

CAPITAL CITY SENIOR GAMES

2023 RESULTS - POWERLIFTING DEADLIFT

POWERLIFTING DEAD LIFT - WOMEN

55-59

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Kara	Payne	55-59	132.2	225	1

60-64

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Alice	Warner	60-64	148.8	130	1

65-69

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Nancy	Isenberg	60-64	220.4	230	1

65-69

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Diana	Sellers	65-69	181.8	200	1

70-74

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Lynn	Lenahan	70-74	105.8	175	1

Wendy	Barber	70-74	132.2	145	1
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Sharon	Wolfe	70-74	148.8	160	1
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75-79

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Judy	Paukert	75-79	165.2	175	1

80-84

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Zoe	Mansfield	80-84	123.4	120	1

POWERLIFTING DEAD LIFT - MEN

50-54

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
Ben	Amponin	50-54	148.8	225	1

Stephen	Sgan	50-54	181.8	315	1
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Timothy	Lee	50-54	220.4	300	1
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Ryan	Burk	50-54	220.4	205	2
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55-59

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
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Bill	Dillon	55-59	220.4	355	1
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Michael	Rose	55-59	220.4	260	2
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60-64

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
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Kevin	Pope	60-64	148.8	230	1
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Charles	Williams	60-64	181.8	430	1
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William	Smith	60-64	220.4	235	1
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Steven	Neale	60-64	242.4	295	1
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Douglas	Pleas	60-64	308.6	350	1
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70-74

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
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Charles	Donahue	70-74	198.4	225	1
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Michael	Russell	70-74	220.4	320	1
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John	Carraro	70-74	242.4	265	1
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75-79

First Name	Last Name	Age Division	Weight Class	Max Lift	Place
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Nick	Gregg	75-79	165.2	205	1
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Robert	McVety	75-79	181.8	200	1
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Barry	Haber	75-79	220.4	315	1
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