

POWERLIFT STANDINGS

MC&CS
MIRAMAR

SPRING POWERLIFTING COMPETITION: 22 MAY 2025

POWERLIFTING COMPETITION SCORECARD SPREADSHEET

FEMALE COMPETITORS

NAME LAST, FIRST	RANK/ STATUS	UNIT/ DEPT	BACK SQUAT	BENCH PRESS	DEAD LIFT	TOTAL WEIGHT LIFTED IN LBS (TWL)	BODY WEIGHT IN LBS (BW)	FINAL SCORE (TWL ÷ BW)
Sugg, H.	DOD	EFMP	260	145	325	730	169.7	4.302

MALE COMPETITORS

NAME LAST, FIRST	RANK/ STATUS	UNIT/ DEPT	BACK SQUAT	BENCH PRESS	DEAD LIFT	TOTAL WEIGHT LIFTED IN LBS (TWL)	BODY WEIGHT IN LBS (BW)	FINAL SCORE (TWL ÷ BW)
Beck, R.	CPL	HMH-466	355	265	315	935	146.8	6.369 ★
Madho, R.	CPL	HMH-466	385	245	405	1035	164.7	6.284
Darling, J.	CPL	HMH-466	385	405 ★	515	1305 ★	229.8	5.679
Knobel, K.	LTCOL	PMO	405	365	405	1175	207.6	5.660
Sugg, J.	CAPT	USMC	285	260	385	930	165.0	5.636
Mengistu, S.	GYSGT	HMH-466	500 ★	275	485	1260	227.2	5.546
Gonzalez, J.	SSGT	MALS-16, HQ/S-4	385	275	455	1115	203.7	5.474
Alfaro, C.	CPL	HMH-466	335	255	410	1000	186.1	5.373
Elliott, L.	SGT	HMH-466	425	315	550 ★	1290	241.1	5.350
Waggener, T.	PVT	HMH-466	355	245	395	995	186.5	5.335
Sihabouth, C.	DOD	SEMPER FIT	315	225	405	945	179.2	5.273
Boyd, R.	CPL	HMH-466	315	200	300	815	154.8	5.265
Gavin, B.	SSGT	H&HS S-3EMD	245	185	315	745	142.3	5.235
Friel, B.	SGT	H&HS S-3EMD	405	275	395	1075	207.2	5.188
Ciprian, J.	DOD	HMH-466	305	270	425	1000	194.0	5.155
Ortiz, P.	DOD	PMO	375	275	385	1035	227.6	4.547
Valdez, J.	PFC	H&HS	255	285	315	855	223.4	3.827