



Nebraska Push-Pull Standings by Formula

Rank	Name	Wt Class	Age	Meet Date	Division	Squat		Bench		DeadLift		Total		Formula Totals		
						Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Powerlifting		
Female		Raw	Push Pull													
1	Michelle Brunmeier	123	32	04-Mar-06	Open	--	-	47.50	104.50	112.50	248.00	160.00	352.50	225.040		
Male		Raw	Push Pull													
1	Hank McFarland	148	17	05-Nov-05	T2	--	-	105.00	231.25	175.00	385.75	280.00	617.25	321.904		
2	Chris Christensen	123	18	04-Mar-06	T3	--	-	82.50	181.75	145.00	319.50	227.50	501.50	292.512		
3	Monte Lofing	148	46	06-Nov-04	M2	--	-	90.00	198.25	162.50	358.00	252.50	556.50	286.221		
4	Ryan Hagemann	220	18	04-Mar-06	T3	--	-	102.50	225.75	195.00	429.75	297.50	655.75	264.052		
5	Roger Howsden	181	46	22-Apr-06	M2	--	-	95.00	209.25	165.00	363.75	260.00	573.00	244.396		
6	Clayton Spilker	148	17	06-Nov-04	T2	--	-	72.50	159.75	157.50	347.00	230.00	507.00	238.166		
7	David Hutchinson	148	17	04-Mar-06	T2	--	-	77.50	170.75	127.50	281.00	205.00	451.75	228.534		
8	Cameron Gross	148	16	04-Mar-06	T2	--	-	77.50	170.75	122.50	270.00	200.00	440.75	212.635		
9	Dan Goodwin Sr.	165	73	16-Jul-05	M7	--	-	82.50	181.75	137.50	303.00	220.00	485.00	204.036		
10	Heath Robertson	165	18	04-Mar-06	T3	--	-	90.00	198.25	182.50	402.25	272.50	600.75	183.801		
11	Mark Coe	275	50	16-Jul-05	M3	--	-	137.50	303.00	167.50	369.25	305.00	672.25	160.827		
12	Tanner Turek	114	12	04-Mar-06	Y1	--	-	35.00	77.00	77.50	170.75	112.50	248.00	158.144		
13	Wes Heiser	198	16	06-Nov-04	T2	--	-	105.00	231.25	145.00	319.50	250.00	551.00	146.975		
14	Grant Hitchcock	198	13	04-Mar-06	Y2	--	-	57.50	126.75	117.50	259.00	175.00	385.75	141.822		
15	Jerod Swett	148	16	04-Mar-06	T2	--	-	80.00	176.25	110.00	242.50	190.00	418.75	140.315		
16	Adam Mosel	181	17	04-Mar-06	T2	--	-	85.50	188.25	125.00	275.50	210.50	464.00	130.805		
17	Jeremy Warner	198	17	06-Nov-04	T2	--	-	105.00	231.25	115.00	253.50	220.00	485.00	128.942		
18	Brian Bader	308	25	16-Jul-05	Open	--	-	62.50	137.75	137.50	303.00	200.00	440.75	102.160		
19	Westley Thurman	165	16	15-Jul-06	T2	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000		
20	Brian Christiansen	148	15	06-Nov-04	T1	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000		
21	Brian Bader	SHW	26	15-Jul-06	Open	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000		
22	Scott Anderson	165	21	15-Jul-06	Open	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000		



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						Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Powerlifting	
Female Equipped Push Pull															
1	Rita Carlson	148	52	16-Jul-05	Open	--	-	65.00	143.25	150.00	330.50	215.00	473.75	280.343	
2	Rita Carlson	148	52	16-Jul-05	M3	--	-	65.00	143.25	150.00	330.50	215.00	473.75	280.343	
3	Megan Hampton	114	18	04-Mar-06	T3	--	-	52.50	115.50	105.00	231.25	157.50	347.00	249.581	
4	Megan Hampton	105	17	16-Jul-05	T2	--	-	47.50	104.50	100.00	220.25	147.50	325.00	233.596	
5	Maren Kennedy	181	17	22-Apr-06	T2	--	-	65.00	143.25	147.50	325.00	212.50	468.25	219.332	
6	Tami Maloun	198	17	22-Apr-06	T2	--	-	80.00	176.25	137.50	303.00	217.50	479.50	215.966	
7	Amanda O'Neal	114	0	04-Mar-06		--	-	37.50	82.50	90.00	198.25	127.50	281.00	194.980	
8	Tami Maloun	UNL	16	04-Mar-06	T2	--	-	80.00	176.25	120.00	264.50	200.00	440.75	191.876	
9	Lexi Eddy	097	0	04-Mar-06		--	-	30.00	66.00	72.50	159.75	102.50	225.75	184.965	
10	Maren Kennedy	181	17	16-Jul-05	T2	--	-	57.50	126.75	117.50	259.00	175.00	385.75	183.393	
11	Lisa Engelman	97	15	22-Apr-06	T1	--	-	27.50	60.50	72.50	159.75	100.00	220.25	161.011	
12	Terri Miller	165	26	04-Mar-06	Open	--	-	75.00	165.25	102.50	225.75	177.50	391.25	133.924	
13	Lindsey Probst	123	16	05-Nov-05	T2	--	-	47.50	104.50	90.00	198.25	137.50	303.00	127.380	
14	Chelsea Dotson	132	18	22-Apr-06	T3	--	-	47.50	104.50	95.00	209.25	142.50	314.00	124.531	
15	Lindsey Probst	123	15	16-Jul-05	T1	--	-	42.50	93.50	85.00	187.25	127.50	281.00	116.522	
16	Amanda O'Neal	114	17	15-Jul-06	T2	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
17	Kacie Sharp	181	20	15-Jul-06	Open	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
18	Tami Maloun	198	17	15-Jul-06	T2	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
19	Terri Miller	148	26	15-Jul-06	Open	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
20	Michelle Brunmeier	123	32	15-Jul-06	Open	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
21	Lexi Eddy	097	15	15-Jul-06	T1	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
Male Equipped Push Pull															
1	Sterling Stinson	148	34	04-Mar-06	Open	--	-	137.50	303.00	220.00	485.00	357.50	788.00	411.525	
2	Monte Lofing	148	47	16-Jul-05	M2	--	-	120.00	264.50	200.00	440.75	320.00	705.25	385.866	
3	Patrick Haddix	198	28	22-Apr-06	Open	--	-	165.00	363.75	217.50	479.50	382.50	843.25	337.531	
4	Stacey Huey	242	16	22-Apr-06	T2	--	-	125.00	275.50	250.00	551.00	375.00	826.50	319.544	
5	Patrick Haddix	198	28	04-Mar-06	Open	--	-	160.00	352.50	210.00	462.75	370.00	815.50	319.006	
6	Shawn Gavne	181	37	04-Mar-06	Open	--	-	110.00	242.50	202.50	446.25	312.50	688.75	313.150	
7	Josh Holmquist	132	18	04-Mar-06	T3	--	-	95.00	209.25	160.00	352.50	255.00	562.00	307.512	
8	Norman Nielsen	165	18	22-Apr-06	T3	--	-	102.50	225.75	165.00	363.75	267.50	589.50	284.131	
9	D.C. Walter	SHW	17	22-Apr-06	T2	--	-	135.00	297.50	207.50	457.25	342.50	755.00	281.792	
10	Clayton Spilker	148	18	04-Mar-06	T3	--	-	85.00	187.25	180.00	396.75	265.00	584.00	270.285	
11	Clayton Spilker	148	17	16-Jul-05	T2	--	-	77.50	170.75	160.00	352.50	237.50	523.50	259.061	
12	D.C. Walter	SHW	17	04-Mar-06	T2	--	-	152.50	336.00	190.00	418.75	342.50	755.00	258.513	
13	Evan Dunn	220	19	22-Apr-06	T3	--	-	120.00	264.50	180.00	396.75	300.00	661.25	257.876	
14	Jake Holmquist	132	15	04-Mar-06	T1	--	-	67.50	148.75	145.00	319.50	212.50	468.25	254.563	
15	Jared Weers	198	19	22-Apr-06	T3	--	-	87.50	192.75	172.50	380.25	260.00	573.00	254.173	
16	Adam Stohs	220	17	22-Apr-06	T2	--	-	102.50	225.75	165.00	363.75	267.50	589.50	243.180	
17	Cameron Worden	097	14	04-Mar-06	T1	--	-	47.50	104.50	85.00	187.25	132.50	292.00	242.053	
18	Ryan Beckman	123	15	22-Apr-06	T1	--	-	55.00	121.25	110.00	242.50	165.00	363.75	226.012	
19	Josh Holmquist	148	17	16-Jul-05	T2	--	-	80.00	176.25	107.50	236.75	187.50	413.25	213.350	
20	Brian Bird	148	14	16-Jul-05	T1	--	-	62.50	137.75	105.00	231.25	167.50	369.25	206.435	
21	Sam Wiborg	220	14	16-Jul-05	T1	--	-	57.50	126.75	0.00	0.00	57.50	126.75	33.034	
22	Patrick Haddix	198	28	15-Jul-06	Open	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
23	Shawn Gavne	181	37	15-Jul-06	Open	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
24	Samuel Schrock	220	34	15-Jul-06	Open	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
25	Jerod Swett	148	16	15-Jul-06	T2	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
26	Cameron Worden	105	15	15-Jul-06	T1	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
27	James Cash	242	55	16-Jul-05	M4	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
28	Robert Overfield	275	16	15-Jul-06	T2	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
29	Dan Goodwin Sr.	165	74	15-Jul-06	M7	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
30	Mark Coe	275	51	15-Jul-06	M3	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
31	James Byington	181	41	15-Jul-06	M1	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
32	James Busing	220	20	15-Jul-06	Open	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
33	Ryan Beckman	123	15	15-Jul-06	T1	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
34	Clint Urbanovsky	220	16	15-Jul-06	T2	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	
35	Monte Lofing	148	48	15-Jul-06	M2	--	-	0.00	0.00	0.00	0.00	0.00	0.00	0.000	