

S/N	Name	Sex	Weight Cat	Bodyweight	Team	Rack Ht.	SQUAT 1	SQUAT 2	SQUAT 3
1	Derrick Kim	M	U74kg	72.75	Powerlifting Singapore	11	190	210	220x
2	Jonathan Wong	M	U74kg	69.70	Pushmore	11	180	190	195
3	Sean Muir	M	U83kg	82.53	Powerlifting Australia	10	190	200	210
4	Zarol Ni Zam Bin Alfiyan	M	Above 120kg	123	nil	13	220	230	246x
5	Nelson Chui Chee Chung	M	Above 120kg	141.8	Core Fitness	15	210	230	245
6	Lau Jue Hua	M	U93kg	91.55	Powerlifting Singapore	12	190	210	225
7	Sebastian Eio Jing Kai	M	U74kg	73.20	Genesis Gym	12	170	185	190x
8	Darren Solomon Low Jun Ket	M	U120kg	119.15	Core Fitness	17	190	210	225
9	Moisson Julien	M	U83kg	78.1	Genesis Gym	11	160	170	177
10	Lo Yu Wen, Michael Alan	M	U66kg	64.4	SMU & AC Gym	9	150	160	160
11	Tan Wei Xiong, Bryan	M	U83kg	80.95	SMU	11	170	182	195X
12	Choo Shan Ming Brandon	M	U66kg	65.15	The Alphas	12	137	145	150
13	Leroy Kiang	M	U83kg	77.65	Powerlifting Sg	10	160	170	175X
14	Zack Toh Cheng Leong	M	U66kg	63.95	Police Coast Guard	10	125	132	140
15	Tan Yan Wei	M	U83kg	81.3	nil	17	140	155	165X
16	Henson Irving Scott	M	U105kg	99.6	The Pit	13	160	190	200X
17	Jerald Choo	M	U74kg	73.25	The Gym Nation	11	130	140	150x
18	Randy Loke You Jie	M	U59kg	55.95	nil	10	100	110X	110
19	Dominic Lee Yong Quan	M	U74kg	72.55	TeamN	13	140	155	160
20	Tan Fei	M	U93kg	91.9	nil	17	170	180	185
21	Muhammad Hidayat Bin Osman	M	U66kg	64.6	nil	9	140	150	160
22	Ang Boon Yew	M	U93kg	86.95	Powerlifting Singapore	11	160	175	185X
23	Andrew Wang Rui Wen	M	U74kg	72.05	The Gym Nation	9	160	173x	173
24	Twain Teo Wei Ren	M	U105kg	97.95	SMU	13	180	190X	190
25	Chow Zi Siong	M	U66kg	65.45	Thomson CC Gym	10	130X	140	-
26	Aaron Sin Kah Leong	M	U74kg	68.05	TeamN	12	140	155	162X
27	Tay Jia Jun Royce	M	U120kg	113.5	The Gym Nation	13	180	190	205X
28	Wang Hao Bo	M	U93kg	89.55	SMU	15	150	160X	160
29	Lewis Chua	M	U120kg	118.05	SWF	13	230	245	250X
30	Heng Jun Kai	M	U93kg	86.45	nil	12	165	185	190
31	Justin Tan Dao Wen	M	U74kg	70.90	Genesis Gym	13	120	140x	140

32	Jovian Chan	M	U93kg	88.35	nil	13	155X	160	170X
33	Muhammad Irfan B Ahmad Rusni	M	U105kg	100	ITE CC	12	180	190	200X
34	Benjamin Soh	M	U120kg	116.15	SWF	18	160	170	183
35	Zames Lee Wen Jie	M	U66kg	63.85	SP Strongman Team	10	122	130	137
36	Shaun Seow	M	U93kg	89.8	Powerlifting Singapore	12	180	185	190
37	Cai Longkuan	M	U66kg	62.35	nil	11	120	125	130X
38	Kedric Kwan Xue Bin	M	U74kg	72.75	Malaysia	12	128x	128	137
39	Folk Johan Niclas	M	U105KG	101.6	HKWPA	15	165X	165	175
40	Quek Han Loong Duston	M	U83kg	78.35	nil	11	155	175X	195X
41	Sam Lim Kok Wei	M	U93kg	88.85	SMU	12	145	158	166
42	Jonson Tan Cheng Sang	M	U83kg	82.8	Pushmore	14	145X	150	160
43	Joshua Lee Yi	M	U59kg	58.90	NYP	8	115X	130	140X
44	Khoo Wen Xing	M	U120kg	119.15	The Gym Nation	13	175X	175	185
45	Graham Rance	M	U66kg	65.2	Genesis Gym	12	100	110	122
46	Muhammad Rayhan	M	U74kg	71.95	nil	13	130	150	155
47	Lim Loong Ann Christopher	M	U74kg	71.70	Genesis	13	130x	140	157x
48	Ang Chun Che (Glenn)	M	U93kg	89.45	nil	17	120	145	160X
49	Mike Tee Choon Yen	M	U66kg	65.75	Crossfit Malaysia	14	115	125	132
50	Jack Visoky	M	U74kg	71.65	nil	12	115	125	130x
51	Tan Poh Heng Matthew	M	U74kg	71.75	Certis Cisco	12	123	135	145x
52	Abd hanif abd Halim	M	U74kg	69.30	Malaysia	8	110	120	127
53	Bernard Koh Kun Sing	M	U93kg	89.2	TeamN	15	140X	150	160X
54	Samuel Tan Costa	M	U93kg	89.75	Core Fitness	17	160	175	186X
55	Ivan Lee	M	U74kg	72.35	nil	11	125	130	135x
56	Ong Pang Wee	M	U83kg	81.65	nil	13	110	120	130
57	Chong Kai Jie	M	U74kg	68.70	nil	13	105	115	120
58	Troy Lee	M	U74kg	73.05	nil	14	105	115	125
59	Ryan Heseed Chua Teck Guan	M	U83kg	80.9	nil	12	120	125	130
60	Ong Wee Keat	M	U83kg	77.55	NUS	14	25	-	-
61	Bruce Lim JunJia	M	U66kg	63.15	Thomson CC Gym	8	80	-	-
62	Shawn Lim	M	U66kg	61.4	The Pit	10	110	120X	120
63	Mark Enriquez	M	U74kg	73.65	Crossfit Hub	12	140x	145x	145
64	Valen Low Wai Luen	M	U83kg	80	Republic Polytechnic	11	40X	40	-

65	Justin Han Renguang	M	U74kg	69.55	nil	14	110x	125x	135x
66	Ng Bing Wen	M	U59kg	58.65	SWF	9	120	130	-
67	Chen QiJian	M	U59kg	58.40	nil	9	110	125X	125
68	Zeon Loh Zhi Hao	M	U83kg	78.25	The Gym Nation	13	175X	185X	185X
69	Sherdhill Jinnah Abdul Azees	M	U105kg	97.85	India	14	225X	225X	225X

Best Attempt	Rack Ht.	BENCH 1	BENCH 2	BENCH 3	Best attempt	DEADLIF T 1	DEADLIF T 2	DEADLIF T 3	Best Attempt	TOTAL	Squat/B W Ratio	Bench/B W Ratio	Deadlift/BW Ratio
210	8	120	125x	-	120	260	280x	280	280	610	2.8866	1.6495	3.848797251
195	8	110	115	117x	115	210	220	230x	220	530	2.7977	1.6499	3.156384505
210	8	122	130	135	135	230	245	255x	245	590	2.5445	1.6358	2.968617472
230	9	155	160	165	165	260	275	280x	275	670	1.8699	1.3415	2.235772358
245	12	155	170	175x	170	230	260	270	270	685	1.7278	1.1989	1.904090268
225	8	140	150	155	155	220	231X		220	600	2.4577	1.6931	2.403058438
185	12	105	110	118	118	205	215	222x	215	518	2.5273	1.612	2.93715847
225	12	155	170	175X	170	230	250		250	645	1.8884	1.4268	2.098195552
177	10	112	118	124	124	200	215	225	225	526	2.2663	1.5877	2.880921895
160	9	85	95X	95	95	185	195	200	200	455	2.4845	1.4752	3.105590062
182	9	100	115	117X	115	220	232	240X	232	529	2.2483	1.4206	2.865966646
150	8	98	102	104X	102	175	192	198	198	450	2.3024	1.5656	3.039140445
170	7	112	117	123	123	220	230X	234X	220	513	2.1893	1.584	2.833226014
140	8	115	123X	123X	115	162	175	180	180	435	2.1892	1.7983	2.814698984
155	11	120	130	137X	130	200	220	230	230	515	1.9065	1.599	2.82902829
190	11	140x	150	160	160	180	220		220	570	1.9076	1.6064	2.208835341
140	8	130	140	150x	140	175	190	195	195	475	1.9113	1.9113	2.662116041
110	10	85	90X	90X	85	172	182X	182	182	377	1.966	1.5192	3.252904379
160	11	90	100	102	102	180	190	205	205	467	2.2054	1.4059	2.825637491
185	11	120	130	135X	130	200	220		220	535	2.0131	1.4146	2.39390642
160	9	80	90X	-	80	180	190X	190X	180	420	2.4768	1.2384	2.786377709
175	7	125	130X	130X	125	200	215		215	515	2.0127	1.4376	2.472685451
173	9	80x	87	92x	87	165	180	195	195	455	2.4011	1.2075	2.706453851
190	10	130X	130	140X	130	220	230X		220	540	1.9398	1.3272	2.2460439
140	9	75	82	85X	82	180	197	200X	197	419	2.139	1.2529	3.009931245
155	10	90	95	100X	95	160	170	180	180	430	2.2777	1.396	2.645113887
190	10	135	145	152	152	210	220		220	562	1.674	1.3392	1.938325991
160	11	130	140	150X	140	180	210		210	510	1.7867	1.5634	2.345058626
245	10	80	95X	95X	80	221	240		240	565	2.0754	0.6777	2.033036849
190	10	110	120	/	120	170	190		190	500	2.1978	1.3881	2.197802198
140	12	80	90	100x	90	180	200x	200	200	430	1.9746	1.2694	2.820874471

160	10	105	110	120X	110	190	220	225	225	495	1.811	1.245	2.546689304
190	10	100	110	120X	110	200	220		220	520	1.9	1.1	2.2
183	11	120	132	142X	132	230	250X		230	545	1.5755	1.1365	1.98019802
137	9	82	87	91x	87	147	158	167	167	391	2.1457	1.3626	2.61550509
190	10	110	120X	130X	110	190	220X		190	490	2.1158	1.2249	2.115812918
125	9	80	85	90X	85	140	160	170	170	380	2.0048	1.3633	2.726543705
137	9	95x	97x	97	97	165	173	190	190	424	1.8832	1.3333	2.611683849
175	9	125	135X	135X	125	200	210		210	510	1.7224	1.2303	2.066929134
155	9	100	115	130X	115	135	160	170	170	440	1.9783	1.4678	2.169751117
166	10	95	108X	117	117	170	190		190	473	1.8683	1.3168	2.138435566
160	10	90	100X	100X	90	180	190	200	200	450	1.9324	1.087	2.415458937
130	8	60	70X	70X	60	120	140	153	153	343	2.2071	1.0187	2.59762309
185	9	90	110X	110	110	205	220		220	515	1.5527	0.9232	1.846412086
122	10	80	90X	100	100	130	140	150	150	372	1.8712	1.5337	2.300613497
155	9	65	75	80x	75	140	160	170	170	400	2.1543	1.0424	2.362751911
140	11	85x	95	98	98	140	160	165x	160	398	1.9526	1.3668	2.231520223
145	11	100	120X	120	120	175	185		185	450	1.621	1.3415	2.068194522
132	9	60X	70	73	73	130	145	155	155	360	2.0076	1.1103	2.357414449
125	9	100	110	117x	110	135	150	160x	150	385	1.7446	1.5352	2.093510119
135	8	90	95x	95x	90	140	153	160	160	385	1.8815	1.2544	2.229965157
127	8	73	80x	90x	73	160x	172	175	175	375	1.8326	1.0534	2.525252525
150	11	85	90	98X	90	175	185	195	195	435	1.6816	1.009	2.186098655
186	12	85	90	95	95	155	175X		155	436	2.0724	1.0585	1.727019499
130	10	90	95x	98x	90	150x	150	155	155	375	1.7968	1.244	2.142363511
130	9	110x	110	120X	110	150	160	170X	160	400	1.5922	1.3472	1.959583588
120	11	75	80	85	85	115	130	140	140	345	1.7467	1.2373	2.037845706
125	11	80	86	91x	86	115	125	140	140	351	1.7112	1.1773	1.916495551
130	10	80	87X	87X	80	145	155	165	165	375	1.6069	0.9889	2.039555006
25	9	105	112	NIL	112	200	215	222	222	359	0.3224	1.4442	2.862669246
80	8	112	120	125	125	95	-	-	95	300	1.2668	1.9794	1.504354711
120	9	100X	100X	105X	0	140	150	170	170	290	1.9544	0	2.768729642
145	9	120x	120x	120x	0	180	190	200x	190	335	1.9688	0	2.579769179
40	9	122x	125	131	131	160	170	180X	170	341	0.5	1.6375	2.125

0	10	75	85	93	93	130	147	158	158	251	0	1.3372	2.271746945
130	8	75X	75X	78	78	170X	175X	175X	0	208	2.2165	1.3299	0
125	8	70X	70	80X	70	150X	150X	155X	0	195	2.1404	1.1986	0
0	DNF	DNF	DNF	DNF	0	DNF	DNF	DNF	0	0	0	0	0
0	11	DNF	DNF	DNF	0	DNF			0	0	0	0	0

Wilks Score
444.1810512
398.485528
395.1588315
383.0821456
382.0592294
379.7827785
375.5110306
371.4441155
364.6906902
364.6488265
358.4951078
357.1515057
357.0323117
350.7014642
348.0809663
347.4546118
344.170027
343.5012751
340.7353808
338.008749
335.7192077
334.7946284
333.6661186
331.4417954
331.2788577
329.401712
327.7203953
326.4161465
326.1027125
326.071064
319.1303821

319.0492035
316.4663174
315.8462956
315.6492504
313.1679643
313.1427904
308.7422389
308.4573598
304.4280762
303.9676216
300.8054075
297.5665901
296.5794101
295.0564109
293.6331567
292.9176262
288.1797942
283.5556353
283.4965147
283.2037296
283.2021612
278.9766549
278.7349072
274.1621295
269.6446093
262.3161336
254.8253647
254.2288583
250.0661184
244.4901965
242.2417658
241.7846242
232.8002192



189.0299775
181.1654781
170.5232429
0
0

S/N	Name	Sex	Weight Cat	Bodyweight	Represent	Rack Ht.	SQUAT 1	SQUAT 2	SQUAT 3	Best Attempt	Rack Ht.
1	Gan Hsiu Lun Sonia	F	U63kg	61.6	AlphaFit	9	97	105	110X	105	8
2	Han Wen Hui	F	U52kg	51.55	SWF	8	75	81X	85	85	8
3	Deborah Guo WeiXian	F	U63kg	60.45	Powerlifting Sg	9	110	120X	121	121	7
4	Cheryl Foo Wei Shan	F	U63kg	59.3	SWF	10	86	92	96X	92	8
5	Xie Liting Jolene	F	U84kg	77.3	nil	7	115X	115	122	122	6 + P
6	Jackie Li	F	U57kg	56.35	nil	8	85	93	98	98	8
7	Tan Xin Yi Jessica	F	U57kg	57.00	Powerlifting Sg	8	85	95	100X	95	9
8	Ip Wing Yuk	F	U72KG	63.75	HKWPA	10	80	87	90	90	4
9	Charmaine Su Mei Qi	F	U57kg	54.50	Genesis Gym	8	70	85	87	87	8
10	Chan Jia Hui Jacelyn	F	U84kg	79.85	Genesis Gym	9	100	110	120	120	10
11	Cheryl Ng	F	U57kg	55.35	SMU	9	75	80	85	85	8
12	Corinne Bianca	F	U72kg	69.5	Powerlifting Singapore	12	85	95	-	95	9
13	So Wai Ching	F	U63KG	59.45	HKWPA	8	65	75	78X	75	6
14	See Mei Lin Caroline	F	U63kg	62.7	Genesis Gym	9	80	87	92	92	9
15	Lim Peiling Amy	F	U57kg	54.15	The Pit	9	60	70X	70X	60	10
16	Daphne Tan Yan Ting	F	U52kg	48.90	Genesis Gym	9	65X	75	77X	75	9
17	Teo Sock Siang Amy	F	U63kg	62.95	The Pit	10	70	80	85X	80	11
18	Alison Forrow	F	U72kg	67.05	The Pit	9	70	80	90	90	7
19	Charmaine Tan	F	U72kg	67.6	The Gym Nation	12	76	85	92	92	10
20	Alice Cheong Swee Chin	F	U72kg	65.75	nil	10	30	45	50	50	8

BENCH 1	BENCH 2	BENCH 3	Best attempt	DEADLIF T 1	DEADLIF T 2	DEADLIF T 3	Best Attempt	TOTAL	Squat/B W Ratio	Bench/B W Ratio	Deadlift/BW Ratio	Wilks Score
53	55X	55x	53	135	140	147	147	305	1.70455	0.86039	2.386363636	333.21278
48	51X	-	48	110	120	125X	120	253	1.64888	0.93113	2.327837051	317.5204254
45	50X	50x	45	115	125X	125X	115	281	2.00165	0.74442	1.902398677	311.4773386
55X	58	61x	58	120	133X	135X	120	270	1.55143	0.97808	2.023608769	303.7740771
53	58	62	62	110	135		135	319	1.57827	0.80207	1.746442432	297.7138276
43	47	49x	47	85	95	103	103	248	1.73913	0.83407	1.827861579	290.3761866
36	40X	40X	36	105	115X	115	115	246	1.66667	0.63158	2.01754386	285.4569621
55	60	64x	60	95	105	115	115	265	1.41176	0.94118	1.803921569	282.0699494
38	42	44X	42	90	100	103	103	232	1.59633	0.77064	1.889908257	278.8411968
48	55X	56	56	105	120		120	296	1.50282	0.70131	1.502817783	271.1261048
42X	45	50X	45	85	95	100X	95	225	1.53568	0.81301	1.716350497	267.1701428
48X	48	55	55	100	115		115	265	1.36691	0.79137	1.654676259	264.9447821
45	48	50	50	85	105	110	110	235	1.26156	0.84104	1.850294365	263.8772295
35	40	42	42	85	95	105	105	239	1.4673	0.66986	1.674641148	257.6062332
30X	35	40	40	85	100	110	110	210	1.10803	0.73869	2.031394275	253.6742462
27X	30X	30	30	70	85	95X	85	190	1.53374	0.6135	1.738241309	248.1995405
40	45	50	50	90	100	110X	100	230	1.27085	0.79428	1.588562351	247.1587419
30	40	50	50	70	100		100	240	1.34228	0.74571	1.49142431	246.1303581
28	30X	30X	28	75	93X		75	195	1.36095	0.4142	1.109467456	198.8102285
25	30X	30x	25	60	70	77	77	152	0.76046	0.38023	1.171102662	158.120063

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3	Henson Irving Scott	M	U105kg	99.6	The Pit	13	160	190	200X
4	Twain Teo Wei Ren	M	U105kg	97.95	SMU	13	180	190X	190
5	Muhammad Irfan B Ahmad Rusni	M	U105kg	100	ITE CC	12	180	190	200X
6	Folk Johan Niclas	M	U105KG	101.6	HKWPA	15	165X	165	175
7	Sherdhill Jinnah Abdul Azees	M	U105kg	97.85	India	14	225X	225X	225X
8	Darren Solomon Low Jun Ket	M	U120kg	119.15	Core Fitness	17	190	210	225
9	Lewis Chua	M	U120kg	118.05	SWF	13	230	245	250X
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11	Benjamin Soh	M	U120kg	116.15	SWF	18	160	170	183
12	Khoo Wen Xing	M	U120kg	119.15	The Gym Nation	13	175X	175	185
13	Randy Loke You Jie	M	U59kg	55.95	nil	10	100	110X	110
14	Joshua Lee Yi	M	U59kg	58.90	NYP	8	115X	130	140X
15	Ng Bing Wen	M	U59kg	58.65	SWF	9	120	130	-
16	Chen QiJian	M	U59kg	58.40	nil	9	110	125X	125
17	Lo Yu Wen, Michael Alan	M	U66kg	64.4	SMU & AC Gym	9	150	160	160
18	Choo Shan Ming Brandon	M	U66kg	65.15	The Alphas	12	137	145	150
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21	Chow Zi Siong	M	U66kg	65.45	Thomson CC Gym	10	130X	140	-
22	Zames Lee Wen Jie	M	U66kg	63.85	SP Strongman Team	10	122	130	137
23	Cai Longkuan	M	U66kg	62.35	nil	11	120	125	130X
24	Graham Rance	M	U66kg	65.2	Genesis Gym	12	100	110	122
25	Mike Tee Choon Yen	M	U66kg	65.75	Crossfit Malaysia	14	115	125	132
26	Bruce Lim JunJia	M	U66kg	63.15	Thomson CC Gym	8	80	-	-
27	Shawn Lim	M	U66kg	61.4	The Pit	10	110	120X	120
28	Derrick Kim	M	U74kg	72.75	Powerlifting Singapore	11	190	210	220x
29	Jonathan Wong	M	U74kg	69.70	Pushmore	11	180	190	195
30	Sebastian Eio Jing Kai	M	U74kg	73.20	Genesis Gym	12	170	185	190x
31	Jerald Choo	M	U74kg	73.25	The Gym Nation	11	130	140	150x

32	Dominic Lee Yong Quan	M	U74kg	72.55	TeamN	13	140	155	160
33	Andrew Wang Rui Wen	M	U74kg	72.05	The Gym Nation	9	160	173x	173
34	Aaron Sin Kah Leong	M	U74kg	68.05	TeamN	12	140	155	162X
35	Justin Tan Dao Wen	M	U74kg	70.90	Genesis Gym	13	120	140x	140
36	Kedric Kwan Xue Bin	M	U74kg	72.75	Malaysia	12	128x	128	137
37	Muhammad Rayhan	M	U74kg	71.95	nil	13	130	150	155
38	Lim Loong Ann Christopher	M	U74kg	71.70	Genesis	13	130x	140	157x
39	Jack Visoky	M	U74kg	71.65	nil	12	115	125	130x
40	Tan Poh Heng Matthew	M	U74kg	71.75	Certis Cisco	12	123	135	145x
41	Abd hanif abd Halim	M	U74kg	69.30	Malaysia	8	110	120	127
42	Ivan Lee	M	U74kg	72.35	nil	11	125	130	135x
43	Troy Lee	M	U74kg	73.05	nil	14	105	115	125
44	Chong Kai Jie	M	U74kg	68.70	nil	13	105	115	120
45	Mark Enriquez	M	U74kg	73.65	Crossfit Hub	12	140x	145x	145
46	Justin Han Renguang	M	U74kg	69.55	nil	14	110x	125x	135x
47	Sean Muir	M	U83kg	82.53	Powerlifting Australia	10	190	200	210
48	Tan Wei Xiong, Bryan	M	U83kg	80.95	SMU	11	170	182	195X
49	Moisson Julien	M	U83kg	78.1	Genesis Gym	11	160	170	177
50	Tan Yan Wei	M	U83kg	81.3	nil	17	140	155	165X
51	Leroy Kiang	M	U83kg	77.65	Powerlifting Sg	10	160	170	175X
52	Jonson Tan Cheng Sang	M	U83kg	82.8	Pushmore	14	145X	150	160
53	Quek Han Loong Duston	M	U83kg	78.35	nil	11	155	175X	195X
54	Ong Pang Wee	M	U83kg	81.65	nil	13	110	120	130
55	Ryan Heseed Chua Teck Guan	M	U83kg	80.9	nil	12	120	125	130
56	Ong Wee Keat	M	U83kg	77.55	NUS	14	25	-	-
57	Valen Low Wai Luen	M	U83kg	80	Republic Polytechnic	11	40X	40	-
58	Zeon Loh Zhi Hao	M	U83kg	78.25	The Gym Nation	13	175X	185X	185X
59	Lau Jue Hua	M	U93kg	91.55	Powerlifting Singapore	12	190	210	225
60	Tan Fei	M	U93kg	91.9	nil	17	170	180	185
61	Ang Boon Yew	M	U93kg	86.95	Powerlifting Singapore	11	160	175	185X
62	Wang Hao Bo	M	U93kg	89.55	SMU	15	150	160X	160
63	Heng Jun Kai	M	U93kg	86.45	nil	12	165	185	190
64	Jovian Chan	M	U93kg	88.35	nil	13	155X	160	170X

65	Shaun Seow	M	U93kg	89.8	Powerlifting Singapore	12	180	185	190
66	Sam Lim Kok Wei	M	U93kg	88.85	SMU	12	145	158	166
67	Ang Chun Che (Glenn)	M	U93kg	89.45	nil	17	120	145	160X
68	Samuel Tan Costa	M	U93kg	89.75	Core Fitness	17	160	175	186X
69	Bernard Koh Kun Sing	M	U93kg	89.2	TeamN	15	140X	150	160X

Best Attempt	Rack Ht.	BENCH 1	BENCH 2	BENCH 3	Best attempt	DEADLIF T 1	DEADLIF T 2	DEADLIF T 3	Best Attempt	TOTAL	Squat/B W Ratio	Bench/B W Ratio	Deadlift/BW Ratio
245	12	155	170	175x	170	230	260	270	270	685	1.7278	1.1989	1.904090268
230	9	155	160	165	165	260	275	280x	275	670	1.8699	1.3415	2.235772358
190	11	140X	150	160	160	180	220		220	570	1.9076	1.6064	2.208835341
190	10	130X	130	140X	130	220	230X		220	540	1.9398	1.3272	2.2460439
190	10	100	110	120X	110	200	220		220	520	1.9	1.1	2.2
175	9	125	135X	135X	125	200	210		210	510	1.7224	1.2303	2.066929134
0	11	DNF	DNF	DNF	0	DNF			0	0	0	0	0
225	12	155	170	175X	170	230	250		250	645	1.8884	1.4268	2.098195552
245	10	80	95X	95X	80	221	240		240	565	2.0754	0.6777	2.033036849
190	10	135	145	152	152	210	220		220	562	1.674	1.3392	1.938325991
183	11	120	132	142X	132	230	250X		230	545	1.5755	1.1365	1.98019802
185	9	90	110X	110	110	205	220		220	515	1.5527	0.9232	1.846412086
110	10	85	90X	90X	85	172	182X	182	182	377	1.966	1.5192	3.252904379
130	8	60	70X	70X	60	120	140	153	153	343	2.2071	1.0187	2.59762309
130	8	75X	75X	78	78	170X	175X	175X	0	208	2.2165	1.3299	0
125	8	70X	70	80X	70	150X	150X	155X	0	195	2.1404	1.1986	0
160	9	85	95X	95	95	185	195	200	200	455	2.4845	1.4752	3.105590062
150	8	98	102	104X	102	175	192	198	198	450	2.3024	1.5656	3.039140445
140	8	115	123X	123X	115	162	175	180	180	435	2.1892	1.7983	2.814698984
160	9	80	90X	-	80	180	190X	190X	180	420	2.4768	1.2384	2.786377709
140	9	75	82	85X	82	180	197	200X	197	419	2.139	1.2529	3.009931245
137	9	82	87	91x	87	147	158	167	167	391	2.1457	1.3626	2.61550509
125	9	80	85	90X	85	140	160	170	170	380	2.0048	1.3633	2.726543705
122	10	80	90X	100	100	130	140	150	150	372	1.8712	1.5337	2.300613497
132	9	60X	70	73	73	130	145	155	155	360	2.0076	1.1103	2.357414449
80	8	112	120	125	125	95	-	-	95	300	1.2668	1.9794	1.504354711
120	9	100X	100X	105X	0	140	150	170	170	290	1.9544	0	2.768729642
210	8	120	125x	-	120	260	280x	280	280	610	2.8866	1.6495	3.848797251
195	8	110	115	117x	115	210	220	230x	220	530	2.7977	1.6499	3.156384505
185	12	105	110	118	118	205	215	222x	215	518	2.5273	1.612	2.93715847
140	8	130	140	150x	140	175	190	195	195	475	1.9113	1.9113	2.662116041

160	11	90	100	102	102	180	190	205	205	467	2.2054	1.4059	2.825637491
173	9	80x	87	92x	87	165	180	195	195	455	2.4011	1.2075	2.706453851
155	10	90	95	100X	95	160	170	180	180	430	2.2777	1.396	2.645113887
140	12	80	90	100x	90	180	200x	200	200	430	1.9746	1.2694	2.820874471
137	9	95x	97x	97	97	165	173	190	190	424	1.8832	1.3333	2.611683849
155	9	65	75	80x	75	140	160	170	170	400	2.1543	1.0424	2.362751911
140	11	85x	95	98	98	140	160	165x	160	398	1.9526	1.3668	2.231520223
125	9	100	110	117x	110	135	150	160x	150	385	1.7446	1.5352	2.093510119
135	8	90	95x	95x	90	140	153	160	160	385	1.8815	1.2544	2.229965157
127	8	73	80x	90x	73	160x	172	175	175	375	1.8326	1.0534	2.525252525
130	10	90	95x	98x	90	150x	150	155	155	375	1.7968	1.244	2.142363511
125	11	80	86	91x	86	115	125	140	140	351	1.7112	1.1773	1.916495551
120	11	75	80	85	85	115	130	140	140	345	1.7467	1.2373	2.037845706
145	9	120x	120x	120x	0	180	190	200x	190	335	1.9688	0	2.579769179
0	10	75	85	93	93	130	147	158	158	251	0	1.3372	2.271746945
210	8	122	130	135	135	230	245	255X	245	590	2.5445	1.6358	2.968617472
182	9	100	115	117X	115	220	232	240X	232	529	2.2483	1.4206	2.865966646
177	10	112	118	124	124	200	215	225	225	526	2.2663	1.5877	2.880921895
155	11	120	130	137X	130	200	220	230	230	515	1.9065	1.599	2.82902829
170	7	112	117	123	123	220	230X	234X	220	513	2.1893	1.584	2.833226014
160	10	90	100X	100X	90	180	190	200	200	450	1.9324	1.087	2.415458937
155	9	100	115	130X	115	135	160	170	170	440	1.9783	1.4678	2.169751117
130	9	110x	110	120X	110	150	160	170X	160	400	1.5922	1.3472	1.959583588
130	10	80	87X	87X	80	145	155	165	165	375	1.6069	0.9889	2.039555006
25	9	105	112	NIL	112	200	215	222	222	359	0.3224	1.4442	2.862669246
40	9	122x	125	131	131	160	170	180X	170	341	0.5	1.6375	2.125
0	DNF	DNF	DNF	DNF	0	DNF	DNF	DNF	0	0	0	0	0
225	8	140	150	155	155	220	231X		220	600	2.4577	1.6931	2.403058438
185	11	120	130	135X	130	200	220		220	535	2.0131	1.4146	2.39390642
175	7	125	130X	130X	125	200	215		215	515	2.0127	1.4376	2.472685451
160	11	130	140	150X	140	180	210		210	510	1.7867	1.5634	2.345058626
190	10	110	120	/	120	170	190		190	500	2.1978	1.3881	2.197802198
160	10	105	110	120X	110	190	220	225	225	495	1.811	1.245	2.546689304



190	10	110	120X	130X	110	190	220X		190	490	2.1158	1.2249	2.115812918
166	10	95	108X	117	117	170	190		190	473	1.8683	1.3168	2.138435566
145	11	100	120X	120	120	175	185		185	450	1.621	1.3415	2.068194522
186	12	85	90	95	95	155	175X		155	436	2.0724	1.0585	1.727019499
150	11	85	90	98X	90	175	185	195	195	435	1.6816	1.009	2.186098655

Wilks Score
382.0592294
383.0821456
347.4546118
331.4417954
316.4663174
308.4573598
0
371.4441155
326.1027125
327.7203953
315.8462956
296.5794101
343.5012751
297.5665901
181.1654781
170.5232429
364.6488265
357.1515057
350.7014642
335.7192077
331.2788577
315.6492504
313.1427904
295.0564109
283.5556353
244.4901965
242.2417658
444.1810512
398.485528
375.5110306
344.170027

340.7353808
333.6661186
329.401712
319.1303821
308.7422389
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292.9176262
283.4965147
283.2037296
283.2021612
274.1621295
254.8253647
262.3161336
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358.4951078
364.6906902
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254.2288583
250.0661184
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0
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338.008749
334.7946284
326.4161465
326.071064
319.0492035

313.1679643
303.9676216
288.1797942
278.7349072
278.9766549

S/N	Name	Sex	Weight Cat	Bodyweight	Represent	Rack Ht.	SQUAT 1	SQUAT 2	SQUAT 3	Best Attempt	Rack Ht.
1	Han Wen Hui	F	U52kg	51.55	SWF	8	75	81X	85	85	8
2	Daphne Tan Yan Ting	F	U52kg	48.90	Genesis Gym	9	65X	75	77X	75	9
3	Jackie Li	F	U57kg	56.35	nil	8	85	93	98	98	8
4	Tan Xin Yi Jessica	F	U57kg	57.00	Powerlifting Sg	8	85	95	100X	95	9
5	Charmaine Su Mei Qi	F	U57kg	54.50	Genesis Gym	8	70	85	87	87	8
6	Cheryl Ng	F	U57kg	55.35	SMU	9	75	80	85	85	8
7	Lim Peiling Amy	F	U57kg	54.15	The Pit	9	60	70X	70X	60	10
8	Gan Hsiu Lun Sonia	F	U63kg	61.6	AlphaFit	9	97	105	110X	105	8
9	Deborah Guo WeiXian	F	U63kg	60.45	Powerlifting Sg	9	110	120X	121	121	7
10	Cheryl Foo Wei Shan	F	U63kg	59.3	SWF	10	86	92	96X	92	8
11	See Mei Lin Caroline	F	U63kg	62.7	Genesis Gym	9	80	87	92	92	9
12	So Wai Ching	F	U63KG	59.45	HKWPA	8	65	75	78X	75	6
13	Teo Sock Siang Amy	F	U63kg	62.95	The Pit	10	70	80	85X	80	11
14	Ip Wing Yuk	F	U72KG	63.75	HKWPA	10	80	87	90	90	4
15	Corinne Bianca	F	U72kg	69.5	Powerlifting Singapore	12	85	95	-	95	9
16	Alison Forrow	F	U72kg	67.05	The Pit	9	70	80	90	90	7
17	Charmaine Tan	F	U72kg	67.6	The Gym Nation	12	76	85	92	92	10
18	Alice Cheong Swee Chin	F	U72kg	65.75	nil	10	30	45	50	50	8
19	Xie Liting Jolene	F	U84kg	77.3	nil	7	115X	115	122	122	6 + P
20	Chan Jia Hui Jacelyn	F	U84kg	79.85	Genesis Gym	9	100	110	120	120	10

BENCH 1	BENCH 2	BENCH 3	Best attempt	DEADLIF T 1	DEADLIF T 2	DEADLIF T 3	Best Attempt	TOTAL	Squat/B W Ratio	Bench/B W Ratio	Deadlift/BW Ratio	Wilks Score
48	51X	-	48	110	120	125X	120	253	1.64888	0.93113	2.327837051	317.5204254
27X	30X	30	30	70	85	95X	85	190	1.53374	0.6135	1.738241309	248.1995405
43	47	49x	47	85	95	103	103	248	1.73913	0.83407	1.827861579	290.3761866
36	40X	40X	36	105	115X	115	115	246	1.66667	0.63158	2.01754386	285.4569621
38	42	44X	42	90	100	103	103	232	1.59633	0.77064	1.889908257	278.8411968
42X	45	50X	45	85	95	100X	95	225	1.53568	0.81301	1.716350497	267.1701428
30X	35	40	40	85	100	110	110	210	1.10803	0.73869	2.031394275	253.6742462
53	55X	55x	53	135	140	147	147	305	1.70455	0.86039	2.386363636	333.21278
45	50X	50x	45	115	125X	125X	115	281	2.00165	0.74442	1.902398677	311.4773386
55X	58	61x	58	120	133X	135X	120	270	1.55143	0.97808	2.023608769	303.7740771
35	40	42	42	85	95	105	105	239	1.4673	0.66986	1.674641148	257.6062332
45	48	50	50	85	105	110	110	235	1.26156	0.84104	1.850294365	263.8772295
40	45	50	50	90	100	110X	100	230	1.27085	0.79428	1.588562351	247.1587419
55	60	64x	60	95	105	115	115	265	1.41176	0.94118	1.803921569	282.0699494
48X	48	55	55	100	115		115	265	1.36691	0.79137	1.654676259	264.9447821
30	40	50	50	70	100		100	240	1.34228	0.74571	1.49142431	246.1303581
28	30X	30X	28	75	93X		75	195	1.36095	0.4142	1.109467456	198.8102285
25	30X	30x	25	60	70	77	77	152	0.76046	0.38023	1.171102662	158.120063
53	58	62	62	110	135		135	319	1.57827	0.80207	1.746442432	297.7138276
48	55X	56	56	105	120		120	296	1.50282	0.70131	1.502817783	271.1261048