



USA POWERLIFTING WISCONSIN


[Home](#)
[Meet Results](#)
[Wisconsin Records](#)
[Meet Schedule](#)
[Wisconsin Referee's](#)

**Single lift Bench Press Records Please email and give the new record
or to correct a record.**

Up Dated January, 2009

Weight Class	Name	Record	Year	Weight Class	Name	Record	Year
52kg / 114 lb				90kg / 198 lb			
Open	T.Green	255	98	Teen	J.Kester	310	98
Master 45-49				Open	Bill Henselman	562	08
56kg / 123 lb				Master 40-44	Bill Miller	429	04
Teen	A.Kinnard	215	99				
Open	D.Surita	250	98	100kg / 220 lb			
				Teen	J.Flanders	420	98
60kg / 132 lb				Open	Larry Malcomson	551	05
Teen	X.Pheng	225	97	Master 40-44	Marty Becker	435	06
Open	J.Brault	255	97	Master 45-49			
				110kg / 242 lb			
67.5kg / 148 lb				Teen	A.Arts	309	03
Teen	D.Pope	320	03	Open	Dave Doan	625	07
Open	D.Pope	320	03	Master 40-44	Dave Doan	625	07
Junior	A.Luai	270	06	Master 45-49	Shawn Cain	451.9	07
Master 40-44	D.Aldag	21	99	Master 50-54	D.Hass	341.4	07
75kg / 165 lb				Master 60-64	Jerry Jones	407.9	05
Teen	Frank Jones	297.6	06	125kg / 275 lb			
Open	J.Roberts	405	02	Teen	Y.Sawallish	325	98
Master 40-44				Open	Scott Lade	710.9	06
Master 45-49	T.Krueger	374.7	05	Master 40-44	J.Schaub	350	98
Master 50-54	David Constantineau	319.7	07	Master 45-49			
82.5kg / 181 lb				Master 50-54			
Teen	N.Nowaczky	315	98	125+kg / SHW			
Open	Lance Kirchner	551	07	Teen			
Master 40-44	G.Zangl	453	03	Open	Mike Hodge	683.4	03
				Master 40-44	R.Harvey	468	02
				Master 45-49	Jim Ray	600	07

				Master 50-54	Jim Ray	611.75	08
				Master 55-59	Robert Crawford	435	08
Wisconsin USAPL Womens Bench Press Records				Wisconsin USAPL Womens Bench Press Records			
44kg / 97 lb				75kg /165 lb			
Teen				Teen	Devan Doan	287.7	05
Open				Open	Devan Doan	287.7	05
48kg /105 lb				Master 40-44			
Teen	Gale Sampson	115	98	82.5kg /181 lb			
Open	Gale Sampson	115	98	Teen	Devan Doan	325.2	06
				Jurnior	Devan Doan	341.7	07
52kg /114 lb				Open	Devan Doan	341.7	07
Teen				90kg /198 lb			
Open	Jennifer	159	09	Teen			
M-2	Jennifer Kingsley	143.3	08	Open	J.Francis	210	98
56kg /123 lb				Masters 40-44	J.Francis	190	98
Teen				90kg+/198 lb +			
Open	M.Flynn	135	98	Teen			
60kg / 132 lb				Open	C.Reynolds	198.4	03
Teen							
Open	K.Wolfgram	135	98				
67.5kg /148 lb							
Teen	D.Doan	193	02				
Open	Erin Waltermann	264.6	09				

JAN. '09



USA POWERLIFTING WISCONSIN

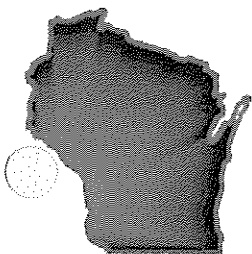

[Home](#)
[Meet Results](#)
[Wisconsin Records](#)
[Meet Schedule](#)
[Wisconsin Referee's](#)

Open Men's Records As of May, 2009

DIVISION	SQUAT	WT	BENCH	WT	DEADLIFT	WT	TOTAL	WT
52 KILO..114 LB								
OPEN	M.CASTRO	352	M.CASTRO	192	M.CASTRO	457	M.CASTRO	1008
TEEN	C.PALUBICKI	07 345	P.ROTAR	07 205	R.BACHORZ	06 395	P.ROTAR	07 920
56 KILO..123 LB								
OPEN	D.KNOLL	370	M.CASTRO	245	M.CASTRO	578	M.CASTRO	1100
TEEN	P.ROTAR	08 429	P.ROTAR	08 264	P.ROTAR	09 468.5	P.ROTAR	09 1085.7
60 KILO..132 LB								
OPEN	A.PHILLIPS	04 452	A.PHILLIPS	04 264.5	M.CASTRO	560	M.CASTRO	1210
TEEN	A.PHILLIPS	04 452	A.PHILLIPS	04 264.5	A.PHILLIPS	04 452	A.PHILLIPS	04 1168
JUNIOR	A.PHILLIPS	04 452	R.COLA	05 270	A.PHILLIPS	04 452	A.PHILLIPS	04 1168
M. 40-44	B.LUNA	390	B.LUNA	280	B.LUNA	440	B.LUNA	1110
M. 45-49	W.BRUNO	305	W.BRUNO	190	W.BRUNO	350	W.BRUNO	835
67.5 KILO..148 LB								
OPEN	R.TRIPHAHN	550	R.SCHWALBACK	08 320	R.SCHWALBACK	09 567.7	R.SCHWALBACK	09 1388.9
TEEN	J.ZWIERS	460	B.TASELSKE	290	S.MIKULECKY	507	J.ZWIERS	1190
JUNIOR	A.PHILLIPS	06 485	A.PHILLIPS	08 314.2	R.SCHWALBACK	08 501.6	R.SCHWALBACK	06 1190.5
M. 40-44	B.HEINER	335	B.HEINER	245	B.HEINER	385	B.HEINER	965
M. 45-49	H.TOBIAS	325	H.TOBIAS	230	H.TOBIAS	375	H.TOBIAS	925
M. 50-54	M.CASTRO SR	07 341.7	M.CASTRO SR	07 270	M.CASTRO SR	07 600.75*	M.CASTRO SR	07 1212.5
75 KILO..165 LB								
OPEN	D.BREHM	620	L.KIRCHNER	501	M.CONNER	655	D.BREHM	1600
TEEN	D.KLAWIKOWSKI	556.5	J.WOLTER	336.2	K.RICCHIO	556	J.WOLTER	1365
JUNIOR	S.MIKULECKY	09 523.5	F.JONES	08 352.6	S.MIKULECKY	09 584.2	S.MIKULECKY	09 1444
M. 40-44	L.ALECIA	500	L.ALECIA	350	L.ALECIA	580	L.ALECIA	1430
M. 45-49	J.KRUEGER	485	J.LOT	340	C.LOHMAN	510	J.KRUEGER	1195
M. 50-54	J.KRUEGER	507	D.PARKER	04 353	J.KRUEGER	479	J.KRUEGER	1218
82 KILO..181 LB								
OPEN	T.SCHUERMAN	630	L.KIRCHNER	07 556.6	K.RICCHIO	04 650	D.BREHM	1640
TEEN	H.HENK	600	K.RICCHIO	04 386	K.RICCHIO	04 650	K.RICCHIO	04 1626
JUNIOR	G.KUEHN	09 606.2	K.RICCHIO	04 386	K.RICCHIO	04 650	K.RICCHIO	04 1626
M. 40-44	B.SULLIVAN	91 510	G.ZANGL	460	C.LOHMAN	578	G.ZANGL	1470
M. 45-49	B.SULLIVAN	93 505	B.SULLIVAN	93 325	D.FELTON	04 540	B.SULLIVAN	93 1325
M. 50-54	J.KRUEGER	510	F.PADRON	300	B.SULLIVAN	505	J.KRUEGER	1255
M. 55-59	B.SULLIVAN	07 424.5	B.SULLIVAN	07 303	B.SULLIVAN	07 468.5	B.SULLIVAN	07 1196
90 KILO..198 LB								
OPEN	D.WILLIAMS	08 722	D.WILLIAMS	09 451.9	D.WILLIAMS	09 727.5	D.WILLIAMS	09 1901.5
TEEN	J.DHEIN	610	C.ALSTEEN	360	C.LOEBEL	600	J.DHEIN	1470
JUNIOR	D.WILLIAMS	07 660	D.WILLIAMS	07 420	D.WILLIAMS	07 725	D.WILLIAMS	07 1805
RAW JUNIOR	D.McCARTHY	09 457.5	D.McCARTHY	09 281	D.McCARTHY	09 540	D.McCARTHY	09 1278.7
RAW OPEN	M.BAADE	07 300	M.BAADE	07 235	M.BAADE	07 335	M.BAADE	07 870
RAW M. 45-49	J.MONAHOS	08 479.5	J.MONAHOS	08 330	J.MONAHOS	08 512.5	J.MONAHOS	08 1317.2
M. 40-44	T.CONKLIN	610	B.MILLER	390	T.CONKLIN	585	T.CONKLIN	1535
M. 45-49	J.MONAHOS	08 578.7	J.TODD	365	B.SULLIVAN	520	J.MONAHOS	08 1388.9
M. 50-54	J.KRUEGER	500	J.DONATELL	315	D.JOHNSON	640	D.JOHNSON	1330
M. 55-59	B.BRIGGS	440	J.DONATELL	300	D.JOHNSON	625	D.JOHNSON	1290
M. 60-64	B.DOVE	425	B.BRIGGS	300	B.DOVE	490	B.DOVE	1205
M. 65-69	B.BRIGGS	08 390	B.BRIGGS	08 275	B.BRIGGS	08 395	B.BRIGGS	08 1060
M. 70-74	P.JENSEN	160	P.JENSEN	210	P.JENSEN	345	P.JENSEN	715
100 KILO..220 LB								
OPEN	R.STILLS	05 710	C.RENNERT	520	S.CAIN	744	S.CAIN	1879.9

TEEN	J.EMNOTT	00	615	B.GARRITY		385	N.PETERSON	99	610	N.PETERSON	99	1520
JUNIOR	D.BRIXIUS	07	672.5	D.BRIXIUS	07	479	D.LABRIE	08	666.9	D.BRIXIUS	07	1791.2
M. 40-44	S.CAIN		675	M.BECKER		435.4	S.CAIN		738	S.CAIN		1825
M. 45-49	S.CAIN		661	S.CAIN		446.4	S.CAIN		688.9	S.CAIN		1769.2
M. 50-54	B.BRIGGS		470	B.VIVIER	08	314	R.LITTMANN		525	B.VIVIER	08	1273
M. 55-59	B.BRIGGS		475	B.BRIGGS		315	R.LITTMANN		500	R.LITTMANN		1255
M. 60-64	B.BRIGGS	07	463	B.BRIGGS	05	335	B.BRIGGS	06	475	B.BRIGGS	06	1255
M. 65-69	B.BRIGGS	07	440	B.BRIGGS	07	295	B.BRIGGS	07	425	B.BRIGGS	06	1160
RAW M. 50-54	K.PARRSON	09	319.7	K.PARRSON	09	187.5	K.PARRSON	09	402.2	K.PARRSON	09	909.5
110 KILO. 242 LB												
OPEN	J.BETZINGER	09	804.6	D.DOAN		540	S.CAIN		755	J.BETZINGER	09	1951
TEEN	L.GISTER		625	G.VILLNOW		374	L.GISTER		578.5	L.GISTER		1515.7
JUNIOR	J.BETZINGER	07	788	J.BETZINGER	07	451.9	J.BETZINGER	06	677.9	J.BETZINGER	07	1901.5
M. 40-44	S.CAIN		700	S.CAIN		485	S.CAIN		755	S.CAIN		1884
M. 45-49	S.CAIN	07	633.8	S.CAIN	07	451.9	S.CAIN	07	644.9	S.CAIN	07	1703
M. 50-54	S.CAIN	08	633.8	S.CAIN	08	451.9	S.CAIN	08	622.5	S.CAIN	08	1675.5
M. 55-59	B.BRIGGS		470	B.BRIGGS		325	B.BRIGGS		470	B.BRIGGS		1265
M. 60-65	A.BUNESCU		396.5	A.BUNESCU		209	A.BUNESCU		380	A.BUNESCU		974.5
RAW M. 45-49	J.TARMAN	09	330.7	J.TARMAN	09	341	J.TARMAN	09	474	J.TARMAN	09	1146.5
125 KILO. 275 LB												
OPEN	B.GJERMO		875	S.LADE		683.4	P.MCGETTIGAN		804.5	S.LADE		2155
TEEN	C.WAGE	05	705	C.WAGE	05	385	M.RYUN	03	600	M.RYUN	03	1615
JUNIOR	B.LUEDTKE	07	644	B.LUEDTKE	07	420	G.KIRIAKI	06	649	B.LUEDTKE	07	1708.5
RAW OPEN	S.WARD	08	600.75	P.DIAMOND	09	429.9	P.DIAMOND	09	644.9	P.DIAMOND	09	1603.9
M. 40-44	T.SMITH	80	705.5	T.SMITH	08	507	G.STEELE		625	T.SMITH	08	1829.82
M. 45-49	K.BELISLE	09	683	K.BELISLE	09	405	M.SANNDERS		625	M.SANNDERS		1670
M. 50-54	J.MILLER		600.7	J.MILLER		380.2	J.MILLER		562	J.MILLER		1543.2
M. 55-59	R.CRAWFORD	06	500	R.CRAWFORD	07	385.8	R.CRAWFORD	06	475	R.CRAWFORD	06	1325
M. 65-69	A.BUNESCU		375	A.BUNESCU		220	A.BUNESCU		380	A.BUNESCU		975
125+ KILO. 275+ LB												
OPEN	J.CHRISTUS	07	832.2	J.CHRISTUS	07	639.3	P.MCGETTIGAN		810	J.CHRISTUS	07	2177
TEEN	N.LUDWIG	06	705	J.CHRISTUS		455	R.LEWIS		610	N.LUDWIG	06	1705
JUNIOR	J.CHRISTUS		800	J.CHRISTUS		606	J.CHRISTUS		665	J.CHRISTUS		2040
M. 40-44	R.VOLLAND		735	R.VOLLAND		420	M.SANNDERS		665	M.SANNDERS		1755
M. 45-49	R.VOLLAND		740	R.KEYES	08	474	R.KEYES	07	611.7	R.VOLLAND		1755
M. 50-54	J.HARPER		560	J.HARPER		320	J.HARPER		590	J.HARPER		1440
M. 55-59	R.CRAWFORD	08	512.5	R.CRAWFORD	08	435	R.CRAWFORD	08	529	R.CRAWFORD	08	1444

May '09



USA POWERLIFTING WISCONSIN


[Home](#)
[Meet Results](#)
[Wisconsin Records](#)
[Meet Schedule](#)
[Wisconsin Referee's](#)

Open Women's Records - June 2009

44/97 LB	SQUAT			BENCH			DEAD			TOTAL		
OPEN	S.BINASH	08	260	S.HOFFMAN	00	120	S.SEEBRUCK	07	270	S.BINASH	08	620
TEEN	S.BINASH	08	260	S.HOFFMAN	00	120	S.SEEBRUCK	07	270	S.BINASH	08	620
48/105 LB												
OPEN	M.VANDUSEN	09	325.2	M.VANDUSEN	08	132.3	M.VANDUSEN	09	330.7	M.VANDUSEN	09	788.2
TEEN	M.VANDUSEN	09	325.2	M.VAN DUSEN	08	132.3	M.VANDUSEN	09	330.7	M.VANDUSEN	09	788.2
M-2 40-44	S.WHITING		210	S.WHITING		115.5	S.WHITING		230	S.WHITING		550
M-3 45-49	S.WHITING		203.7	S.WHITING	03	121.2	S.WHITING		231.2	S.WHITING		551
M-4 50-54	S.WHITING		190	S.WHITING	05	120	S.WHITING		231	S.WHITING		528.5
M-5 55-59	S.WHITING	07	181.8	S.WHITING	07	110	S.WHITING	07	220	S.WHITING	07	510
114 LB												
OPEN	J.VANDE VOORT	08	340	K.MOORE		187.2	J.VANDE VOORT	08	369.3	J.VANDE VOORT	08	854.3
TEEN	J.VANDE VOORT	08	340	J.VANDE VOORT	08	170.9	J.VANDE VOORT	08	369.3	J.VANDE VOORT	08	854.3
Junior	A.CUTTS		165.4	A.CUTTS		88	A.CUTTS		215	A.CUTTS		468.5
RAW OPEN	J.BEER	07	145	J.BEER	07	100	J.BEER	07	230	J.BEER	07	475
M-2 40-44	J.MACH	07	297.5	S.SULLIVAN		165	G.EDISON		297.5	S.SULLIVAN		716.2
M-3 45-49	S.SULLIVAN		285	S.SULLIVAN		165.2	S.SULLIVAN		325	S.SULLIVAN		772
56/123 LB												
OPEN	G.KEHL		297.5	B.CARLSON	08	209.4	D.SELLERS		355	B.CARLSON	08	832.2
TEEN	A.SCHILLINGER	08	325	B.CARLSON	07	187	A.SCHILLINGER	08	355	A.SCHILLINGER	08	810
JUNIOR	S.TSCHUMPERLI		297.5	B.CARLSON	08	209.4	B.CARLSON	08	325.2	B.CARLSON	08	832.2
RAW OPEN	N.GAZZA	09	154.3	N.GAZZA	09	88.2	N.GAZZA	09	214.5	N.GAZZA	09	457.5
M-1 40-44	G.KEHL		320	S.SULLIVAN		175	G.KEHL		335	G.KEHL		795
M-2 45-49	S.SULLIVAN		292	S.SULLIVAN		179.5	S.SULLIVAN		326	S.SULLIVAN		782.5
Raw OPEN	K.Moore	09	237	K.Moore	09	154.3	K.Moore	09	319.7	K.Moore	09	711
Raw M-2	K.Moore	09	237	K.Moore	09	154.3	K.Moore	09	319.7	K.Moore	09	711
132 LB												
OPEN	T.RYSKOSKI		369.2	T.RYSKOSKI		170.2	T.RYSKOSKI		347	T.RYSKOSKI		854.2
TEEN	K.VANDUSEN	07	360	T.RUDE	01	175	K.VANDUSEN	07	370	K.VANDUSEN	07	890

JUNIOR	R.NIEDERKORN		352.7	R.NIEDERKORN		187.5	R.NIEDERKORN		292	R.NIEDERKORN		765.5
M-1 40-44	T.RYSKOSKI		374.7	T.RYSKOSKI		165	B.PETERS	98	355	T.RYSKOSKI		887
67.5/148 LB												
OPEN	A.HITCHCOCK	08	429.9	E.WALTERMAN	09	264.5	A.HITCHCOCK	08	451.9	A.HITCHCOCK	08	1124.3
TEEN	R.NIEDERKORN	01	385	SJ.ANDERSON	99	185	J.STRUB	98	345	R.NIEDERKORN	01	885
JUNIOR	M.JOVANVICH	08	347.2	M.JOVANVICH	08	226	M.JOVANVICH	08	330.7	M.JOVANVICH	08	904
M-1 40-44	T.RYSKOSKI		347.7	T.RYSKOSKI		165	T.RYSKOSKI		347	T.RYSKOSKI		887
75/165 LB												
OPEN	D. DOAN		380.3	D. DOAN		287.7	S.VIRGIN		402.2	D. DOAN		1019.5
TEEN	D. DOAN		380.3	D. DOAN		*287.7	E.LOWNEY	08	365	D. DOAN		1019.5
M-1 40-44	T.RYSKOSKI		363.7	T.RYSKOSKI		170.7	T.RYSKOSKI		363.7	T.RYSKOSKI		898.2
82.5/181 LB												
OPEN	T.RYSKOSKI		370	D. DOAN		295	G.STEELE		390	D. DOAN		1000
TEEN	B.DECKER	08	410	D. DOAN		295	B.DECKER	08	385	D. DOAN		1000
M-1 40-44	T.RYSKOSKI		396	T.RYSKOSKI		187	T.RYSKOSKI		369.2	T.RYSKOSKI		953.5
90/198 LB												
OPEN	T.KENDHAMMERT		350	T.KENDHAMMERT		150	S. DURA		325	T.KENDHAMMERT		800
TEEN	A.BIERCE	03	405	R.HINZ	00	165	A.MORSE	03	375	A.BIERCE	03	900
M-4 55-59	K.KLASS	09	154.3	K.KLASS	09	110.2	K.KLASS	09	303	K.KLASS	09	567.7
AW OPEN	K.KLASS	09	154.3	K.KLASS	09	110.2	K.KLASS	09	303	K.KLASS	09	567.7
R M-1 50-59	K.KLASS	09	154.3	K.KLASS	09	110.2	K.KLASS	09	303	K.KLASS	09	567.7
110/242 LB												
OPEN	J.PASCH	08	475	A.JUEN	07	185	J.PASCH	08	410	J.PASCH	08	1060
TEEN	J.PASCH	08	475	A.JUEN	07	185	J.PASCH	08	410	J.PASCH	08	1060
SHW												
OPEN	Becky Cook	09	512.6	C.REAGAN		280	Becky Cook	09	429.9	Becky Cook	09	1146.4
TEEN	Becky Cook	09	512.6	T.FENDRICK	95	220	Becky Cook	09	429.9	Becky Cook	09	1146.4
M-1 40-44	C.REAGAN		466	C.REAGAN		280	C.REAGAN		418	C.REAGAN		1113

Jun 09

Open Men's Records As of June, 2009

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TEEN	C.PALUBICKI	07	345	P.ROTAR	07	205	R.BACHORZ	06	395	P.ROTAR	07	920
56 KILO..123 LB												
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TEEN	P.ROTAR	08	429	P.ROTAR	08	264	P.ROTAR	09	468.5	P.ROTAR	09	1085.7
60 KILO..132 LB												
OPEN	A.PHILLIPS	04	452	A.PHILLIPS	04	264.5	M.CASTRO		560	M.CASTRO		1210
TEEN	A.PHILLIPS	04	452	A.PHILLIPS	04	264.5	A.PHILLIPS	04	452	A.PHILLIPS	04	1168
JUNIOR	A.PHILLIPS	04	452	R.COLA	05	270	A.PHILLIPS	04	452	A.PHILLIPS	04	1168
M. 40-44	B.LUNA		390	B.LUNA		280	B.LUNA		440	B.LUNA		1110
M. 45-49	W.BRUNO		305	W.BRUNO		190	W.BRUNO		350	W.BRUNO		835
67.5 KILO..148 LB												
OPEN	R.TRIPHAHN		550	R.SCHWALBACK	08	320	R.SCHWALBACK	09	567.7	R.SCHWALBACK	09	1388.9
TEEN	JJ.ZWIERS		460	B.TASELSKE		290	S.MIKULECKY		507	JJ.ZWIERS		1190
JUNIOR	A.PHILLIPS	06	485	A.PHILLIPS	08	314.2	R.SCHWALBACK	08	501.6	R.SCHWALBACK	06	1190.5
M. 40-44	B.HEINER		335	B.HEINER		245	B.HEINER		385	B.HEINER		965
M. 45-49	H.TOBIAS		325	H.TOBIAS		230	H.TOBIAS		375	H.TOBIAS		925
M. 50-54	M.CASTRO SR	07	341.7	M.CASTRO SR	07	270	M.CASTRO SR	07	600.75*	M.CASTRO SR	07	1212.5
75 KILO. 165 LB												
OPEN	D.BREHM		620	L.KIRCHNER		501	M.CONNER		655	D.BREHM		1600
TEEN	D.KLAWIKOWSKI		556.5	J.WOLTER		336.2	K.RICCHIO		556	J.WOLTER		1365
JUNIOR	S.MIKULECKY	09	523.5	F.JONES	08	352.6	S.MIKULECKY	09	584.2	S.MIKULECKY	09	1444
M. 40-44	L.ALECIA		500	L.ALECIA		350	L.ALECIA		580	L.ALECIA		1430
M. 45-49	J.KRUEGER		485	J.LOT		340	C.LOHMAN		510	J.KRUEGER		1195
M. 50-54	J.KRUEGER		507	D.PARKER	04	353	J.KRUEGER		479	J.KRUEGER		1218
82 KILO. 181 LB												
OPEN	Dan Williams	09	694.5	L.KIRCHNER	07	556.6	Dan Williams	09	711	Dan Williams	09	1829.8
TEEN	H.HENK		600	K.RICCHIO	04	386	K.RICCHIO	04	650	K.RICCHIO	04	1626
JUNIOR	G.KUEHN	09	606.2	G.KUEHN	09	413.3	K.RICCHIO	04	650	K.RICCHIO	04	1626
M. 40-44	B.SULLIVAN	91	510	G.ZANGL		460	C.LOHMAN		578	G.ZANGL		1470
M. 45-49	B.SULLIVAN	93	505	B.SULLIVAN	93	325	D.FELTON	04	540	B.SULLIVAN	93	1325
M. 50-54	J.KRUEGER		510	F.PADRON		300	B.SULLIVAN		505	J.KRUEGER		1255
M. 55-59	B.SULLIVAN	07	424.5	B.SULLIVAN	07	303	B.SULLIVAN	07	468.5	B.SULLIVAN	07	1196
90 KILO. 198 LB												
OPEN	D.WILLIAMS	08	722	D.WILLIAMS	09	451.9	D.WILLIAMS	09	727.5	D.WILLIAMS	09	1901.5
TEEN	J.DHEIN		610	C.ALSTEEN		360	C.LOEBEL		600	J.DHEIN		1470
JUNIOR	D.WILLIAMS	07	660	D.WILLIAMS	07	420	D.WILLIAMS	07	725	D.WILLIAMS	07	1805
RAW JUNIOR	D.McCARTHY	09	457.5	D.McCARTHY	09	281	D.McCARTHY	09	540	D.McCARTHY	09	1278.7
RAW OPEN	J.MONAHOS	08	479.5	J.MONAHOS	08	330	J.MONAHOS	08	520	J.MONAHOS	08	1317.2

OPEN	R.STILLS	05	710	C.RENNERT		520	S.CAIN		744	S.CAIN		1879.9
TEEN	J.EMNOTT	00	615	B.GARRITY		385	N.PETERSON	99	610	N.PETERSON	99	1520
JUNIOR	D.BRIXIUS	07	672.5	D.BRIXIUS	07	479	D.LABRIE	08	666.9	D.BRIXIUS	07	1791.2
M. 40-44	S.CAIN		675	M.BECKER		435.4	S.CAIN		738	S.CAIN		1825
M. 45-49	S.CAIN		661	S.CAIN		446.4	S.CAIN		688.9	S.CAIN		1769.2
M. 50-54	B.BRIGGS		470	B.VIVIER	08	314	R.LITTMANN		525	B.VIVIER	08	1273
M. 55-59	B.BRIGGS		475	B.BRIGGS		315	R.LITTMANN		500	R.LITTMANN		1255
M. 60-64	B.BRIGGS	07	463	B.BRIGGS	05	335	B.BRIGGS	06	475	B.BRIGGS	06	1255
M. 65-69	B.BRIGGS	07	440	B.BRIGGS	07	295	B.BRIGGS	07	425	B.BRIGGS	06	1160
RAW M. 50-54	K.PARRSON	09	319.7	K.PARRSON	09	187.5	K.PARRSON	09	402.2	K.PARRSON	09	909.5
Raw M-6 65-69	Bill Dove	09	314.2	Bill Dove	09	242.5	Bill Dove	09	451.9	Bill Dove	09	1008.6
110 KILO. 242 LB												
OPEN	J.BETZINGER	09	804.6	D.DOAN		540	S.CAIN		755	J.BETZINGER	09	1951
TEEN	L.GISTER		625	G.VILLNOW		374	L.GISTER		578.5	L.GISTER		1515.7
JUNIOR	J.BETZINGER	07	788	J.BETZINGER	07	451.9	J.BETZINGER	06	677.9	J.BETZINGER	07	1901.5
M. 40-44	S.CAIN		700	S.CAIN		485	S.CAIN		755	S.CAIN		1884
M. 45-49	S.CAIN	07	633.8	S.CAIN	07	451.9	S.CAIN	07	644.9	S.CAIN	07	1703
M. 50-54	S.CAIN	08	633.8	S.CAIN	08	451.9	S.CAIN	08	622.5	S.CAIN	08	1675.5
M. 55-59	B.BRIGGS		470	B.BRIGGS		325	B.BRIGGS		470	B.BRIGGS		1265
M. 60-65	A.BUNESCU		396.5	A.BUNESCU		209	A.BUNESCU		380	A.BUNESCU		974.5
Raw Junior	Kirk Will	09	479.5	Kirk Will	09	369.3	Kirk Will	09	644.9	Kirk Will	09	1493.7
RAW M. 45-49	J.TARMAN	09	330.7	J.TARMAN	09	341	J.TARMAN	09	474	J.TARMAN	09	1146.5
125 KILO. 275 LB												
OPEN	B.GJERMO		875	S.LADE		683.4	P.MCGETTIGAN		804.5	S.LADE		2155
TEEN	C.WAGE	05	705	C.WAGE	05	385	M.RYUN	03	600	M.RYUN	03	1615
JUNIOR	B.LUEDTKE	07	644	B.LUEDTKE	07	420	G.KIRIAKI	06	649	B.LUEDTKE	07	1708.5
RAW OPEN	S.WARD	08	600.75	P.DIAMOND	09	440	P.DIAMOND	09	672.4	P.DIAMOND	09	1697.5
Raw M-1 40-44												
M-1 40-44	T.SMITH	08	705.5	T.SMITH	09	518	D.HENGST	09	633.8	T.SMITH	08	1829.82
M-2 45-49	K.BELISLE	09	683	K.BELISLE	09	463	M.SANNDERS		625	M.SANNDERS		1670
M-3 50-54	J.MILLER		600.7	J.MILLER		380.2	J.MILLER		562	J.MILLER		1543.2
M-3 55-59	R.CRAWFORD	06	500	R.CRAWFORD	07	385.8	R.CRAWFORD	06	475	R.CRAWFORD	06	1325
M-4 65-69	A.BUNESCU		375	A.BUNESCU		220	A.BUNESCU		380	A.BUNESCU		975
125+ KILO. 275+												
OPEN	J.CHRISTUS	07	832.2	J.CHRISTUS	07	639.3	P.MCGETTIGAN		810	J.CHRISTUS	07	2177
TEEN	N.LUDWIG	06	705	J.CHRISTUS		455	R.LEWIS		610	N.LUDWIG	06	1705
JUNIOR	J.CHRISTUS		800	J.CHRISTUS		606	J.CHRISTUS		665	J.CHRISTUS		2040
M. 40-44	R.VOLLAND		735	R.VOLLAND		420	M.SANNDERS		665	M.SANNDERS		1755
M. 45-49	R.VOLLAND		740	R.KEYES	08	474	R.KEYES	07	611.7	R.VOLLAND		1755
M. 50-54	J.HARPER		560	J.HARPER		320	J.HARPER		590	J.HARPER		1440
M. 55-59	R.CRAWFORD	08	512.5	R.CRAWFORD	09	440.9	R.CRAWFORD	08	529	R.CRAWFORD	08	1444

Jan '09



USA POWERLIFTING WISCONSIN

[Home](#)[Meet Results](#)[Wisconsin Records](#)[Meet Schedule](#)[Wisconsin Referee's](#)

Single lift Bench Press Records Please email and give the new record or to correct a record.

Up Dated June, 2009

Weight Class	Name	Record	Year	Weight Class	Name	Record	Year
52kg / 114 lb				90kg / 198 lb			
Open	T.Green	255	98	Teen	J.Kester	310	98
Master 45-49				Open	Bill Henselman	562	08
56kg / 123 lb				Master 40-44	Bill Miller	429	04
Teen	A.Kinnard	215	99				
Open	D.Surita	250	98	100kg / 220 lb			
				Teen	J.Flanders	420	98
60kg / 132 lb				Open	Larry Malcomson	551	05
Teen	X.Pheng	225	97	Master 40-44	Marty Becker	435	06
Open	J.Brault	255	97	Master 45-49			
				110kg / 242 lb			
67.5kg / 148 lb				Teen	A.Arts	309	03
Teen	D.Pope	320	03	Open	Dave Doan	625	07
Open	D.Pope	320	03	Master 40-44	Dave Doan	625	07
Junior	A.Luai	270	06	Master 45-49	Shawn Cain	451.9	07
Master 40-44	D.Aldag	21	99	Master 50-54	D.Hass	341.4	07
75kg / 165 lb				Master 60-64	Jerry Jones	407.9	05
Teen	Frank Jones	297.6	06	125kg / 275 lb			
Open	J.Roberts	405	02	Teen	Y.Sawallish	325	98
Master 40-44				Open	Scott Lade	710.9	06
Master 45-49	T.Krueger	374.7	05	Master 40-44	J.Schaub	350	98
Master 50-54	David Constantineau	319.7	07	Master 45-49			
82.5kg / 181 lb				Master 50-54			
Teen	N.Nowaczky	315	98	125+kg / SHW			
Open	Lance Kirchner	551	07	Teen			
Master 40-44	G.Zangl	453	03	Open	Mike Hodge	683.4	03
				Master 40-44	R.Harvey	468	02
				Master 45-49	Jim Ray	600	07
				Master 50-54	Jim Ray	611.75	08
				Master 55-59	Robert Crawford	440.9	09
Wisconsin USAPL Womens Bench Press Records				Wisconsin USAPL Womens Bench Press Records			
44kg / 97 lb				75kg / 165 lb			

Teen				Teen	Devan Doan	287.7	05
Open				Open	Devan Doan	287.7	05
48kg /105 lb				Master 40-44			
Teen	Michelle Vandusen	132.5	09	82.5kg /181 lb			
Open	Michelle Vandusen	132.5	09	Teen	Devan Doan	325.2	06
				Jurnior	Devan Doan	341.7	07
52kg /114 lb				Open	Devan Doan	341.7	07
Teen				90kg /198 lb			
Open	Jennifer Kingsley	159.8	09	Teen			
M-2	Jennifer Kingsley	159.8	09	Open	J.Francis	210	98
56kg /123 lb				Masters 40-44	J.Francis	190	98
Teen				90kg+/198 lb +			
Open	Kelly Moore	154.3	09	Open	Cindy Reagon	280	
M-2	Kelly Moore	154.3	09	Teen	Becky Cook	203.9	09
Raw open	Kelly Moore	154.3	09	M-1	Cindy.Reagon	280	
Raw M-2	Kelly Moore	154.3	09				
60kg / 132 lb							
Teen							
Open	K.Wolfgram	135	98				
67.5kg /148 lb							
Teen	D.Doan	193	02				
Open	Erin Waltermann	264.6	09				

Jan '09



USA POWERLIFTING WISCONSIN



[Home](#)
[Meet Results](#)
[Wisconsin Records](#)
[Meet Schedule](#)
[Wisconsin Referee's](#)

Open Men's Records As of December, 2009

DIVISION	SQUAT	WT	BENCH	WT	DEADLIFT	WT	TOTAL	WT
52 KILO..114 LB								
OPEN	M.CASTRO	352	M.CASTRO	192	M.CASTRO	457	M.CASTRO	1008
TEEN	C.PALUBICKI	07 345	P.ROTAR	07 205	R.BACHORZ	06 395	P.ROTAR	07 920
56 KILO..123 LB								
OPEN	D.KNOLL	370	M.CASTRO	245	M.CASTRO	578	M.CASTRO	1100
TEEN	P.ROTAR	08 429	P.ROTAR	08 264	P.ROTAR	09 468.5	P.ROTAR	09 1085.7
60 KILO..132 LB								
OPEN	A.PHILLIPS	04 452	A.PHILLIPS	04 264.5	M.CASTRO	560	M.CASTRO	1210
TEEN	A.PHILLIPS	04 452	A.PHILLIPS	04 264.5	A.PHILLIPS	04 452	A.PHILLIPS	04 1168
JUNIOR	A.PHILLIPS	04 452	R.COLA	05 270	A.PHILLIPS	04 452	A.PHILLIPS	04 1168
M. 40-44	B.LUNA	390	B.LUNA	280	B.LUNA	440	B.LUNA	1110
M. 45-49	W.BRUNO	305	W.BRUNO	190	W.BRUNO	350	W.BRUNO	835
67.5 KILO..148 LB								
OPEN	R.TRIPHAHN	550	R.SCHWALBACK	08 320	R.SCHWALBACK	09 567.7	R.SCHWALBACK	09 1388.9
TEEN	JJ.ZWIERS	460	B.TASELSKE	290	S.MIKULECKY	507	JJ.ZWIERS	1190
JUNIOR	A.PHILLIPS	06 485	A.PHILLIPS	08 314.2	R.SCHWALBACK	08 501.6	R.SCHWALBACK	06 1190.5
M. 40-44	B.HEINER	335	B.HEINER	245	B.HEINER	385	B.HEINER	965
M. 45-49	H.TOBIAS	325	H.TOBIAS	230	H.TOBIAS	375	H.TOBIAS	925
M. 50-54	M.CASTRO SR	07 341.7	M.CASTRO SR	07 270	M.CASTRO SR	07 600.75*	M.CASTRO SR	07 1212.5
75 KILO. 165 LB								
OPEN	D.BREHM	620	L.KIRCHNER	501	M.CONNER	655	D.BREHM	1600
TEEN	D.KLAWIKOWSKI	556.5	J.WOLTER	336.2	K.RICCHIO	556	J.WOLTER	1365
JUNIOR	S.MIKULECKY	09 523.5	F.JONES	08 352.6	S.MIKULECKY	09 584.2	S.MIKULECKY	09 1444
M. 40-44	L.ALECIA	500	L.ALECIA	350	L.ALECIA	580	L.ALECIA	1430
M. 45-49	J.KRUEGER	485	J.LOT	340	C.LOHMAN	510	J.KRUEGER	1195
M. 50-54	J.KRUEGER	507	D.PARKER	04 353	J.KRUEGER	479	J.KRUEGER	1218
82 KILO. 181 LB								
OPEN	Dan Williams	09 694.5	L.KIRCHNER	07 556.6	Dan Williams	09 711	Dan Williams	09 1829.8
TEEN	H.HENK	600	K.RICCHIO	04 386	K.RICCHIO	04 650	K.RICCHIO	04 1626
JUNIOR	G.KUEHNL	09 606.2	G.KUEHNL	09 413.3	K.RICCHIO	04 650	K.RICCHIO	04 1626
M. 40-44	B.SULLIVAN	91 510	G.ZANGL	460	C.LOHMAN	578	G.ZANGL	1470
M. 45-49	B.SULLIVAN	93 505	B.SULLIVAN	93 325	D.FELTON	04 540	B.SULLIVAN	93 1325
M. 50-54	J.KRUEGER	510	F.PADRON	300	B.SULLIVAN	505	J.KRUEGER	1255
M. 55-59	B.SULLIVAN	07 424.5	B.SULLIVAN	07 303	B.SULLIVAN	07 468.5	B.SULLIVAN	07 1196
90 KILO. 198 LB								
OPEN	D.WILLIAMS	08 722	D.WILLIAMS	09 451.9	D.WILLIAMS	09 727.5	D.WILLIAMS	09 1901.5
TEEN	J.DHEIN	610	C.ALSTEEN	360	C.LOEBEL	600	J.DHEIN	1470
JUNIOR	D.WILLIAMS	07 660	D.WILLIAMS	07 420	D.WILLIAMS	07 725	D.WILLIAMS	07 1805
RAW JUNIOR	D.McCARTHY	09 457.5	D.McCARTHY	09 281	D.McCARTHY	09 540	D.McCARTHY	09 1278.7
RAW OPEN	J.MONAHOS	08 479.5	J.MONAHOS	08 330	J.MONAHOS	08 520	J.MONAHOS	08 1317.2
RAW M. 45-49	J.MONAHOS	08 479.5	J.MONAHOS	08 330	J.MONAHOS	08 520	J.MONAHOS	08 1317.2
M. 40-44	T.CONKLIN	610	B.MILLER	390	T.CONKLIN	585	T.CONKLIN	1535
M. 45-49	J.MONAHOS	08 578.7	J.TODD	365	B.SULLIVAN	520	J.MONAHOS	08 1388.9
M. 50-54	J.KRUEGER	500	J.DONATELL	315	D.JOHNSON	640	D.JOHNSON	1330
M. 55-59	B.BRIGGS	440	J.DONATELL	300	D.JOHNSON	625	D.JOHNSON	1290
M. 60-64	B.DOVE	425	B.BRIGGS	300	B.DOVE	490	B.DOVE	1205
M. 65-69	B.BRIGGS	08 390	B.BRIGGS	08 275	B.BRIGGS	08 395	B.BRIGGS	08 1060
M. 70-74	P.JENSEN	160	P.JENSEN	210	P.JENSEN	345	P.JENSEN	715
100 KILO. 220 LB								
OPEN	R.STILLS	05 710	C.RENNERT	520	S.CAIN	744	S.CAIN	1879.9

TEEN	J.EMNOTT	00	615	B.GARRITY		385	N.PETERSON	99	610	N.PETERSON	99	1520
JUNIOR	D.BRIXIUS	07	672.5	D.BRIXIUS	07	479	D.LABRIE	08	666.9	D.BRIXIUS	07	1791.2
M. 40-44	S.CAIN		675	M.BECKER		435.4	S.CAIN		738	S.CAIN		1825
M. 45-49	S.CAIN		661	S.CAIN		446.4	S.CAIN		688.9	S.CAIN		1769.2
M. 50-54	B.BRIGGS		470	B.VIVIER	08	314	R.LITTMANN		525	B.VIVIER	08	1273
M. 55-59	B.BRIGGS		475	B.BRIGGS		315	R.LITTMANN		500	R.LITTMANN		1255
M. 60-64	B.BRIGGS	07	463	B.BRIGGS	05	335	B.BRIGGS	06	475	B.BRIGGS	06	1255
M. 65-69	B.BRIGGS	07	440	B.BRIGGS	07	295	B.BRIGGS	07	425	B.BRIGGS	06	1160
RAW M. 50-54	K.PARRSON	09	319.7	K.PARRSON	09	187.5	K.PARRSON	09	402.2	K.PARRSON	09	909.5
RAW M-6 65-69	BILL DOVE	09	314.2	BILL DOVE	09	242.5	BILL DOVE	09	451.9	BILL DOVE	09	1008.6
110 KILO. 242 LB												
OPEN	J.BETZINGER	09	804.6	D.DOAN		540	S.CAIN		755	J.BETZINGER	09	1951
TEEN	L.GISTER		625	G.VILLNOW		374	L.GISTER		578.5	L.GISTER		1515.7
JUNIOR	J.BETZINGER	07	788	J.BETZINGER	07	451.9	J.BETZINGER	06	677.9	J.BETZINGER	07	1901.5
M. 40-44	S.CAIN		700	S.CAIN		485	S.CAIN		755	S.CAIN		1884
M. 45-49	S.CAIN	07	633.8	S.CAIN	07	451.9	S.CAIN	07	644.9	S.CAIN	07	1703
M. 50-54	S.CAIN	08	633.8	S.CAIN	08	451.9	S.CAIN	08	622.5	S.CAIN	08	1675.5
M. 55-59	B.BRIGGS		470	B.BRIGGS		325	B.BRIGGS		470	B.BRIGGS		1265
M. 60-64	A.BUNESCU		396.5	A.BUNESCU		209	A.BUNESCU		380	A.BUNESCU		974.5
M. 65-69	B.BRIGGS			B.BRIGGS			B.BRIGGS			B.BRIGGS		
RAW Junior	Kirk Will	09	479.5	Kirk Will	09	369.3	Kirk Will	09	644.9	Kirk Will	09	1493.7
RAW M. 45-49	J.TARMAN	09	330.7	J.TARMAN	09	341	J.TARMAN	09	474	J.TARMAN	09	1146.5
RAW Open	J.BETZINGER	09	639.3	J.BETZINGER	09	385.8	J.BETZINGER	09	633.8	J.BETZINGER	09	1658.9
125 KILO. 275 LB												
OPEN	B.GJERMO		875	S.LADE		683.4	P.MCGETTIGAN		804.5	S.LADE		2155
TEEN	C.WAGE	05	705	C.WAGE	05	385	M.RYUN	03	600	M.RYUN	03	1615
JUNIOR	B.LUEDTKE	07	644	B.LUEDTKE	07	420	G.KIRIAKI	06	649	B.LUEDTKE	07	1708.5
RAW OPEN	S.WARD	08	600.75	P.DIAMOND	09	440	P.DIAMOND	09	672.4	P.DIAMOND	09	1697.5
RAW M-1 40-44												
M-1 40-44	T.SMITH	08	705.5	T.SMITH	09	518	D.HENGST	09	633.8	T.SMITH	08	1829.82
M-2 45-49	K.BELISLE	09	683	K.BELISLE	09	463	M.SANNDERS		625	M.SANNDERS		1670
M-3 50-54	J.MILLER		600.7	J.MILLER		380.2	J.MILLER		562	J.MILLER		1543.2
M-3 55-59	R.CRAWFORD	06	500	R.CRAWFORD	07	385.8	R.CRAWFORD	06	475	R.CRAWFORD	06	1325
M-4 65-69	A.BUNESCU		375	A.BUNESCU		220	A.BUNESCU		380	A.BUNESCU		975
125+ KILO. 275+												
OPEN	J.CHRISTUS	07	832.2	J.CHRISTUS	07	639.3	P.MCGETTIGAN		810	J.CHRISTUS	07	2177
TEEN	N.LUDWIG	06	705	J.CHRISTUS		455	R.LEWIS		610	N.LUDWIG	06	1705
JUNIOR	J.CHRISTUS		800	J.CHRISTUS		606	J.CHRISTUS		665	J.CHRISTUS		2040
M. 40-44	R.VOLLAND		735	R.VOLLAND		420	M.SANNDERS		665	M.SANNDERS		1755
M. 45-49	R.VOLLAND		740	R.KEYES	08	474	R.KEYES	07	611.7	R.VOLLAND		1755
M. 50-54	J.HARPER		560	J.HARPER		320	J.HARPER		590	J.HARPER		1440
M. 55-59	R.CRAWFORD	08	512.5	R.CRAWFORD	09	440.9	R.CRAWFORD	08	529	R.CRAWFORD	08	1444

Dec. '09