





## 2019 NAPF North American Regional Powerlifting Championships Equipped Divisions

San Jose, Costa Rica  
August 6th - 10th, 2019

Awards Division	Name	Team	BW (kg)	YOB	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Subtotal	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total	IPF Points	IPF + Age Points	Place
<b>Female Equipped</b>																					
<b>47 kg</b>																					
Open	Susan Elwyn	United States Of America	46.81	1947	80	-92.5	92.5	92.5	35	42.5	45	45	137.5	110	125	-132.5	125	262.5	443.246946	761.4982533	1
Open	Cari Talley	United States Of America	46.83	2001	95	107.5	-107.5	102.5	55	-60	-60	55	157.5	90	97.5	-105	97.5	255	434.7656794	460.8516802	2
Open	Maria Jose Barquero	Costa Rica	45.78	1997	-107.5	107.5	-115	107.5	-72.5	-72.5	-72.5			105	117.5	-122.5	122.5	0	0	0	
Master IV	Susan Elwyn	United States Of America	46.81	1947	80	-92.5	92.5	92.5	35	42.5	45	45	137.5	110	125	-132.5	125	262.5	443.246946	761.4982533	1
Junior	Maria Jose Barquero	Costa Rica	45.78	1997	-107.5	107.5	-115	107.5	-72.5	-72.5	-72.5			105	117.5	-122.5	122.5	0	0	0	
Sub-Junior	Xacaria Clark	United States Of America	46.31	2002	115	125	127.5	127.5	57.5	-60	-60	57.5	185	125	-135	-135	125	310	508.0018884	548.6420395	1
<b>52 kg</b>																					
Open	Juanita Najera	United States Of America	51.46	1981	-145	150		150	85	90	95	95	245	180	187.5	195	195	440	645.1134296	645.1134296	1
Open	Jessica Reyes	Mexico	51.46	1983	125	-130	132.5	132.5	97.5	103	105.5	105.5	238	130	-137.5	-137.5	137.5	375.5	565.4199385	565.4199385	2
Junior	Aurora Arias	Costa Rica	50.05	1997	125	132.5	-140	132.5	50	60	-62.5	60	192.5	115	127.5	140	140	332.5	518.6627502	523.8493777	1
Sub-Junior	Alyssa Kirchner	United States Of America	48.54	2002	112.5	115	-117.5	115	62.5	-67.5	-67.5	62.5	177.5	112.5	-122.5	-122.5	112.5	290	471.52907	509.2513956	1
<b>57 kg</b>																					
Open	Jannitzi Tapia	Puerto Rico	56.18	1994	-153.5	152.5	-162.5	152.5	72.5	77.5	80	80	222.5	150	157.5	162.5	162.5	395	566.854822	566.854822	1
Open	Jennifer Salazar	United States Of America	56.9	2000	140	142.5	145	145	82.5	85	87.5	87.5	232.5	142.5	152.5	160	160	392.5	560.8397594	583.2733498	2
Open	Emy Barquero	Costa Rica	54.7	1998	115	122.5	-127.5	122.5	55	62.5	-65	62.5	185	120	130	-132.5	130	315	478.1460169	487.7089373	3
Master I	Maura Shuttleworth	United States Of America	55.62	1976	110	120	-130	120	112.5	122.5	-130	122.5	242.5	100	-110	-110	110	352.5	519.150373	535.2440346	1
Junior	Jennifer Salazar	United States Of America	56.9	2000	140	142.5	145	145	82.5	85	87.5	87.5	232.5	142.5	152.5	160	160	392.5	560.8397594	583.2733498	1
Junior	Emy Barquero	Costa Rica	54.7	1998	115	122.5	-127.5	122.5	55	62.5	-65	62.5	185	120	130	-132.5	130	315	478.1460169	487.7089373	2
<b>63 kg</b>																					
Open	Adriana Moreno	Costa Rica	57.67	1976	140	150	155	155	60	70	80	80	235	130	135	140	140	375	537.3944074	554.0536341	1
Open	Joseline Rosa	Puerto Rico	61.73	1992	137.5	142.5	-150	142.5	67.5	72.5	75	75	217.5	127.5	135	140	140	357.5	503.1378346	503.1378346	2
Open	Silvia Guerrero	Costa Rica	61.97	1997	-110	-110	110	110	65	75	-80	75	185	90	100		100	285	421.7600932	425.9776941	3
Master I	Adriana Moreno	Costa Rica	57.67	1976	140	150	155	155	60	70	80	80	235	130	135	140	140	375	537.3944074	554.0536341	1
Junior	Emma Ramsey	United States Of America	61.96	1998	140	152.5	162.5	162.5	80	87.5	-95	87.5	250	147.5	162.5	170	170	420	571.8981912	583.3361155	1
Junior	Silvia Guerrero	Costa Rica	61.97	1997	-110	-110	110	110	65	75	-80	75	185	90	100		100	285	421.7600932	425.9776941	2
<b>72 kg</b>																					
Open	Genesse Caldero	Puerto Rico	70.51	1985	155	-162.5	162.5	162.5	117.5	125	-132.5	125	287.5	145	155	162.5	162.5	450	574.6748857	574.6748857	1
Open	Billie Denison	United States Of America	71.14	1989	140	150	157.5	157.5	82.5	-90	-90	82.5	240	140	150	160	160	400	520.9705911	520.9705911	2
Open	Angelica Marin	Mexico	70.99	1974	-160	-165	-170		55	60	62.5	62.5		125	127.5	130	130	0	0	0	
Master I	Angelica Marin	Mexico	70.99	1974	-160	-165	-170		55	60	62.5	62.5		125	127.5	130	130	0	0	0	
Sub-Junior	Erin Whipple	United States Of America	69.12	2001	140	155	-162.5	155	60	65	-67.5	65	220	155	162.5	-167.5	162.5	382.5	508.2427625	538.7373282	1
<b>84 kg</b>																					
Open	Abigail Kreger	United States Of America	82.43	2004	-135	135	140	140	75	-80	-80	75	215	120	127.5	132.5	132.5	347.5	443.865667	523.7614871	1
Sub-Junior	Geri Fredrickson	United States Of America	78.54	2001	172.5	182.5	-190	182.5	100	105	112.5	112.5	295	150	162.5	175	175	470	571.7690046	606.0751449	1
Sub-Junior	Alissa Saunders	United States Of America	79.71	2003	115	125	-132.5	125	-65	-65	65	65	190	120	130	140	140	330	431.6394328	487.752559	2
<b>84+ kg</b>																					
Open	Kamillah Todd	United States Of America	104.22	1980	-225	225	235	235	140	147.5	152.5	152.5	387.5	182.5	-190	190	190	577.5	613.2084409	613.2084409	1
Open	Hannah Brown	United States Of America	94.41	1990	195	207.5	215	215	105	112.5	-117.5	112.5	327.5	200	210	-217.5	210	537.5	597.6915014	597.6915014	2

