

2013 USAPL Gulf Coast Championships

March 10, 2013 - Crossfit XLR8, Portland, Texas

Meet Directors: Wes & Molly Zunker

Women's Powerlifting

Place	Name	Team	Division	Body Weight	Weight Class	Age	Squat			Bench Press			Sub Total	Deadlift			Total	Wilks Total
							1	2	3	1	2	3		1	2	3		
1	Molly Zunker	TSS	Raw Junior	47.5	48	21	72.5	77.5	85	47.5	-52.5	52.5	137.5	115	125	-135	262.5	350.3325
1	Lauren Hatterner		Raw Collegiate	52	52	22	67.5	77.5	85	37.5	42.5	47.5	132.5	77.5	85	95	227.5	283.6015
1	Amanda Lopez		Teen	48.1	52	17	112.5	-117.5	-117.5	60	60	65	177.5	120	-122.5	122.5	300	396.7200
1	Jenny Richardson	TAMU	Collegiate	53.1	56	18	92.5	100	107.5	-55	55	60	167.5	92.5	102.5	110	277.5	340.3815
1	Rowena Lopez		Open	56.6	60	35	165	-175	-175	102.5	110	-115	275	165	175	185	460	536.7280
2	Crystal Correa		Open	56.8	60	25	70	90	-95	37.5	40	45	135	92.5	102.5	112.5	247.5	287.9910
1	Gio Ortega	UTSA	Raw Collegiate	59.8	60	18	92.5	100	102.5	52.5	-57.5	-57.5	155	115	120	132.5	287.5	321.3675
1	Laura McGuill	SMAC	Raw Junior	58.6	60	21	100	110	120	50	55	-60.5	175	122.5	137.5	147.5	322.5	366.1987
1	Kristian Villegas		Teen	59.2	60	17	115			60	72.5	-77.5	187.5	115	125	140	327.5	368.9615
2	Abbigail Garza		Teen	58.8	60	15	92.5	97.5	102.5	57.5	60	65	167.5	117.5	125	-132.5	292.5	331.2563
1	Krystin Krodle	TAMU	Collegiate	61.3	67.5	18	122.5	132.5	-137.5	-70	70	77.5	210	102.5	-110	-110	312.5	342.6875
1	Sydney Makowski		Raw Teen	64.8	67.5	14	-65	-65	65	50	55	-57.5	120	100	107.5	-112.5	227.5	239.2162
1	Olivia Harrington	TAMU	Collegiate	74.3	75	20	170	177.5	-187.5	100	107.5	110	287.5	150	162.5	170	457.5	437.5073
1	Ashleigh Andrews	TAMU	Collegiate	82.7	90	19	185	195	205	115	122.5	127.5	332.5	175	-190	-190	507.5	456.1410
2	Alexis Pineda	UTSA	Collegiate	89.7	90	18	142.5	155	167.5	80	85	-87.5	252.5	-135	135	147.5	400	346.1200
1	Jamie Ritter		Raw Masters	88.7	90	67	52.5	60	65	32.7	42.5	-47.5	107.5	75	85	90	197.5	171.7065
1	Lenora Perkins		Raw Open	85.5	90	26	107.5	112.5	120	62.5	72.5	80	200	145	162.5	170	370	327.1170
1	Jenn Moran	TAMU	Collegiate	91.4	90+	19	185	190	195	95	102.5	110	305	160	175	-182.5	480	412.1760
2	Saby Santos	UTSA	Collegiate	90.4	90+	19	130	147.5	-152.5	75	80	-85	227.5	142.5	152.5	-162.5	380	327.7500

Men's Powerlifting

Place	Name	Team	Division	Body Weight	Weight Class	Age	Squat			Bench Press			Sub Total	Deadlift			Total	Wilks Total
							1	2	3	1	2	3		1	2	3		
1	Eric Torres		Open	58.75	60	21	190	197.5	210	100	107.5	117.5	327.5	215	230	240	567.500	493.4980
1	Matt Scorsone	TAMU	Collegiate	64.3	67.5	22	182.5	-195	-197.5	137.5	-147.5	147.5	330	192.5	205	215	545	437.3625
1	Dallas Dela Cruz		Junior	65.45	67.5	19	210	215	-227.5	117.5	122.5	-135	337.5	217.5	-230	-230	555	438.7830
1	Chris Nguyen	Roughnecks	Raw Junior	66.7	67.5	23	147.5	165	-170	102.5	105	-110	270	182.5	187.5	-217.5	457.5	356.1638
1	Shawn Frasquillo	SMAC	Raw Open	66.75	67.5	26	180	192.5	200	140	147.5	-152.5	347.5	215	227.5	-237.5	575	447.3500
1	An Tran	TAMU	Collegiate	71.2	75	20	165	177.5	190	125	135	-145	325	170	182.5	192.5	517.5	382.8465
2	David Dang	TAMU	Collegiate	70.8	75	21	165	-177.5	185	97.5	110	-120	295	170	182.5	190	485	360.3550
1	Michael Barrera		Junior	74.8	75	22	175	182.5	195	110	120	132.5	327.5	137.5	182.5	195	522.5	373.0128
1	Mauricio Valdez	UTSA	Raw Collegiate	74.95	75	18	165	175	-185	112.5	117.5	120	295	225	235	-243	530	377.8370
1	Stephen Rios		Raw Junior	71.2	75	22	-190	190	200	102.5	110	117.5	317.5	220	237.5	250	567.5	419.8365
1	JJ Gonzales		Raw Teen	73.4	75	18	205	220	-225	137.5	-145	145	365	205	-227.5	-227.5	570	412.3950
2	Anthony McGuill		Raw Teen	73.65	75	15	102.5	110	122.5	70	75	80	202.5	117.5	125	142.5	345	248.9865
1	Patrick Gray	TAMU	Collegiate	79	82.5	20	165	180	187.5	112.5	-117.5	117.5	305	137.5	-177.5	-177.5	442.5	304.5285
1	Ramiro Espinosa	SMAC	Open	81.3	82.5	20	185	195	200	142.5	150	162.5	362.5	215	237.5	257.5	620	419.0580
1	Jeff Button	UTSA	Raw Collegiate	81.15	82.5	23	195	207.5	212.5	150	155	157.5	370	230	240	-247.5	610	412.7870
2	Anthony Munoz	UTSA	Raw Collegiate	81.3	82.5	22	187.5	195	205	160	167.5	-183	372.5	217.5	227.5	235	607.5	410.6092
1	Chance Brady		Raw Open	81.8	82.5	25	215	235	-245	157.5	-165	-165	392.5	240	260	272.5	665	447.8110

1	Andy Christensen	TAMU	Collegiate	88.35	90	21	192.5	205	-212.5	132.5	140	145	350	182.5	205	-222.5	555	357.6975
2	Ivan Sauerzopf	TAMU	Collegiate	89.1	90	19	215	-227.5	232.5	60			292.5	212.5	227.5	232.5	525	336.8925
3	Rabih Abifaraj	TAMU	Collegiate	83.6	90	20	180	-187.5	187.5	130	-137.5	-137.5	317.5	-180	-185	185	502.5	334.0117
1	Nicholas Gutierrez		Open	85.3	90	30	237.5	287.5	317.5	195	202.5	-207.5	520	265	275	282.5	802.5	527.2425
1	LS McClain		Raw Open	90	90	34	235	250	-255	190	202.5	-210	452.5	275	298	-305	750.5	479.1192
1	George Pena	UTSA	Collegiate	96.5	100	20	-215	227.5	-242.5	-142.5	147.5	-162.5	375	215	227.5	235	610	376.7970
2	Matthew Cortez	TAMU	Collegiate	91.4	100	19	225	240	-250	142.5	-147.5	-147.5	382.5	-192.5	-192.5	192.5	575.000	364.2625
1	Anthony Palacios	UTSA	Raw Collegiate	96.05	100	19	192.5	200	212.5	110	115	-125	327.5	220	227.5	232.5	560	346.6400
1	Shane Brady		Raw Open	98.5	100	25	257.5	272.5	285	182.5	195	-202.5	480	265	282.5	-297.5	762.5	466.8787
1	Troy Aalund	TAMU	Collegiate	101.85	110	22	205	215	227.5	147.5	155	162.5	390	200	215	227.5	617.5	373.1553
	Leron Hutto	UTSA	Collegiate	103.6	110	20	250	260	272.5	-137.5	-137.5	-137.5		272.5	280	285		0.0000
1	Alan Krockover		Masters	100.55	110	44	215	225	240	157.5	-165	-165	397.5	215	225	-235	622.5	378.0442
1	Martin Halfant		Open	103.6	110	23	135	147.5	160	100	107.5	117.5	277.5	160	177.5	192.5	470	282.1880
1	John King		Raw Open	107.1	110	35	227.5	240	-252.5	150	-157.5	-157.5	390	227.5	250	-272.5	640	379.8400
1	Scott Dobbins	TAMU	Collegiate	117.35	125	20	292.5	307.5	317.5	205	215	217.5	535	272.5	285	-295	820	473.9600
1	Dan Bass	UTSA	Raw Collegiate	116.25	125	20	227.5	250	-272.5	137.5	-142.5	-142.5	387.5	227.5	235	-250	622.5	360.6765
1	Sonja Eddleman		Raw Masters	113.6	125	50	165	180	192.5	150	162.5	167.5	360	205	220	232.5	592.5	345.4275
1	Ross Carter	UTSA	Collegiate	125.7	125+	18	245	255	267.5	182.5	195	-205	462.5	237.5	247.5	-260	710	404.1320
1	Ryan Carrillo		Open	153.55	125+	21	267.5	280	-290	265	275	-285	555	257.5	275	280	835	460.5025
1	Charles Krause		Raw Masters	144.95	125+	54	182.5	192.5		137.5	145	-147.5	337.5	185	-205	205	542.5	301.6300
1	Celso Rodriguez		Raw Open	164.9	125+	36	185	227.5	232.5	117.5	127.5	137.5	370	185	220	237.5	607.5	331.5128

Men's Push-Pull

Place	Name	Team	Division	Body Weight	Weight Class	Age	Bench Press			Deadlift			Total	Wilks Total
							1	2	3	1	2	3		
1	Seyha Kim	Roughnecks	Raw Junior	66.75	67.5	22	82.5	92.5	-100	142.5	150	-165	242.5	188.6650
1	Tom Luangraj	Roughnecks	Raw Teen	74.25	75	19	117.5	125	-137.5	190	200	-207.5	325	233.2200
1	Brian Luangraj	Roughnecks	Raw Junior	78.45	82.5	20	125	-130	-130	185	190	195	320	221.2160
1	Joshua Vasquez		Raw Open	95.75	100	26	165	180	187.5	185	200	227.5	415	257.2170

Men's Bench Press Only

Place	Name	Team	Division	Body Weight	Weight Class	Age	Bench Press			Best BP	Wilks Total
							1	2	3		
1	Mareck Garcia	UTSA	Teen	68.35	75	18	115	-127.5	-127.5	115	87.7910
1	Benji Nanthavongdounsy	Roughnecks	Raw Junior	81.75	82.5	22	95	100	-107.5	100	67.3600
1	Chance Brady		Raw Open	81.8	82.5	25	157.5	-165	-165	157.5	106.0605
1	LS McClain		Raw Open	90	90	34	190	202.5	-210	202.500	129.2760
1	Shane Brady		Raw Open	98.5	100	25	182.5	195	-202.5	195	119.3985
1	Matt Craig		Masters	153.2	125+	41	235	245	257.5	257.5	142.0627

Men's Deadlift Only

Place	Name	Team	Division	Body Weight	Weight Class	Age	Deadlift			Best DL	Wilks Total
							1	2	3		
	Chantola Ouk	Roughnecks	Raw Junior	81.25	82.5	23	-182.5	-182.5	-182.5		