314.2	705.5
5	Claudia Trevino	HI	82.5kg	81.2	25	95	50	125	270	245.052		209.4	110.2	275.6	595.2

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	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
	90kg Open														
1	Christina Telkamp	HI	90kg	88.4	32	122.5	75	145	342.5	298.215		270.1	165.3	319.7	755.1
	SHW Open														
1	Rochelle Cariaga	HI	SHW	96.4	27	135	62.5	150	347.5	292.665		297.6	137.8	330.7	766.1
2	Lily Rogers	HI	SHW	101.8	18	117.5	65	125	307.5	254.733		259	143.3	275.6	677.9
	67.5kg Submaster														
1	Lianne Misaki	HI	67.5kg	61.4	35	120	57.5	140	317.5	347.726		264.6	126.8	308.6	700
	56kg Master 40-44														
1	Magnolia Centeno	HI	56kg	55.4	44	97.5	65	155	317.5	376.746	392.946	214.9	143.3	341.7	700
<b>Men Raw Powerlifting</b>															
	56kg Jr 13-15														
1	Allen Mahoe III	HI	56kg	55.2	13	110	65	152.5	327.5	302.38		242.5	143.3	336.2	722
						4th: 112.5									
	56kg Jr 18-19														
1	Marvin Galapia	HI	56kg	54	19	132.5	60	152.5	345	325.646		292.1	132.3	336.2	760.6
	67.5kg Jr 20-23														
1	John Zhong	HI	67.5kg	67	22	150	117.5	175	442.5	343.203		330.7	259	385.8	975.5
2	Christian Mendiola-Ramos	HI	67.5kg	66.6	23	150	112.5	165	427.5	333.194		330.7	248	363.8	942.5
3	Kevin Young	HI	67.5kg	65.2	23	150	100	175	425	337.11		330.7	220.5	385.8	937
	75kg Jr 20-23														
1	Micah Ono	HI	75kg	70.8	20	182.5	125	247.5	555	412.365		402.3	275.6	545.6	1223.6
	82.5kg Jr 16-17														
1	Eric Doolin	HI	82.5kg	76.8	17	165	105	215	485	340.034		363.8	231.5	474	1069.2
	82.5kg Jr 20-23														
1	Francisco Estranero	HI	82.5kg	81.8	20	205	112.5	237.5	555	373.737		451.9	248	523.6	1223.6
	90kg Jr 20-23														
1	Drew Cox	HI	90kg	88.4	22	207.5	167.5	250	625	402.75		457.5	369.3	551.2	1377.9
	100kg Jr 20-23														
1	Samuel Birns	HI	100kg	98.8	23	227.5	127.5	232.5	587.5	359.315		501.5	281.1	512.6	1295.2
2	Joshua Nakamura	HI	100kg	99.2	23	175	137.5	187.5	500	305.3		385.8	303.1	413.4	1102.3
DQ	Liv Aguano	HI	100kg	97.2	22	230	0	255	0	0		507.1	0	562.2	0

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	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
	110kg Jr 20-23														
1	Jonathan Estranero	HI	110kg	105.8	23	257.5	170	272.5	700	417.2		567.7	374.8	600.8	1543.2
2	Kainalu Mortel	HI	110kg	106.8	22	167.5	145	207.5	520	308.932		369.3	319.7	457.5	1146.4
	67.5kg Open														
1	Christopher Padilla	HI	67.5kg	62	26	172.5	132.5	210	515	426.472		380.3	292.1	463	1135.4
2	Eugene Malvar	HI	67.5kg	66.2	25	192.5	105	212.5	510	399.432		424.4	231.5	468.5	1124.3
3	Evan Murakami	HI	67.5kg	64.6	27	175	142.5	185	502.5	401.648		385.8	314.2	407.9	1107.8
4	Kevin Lei	HI	67.5kg	66.8	29	160	122.5	212.5	495	384.863		352.7	270.1	468.5	1091.3
5	Clyde Ebanez	HI	67.5kg	64.4	28	150	100	175	425	340.595		330.7	220.5	385.8	937
	75kg Open														
1	Dustin Zuniga	HI	75kg	74.6	25	200	135	265	600	429.12		440.9	297.6	584.2	1322.8
2	Blake Parado	HI	75kg	73.8	30	217.5	115	262.5	595	428.817		479.5	253.5	578.7	1311.7
3	John Martin	HI	75kg	73.4	26	177.5	132.5	237.5	547.5	396.116		391.3	292.1	523.6	1207
DQ	Zach Lobetos	HI	75kg	73.4	28	162.5	122.5	0	0	0		358.2	270.1	0	0
	82.5kg Open														
1	Marc-Anthony Ho	HI	82.5kg	79	30	227.5	152.5	272.5	652.5	449.051		501.5	336.2	600.8	1438.5
2	Kristofer Doan	HI	82.5kg	80.8	25	232.5	147.5	240	620	420.67		512.6	325.2	529.1	1366.9
3	Kaulana Duldulao	HI	82.5kg	82	39	197.5	155	255	607.5	408.483		435.4	341.7	562.2	1339.3
4	Zachary Apilando	HI	82.5kg	78	24	202.5	142.5	230	575	398.993		446.4	314.2	507.1	1267.6
5	Francisco Estranero	HI	82.5kg	81.8	20	205	112.5	237.5	555	373.737		451.9	248	523.6	1223.6
6	Rhomel Tinio	HI	82.5kg	81.6	29	142.5	92.5	180	415	279.876		314.2	203.9	396.8	914.9
	90kg Open														
1	Kainoa Kahalewai	HI	90kg	86.8	27	225	170	255	650	422.955		496	374.8	562.2	1433
2	Puluke Pascua	HI	90kg	89.4	32	215	150	235	600	384.36		474	330.7	518.1	1322.8
3	Kyle Nakamura	HI	90kg	88	30	192.5	130	237.5	560	361.704		424.4	286.6	523.6	1234.6
	100kg Open														
1	Dex Nepomuceno	HI	100kg	97.4	27	252.5	170	255	677.5	416.798		556.7	374.8	562.2	1493.6
2	Don Jose Ramos	HI	100kg	99.2	25	237.5	140	270	647.5	395.364		523.6	308.6	595.2	1427.5
3	Jordan Bermoy-Kahalekai	HI	100kg	99.4	26	232.5	125	260	617.5	376.737		512.6	275.6	573.2	1361.3
4	Leighton Asuncion	HI	100kg	95.2	38	230	135	227.5	592.5	368.18		507.1	297.6	501.5	1306.2
5	Sam Winders	HI	100kg	95.8	27	212.5	117.5	227.5	557.5	345.483		468.5	259	501.5	1229.1
6	Chester Alapai	HI	100kg	98	24	160	107.5	210	477.5	292.994		352.7	237	463	1052.7
7	Phillip Lau	HI	100kg	94.2	32	157.5	92.5	182.5	432.5	270.053		347.2	203.9	402.3	953.5
DQ	Liv Aguano	HI	100kg	97.2	22	230	0	255	0	0		507.1	0	562.2	0

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	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
	110kg Open														
1	Jordon Apilando	HI	110kg	104.4	31	265	217.5	317.5	800	479.04		584.2	479.5	700	1763.7
2	Joshua Jagers	HI	110kg	102	29	257.5	200	297.5	755	455.945		567.7	440.9	655.9	1664.5
3	Jonathan Estranero	HI	110kg	105.8	23	257.5	170	272.5	700	417.2		567.7	374.8	600.8	1543.2
4	Brandon Luis	HI	110kg	108.6	26	210	167.5	285	662.5	391.471		463	369.3	628.3	1460.5
5	JeQuille Lyles	HI	110kg	104.8	28	227.5	155	275	657.5	393.185		501.5	341.7	606.3	1449.5
6	Kerel Carter	HI	110kg	106.2	35	252.5	145	212.5	610	363.072		556.7	319.7	468.5	1344.8
7	Shayne Micah Carvalho	HI	110kg	105.4	29	172.5	142.5	215	530	316.304		380.3	314.2	474	1168.4
8	Kainalu Mortel	HI	110kg	106.8	22	167.5	145	207.5	520	308.932		369.3	319.7	457.5	1146.4
9	Ronnel Tangonan	HI	110kg	100.4	33	162.5	127.5	205	495	300.762		358.2	281.1	451.9	1091.3
10	Chris Alapai	HI	110kg	109.8	18	162.5	90	185	437.5	257.6		358.2	198.4	407.9	964.5
	125kg Open														
1	Brian Santos	HI	125kg	116	26	227.5	170	275	672.5	389.848		501.5	374.8	606.3	1482.6
2	Jason Lamb	HI	125kg	124.4	41	185	167.5	230	582.5	332.258	335.581	407.9	369.3	507.1	1284.2
3	Mike Ellsworth	HI	125kg	123.4	33	207.5	112.5	227.5	547.5	312.842		457.5	248	501.5	1207
4	Marc-Anthony Dela Rosa	HI	125kg	122.4	30	195	107.5	205	507.5	290.493		429.9	237	451.9	1118.8
	140kg Open														
1	Walter Kupihe	HI	140kg	139.8	24	227.5	237.5	285	750	419.175		501.5	523.6	628.3	1653.5
2	Jared Sohl	HI	140kg	128	26	240	170	265	675	382.86		529.1	374.8	584.2	1488.1
	56kg Submaster														
1	Nowel Aningat	HI	56kg	55.8	34	110	75	170	355	324.293		242.5	165.3	374.8	782.6
	67.5kg Submaster														
DQ	William Lau	HI	67.5kg	66.4	39	0	92.5	182.5	0	0		0	203.9	402.3	0
	82.5kg Submaster														
1	Kaulana Duldulao	HI	82.5kg	82	39	197.5	155	255	607.5	408.483		435.4	341.7	562.2	1339.3
	100kg Submaster														
1	Leighton Asuncion	HI	100kg	95.2	38	230	135	227.5	592.5	368.18		507.1	297.6	501.5	1306.2
	110kg Submaster														
1	Kerel Carter	HI	110kg	106.2	35	252.5	145	212.5	610	363.072		556.7	319.7	468.5	1344.8
	75kg Master 55-59														
1	Sterling Nakamura	HI	75kg	73	55	75	65	105	245	177.968	218.011	165.3	143.3	231.5	540.1
	82.5kg Master 55-59														
1	David Georges	HI	82.5kg	82.4	56	175	120	205	500	335.2	417.659	385.8	264.6	451.9	1102.3
	90kg Master 50-54														
1	Nestor Bagayas	HI	90kg	84.8	53	125	85	160	370	243.904	288.782	275.6	187.4	352.7	815.7

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	Name	State	Wt class	Weight	Age	SQ Kg	BP Kg	DL Kg	Total Kg	Wilks Total	McC Total	SQ Lbs	BP Lbs	DL Lbs	Total Lbs
	100kg Master 40-44														
1	Daniel Manoi	HI	100kg	96.8	43	117.5	100	172.5	390	240.591	248.049	259	220.5	380.3	859.8
	100kg Master 50-54														
1	Val Patao	HI	100kg	99.2	50	225	107.5	245	577.5	352.622	398.462	496	237	540.1	1273.2
	125kg Master 40-44														
1	Jason Lamb	HI	125kg	124.4	41	185	167.5	230	582.5	332.258	335.581	407.9	369.3	507.1	1284.2
<b>Men Single Ply Powerlifting</b>															
	140kg Open														
1	Kamuela Wassman	HI	140kg	137	30	335	240	320	895	501.827		738.5	529.1	705.5	1973.1
<b>Men Raw Deadlift Only</b>															
	125kg Open														
1	Damon Senaha	HI	125kg	114.6	57			215	215	125.044	158.556			474	474
<b>Men Raw Deadlift Only</b>															
	125kg Master 55-59														
1	Damon Senaha	HI	125kg	114.6	57			215	215	125.044	158.556			474	474
Meet Directors: Darren Matsumoto and Leonetta Richardson															
Thank you to our referees:															
International: Darren Matsumoto and Leonetta Richardson															
National: Donna Bareng, Jon Bareng and Ren Yamashita															
State: Ciarra Hutton, Randi Lee, Allen Mahoe, Donnie Rogers, Kitchelle Sun, Luvi Agpaoa and Rowena Bagayas.															
Practical: Jodie Sajor, Mike Kimura, Mahealani Strong and Mike Wong															
Tech Table: Ren Yamashita and Kim Inoshita															
Thank you to our host gym: Alaka'I Crossfit															
Thank you to our sponsors: Windocs Window Cleaning, MANA Barbell, SDB 808 and Vegas Discount Nutrition Hawaii															