

RAW CANADA: LIFTMAS																						
Raw Powerlifting Canada		CANADA	LIFTMAS	Wilks Formula Used																		
2024-12-21		Alberta																				
FULL POWER & SINGLE LIFT																						
FP = Full Power Lifts (SBD)																						
S = SQUAT																						
B = BENCHPRESS																						
D = DEADLIFT																						
Place	Name	Division	Law/F	Equipme	S1	S2	S3	S4	BestS	B1	B2	B3	B4	BestB	D1	D2	D3	D4	BestD	TotalKg	Points	Event
1	ALICIA LOVEDAY	F-M1 67.5		Bare	37.5	42.5	47.5		47.5											47.5	49.08	S
1	LILIAN KAO	F-O 67.5		Bare						-55.0	57.5	62.5		62.5						62.5	67.3	B
1	MO AOKUSO	M-O SHW		Bare	270.0	280.0	287.5		287.5	167.5	175.0	180.0		180.0	305.0	317.5	322.5	-327.5	322.5	790.0	435.26	FP
1	MO AOKUSO	M-LFM SHW	LFM	Bare	270.0	280.0	287.5		287.5	167.5	175.0	180.0		180.0	305.0	317.5	322.5	-327.5	322.5	790.0	435.26	FP
2	KEVIN DIXON	M-M3 125		Bare	230.0	277.5	283.0		283.0	150.0	165.0	-170.0		165.0	250.0	277.5	-288.0		277.5	725.5	415.02	FP
3	RUSSELL PEEL	M-M2 125		Bare	270.0	-275.0			270.0	175.0	185.0	190.0		190.0	255.0	272.5	-277.5		272.5	732.5	408.86	FP
4	MARCAU PORTRLANCE	M-T3 125		Bare	102.5	125.0	145.0		145.0	70.0	80.0	-90.0		80.0	160.0	180.0	207.5	210.0	207.5	432.5	249.56	FP
5	ANDREW MARIANO	M-O 75		Bare	100.0	120.0	140.0		140.0	80.0	90.0	-100.0		90.0	170.0	185.0	200.0		200.0	430.0	318.09	FP
6	HUNOR TAKACS	M-T3 82.5		Bare	117.5	130.0	135.0		135.0	82.5	90.0	-97.5		90.0	137.5	157.5	172.5		172.5	397.5	268.54	FP
7	ARMANO TRENKWALDER	M-T3 75		Bare	105.0	110.0	115.0		115.0	115.0	120.0	127.5	-132.5	127.5	137.5	142.5	-155.0		142.5	385.0	281.7	FP
8	DANEN DODD	M-T2 82.5		Bare	92.5	-100.0	-110.5		92.5	-82.5	82.5	-97.5		82.5	143.0	160.0	180.0	-195.0	180.0	355.0	248.87	FP, B
9	GARY SHEPHERD	M-M7 100		Bare	105.0	117.5	132.5	140.0	132.5	57.5	65.0	-75.0		65.0	105.0	125.0	140.0		140.0	337.5	208.61	FP, S,B,D
10	AMMON AOKUSO	M-Y 67.5		Bare	42.5	52.5	62.5		62.5	30.0	32.5	35.0		35.0	65.0	77.5	82.5	90.0	82.5	180.0	148.5	FP
1	SEAN SAVAGE	M-M3 140		Bare						180.0	-190.0	-190.0		180.0						180.0	101.87	B
2	DOUG DELAINEY	M-M5 100		Bare						67.5	70.0	75.0	-80.0	75.0						75.0	47.24	B
STRICT CURL & MILITARY PRESS																						
C = STRICT CURL																						
M = MILITARY PRESS																						
Place	Name	Division	Law/F	Equipme	C1	C2	C3	C4	BestC	M1	M2	M3	M4	BestM	TotalKg	Points	Event					
1	KARINA HARRIS	F-M5 60		Bare						25.0	27.5	30.0	32.5	30.0	30.0	34.0	C					
1	ANGELO ADDANTE	M-O SHW		Bare	70.0	73.0	75.5	-78.5	75.5	92.5	95.0	97.0	-100.0	97.0	172.5	96.3	CM					
1	ANGELO ADDANTE	M-LFM SHW	LFM	Bare	70.0	73.0	75.5	-78.5	75.5	92.5	95.0	97.0	-100.0	97.0	172.5	96.3	CM					
2	DANEN DODD	M-T2 82.5		Bare	-42.5	50.0	-62.5		50.0	52.5	60.0	-70.0		60.0	110.0	77.1	CM					
3	GARY SHEPHERD	M-M7 100		Bare	30.0	40.0	45.0	47.5	45.0	30.0	35.0	-40.0		35.0	80.0	49.5	CM					
4	ALICIA LOVEDAY	F-M1 67.5		Bare	22.5	25.0	27.5	28.5	27.5	22.5	25.0	-30.5		25.0	52.5	41.0	CM					
1	DOUG DELAINEY	M-M5 100		Sleeves						35.0	45.0	50.0	-60.0	50.0	50.0	31.5	C					