



ALBERTA
POWERLIFTING UNION

2023

Men's Rankings

Sub-Junior & Junior



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	NAME	BW	CLASS	AGE	SQUAT	BENCH	DEADLIFT	TOTAL	IPF GL POINTS
1	De'lano-j Woodbine	103.40	105	Junior	297.5	185.0	325.0	807.5	100.41
2	Logan Heffron	79.34	83	Junior	275.0	155.0	277.5	707.5	100.21
3	John Walls	92.18	93	Junior	270.0	192.5	335.0	735.0	96.57
4	Carlos Castillo	64.10	66	Junior	207.5	130.0	272.5	602.5	95.39
5	Abdul-Azeem Bello	91.32	93	Junior	260.0	175.0	265.0	722.5	95.37
6	John Ballesteros	65.67	66	Junior	222.5	142.5	287.5	600.0	93.78
7	Nikolas Scheiwiller	83.31	93	Junior	245.0	135.0	235.0	662.5	91.54
8	Caiden Thompson	89.18	93	Junior	262.5	157.5	282.5	682.5	91.14
9	Braeden Wicht	102.18	105	Junior	255.0	190.0	262.5	720.0	90.03
10	Josh Amponsah	92.74	93	Junior	250.0	152.5	275.0	685.0	89.74
11	Danik Becotte	73.13	74	Junior	205.0	157.5	275.0	607.5	89.74
12	Emmanuel Cruz	80.68	83	Junior	232.5	135.0	282.5	632.5	88.82
13	Carson Taylor	91.65	93	Junior	272.5	155.0	245.0	672.5	88.61
14	Edric Alati-it	58.90	59	Junior	182.5	117.5	265.0	535.0	88.61
15	Mohanad Ibrahiem	91.64	93	Junior	245.0	152.5	245.0	672.5	88.61
16	Tobi Aro	90.11	93	Junior	235.0	142.5	235.0	662.5	88.02
17	Luc Dahlman	78.82	83	Sub-Junior	217.5	145.0	275.0	615.0	87.40
18	Nathan Nguyen	73.36	74	Junior	227.5	130.0	285.0	592.5	87.38
19	Oluwatobi Aro	89.60	93	Junior	227.5	137.5	252.5	655.0	87.27
20	Nicholas Parra	73.95	74	Junior	205.0	127.5	235.0	590.0	86.64

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