

2013 IPA NORTH CAROLINA IRON CHALLENGE POWERLIFTING CHAMPIONSHIPS

MAY 18, 2013

HICKORY, NC

BEST LIFTERS

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Female Amateur	Drew Mash
Female Professional	Jennifer Millican
Male Amateur	Greg Nukols
Male Professional	Greg Nukols

BEST OVERALL LIFTER

Greg Nukols

BEST TEAM SCORES

Mash Elite	2,670 points
Tribe	2,639 points
Iron Country Fitness	2,522 points
SuperFlex	2,344 points
Raleigh BB	2,152 points
CrossFit Monroe	1,743 points

TOP FIVE FEMALE COEFFICIENTS

Jennifer Millican	689.0505
Drew Mash	626.96
Naamah Trone	621.78
Angela Reidel	547.878
Shana Bushman	491.681

TOP FIVE MALE COEFFICIENTS

Dakota Cagle	1057.059
Isaac Winkler	1031.4135
Greg Nukols	1011.6795
Tyler Mullins	991.337
Matt Bouton	977.036