



ALBERTA  
POWERLIFTING UNION

# 2023

## Women's Rankings

### Sub-Junior & Junior



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	NAME	BW	CLASS	AGE	SQUAT	BENCH	DEADLIFT	TOTAL	IPF GL POINTS
1	Tori Laperriere	56.60	57	Junior	152.5	102.5	172.5	427.5	100.81
2	Jenny Hua	51.32	52	Junior	135.5	65.0	163.0	363.5	92.84
3	Maura Howden	101.12	84+	Junior	202.5	102.5	202.5	507.5	90.24
4	Ayn Walls	74.26	76	Junior	172.5	85.0	192.5	450.0	89.71
5	Kyia Truong	62.11	63	Junior	150.0	75.0	177.5	402.5	88.88
6	Nicola Boag	68.16	69	Junior	162.5	77.5	180.0	420.0	87.61
7	Isabella Bregliano	70.97	76	Junior	152.5	80.0	195.0	427.5	87.22
8	Carla Swanepoel	68.84	69	Junior	165.0	77.5	172.5	415.0	86.09
9	Dara Fonseca Mora	54.57	57	Junior	125.0	67.5	160.0	352.5	85.52
10	Chisom Ezeh	74.30	76	Junior	160.0	85.0	180.0	425.0	84.71
11	Riva Kessel	82.84	84	Junior	175.0	77.5	192.5	445.0	84.50
12	Zoe Knipe	66.06	69	Sub-Junior	140.0	82.5	175.0	397.5	84.44
13	Kyla Becher	71.45	76	Junior	157.5	85.0	167.5	410.0	83.36
14	Maya Winckers	59.70	63	Junior	150.0	70.0	145.0	365.0	82.79
15	Sydney Woods	61.69	63	Junior	145.0	62.5	150.0	357.5	79.30
16	Azlin Ferguson	60.64	63	Junior	140.0	72.5	137.5	350.0	78.54
17	Dakota Earle	56.30	57	Junior	122.5	75.0	132.5	330.0	78.13
18	Christina Duong	49.73	52	Junior	110.0	47.5	132.5	290.0	76.18
19	Jera Willar	56.50	57	Junior	120.0	60.0	142.5	322.5	76.15
20	Laurel Gollnick	62.36	63	Junior	130.0	62.5	152.5	345.0	75.98

[www.powerliftingab.com](http://www.powerliftingab.com)

Alberta's Strongest Sport