

Minnesota State Records set at the Minnesota Junior, Open & Master State Championships (2/12/22)

MN-2022-04

Minnesota State Records	M3b	-100	Total	Gary Grahn	442.5 kg
Minnesota State Records	M3b	-100	Deadlift	Gary Grahn	157.5 kg
Minnesota State Records	M3b	-100	Bench press	Gary Grahn	125 kg
Minnesota State Records	M3b	-100	Squat	Gary Grahn	160 kg
Minnesota State Raw Records	R-JR	-67.5	Total	Anthony Gamez	507.5 kg
Minnesota State Raw Records	R-JR	-67.5	Squat	Anthony Gamez	185 kg
Minnesota State Raw Records	R-JR	-75	Total	Jacob Ramos	717.5 kg
Minnesota State Raw Records	R-JR	-75	Squat	Jacob Ramos	252.5 kg
Minnesota State Raw Records	R-JR	-90	Bench press single lift	Mathew Huver	145 kg
Minnesota State Raw Records	R-JR	-90	Bench press	Mathew Huver	145 kg
Minnesota State Raw Records	R-JR	-100	Total	James Ronyak	727.5 kg
Minnesota State Raw Records	R-JR	-110	Bench press single lift	Yehia Aboelnaga	210 kg
Minnesota State Raw Records	R-JR	-110	Total	Yehia Aboelnaga	857.5 kg
Minnesota State Raw Records	R-JR	-110	Bench press	Yehia Aboelnaga	210 kg
Minnesota State Raw Records	R-JR	-110	Squat	Yehia Aboelnaga	312.5 kg
Minnesota State Raw Records	R-JR	140+	Bench press single lift	Aj Olive	155 kg
Minnesota State Raw Records	R-JR	140+	Total	Aj Olive	527.5 kg
Minnesota State Raw Records	R-JR	140+	Deadlift	Aj Olive	205 kg
Minnesota State Raw Records	R-JR	140+	Bench press	Aj Olive	155 kg
Minnesota State Raw Records	R-JR	140+	Squat	Aj Olive	167.5 kg
Minnesota State Raw Records	R-M1A	-75	Bench press single lift	Scott Spencer	150 kg
Minnesota State Raw Records	R-M1A	-75	Total	Scott Spencer	567.5 kg
Minnesota State Raw Records	R-M1A	-75	Deadlift	Scott Spencer	217.5 kg
Minnesota State Raw Records	R-M1A	-75	Bench press	Scott Spencer	150 kg
Minnesota State Raw Records	R-M1A	-75	Squat	Scott Spencer	200 kg
Minnesota State Raw Records	R-M1A	-82.5	Deadlift	Ernest Draper	257.5 kg
Minnesota State Raw Records	R-M1A	-140	Bench press single lift	Todd Hale	187.5 kg
Minnesota State Raw Records	R-M1A	-140	Total	Todd Hale	772.5 kg
Minnesota State Raw Records	R-M1A	-140	Deadlift	Todd Hale	317.5 kg
Minnesota State Raw Records	R-M1A	-140	Bench press	Todd Hale	187.5 kg
Minnesota State Raw Records	R-M1A	-140	Squat	Todd Hale	267.5 kg

Minnesota State Raw Records R-M1B	-82.5	Total	Ernest Draper	590 kg
Minnesota State Raw Records R-M1B	-82.5	Deadlift	Ernest Draper	257.5 kg
Minnesota State Raw Records R-M1B	-90	Bench press	Jim Merchlewitz	162.5 kg
Minnesota State Raw Records R-M1B	-100	Total	Mike Burns	640 kg
Minnesota State Raw Records R-M1B	-140	Bench press single lift	Todd Hale	187.5 kg
Minnesota State Raw Records R-M1B	-140	Total	Todd Hale	772.5 kg
Minnesota State Raw Records R-M1B	-140	Deadlift	Todd Hale	317.5 kg
Minnesota State Raw Records R-M1B	-140	Bench press	Todd Hale	187.5 kg
Minnesota State Raw Records R-M1B	-140	Squat	Todd Hale	267.5 kg
Minnesota State Raw Records R-M2A	-90	Bench press	Jim Merchlewitz	162.5 kg
Minnesota State Raw Records R-M2A	-100	Total	Mike Burns	640 kg
Minnesota State Raw Records R-M2A	-100	Deadlift	Mike Burns	255 kg
Minnesota State Raw Records R-M2A	-100	Squat	Mike Burns	205 kg
Minnesota State Raw Records R-M2B	-90	Bench press single lift	Tim Teragawa	127.5 kg
Minnesota State Raw Records R-M2B	-90	Total	Tim Teragawa	505 kg
Minnesota State Raw Records R-M2B	-90	Deadlift	Tim Teragawa	210 kg
Minnesota State Raw Records R-M2B	-90	Bench press	Tim Teragawa	127.5 kg
Minnesota State Raw Records R-M2B	-100	Total	Mike Burns	640 kg
Minnesota State Raw Records R-M2B	-100	Bench press	Mike Burns	180 kg
Minnesota State Raw Records R-M2B	-100	Squat	Mike Burns	205 kg
Minnesota State Raw Records R-M3A	-67.5	Total	Bruce Endler	355 kg
Minnesota State Raw Records R-M3A	-67.5	Deadlift	Bruce Endler	160 kg
Minnesota State Raw Records R-M3A	-67.5	Squat	Bruce Endler	115 kg
Minnesota State Raw Records R-M3A	-90	Bench press single lift	Joe Hays	112.5 kg
Minnesota State Raw Records R-M3A	-90	Total	Joe Hays	492.5 kg
Minnesota State Raw Records R-M3A	-90	Deadlift	Joe Hays	210 kg
Minnesota State Raw Records R-M3A	-90	Bench press	Joe Hays	112.5 kg
Minnesota State Raw Records R-M3A	-90	Squat	Joe Hays	170 kg
Minnesota State Raw Records R-O	-75	Total	Jacob Ramos	730 kg
Minnesota State Raw Records R-O	-75	Squat	Jacob Ramos	265 kg
Minnesota State Raw Records R-O	-110	Squat	Micah Rodahl	317.5 kg
Minnesota State Raw Records R-O	-110	Bench press single lift	Yehia Aboelnaga	210 kg
Minnesota State Raw Records R-O	-110	Total	Yehia Aboelnaga	857.5 kg
Minnesota State Raw Records R-O	-110	Bench press	Yehia Aboelnaga	210 kg
Minnesota State Raw Records R-O	-140	Bench press single lift	Todd Hale	187.5 kg
Minnesota State Raw Records R-O	-140	Total	Todd Hale	772.5 kg
Minnesota State Raw Records R-O	-140	Deadlift	Todd Hale	317.5 kg
Minnesota State Raw Records R-O	-140	Bench press	Todd Hale	187.5 kg
Minnesota State Raw Records R-O	-140	Squat	Todd Hale	267.5 kg

Minnesota State Raw Records R-O	140+	Total	Mike Lukason	730 kg
Minnesota State Raw Records R-O	140+	Deadlift	Mike Lukason	265 kg
Minnesota State Raw Records R-O	140+	Squat	Mike Lukason	275 kg
Minnesota State Raw Records R-T3	-100	Total	Devin Hunt	635 kg
Minnesota State Raw Records R-T3	-100	Deadlift	Devin Hunt	277.5 kg
Minnesota State Raw Records R-T3	-100	Squat	Devin Hunt	217.5 kg
Minnesota State Raw Records R-JR	-56	Squat	Lexi Roe	102.5 kg
Minnesota State Raw Records R-JR	-56	Total	Rivkah Chaouat-Kelley	312.5 kg
Minnesota State Raw Records R-JR	-56	Deadlift	Rivkah Chaouat-Kelley	137.5 kg
Minnesota State Raw Records R-M1A	-60	Total	Jodi Funk	310 kg
Minnesota State Raw Records R-M1A	-67.5	Squat	Lara Friedman-Shedlov	120 kg
Minnesota State Raw Records R-M1A	-82.5	Bench press	Rachel Olstad	70 kg
Minnesota State Raw Records R-M1A	-100	Bench press single lift	Robin VanOss	55 kg
Minnesota State Raw Records R-M1A	-100	Total	Robin VanOss	260 kg
Minnesota State Raw Records R-M1A	-100	Deadlift	Robin VanOss	110 kg
Minnesota State Raw Records R-M1A	-100	Bench press	Robin VanOss	55 kg
Minnesota State Raw Records R-M1A	-100	Squat	Robin VanOss	95 kg
Minnesota State Raw Records R-M1B	-82.5	Bench press single lift	Rachel Olstad	70 kg
Minnesota State Raw Records R-M1B	-82.5	Bench press	Rachel Olstad	70 kg
Minnesota State Raw Records R-M1B	-100	Bench press single lift	Robin VanOss	55 kg
Minnesota State Raw Records R-M1B	-100	Total	Robin VanOss	260 kg
Minnesota State Raw Records R-M1B	-100	Bench press	Robin VanOss	55 kg
Minnesota State Raw Records R-M1B	-100	Squat	Robin VanOss	95 kg
Minnesota State Raw Records R-M2A	-82.5	Total	Jennifer Rosario	350 kg
Minnesota State Raw Records R-M2A	-82.5	Deadlift	Jennifer Rosario	157.5 kg
Minnesota State Raw Records R-M2A	-82.5	Squat	Jennifer Rosario	125 kg
Minnesota State Raw Records R-M2A	-100	Bench press single lift	Robin VanOss	55 kg
Minnesota State Raw Records R-M2A	-100	Total	Robin VanOss	260 kg
Minnesota State Raw Records R-M2A	-100	Deadlift	Robin VanOss	110 kg
Minnesota State Raw Records R-M2A	-100	Bench press	Robin VanOss	55 kg
Minnesota State Raw Records R-M2B	-100	Bench press single lift	Robin VanOss	55 kg
Minnesota State Raw Records R-M2B	-100	Deadlift	Robin VanOss	110 kg
Minnesota State Raw Records R-O	-67.5	Bench press single lift	Lindsay Molinaro	92.5 kg
Minnesota State Raw Records R-O	-67.5	Bench press	Lindsay Molinaro	92.5 kg
Minnesota State Raw Records R-O	-82.5	Total	Maggie Hall	452.5 kg
Minnesota State Raw Records R-O	-82.5	Deadlift	Maggie Hall	202.5 kg
Minnesota State Raw Records R-O	-82.5	Squat	Maggie Hall	165 kg
Minnesota State Raw Records R-O	-82.5	Bench press single lift	Wynonah Filla	100 kg
Minnesota State Raw Records R-O	-82.5	Bench press	Wynonah Filla	100 kg
Minnesota State Raw Records R-O	-100	Bench press single lift	Rachel Stark	100 kg

Minnesota State Raw Records R-O	-100	Total	Rachel Stark	487.5 kg
Minnesota State Raw Records R-O	-100	Deadlift	Rachel Stark	207.5 kg
Minnesota State Raw Records R-O	-100	Bench press	Rachel Stark	100 kg
Minnesota State Raw Records R-O	-100	Squat	Rachel Stark	180 kg
Wisconsin State Raw Records R-O	-100	Bench press single lift	Sophia Larson	70 kg
Wisconsin State Raw Records R-O	-100	Bench press	Sophia Larson	70 kg
Minnesota State Raw Records R-T1	-82.5	Total	Neha Mandrekar	152.5 kg
Minnesota State Raw Records R-T1	-82.5	Deadlift	Neha Mandrekar	80 kg
Minnesota State Raw Records R-T1	-82.5	Squat	Neha Mandrekar	42.5 kg
Minnesota State Raw Records R-T3	-56	Total	Rivkah Chaouat-Kelley	312.5 kg
Minnesota State Raw Records R-T3	-56	Deadlift	Rivkah Chaouat-Kelley	137.5 kg
Minnesota State Raw Records R-T3	-56	Bench press	Rivkah Chaouat-Kelley	72.5 kg
Wisconsin State Raw Records R-T3	-100	Bench press single lift	Sophia Larson	70 kg
Wisconsin State Raw Records R-T3	-100	Bench press	Sophia Larson	70 kg