Minnesota State records set at the Iron Ice Novice Classic (3/13/22)

MN-2022-01

-90	Bench press single lift	Jacob Bostrack	147.5 kg
-90	Bench press	Jacob Bostrack	147.5 kg
-75	Deadlift	<u>Melissa Kern</u>	145 kg
-90	Bench press	Heather Bondhus	70 kg
-100	Bench press single lift	<u>Senja Ruuska</u>	72.5 kg
-100	Total	<u>Senja Ruuska</u>	315 kg
-100	Deadlift	<u>Senja Ruuska</u>	137.5 kg
-100	Bench press	<u>Senja Ruuska</u>	72.5 kg
-100	Squat	<u>Senja Ruuska</u>	105 kg
-90	Deadlift	Heather Bondhus	122.5 kg
-100	Bench press single lift	<u>Senja Ruuska</u>	72.5 kg
-100	Total	<u>Senja Ruuska</u>	315 kg
-100	Bench press	<u>Senja Ruuska</u>	72.5 kg
-100	Squat	<u>Senja Ruuska</u>	105 kg
100+	Total	Tonya Maciej	335 kg
100+	Deadlift	Tonya Maciej	152.5 kg
100+	Squat	Tonya Maciej	110 kg
	-90 -75 -90 -100 -100 -100 -100 -100 -100 -100	-90 Bench press -75 Deadlift -90 Bench press -100 Bench press single lift -100 Total -100 Deadlift -100 Bench press -100 Squat -90 Deadlift -100 Bench press single lift -100 Bench press single lift -100 Total -100 Bench press -100 Squat -100 Deadlift	-90 Bench press Jacob Bostrack -75 Deadlift Melissa Kern -90 Bench press Heather Bondhus -100 Bench press single lift Senja Ruuska -100 Total Senja Ruuska -100 Deadlift Senja Ruuska -100 Bench press Senja Ruuska -100 Squat Senja Ruuska -90 Deadlift Heather Bondhus -100 Bench press single lift Senja Ruuska -100 Bench press single lift Senja Ruuska -100 Bench press single lift Senja Ruuska -100 Squat Senja Ruuska -100 Bench press Senja Ruuska -100 Squat Senja Ruuska -100 Total Tonya Maciej