

# 18<sup>th</sup> Annual NAPF North America Regional Powerlifting Championships

1<sup>st</sup> NAPF/FESUPO Pan-American University Cup

August 18, 2021 to August 21, 2021

Orlando, Florida, USA



## Classic Divisions

Women																	
Division	Name	Team	YOB	Body wt.	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	Total	IPF Points	IPF + Age F	Place
<b>47 kg</b>																	
OPEN	Simone Lai	Canada	1991	45.67	122.5	130	135	62.5	67.5	72.5	130	137.5	145	352.5	100.5928	100.5928	1
<b>52 kg</b>																	
OPEN	Aline Falcon	Mexico	1990	51.65	105	112.5	117.5	52.5	57.5	62.5	140	147.5	155	335	85.08389	85.08389	1
MASTERS II	Donna Radik	Canada	1963	49.22	75.5	80	85	-50	50	-52.5	95	102.5	-107.5	237.5	62.98443	81.3129	1
<b>57 kg</b>																	
OPEN	Yordanos Tessema	Canada	1992	56.5	115	120	125	70	75	77.5	165	182.5	190	392.5	92.68132	92.68132	1
OPEN	Adriana Moreno Mena	Costa Rica	1976	55.13	125	130	-135	67.5	-72.5	-72.5	125	135	142.5	340	81.82375	85.34217	2
JUNIOR	Maria Gabriela Rojas	Costa Rica	2002	56.59	115	122.5	-127.5	50	55	57.5	117.5	122.5	132.5	312.5	73.70179	76.64986	1
JUNIOR	Promise Walker	US Virgin Islands	1999	55.68	100	-105	-105	30	35	40	95	105	-107.5	245	58.50527	59.09032	2
<b>63 kg</b>																	
OPEN	Emily Zur Linden	Canada	1987	61.31	157.5	162.5	170	87.5	92.5	95.5	175	185	190	455.5	101.4539	101.4539	1
OPEN	Yaritza Rivera	Puerto Rico	1979	59.14	80	87.5	-92.5	35	40	-45	-90	90	-92.5	217.5	49.66443	50.16107	2
MASTERS I	Melissa Natal	Puerto Rico	1978	60.43	80	-87.5	87.5	37.5	42.5	-47.5	-105	105	112.5	242.5	54.54514	56.23604	1
MASTERS II	Kelly Wharton	Canada	1962	60.23	95	100	105	50	55	57.5	107.5	117.5	125	287.5	64.81467	85.23129	1
MASTERS III	Arlene Van Diepen	Canada	1957	60.99	80.5	85	90	47.5	50	-52.5	130	137.5	-148	277.5	62.0263	88.13937	1
<b>76 kg</b>																	
OPEN	Christine Castro	Canada	1992	71.44	165	-175	180	85	92.5	95	197.5	210	-220	485	98.61018	98.61018	1
OPEN	Aliah Vese	US Virgin Islands	1985	73.07	115	125	132.5	65	70	77.5	140	150	157.5	367.5	73.85765	73.85765	2
JUNIOR	Anaris Diaz	Puerto Rico	1999	71.14	117.5	125	-130	57.5	-67.5	-70	117.5	127.5	135	317.5	64.93184	65.34424	1
MASTERS III	Pamela King	Canada	1959	75.05	105	110	-112.5	65	70	72.5	112.5	120	127.5	310	61.48574	83.98951	1
<b>84 kg</b>																	
OPEN	Sara Sosa-Garcia	El Salvador	1995	80.95	125	135	140	57.5	62.5	65	130	142.5	147.5	352.5	67.57372	67.57372	1
MASTERS I	Amber Gomez	US Virgin Islands	1978	78.24	117.5	122.5	127.5	60	65	-67.5	137.5	147.5	152.5	345	67.11843	68.4608	1
MASTERS III	Linda Rousseau	Canada	1953	81.64	115	120	125.5	57.5	-60	60	107.5	115	122.5	308	58.83499	90.7824	1
<b>84+ kg</b>																	
OPEN	Desiree Wilkins	US Virgin Islands	1993	89.28	172.5	187.5	197.5	72.5	85	-95	182.5	192.5	205	487.5	90.02169	90.02169	1
OPEN	Laura Estrella	Dominican Republic	1993	96.38	-155	155	162.5	92.5	-100	-100	150	157.5	165	420	75.68624	75.68624	2
MASTERS I	Janine Hebert	Canada	1980	122.44	142.5	147.5	152.5	87.5	92.5	-95	172.5	180	185	430	73.46778	74.20245	1
Men																	
Division	Name	Team	YOB	Body wt.	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	Total	IPF Points	IPF + Age F	Place
<b>66 kg</b>																	
OPEN	Israel Torres	Mexico	1982	64.9	177.5	-182.5	182.5	120	127.5	130	215	225	-227.5	537.5	84.53682	84.53682	1
OPEN	Derick Vazquez	Puerto Rico	1990	64.92	130	135	140	90	-97.5	97.5	190	-200	-200	427.5	67.22528	67.22528	2
MASTERS II	David Hrynokow	Canada	1964	65.54	115	120		90	96	-99	175	185	199	415	64.93184	80.90507	1
MASTERS II	Jonathan Joseph Sr.	US Virgin Islands	1963	65.6	85	-92.5	-105	77.5	-87.5	-87.5	125	137.5	-142.5	300	46.91595	60.56849	2
<b>74 kg</b>																	
OPEN	Blake Barrett	Canada	1997	73.79	242.5	255	-260	152.5	160	-162.5	280	-295	-308	695	102.1835	102.1835	1
OPEN	Pierre Liciaga	Puerto Rico	1997	73.12	190	212.5	227.5	140	150	-157.5	235	250	255	632.5	93.43611	93.43611	2
OPEN	Geovany Decene	Puerto Rico	1992	73.59	202.5	210	212.5	145	147.5	-150	227.5	-232.5	-232.5	587.5	86.49993	86.49993	3
OPEN	Omar Villarreal	Mexico	1994	71.43	167.5	-177.5	-177.5	112.5	117.5	-120	200	215	-220	500	74.76834	74.76834	4
OPEN	Luis Guillermo Hernandez	Dominican Republic	1994	70.25	160	167.5	177.5	102.5	107.5	112.5	165	177.5	187.5	477.5	72.02872	72.02872	5
SUB-JUNIOR	Esteban Navarro	Costa Rica	2004	72.19	-210	-210	-210	142.5	145	-147.5	200	215	-227.5	0	0	0	0
<b>83 kg</b>																	
OPEN	Ronald Williams	Costa Rica	1992	82.93	232.5	245	255	145	155	162.5	262.5	280	-293	697.5	96.5937	96.5937	1
OPEN	Diego Ramirez	Mexico	1991	82.02	225	-235	-235	145	152.5	-155	270	-280		647.5	90.1714	90.1714	2
OPEN	David Miladeh	Dominican Republic	1993	81.4	167.5	175	182.5	95	102.5	107.5	187.5	202.5	227.5	517.5	72.34538	72.34538	3
JUNIOR	Byron Vargas	Costa Rica	2000	81.44	190	200	210	132.5	140	145	225	245	-255	600	83.85778	83.53494	1
JUNIOR	Nick Manders	Canada	1999	80.73	-265	-265	-265	-160	-160	-160				0	0	0	0
MASTERS I	Kevin Steijger	Canada	1972	79.37	180	190	195	112.5	117.5	-120	225	235	250.5	563	79.72508	87.45841	1
<b>93 kg</b>																	
OPEN	T. J. Gear	Canada	1990	91.59	242.5	-252.5	252.5	185	192.5	195.5	290	305	320	768	101.2241	101.2241	1
OPEN	Abraham Miguel	Dominican Republic	1993	91.45	245	260	265	180	187.5	192.5	260	280	-297.5	737.5	97.27711	97.27711	2
OPEN	Kelvin Garcia	Puerto Rico	1998	92.77	217.5	227.5	240	160	-172.5	-172.5	260	275	-292.5	675	88.41104	88.41104	3
OPEN	Todman Stefan	US Virgin Islands	1991	89.5	220	237.5	-242.5	-130	130	137.5	227.5	245	-250	620	82.65112	82.65112	4
OPEN	Giancarlo Avila	Costa Rica	1995	87.58	-210	210	-225	127.5	132.5	137.5	255	-265	-265	602.5	81.18631	81.18631	5
OPEN	Moises Guerrero	Costa Rica	1989	92.28	-235	-250	-250	140	-150	-150	255	-270	-270	0	0	0	0
JUNIOR	Kevin Min	Canada	1999	92.78	207.5	217.5	227.5	122.5	130	135	215	227.5	-240	590	77.27373	78.04647	1
MASTERS II	Jeff Butt	Canada	1970	92.8	235	248	255.5	140	142.5	145	255.5	267.5	276.5	677	88.659	101.6919	1
<b>105 kg</b>																	
OPEN	Nick Longo	Canada	1995	104.2	277.5	292.5	302.5	177.5	187.5	-192.5	292.5	310	-317.5	800	99.12414	99.12414	1
OPEN	Antonio Rodriguez	Puerto Rico	1996	103.8	260	270	275	150	157.5	165	275	290	-300	730	90.61349	90.61349	2
OPEN	Alex Dennis	US Virgin Islands	1985	102.26	197.5	207.5	215	165	175	-187.5	252.5	265	275	665	83.12605	83.12605	3
OPEN	Bernard Douglas	US Virgin Islands	1986	99.87	192.5	-202.5	-202.5	142.5	147.5	155	242.5	255	260	607.5	76.79245	76.79245	4
SPECIAL OLYMPICS	Jorge Lopez	Puerto Rico	1997	97.24	130	140	152.5	95	105	-110	170	185	-200	442.5	56.65273	56.65273	1
MASTERS I	Jose Alfredo Hernandez	Costa Rica	1978	103.39	227.5	-247.5	247.5	142.5	-147.5	147.5	210	225	-232.5	620	77.1021	79.49226	1
MASTERS III	Ron Kilpatrick	Canada	1959	101.54	190	202.5	215	100	110	115	202.5	221	230	560	70.23437	97.83648	1
MASTERS IV	Miroslav Koprnicky	Canada	1951	100.91	165	172.5	177.5	122.5	127.5	132.5	190	200	210	520	65.40973	105.3097	1
<b>120 kg</b>																	
OPEN	Bryce Krawczyk	Canada	1987	116.79	280	298	302.5	175	185	190	355	373	385	877.5	103.2282	103.2282	1
OPEN	Jason Li	Aruba	1994	117.68	-270	-270	285	165	172.5	-185	300	310	-320	767.5	89.98572	89.98572	2
OPEN	Christian Saladin	Aruba	1993	119.12	180	210	240	-160	165	-175	260	275	-290	680	79.30192	79.30192	3
JUNIOR	Luis Adrian Rivera	Puerto Rico	1998	111.31	210	225	232.5	125	132.5	-137.5	230	245	-255	610	73.32105	74.05426	1
JUNIOR	Christian Matthews	Puerto Rico	2000	118.71	115	127.5	137.5	80	92.5	95	172.5	185	-192.5	417.5	48.76268	50.25256	2
<b>120+ kg</b>																	
OPEN	Erik Willis	Canada	1990	131.53	-290	290	310	230	245.5	255	330	360	370.5	935.5	104.5898	104.5898	1
OPEN	Robert Fuller	Puerto Rico	1970	148.84	237.5	252.5	-260	160	170	-180	245	270	-282.5	692.5	73.7145	84.55054	2
SUB-JUNIOR	Bisch Jacob	Canada	2003	160.1													

## Equipped Divisions

### Women

Division	Name	Team	YOB	Body wt.	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	Total	IPF Points	IPF + Age F	Place
<b>47 kg</b>																	
OPEN	Maria Luisa Vasquez	Puerto Rico	1983	46.63	150	157.5	163	82.5	90	92.5	130	137.5	-142.5	393	86.63206	86.63206	1
<b>69 kg</b>																	
MASTERS I	Shantelle Szuch	Canada	1979	67.69	170	180	185	95	100	103	177.5	185	190.5	478.5	83.07233	83.90305	1
<b>76 kg</b>																	
JUNIOR	Kaylee Maruska	Canada	2001	74.13	167.5	177.5	185	112.5	117.5	122.5	177.5	185	-192.5	492.5	81.74123	84.19347	1
JUNIOR	Malinaltizin Porras	Mexico	2002	75.77	182.5	192.5	-202.5	82.5	87.5	92.5	162.5	172.5	182.5	467.5	76.81273	79.88524	2
MASTERS I	Nora Keller	Costa Rica	1977	74.66	75	80	85	40	42.5	45	75	90	100	230	38.04715	39.22661	1
MASTERS III	Mava Brydges	Canada	1957	74.09	122.5	127.5	132.5	77.5	82.5	-85.5	125	132.5	137.5	352.5	58.51992	84.85388	1
<b>84 kg</b>																	
OPEN	Rhaea Stinn	Canada	1988	80.33	230	240	247.5	205	213	-218	190	202.5	210	670.5	107.385	107.385	1

### Men

Division	Name	Team	YOB	Body wt.	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	Total	IPF Points	IPF + Age F	Place
<b>66 kg</b>																	
OPEN	Ivan Cancel	Puerto Rico	1982	65.28	-257.5	-257.5	260	188	193.5	200	217.5	225	-232.5	685	92.47427	92.47427	1
MASTERS II	David Hrynkow	Canada	1964	65.9	142.5	147.5	-150	90	-97.5	-97.5	185	195	-200	432.5	57.99364	72.26007	1
<b>74 kg</b>																	
MASTERS III	Ronald Walker	US Virgin Islands	1959	72.18	137.5	-145	145	-115	115	120	220	-235	-235	485	61.09206	85.10124	1
<b>83 kg</b>																	
MASTERS III	Claudio Lora	Dominican Republic	1953	82.55	-250	-262.5	-262.5							0	0	0	
<b>93 kg</b>																	
OPEN	Andres Soto	Costa Rica	1998	92.53	250	260	-267.5	-165	-165	165	-240	240	-255	665	72.30872	73.03181	1
OPEN	Marco Reyes	Mexico	1980	86.26	240	-247.5	-247.5	-150	150	-155	200	210	215	605	68.33891	69.0223	2
<b>105 kg</b>																	
OPEN	Garrett Bentley	Canada	1988	104.56	265	285	-292.5	-230	-230	-230	-225			0	0	0	
<b>120 kg</b>																	
OPEN	Jason Li	Aruba	1994	119.83	285	300	-315	175	182.5	-187.5	290	305		787.5	76.14959	76.14959	1
OPEN	Michael Fernandez	Costa Rica	1982	119.84	-340	-340	-340	245	255	-265	230	275	-295	0	0	0	
<b>120 kg</b>																	
OPEN	Carlos Manuel Campos Murillo	Costa Rica	1979	140.62	385	410	425.5	300	-325.5	-325.5	350	-375		1075.5	98.42974	99.41404	1
OPEN	Brian Kravtsov	Canada	1996	130.72	350	370	-380	237.5	245	250	295	310	-320	930	87.1376	87.1376	2