



ALBERTA
POWERLIFTING UNION

2023 Equipped Rankings Bench Only



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	NAME	BW	CLASS	AGE	SQUAT	BENCH	DEADLIFT	TOTAL	IPF GL POINTS
1	Shane Martin	130.00	120+	Open		347.5		347.5	99.65
2	Maria Frank	56.22	57	Open		127.5		127.5	83.15
3	Arshia Arshadi	98.60	105	Open		255.0		255.0	81.67
4	Brian Choung	98.05	105	Open		245.0		245.0	78.70
5	Brian Kravtsov	137.29	120+	Open		275.0		275.0	77.70
6	Arshia Arshadi	117.33	120	Open		250.0		250.0	74.14
7	Jordan Hoang	80.52	83	Open		200.0		200.0	72.78
8	Pamela Hodder	79.90	84	Master 1		122.5		122.5	65.28
9	Angelina Van Ryswyk	99.19	84+	Open		130.0		130.0	64.22
10	Mohanad Ibrahim	97.51	105	Junior		187.5		187.5	60.40
11	Alexander Bencsik	98.83	105	Open		185.0		185.0	59.18
12	Kayla Livingston	75.63	76	Open		105.0		105.0	57.35
13	Dario Manshadi	72.31	74	Sub-Junior		130.5		130.5	51.86
14	Nicholas Gillen	102.56	105	Open		145.0		145.0	45.53
15	Nathalie Hasiuk	72.41	76	Master 2		55.0		55.0	30.68