

NorCal Winter Powerlifting Championships Results 2/23/14

MENS													
Name	Division	Wt Class	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total	Wilks Total
Richie Owens	R-P-Teen 12-13	132	37.5	40	42.5	20	22.5	27.5	60	62.5	-	130	
Jeff Pugh	R-P-Open	165	162.5	175	175	87.2	97.5	100	165	177.5	185	460	
Ken Escobar	R-P-Junior	181	167.5	187.5	210	100	117.5	127.5	197.5	212.5	225	552.5	
Matt Elmore	R-P-open	181	177.5	192.5	-	112	122.5	125	180	185	190	505	
Shawn Gavne	Assisted-P-open	181	92.5	117.5	137.5	92.5	100	100	160	182.5	192.5	430	
Shawn Gavne	Ast-P-Mstr 45-49	181	92.5	117.5	137.5	92.5	100	100	160	182.5	192.5	430	
Richard Pham	R-P-Teen17-18	198	185	205	220	130	140	150	185	207.5	227.5	587.5	
Richard Pham	R-P-Novice	198	185	205	220	130	140	150	185	207.5	227.5	587.5	
Kellen Chase	R-P-Novice	198	120	135	147.5	115	137.5	145	165	182.5	205	497.5	
Chris Amato	R-P-Novice	198	130	145	160	95	107.5	115	172.5	182.5	205	480	
Marcel Linza	R-P-Novice	198	132.5	147.5	162.5	120	130	135	-	-	-	-	
Lewie Owens	R-P-Teen14-15	198	60	65	70	52.5	57.5	57.5	100	115	120	247.5	
Eric Ritter	R-P-Open	198	190	200	210	135	145	145	210	220	227.5	562.5	
Mike Ziboray	R-P-Open	198	160	170	182.5	105	115	125	185	200	215	507.5	
Bruce Ramsey	R-P-Mstr55-59	198	117.5	127.5	137.5	77.5	85	92.5	125	132.5	137.5	350	
Thomas Miller	R-P-Junior	220	182.5	215	232.5	102.5	137.5	152.5	215	232.5	245	630	

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Mark Escobar	R-P-Novice	220	132.5	207.5	230	132.5	145	145	230	240	247.5	610	
Chris Ramos	R-P-Novice	220	120	137.5	152.5	95	102.5	107.5	140	152.5	167.5	427.5	
Carlos Montoya	R-P-Open	220	180	192.5	202.5	142.5	150	155	210	225	232.5	582.5	
Kevin McHugh	R-P-Open	220	165	180	192.5	115	125	135	190	215	240	557.5	
Rob Mitchell	R-P-Open	220	145	167.5	187.5	-	-	-	-	-	-	-	
Kenny Schang	R-P-Open	242	137.5	152.5	160	85	95	97.5	205	215	222.5	480	
Sean Gerhardt	R-P-Mstr 40-44	242	180	200	212.5	117.5	135	145	197.5	230	240	587.5	
Dennis Alegra	R-P-Mstr 45-49	275	182.5	195	210	120	127.5	132.5	222.5	235	245	572.5	
Josh Rony	R-P-Open	308	207.5	225	235	145	152.5	160	257.5	272.5	280	660	
Rich Couch	R-P-Open	308	177.5	190	200	110	120	-	210	230	245	550	
Joe Rodgers	R-P-Open	308+	260	275	280	175	190	190	250	265	275	730	
Joe Rodgers	R-P-Mstr 50-54	308+	260	275	280	175	190	190	250	265	275	730	
Chris Duarte	R-P/P-Teen17-18	165	-	-	-	105	110	122.5	147.5	160	167.5	277.5	
Charles Campos	R-P/P-Open	198	-	-	-	102.5	105	110	-	-	-		
Dino Del Fiorentino	R-P/P-Novice	220	-	-	-	160	172.5	177.5	227.5	250	265	422.5	
Carlos Montoya	R-P/P-open	220	-	-	-	142.5	150	155	210	225	232.5	380	

