

# 2023 Testify Strengthlifting Challenge

## Female - All Ages

Gndr	WtCls (kg)	Name	Year of Birth	BWT (kg)	Squat			Best Squat	Press			Best Press	Deadlift			Best Deadlift	Total	Wilks	Wilks + Age
					Sq1	Sq2	Sq3		P1	P2	P3		DI1	DI2	DI3				
F	56	Josephine McLaughlin	2007	52.2	64	74	80	80	28	31	34	34	78	-88	88	88	202	251.07	
F	56	Grace Hopwood	2010	52.4	46	50	53	53	20	22	23	23	51	56	60	60	136	168.54	
F	60	Lisa Clark	1979	59.1	95	100	104	104	33	36	-38	36	110	-120	-120	110	250	282.01	
F	67.5	Amanda Boschee	1991	64.4	89	93	97	97	39	43	45	45	93	103	109	109	251	265.15	
F	75	Leah Reichwaldt	1988	71.2	93	98	102	102	34	36	38	38	106	111	116	116	256	251.74	
F	75	Maddie Leyde	1999	67.8	84	88	91	91	37	40	41	41	98	100	102	102	234	238.07	
F	75	Afton Palmer	1988	69.5	59	62	64	64	25	-27	-27	25	75	80	-85	80	169	168.96	
F	82.5	Sharon Foster	1954	75.6	91	96	98	98	38	40	-41	40	117	126	133	133	271	256.35	
F	82.5	Irene Jones	2009	79.7	64	69	73	73	26	28	29	29	75	81	86	86	188	172.38	
F	90+	Sarah Jones	1982	94	123	129	132	132	41	43	45	45	120	128	-133	128	305	259.13	
F	90+	Kelly Whitaker	1970	99.2	-100	100	-104	100	43	44	-45	44	105	113	116	116	260	216.99	
F	90+	Julia Palzer	1976	122.4	86	91	96	96	34	37	39	39	93	100	107	107	242	192.84	
F	90+	Jodi Prewitt	1958	101.9	-64	64	72	72	39	43	46	46	73	86	93	93	211	174.74	
F	90+	Jill Weber	1970	90.5	70	73	75	75	28	30	-32	30	90	95	100	100	205	176.73	

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					Sq1	Sq2	Sq3		P1	P2	P3		DI1	DI2	DI3				
F	60	Lisa Clark	1979	59.1	95	100	104	104	33	36	-38	36	110	-120	-120	110	250	282.01	294.14
F	82.5	Sharon Foster	1954	75.6	91	96	98	98	38	40	-41	40	117	126	133	133	271	256.35	404.01
F	90+	Sarah Jones	1982	94	123	129	132	132	41	43	45	45	120	128	-133	128	305	259.13	261.72
F	90+	Kelly Whitaker	1970	99.2	-100	100	-104	100	43	44	-45	44	105	113	116	116	260	216.99	252.79
F	90+	Julia Palzer	1976	122.4	86	91	96	96	34	37	39	39	93	100	107	107	242	192.84	205.95
F	90+	Jodi Prewitt	1958	101.9	-64	64	72	72	39	43	46	46	73	86	93	93	211	174.74	253.37
F	90+	Jill Weber	1970	90.5	70	73	75	75	28	30	-32	30	90	95	100	100	205	176.73	209.25

## Open - All Ages

Gndr	WtCls (kg)	Name	Year of Birth	BWt (kg)	Squat			Best Squat	Press			Best Press	Deadlift			Best Deadlift	Total	Wilks	Wilks + Age
					Sq1	Sq2	Sq3		P1	P2	P3		DI1	DI2	DI3				
M	82.5	Augie Palzer	2005	81.2	130	138	143	143	55	-58	58	58	143	153	163	163	364	246.21	
M	82.5	Chris Heaney	1961	81.7	106	111	115	115	54	58	61	61	143	153	159	159	335	225.74	
M	90	Dave Hahn	1979	89.1	175	187	194	194	70	80	83	83	220	233	237	237	514	329.83	
M	90	Kc Higer	2001	84.5	190	202	210	210	65	-72	75	75	190	200	-207	200	485	320.37	
M	90	Drew Hayford	2008	89.3	113	118	124	124	42	46	51	51	95	105	120	120	295	189.08	
M	100	Jake Marszalek	1972	93.8	175	190	-198	190	64	69	-74	69	198	207	214	214	473	295.94	
M	100	Cole Bares	2002	99.7	167	177	186	186	75	80	83	83	170	180	188	188	457	278.46	
M	100	Paul Kolo	1991	99.4	114	123	129	129	53	55	57	57	136	148	159	159	345	210.47	
M	100	Cody Weitzenkamp	1981	99.9	172	175	184	184	-78	-80	-84		184	188	193	193	0	0.00	
M	110	Ben Prewitt	1989	106.2	209	227	-235	227	94	-97	-97	94	245	265	-280	265	586	348.80	
M	110	Jason Clark	1975	103.4	173	186	-190	186	85	88	-89	88	197	212	-217	212	486	292.01	
M	125	Quinn Eaton	1988	110.4	215	240	242	242	75	-90	-90	75	280	300	320	320	637	374.46	
M	125	Phil DeNomme	1978	124.1	195	205	215	215	81	85	91	91	210	220	230	230	536	305.89	
M	125	Evan Laux	1988	120.5	-193	193	206	206	93	100	102	102	193	207	217	217	525	301.54	
M	125	John Ait	1973	111.3	168	177	184	184	92	-96	102	102	200	218	227	227	513	300.83	
M	125	Nick Polite	1984	122.8	188	190	196	196	93	96	-98	96	188	195	210	210	502	287.13	
M	125	Dylan Javorsky	1995	119.7	136	143	148	148	65	69	72	72	140	150	156	156	376	216.30	
M	125	David Treat	1978	118.2	136	143	147	147	59	61	63	63	136	146	153	153	363	209.45	
M	140	Jeff Radil	1980	127.6	206	216	229	229	125	134	139	139	243	256	-270	256	624	354.15	
M	140	James McCart	1989	129.5	170	182	187	187	-84	84	-87	84	200	215	221	221	492	278.47	

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					Sq1	Sq2	Sq3		P1	P2	P3		DI1	DI2	DI3				
M	82.5	Chris Heaney	1961	81.7	106	111	115	115	54	58	61	61	143	153	159	159	335	225.74	314.46
M	90	Dave Hahn	1979	89.1	175	187	194	194	70	80	83	83	220	233	237	237	514	329.83	340.06
M	100	Jake Marszalek	1972	93.8	175	190	-198	190	64	69	-74	69	198	207	214	214	473	295.94	334.41
M	100	Cody Weitzenkamp	1981	99.9	172	175	184	184	-78	-80	-84		184	188	193	193	0	0.00	0.00
M	110	Jason Clark	1975	103.4	173	186	-190	186	85	88	-89	88	197	212	-217	212	486	292.01	320.34

M	125	Phil DeNomme	1978	124.1	195	205	215	215	81	85	91	91	210	220	230	230	536	305.89	319.04
M	125	John Ait	1973	111.3	168	177	184	184	92	-96	102	102	200	218	227	227	513	300.83	334.83
M	125	David Treat	1978	118.2	136	143	147	147	59	61	63	63	136	146	153	153	363	209.45	218.46
M	140	Jeff Radil	1980	127.6	206	216	229	229	125	134	139	139	243	256	-270	256	624	354.15	361.23