

2011 SPF So Cal Open-Lb Results

Name	Age	Div	BWt (Lb)	Best Squat	Best Bench	Best Deadlift	PL Total	Coeff Score	Place
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Women-Lt-Raw

April White	27	F-L-R	133.5	255	140	330	725	619.44	1
Diane Lewis	26	F-L-R	162.5	245	125	315	685	501.0775	2

Women-Lt-Raw (Crossfit)

Chyna Cho	25	F-L-R	150	245	165	325	735	569.2575	1
Amber Bolton	31	F-L-R	155	250	120	300	670	506.855	2

Women-Hvy-Raw

Katrina Pesek	34	F-H-R	185.5	215	105	230	550	365.31	1
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Women-Hvy-Raw (Crossfit)

Dana Rygwelski	29	F-H-R	174	250	135	300	685	476.897	1
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Men-Lt-Raw (Crossfit)

Jake Cutting	30	M-L-R	194	530	315	585	1430	848.705	1
Connor Martin	20	M-L-R	171	440	230	450	1120	724.976	2
Tyler Schaeffer	24	M-L-R	193	435	290	460	1185	705.786	3
Neal Gadebusch	27	M-L-R	195.5	345	275	475	1095	646.5975	4
Adam Yudman	25	M-L-R	190.5	330	255	475	1060	636.424	5

Men-Lt-Single Ply

Richard Simon	80	M-L-SP	174.5	255	225	295	775	494.14	1
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Men-Mid-Raw

Eric Gohler	37	M-M-R	232	520	380	600	1500	815.1	1
Matt Brown	26	M-M-R	217.5	445	355	510	1310	730.063	2
Gregory Curry	28	M-M-R	214.5	445	340	475	1260	706.86	3

Men-Hvy-Raw (Crossfit)

Tai Dydasco	38	M-H-R	287	600	450	600	1650	849.255	1
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Men-Hvy-Multi Ply

Cassidy Hilton	30	M-H-MP	259	735	575	625	1935	1024.002	1
Thad Coleman	41	M-H-MP	354	980	0	0	0	0	DQ
Reilly Cook	31	M-H-MP	275	0	455	0	0	0	DQ
Austin Baumgarten	26	M-H-MP	274.5	650	0	0	0	0	DQ

Bench Only

Name	Age	Div	BWt (Lb)	Best Bench	Place
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Men-Hvy-Raw

Jared Roberts	30	M-H-BO-R	308	485	1
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Men-Lt-Raw

Antonio Santillan	9	M-L-R-BO	114	70	1
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Men-Hvy-Multi Ply

Anthony Cissell	25	M-H-MP-BO	315.5	0	DQ
Steve Denning	56	M-H-MP-BO	264	0	DQ

Men-Hvy-Single Ply

Rich Lopez	40	M-H-SP-BO	335.5	705	1
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