



A Light For Life

January 4, 2020

Full Power

Name	State	Age	Division	Weight	Squat (lbs)	Bench Press (lbs)	Deadlift (lbs)	Total (lbs)
Jaron Beeson	MO	22	Jr. Male Raw	220	520	365	545	1430
Bo Elliot	MO	29	Open Male Raw	159	345	275	415	1035
Shane George	MO	27	Open Male Raw	196.8	450	315	545	1310
Luis Serrano	MO	29	Open Male Raw	219.8	475	365	550	1390
Joe Abramovitz	MO	25	Open Male Raw	241	700	450	660	1810
Jon Dobson	MO	24	Open Male Raw	341.4	505	305	495	1305
Greg Lopez	MO	38	Submaster Raw Male	148.5	335	265	405	1005
Kyle Russell	MO	35	Submaster Raw Male	173	415	285	405	1105
Mitch Forrester	MO	44	Master 1 Raw Male	278.8	400	225	525	1150

Push/Pull

Riley Howard	MO	23	Jr. Male Raw	215.2		335	455	790
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