

8th NAPF North American Regional Powerlifting Championships August 4 - 7, 2010 / Aguadilla, Puerto Rico

Name	Team	Div	BWt (Kg)	WtCls (Kg)	Coeff	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadli ft 1	Deadli ft 2	Deadli ft 3	Best Dead lift	PL Total	Wilks Total	Placing PI-Div-WtCl	Tm Pts	YOYB
Jannitzi Tapia	PUR	F-SJ	54.3	56	1.2054	115	122.5	127.5	127.5	55	62.5	-67.5	62.5	190	115	130	-137.5	130	320	385.72	1-F-SJ		1994
Neresuley Lopez	PUR	F-SJ	43.3	48	1.4231	82.5	90	100	100	40	47.5	-52.5	47.5	147.5	77.5	95	102.5	102.5	250	355.76	2-F-SJ		1992
Genesis Quiles	PUR	F-SJ	51.2	52	1.2616	82.5	90	100	100	37.5	-57.5	-57.5	37.5	137.5	92.5	110	112.5	112.5	250	315.40	3-F-SJ		1992
Dawn Gant	USA	F-JRA	58.7	60	1.1340	137.5	142.5	150	150	-87.5	90	-95	90	240	142.5	157.5	165	165	405	459.28	1-F-JRA		1987
Carla Perez	PUR	F-JRA	59.7	60	1.1192	-140	140	-165	140	62.5	67.5	77.5	77.5	217.5	140	155	-170	155	372.5	416.91	2-F-JRA		1990
Sommer Binash	USA	F-JRA	50.8	52	1.2692	120	127.5	-135	127.5	60	65	-70	65	192.5	120	130	-137.5	130	322.5	409.32	3-F-JRA		1991
Frances Baez	PUR	F-JRA	47.4	48	1.3367	-100	-100	100	100	45	52.5	-60	52.5	152.5	110	125	-130	125	277.5	370.92	4-F-JRA		1988
Ladys Burgos	PUR	F-JRB	67.2	67.5	1.0239	140	150	155	155	67.5	-75	75	75	230	145	155	-160	155	385	394.20	1-F-JRB		1989
Miliany Santiago	PUR	F-JRB	109.8	90+	0.8134	177.5	187.5	195	195	105	115	-120	115	310	155	170	-182.5	170	480	390.42	2-F-JRB		1987
Jessica Roman	PUR	F-JRB	66.3	67.5	1.0339	117.5	125	-135	125	50	57.5	-62.5	57.5	182.5	120	127.5	137.5	137.5	320	330.86	3-F-JRB		1988
Sherry Ann Hidalgo	PUR	F-JRB	73	75	0.9672	-105	105	-112.5	105	50	57.5	-62.5	57.5	162.5	100	107.5	-120	107.5	270	261.15	4-F-JRB		1990
Dana Snow	USA	F-M1	54.3	56	1.2054	122.5	130	-137.5	130	80	-85	-85	80	210	145	155	160	160	370	445.98	1-F-M1		1969
Rhonda Clark	USA	F-M1	74.2	75	0.9571	155	165	-172.5	165	72.5	80	87.5	87.5	252.5	185	197.5	-210	197.5	450	430.69	2-F-M1		1966
Maiinda Baum	USA	F-M1	89.5	90	0.8661	160	167.5	-172.5	167.5	97.5	105	107.5	107.5	275	160	170	-175	170	445	385.41	3-F-M1		1963
Donna Bryant	USA	F-M2	73	75	0.9672	160	170	173.5	173.5	87.5	92.5	97.5	97.5	271	160	170	177.5	177.5	448.5	433.79	1-F-M2		1959
Marta Lidia Cano Guamuche	GUA	F-M2	49.8	52	1.2885	-125	-125	125	125	60	65	67.5	67.5	192.5	130	135	140	140	332.5	428.44	2-F-M2		1960
Debra Jackson	USA	F-M2	56.8	60	1.1636	97.5	105	110	110	70	75	80	80	190	110	117.5	122.5	122.5	312.5	363.62	3-F-M2		1958
Norma Rodriguez	PUR	F-M3	49.8	52	1.2885	72.5	77.5	-82.5	77.5	40	-50	-50	40	117.5	75	90	107.5	107.5	225	289.92	1-F-M3		1949
Bebe Burns	USA	F-M3	47.6	48	1.3326	55	60	65	65	37.5	-42.5	-42.5	37.5	102.5	72.5	77.5	82.5	82.5	185	246.53	2-F-M3		1942
Maria Luis Vazquez Sique	GUA	F-O	46.3	48	1.3594	160	-170	170	170	72.5	77.5	-80	77.5	247.5	137.5	-148	-148	137.5	385	523.38	1-F-O-48	12	1983
Frances Baez	PUR	F-O	47.4	48	1.3367	-100	-100	100	100	45	52.5	-60	52.5	152.5	110	125	-130	125	277.5	370.92	2-F-O-48	9	1988
Neresuley Lopez	PUR	F-O	43.3	48	1.4231	82.5	90	100	100	40	47.5	-52.5	47.5	147.5	77.5	95	102.5	102.5	250	355.76	3-F-O-48	8	1992
Marta Lidia Cano Guamuche	GUA	F-O	49.8	52	1.2885	-125	-125	125	125	60	65	67.5	67.5	192.5	130	135	140	140	332.5	428.44	1-F-O-52	12	1960
Sommer Binash	USA	F-O	50.8	52	1.2692	120	127.5	-135	127.5	60	65	-70	65	192.5	120	130	-137.5	130	322.5	409.32	2-F-O-52	9	1991
Gladys Serrano	PUR	F-O	48.1	52	1.3224	100	107.5	120	120	57.5	67.5	75	75	195	90	102.5	-127.5	102.5	297.5	393.41	3-F-O-52	8	1984
Genesis Quiles	PUR	F-O	51.2	52	1.2616	82.5	90	100	100	37.5	-57.5	-57.5	37.5	137.5	92.5	110	112.5	112.5	250	315.40	4-F-O-52	7	1992
Janel Brown	USA	F-O	55.5	56	1.1849	-165	165	-175	165	75	-80	-80	75	240	140	150	160	160	400	473.96	1-F-O-56	12	1973
Dana Snow	USA	F-O	54.3	56	1.2054	122.5	130	-137.5	130	80	-85	-85	80	210	145	155	160	160	370	445.98	2-F-O-56	9	1969
Jannitzi Tapia	PUR	F-O	54.3	56	1.2054	115	122.5	127.5	127.5	55	62.5	-67.5	62.5	190	115	130	-137.5	130	320	385.72	3-F-O-56	8	1994
Dawn Gant	USA	F-O	58.7	60	1.1340	137.5	142.5	150	150	-87.5	90	-95	90	240	142.5	157.5	165	165	405	459.28	1-F-O-60	12	1987
Carla Perez	PUR	F-O	59.7	60	1.1192	-140	140	-165	140	62.5	67.5	77.5	77.5	217.5	140	155	-170	155	372.5	416.91	2-F-O-60	9	1990
Debra Jackson	USA	F-O	56.8	60	1.1636	97.5	105	110	110	70	75	80	80	190	110	117.5	122.5	122.5	312.5	363.62	3-F-O-60	8	1958
Ladys Burgos	PUR	F-O	67.2	67.5	1.0239	140	150	155	155	67.5	-75	75	75	230	145	155	-160	155	385	394.20	1-F-O-67.5	12	1989

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Penelope Villegas	MEX	F-O	62.8	67.5	1.0765	125	-135	135	135	72.5	77.5	80	80	215	140	-150	-150	140	355	382.17	2-F-O-67.5	9	1971
Rhonda Clark	USA	F-O	74.2	75	0.9571	155	165	-172.5	165	72.5	80	87.5	87.5	252.5	185	197.5	-240	197.5	450	430.69	1-F-O-75	12	1966
Donna Bryant	USA	F-O	73	75	0.9672	160	170	173.5	173.5	87.5	92.5	97.5	97.5	271	160	170	177.5	177.5	448.5	433.79	2-F-O-75	9	1959
Yolanda McIntyre	TRI	F-O	72.9	75	0.9681	-127.5	130	140	140	45	50	-56	50	190	127.5	137.5	142.5	142.5	332.5	321.89	3-F-O-75	8	1981
Lindsey Smith	USA	F-O	81.6	82.5	0.9052	165	185	-190	185	95	-102.5	-102.5	95	280	150	160	-167.5	160	440	398.28	1-F-O-82.5	12	1979
Malinda Baum	USA	F-O	89.5	90	0.8661	160	167.5	-172.5	167.5	97.5	105	107.5	107.5	275	160	170	-175	170	445	385.41	1-F-O-90	12	1963
Joan Baez	PUR	F-O	83.8	90	0.8928	170	180	190	190	-92.5	92.5	102.5	102.5	292.5	135	145	-152.5	145	437.5	390.60	2-F-O-90	9	1986
Miliany Santiago	PUR	F-O	109.8	90+	0.8134	177.5	187.5	195	195	105	115	-120	115	310	155	170	-182.5	170	480	390.42	1-F-O-90+	12	1987
Cheryl Abraham	TRI	F-O	95.5	90+	0.8449	-132.5	-132.5	132.5	132.5	47.5	50	-57.5	50	182.5	132.5	145	155	155	337.5	285.14	2-F-O-90+	9	1979
Maricruz De Jesus	PUR	F-R	61.1	67.5	1.0994	87.5	97.5	-107.5	97.5	45	-55	-55	45	142.5	87.5	97.5	110	110	252.5	277.59	1-F-R	12	1971

Best Overalls	
Sub Junior	Jannitzi Tapia
Junior	Dawn Gant
Open	Maria Luisa Vasquez
Master I	Dana Snow
Master II	Donna Bryant
Master III	Norma Rodriguez

Teams Awards		
1st	United States of America	69
2nd	Puerto Rico	59
3rd	Guatemala	24
4th	Trinidad and Tobago	17
5th	Mexico	9