

Weight Lifting
Bench for Reps
Crossfit of Dover
10-4-2020

Last Name	First Name	Sex	Age	Age Group	State	Weight Class	Weight Pressed	Place Overall (sex,age,weight)	Place Delaware (sex,age,weight)
Ames	Kevin	M	57	55-59	DE	181	38	1	1
Warrington	Craig	M	58	55-59	DE	220	25	1	1
Bernard	Bernard	M	64	60-64	DE	132	32	1	1
Lehman	Karl	M	61	60-64	DE	220	15	2	2
Nolan	Lawrence	M	64	60-64	NJ	220	28	1	1
STEVENS	CARL	M	66	65-69	DE	220	4	1	1
Gingrich	Robert	M	74	70-74	DE	165	9	1	1
Lovelace	David	M	75	75-79	DE	165	21	1	1

Weight Lifting
Bench Press
Crossfit of Dover
10-4-2020

Last Name	First Name	Sex	Age	Age Group	State	Weight Class	Weight Pressed	Place Overall (sex,age,w eight)	Place Delaware (sex,age,w eight)
Ames	Kevin	M	57	55-59	DE	181	250	1	1
Warrington	Craig	M	58	55-59	DE	198	230	1	1
Bernard	Bernard	M	64	60-64	DE	132	220	1	1
Lehman	Karl	M	61	60-64	DE	220	190	2	2
Nolan	Lawrence	M	64	60-64	NJ	220	225	1	1
STEVENS	CARL	M	66	65-69	DE	220	155	1	1
Gingrich	Robert	M	74	70-74	DE	165	150	1	1
Lovelace	David	M	75	75-79	DE	165	185	1	1
McCay	James	M	81	80-84	DE	220	140	1	1
Schlaupitz	Warner	M	97	95-99	DE	165	100	1	1

Weight Lifting
Dead Lift
Crossfit of Dover
10-4-2020

Last Name	First Name	Sex	Age	Age Group	State	Weight Class	Weight Pressed	Place Overall (sex,age,w eight)	Place Delaware (sex,age,w eight)
Ames	Kevin	M	57	55-59	DE	181	425	1	1
Bernard	Bernard	M	64	60-64	DE	132	370	1	1
Lehman	Karl	M	61	60-64	DE	220	370	1	1
Nolan	Lawrence	M	64	60-64	NJ	220	240	2	2
STEVENS	CARL	M	66	65-69	DE	220	340	1	1
Gingrich	Robert	M	74	70-74	DE	165	281	1	1
Lovelace	David	M	75	75-79	DE	165	200	1	1
McCay	James	M	81	80-84	DE	220	230	1	1
Schlaupitz	Warner	M	97	95-99	DE	165	150	1	1