

USPA Minnesota State Championships January 26, 2019 Mankato, MN

	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
Women Raw Powerlifting															
	SHW Jr 13-15														
1	Hattie Jenkins	MN	SHW	99.4	15	90	47.5	112.5	250	208.525		198.4	104.7	248	551.2
	60kg Open														
1	Rainey Black	MN	60kg	57.8	24	92.5	52.5	100	245	281.211		203.9	115.7	220.5	540.1
	67.5kg Open														
1	Carol Smolsky	NE	67.5kg	60.4	59	95	47.5	117.5	260	288.392	379.235	209.4	104.7	259	573.2
DQ	Anna Toth	MN	67.5kg	66.7	37	0	50	105	0	0		0	110.2	231.5	0
	SHW Open														
1	Jaycee Cooper	MN	SHW	127.3	31	132.5	97.5	157.5	387.5	306.629		292.1	214.9	347.2	854.3
2	Rebecca Richnofsky	MN	SHW	100.8	45	115	65	140	320	265.824	280.444	253.5	143.3	308.6	705.5
	67.5kg Submaster														
DQ	Anna Toth	MN	67.5kg	66.7	37	0	50	105	0	0		0	110.2	231.5	0
	67.5kg Master 55-59														
1	Carol Smolsky	NE	67.5kg	60.4	59	95	47.5	117.5	260	288.392	379.235	209.4	104.7	259	573.2
	90kg Master 50-54														
1	Connie Krell	MN	90kg	88.1	52	62.5	42.5	100	205	178.76	208.255	137.8	93.7	220.5	451.9
	SHW Master 45-49														
1	Rebecca Richnofsky	MN	SHW	100.8	45	115	65	140	320	265.824	280.444	253.5	143.3	308.6	705.5
Men Raw Powerlifting															
	82.5kg Jr 13-15														
1	Ian Sachse	MN	82.5kg	80	15	102.5	102.5	112.5	317.5	216.757		226	226	248	700
	90kg Jr 18-19														
1	Janusz Lukasik	MO	90kg	88.9	19	225	102.5	242.5	570	366.168		496	226	534.6	1256.6
	90kg Jr 20-23														
1	Abdulrahman AlShayji	MN	90kg	89.2	20	237.5	150	272.5	660	423.258		523.6	330.7	600.8	1455
	100kg Jr 18-19														
1	Brian Schauer	MN	100kg	95.9	18	175	92.5	205	472.5	292.667		385.8	203.9	451.9	1041.7
	100kg Jr 20-23														
1	Edison Duong	MN	100kg	96.3	20	260	165	305	730	451.359		573.2	363.8	672.4	1609.4

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	110kg Jr 18-19														
1	Alex Prestholt	IA	110kg	109.3	19	217.5	135	250	602.5	355.294		479.5	297.6	551.2	1328.3
	67.5kg Open														
1	Dominic Lazzara	MN	67.5kg	64.2	24	167.5	117.5	215	500	401.75		369.3	259	474	1102.3
	82.5kg Open														
1	Mitchell Palmer	MN	82.5kg	82.5	34	185	140	227.5	552.5	370.12		407.9	308.6	501.5	1218
	90kg Open														
1	Jason Zecchini	ND	90kg	87.3	24	250	170	272.5	692.5	449.225		551.2	374.8	600.8	1526.7
	100kg Open														
1	Josh Lentz	IA	100kg	98.5	31	337.5	252.5	335	925	566.378		744.1	556.7	738.5	2039.3
2	Jeff Arends	IA	100kg	98	27	275	192.5	287.5	755	463.268		606.3	424.4	633.8	1664.5
3	Brian Josephson	MN	100kg	98.2	36	205	147.5	237.5	590	361.729		451.9	325.2	523.6	1300.7
4	Anthony Highstrom	MN	100kg	98.5	34	205	122.5	227.5	555	339.827		451.9	270.1	501.5	1223.6
	110kg Open														
1	Kurt Schmitz	MN	110kg	105.3	24	272.5	147.5	305	725	432.825		600.8	325.2	672.4	1598.3
2	Benjamin Hartill	MN	110kg	103.4	27	222.5	157.5	280	660	396.594		490.5	347.2	617.3	1455
	125kg Open														
1	Thomas Herrera	MN	125kg	113.2	26	230	142.5	227.5	600	350.16		507.1	314.2	501.5	1322.8
	140kg Open														
1	Zach Winkler	ND	140kg	127.5	24	265	172.5	287.5	725	411.51		584.2	380.3	633.8	1598.3
	SHW Open														
1	Brock Charette	ND	SHW	174.5	29	287.5	165	290	742.5	401.618		633.8	363.8	639.3	1636.9
	82.5kg Master 55-59														
1	Joe Hays	MN	82.5kg	78.7	58	135	85	190	410	282.859	365.171	297.6	187.4	418.9	903.9
	125kg Master 40-44														
1	David Paulzine	MO	125kg	123.4	41	242.5	175	272.5	690	394.266	398.209	534.6	385.8	600.8	1521.2

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Men Classic Raw Powerlifting															
	67.5kg Open														
DQ	Hunter Hernandez	MN	67.5kg	66.4	26	0	115	200	0	0		0	253.5	440.9	0
	100kg Submaster														
1	Anthony Rush	MN	100kg	98.4	36	235	147.5	237.5	620	379.812		518.1	325.2	523.6	1366.9
Women Raw Bench Only															
	SHW Open														
1	Jaycee Cooper	MN	SHW	127.3	31		97.5		97.5	77.152			214.9		214.9
Men Raw Bench Only															
	67.5kg Open														
1	Hunter Hernandez	MN	67.5kg	66.4	26		115		115	89.85			253.5		253.5
	90kg Open														
1	Jordan Erwin	NE	90kg	89.6	28		140		140	89.572			308.6		308.6
	125kg Open														
1	Thomas Herrera	MN	125kg	113.2	26		142.5		142.5	83.163			314.2		314.2
Men Multi Ply Bench Only															
	67.5kg Open														
1	Hunter Hernandez	MN	67.5kg	66.4	26		158.5		158.5	123.836			349.4		349.4
Men Raw Deadlift Only															
	125kg Open														
1	Thomas Herrera	MN	125kg	113.2	26			227.5	227.5	132.769				501.5	501.5
Thank you to our referees:															
International Referee: Bruce Takala															
National Referee: Jake Hartman and Fred Clary															
State Referee: Doug Staley, Traci Slane, Anthony Brooks and Dennis Green															
Spotters/Loaders: Raul Valdez, Tim Benjegerdes, Jose Alvarado, Hilario Alvarado, Herron Bartz and Ian Rude															
Sponsors: Rexius Nutrition and Kato Crossfit															