

IPA STRENGTH OF OUR HEROES - PRO

September 7-8, 2024

Bohemia, New York

Name	Equipment	Division	BodyweightLBS	WeightClassLBS	Best3SquatLBS	Best3BenchLBS	Best3DeadliftLBS	TotalLBS
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WOMEN'S DIVISIONS - FULL POWER

Name	Equipment	Division	BodyweightLBS	WeightClassLBS	Best3SquatLBS	Best3BenchLBS	Best3DeadliftLBS	TotalLBS
Alicia Childress	Multi-ply	Open	192	198	650	345	465	1460
Andrea Villalobos	Unlimited	Open	145	148	530	360	450	1340
Elise Frazier	Multi-ply	Open	177	181	460	255	390	1105
Tiffany Biancardi	Multi-ply	Open	128	132	600	305	340	1245

WOMEN'S DIVISIONS - BENCH ONLY

Rochelle Dubbs	Raw	M45-49	275.6	308		350		350
Rochelle Dubbs	Raw	Open	275.6	308		350		350

MEN'S DIVISIONS - FULL POWER

Anthony Hobaica	Single-ply	Open	196.2	198	885	620	640	2145
Derrick Benjamin	Unlimited	M45-49	245	260	800	615	700	2115
Derrick Benjamin	Unlimited	Open	245	260	800	615	700	2115
Joe Stein	Unlimited	Open	338	SHW	1185	690	745	2620
Kirby Goodrich	Multi-ply	Open	273	275	1055	620	700	2375
Mason Cooper	Multi-ply	Open	218.5	220	830	600	575	2005
Michael Esposito	Unlimited	Open	219	220	740	645	615	2000
Stephen Lusterino	Unlimited	Open	262	275	840	735	725	2300

MEN'S DIVISIONS - BENCH ONLY

Jeff Holstead	Unlimited	M55-59	183	198		500		500
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INDICATES IPA WORLD RECORD

INDICATES IPA NY STATE RECORD

INDICATES BOTH IPA WORLD & NY STATE RECORD