



3rd IPF/NAPF North American Regional Powerlifting Championships

June 18 & 19, 2005 - Miami, Florida

Women Classes 44kg - 60kg



NR	BDW.	NAME	DOB	Country	SQUAT			BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilk's	PL.	PT	4. SQ	4. BP	4. DL
					1.	2.	3.	1.	2.	3.		1.	2.	3.							
44kg/97lb Class																					
	43.30	Alyssa Cordova	1987	USA	102.5	-115.0	-115.0	42.5	-45.0	-45.0	145.0	110.0	120.0	125.0	270.0	384.24	1.0	12.0			
	40.80	Gladys Serrano	1984	Puerto Rico	90.0	-102.5	-102.5	-47.5	-47.5	47.5	137.5	85.0	-100.0	100.0	237.5	350.69	2.0	9.0			
	43.70	Melissa Werner	1989	USA	65.0	75.0	82.5	-40.0	40.0	-45.0	122.5	65.0	87.5	-102.5	210.0	297.05	3.0	8.0			
48kg/105lb Class																					
	46.70	Jonna Ocampo	1969	USA	97.5	107.5	115.0	57.5	62.5	67.5	182.5	115.0	122.5	130.0	312.5	422.22	1.0	12.0			
	44.90	Beruska Morales	1973	Puerto Rico	105.0	-112.5	112.5	55.0	-67.5	-67.5	167.5	107.5	117.5	-127.5	285.0	395.84	2.0	9.0			
	47.80	Brenda Lemus	1958	Guatemala	-72.5	-72.5	72.5	70.0	-75.0	75.0	147.5	87.5	97.5	110.0	257.5	342.09	3.0	8.0			
52kg/114lb Class																					
	51.00	Deb Hariston	1954	USA	110.0	120.0	-125.0	65.0	-72.5	-72.5	185.0	130.0	135.0	-140.0	320.0	404.93	1.0	12.0			
	51.30	Julissa Quinonez	1982	Puerto Rico	85.0	-95.0	95.0	42.5	45.0	-50.0	140.0	120.0	-130.0	-130.0	260.0	327.52	2.0	9.0			
56kg/123lb Class																					
	53.90	Tina Carder	1984	USA	115.0	127.5	-132.5	65.0	75.0	77.5	205.0	122.5	132.5	140.0	345.0	418.24	1.0	12.0			
	53.00	Leany Diaz	1981	Bahamas	57.5	-70.0	-70.0	35.0	-37.5	-37.5	92.5	57.5	80.0	85.0	177.5	217.72	2.0	9.0			
	55.60	Ana Luisa Saban	1976	Guatemala	-130.0	-130.0	135.0	-75.0	-75.0	-75.0		125.0	137.5	140.0							
		Mariela Mejia		Honduras																	
60kg/132lb Class																					
	57.30	Codi Grubbs	1983	USA	125.0	-137.5	140.0	-75.0	75.0	82.5	222.5	125.0	130.0	135.0	357.5	413.13	1.0	12.0			
	59.90	Carla Perez	1990	Puerto Rico	140.0	-152.5	-152.5	55.0	62.5	-70.0	202.5	137.5	150.0	-157.5	352.5	393.50	2.0	9.0			
	56.60	Ruth Smith	1979	Bahamas	-102.5	102.5	-112.5	-42.5	-47.5	-47.5		102.5	-117.5	-117.5							
		Jennifer Ray		USA																	

[R] = Reserve Lifter

HEADREFEREE
NAME:

LEFT-REFEREE
NAME:

RIGHT-REFEREE
NAME: