

## IPA STRENGTH OF HEROES - PRO

September 9, 2023  
Bohemia, New York

Name	Equipment	Division	BodyweightLb	WeightClassLb	Best3SquatLb	Best3BenchLb	Best3DeadliftLb	TotalLb
<b>WOMEN'S DIVISIONS - FULL POWER</b>								
Kathleen James	Equipped_pro	M45-49	143	148	560	470	300	1330
Kathleen James	Equipped_pro	Open	143	148	560	470	300	1330
Rochelle Dubbs	Equipped_pro	M45-49	271.5	275	680	600	445	1725
Seta Sevulyan	Equipped_pro	M40-44	147.5	148	510	315	455	1280
Stephanie Mager	Equipped_pro	Open	175.5	181	485	265	435	1185
<b>WOMEN'S DIVISIONS - PUSH/PULL</b>								
Danyell Anderson	Equipped_pro	M50-54	121	123		260	450	710
Danyell Anderson	Equipped_pro	Open	121	123		260	450	710
Kathleen James	Equipped_pro	M45-49	143	148		470	300	770
Kathleen James	Equipped_pro	Open	143	148		470	300	770
<b>MEN'S DIVISIONS - FULL POWER</b>								
Andrew Bochenek	Equipped_pro	M50-54	215	220	715	655	550	1920
Derrick Benjamin	Equipped_pro	M45-49	239	242	850	570	680	2100
Derrick Benjamin	Equipped_pro	Open	239	242	850	570	680	2100
Doug Riley	Equipped_pro	Open	198	198	855	700	625	2180
John Ruoppo	Equipped_pro	Open	305.5	308	1030	300	780	2110
Robert Paxson	Equipped_pro	Open	165	165	835	715	550	2100
Ryan Critti	Equipped_pro	Open	326	SHW	1100	775	700	2575
Steve Lusterino	Equipped_pro	Open	264.5	275	825	680	700	2205
<b>MEN'S DIVISIONS - BENCH ONLY</b>								
Cameron Gobble	Equipped_pro	M40-44	196	198		661		661
David Matevosian	Equipped_pro	Open	217.5	220		935		935
Dillon Hinkle	Equipped_pro	Open	189.5	198		675		675
Erik Balogh	Equipped_pro	M50-54	255	275		750		750
Erik Balogh	Equipped_pro	Open	255	275		750		750
Joseph Rybaruk Jr	Equipped_pro	M45-49	295.5	308		1035		1035
Zachary Gibson	Equipped_pro	Open	413.5	SHW		875		875

INDICATES AN IPA WORLD RECORD