

# 1989 USPF Mountaineer Open

1989-11-05, USA-WV, Barboursville

Rank	Lifter	Sex	Age	Equip	Class	Weight	Squat	Bench	Deadlift	Total	Wilks
1	<a href="#">Steve Siwiak</a>	M		Single	181	181.8	485	352.7	606.2	1444	438.79
2	<a href="#">Lisa McKenzie</a>	F		Single	165	165.3	369.2	209.4	424.4	1003.1	432.54
3	<a href="#">Bill Routzong</a>	M	23~	Single	148	148.8	468.4	264.5	468.4	1201.5	420.20
4	<a href="#">Nancy Young</a>	F		Single	181	181.8	391.3	220.4	407.8	1019.6	416.24
5	<a href="#">Scott Avon</a>	M		Single	165	165.3	474	325.1	479.5	1278.6	413.29
6	<a href="#">Richard Cessar</a>	M		Single	165	165.3	440.9	292.1	545.6	1278.6	413.29
7	<a href="#">Ruth Walker</a>	F		Single	132	132.2	308.6	165.3	325.1	799.1	404.15
8	<a href="#">Donna Secreto</a>	F	20~	Single	132	132.2	286.6	176.3	330.7	793.6	401.36
9	<a href="#">Earlene Boston</a>	F		Single	148	148.8	347.2	154.3	358.2	859.8	398.04
10	<a href="#">David Snodgrass</a>	M	24~	Single	198	198.4	501.5	286.6	573.2	1361.3	394.21
11	<a href="#">M. Trupo</a>	M		Single	181	181.8	457.4	330.7	485	1273.1	386.87
12	<a href="#">Chuck Poston</a>	M		Single	198	198.4	529.1	303.1	501.5	1333.8	386.23
13	<a href="#">Joe Cessar</a>	M		Single	148	148.8	352.7	264.5	479.5	1096.8	383.58
14	<a href="#">George Bryant</a>	M		Single	165	165.3	402.3	281.1	490.5	1173.9	379.44
15	<a href="#">Greg Jackson</a>	M		Single	148	148.8	363.7	297.6	418.8	1080.2	377.80
16	<a href="#">Keith Rippetto</a>	M		Single	220	220.4	534.6	308.6	518.1	1361.3	375.80
17	<a href="#">R. Clark #11</a>	M		Single	220	220.4	501.5	341.7	518.1	1361.3	375.80
18	<a href="#">Mike Vitruis</a>	M		Single	148	148.8	358.2	242.5	446.4	1047.2	366.23
19	<a href="#">R. Crites</a>	M		Single	198	198.4	462.9	292.1	501.5	1256.6	363.88
20	<a href="#">R. Graham</a>	M	28~	Single	220	220.4	490.5	347.2	457.4	1295.2	357.55
21	<a href="#">Christa Buenting</a>	F		Single	123	123.4	264.5	132.2	270	666.9	355.92
22	<a href="#">C. Miragliotta</a>	M		Single	165	165.3	418.8	259	413.3	1091.3	352.72
23	<a href="#">Frank Finney</a>	M		Single	242	242.5	474	325.1	501.5	1300.7	347.21
24	<a href="#">Greg Vance</a>	M		Single	148	148.8	352.7	242.5	363.7	959	335.39
25	<a href="#">Dennis Pratt</a>	M		Single	148	148.8	308.6	231.5	374.8	914.9	319.97
26	<a href="#">C. Wolfe</a>	M		Single	198	198.4	396.8	303.1	402.3	1102.3	319.20
27	<a href="#">LaDonna Kirk</a>	F		Single	148	148.8	242.5	126.7	319.6	688.9	318.94
28	<a href="#">Eric Dornick</a>	M		Single	132	132.2	264.5	181.8	347.2	793.6	307.03
29	<a href="#">L. Shank</a>	F		Single	123	123.4	187.4	99.2	270	556.6	297.09
30	<a href="#">J. McDaniel</a>	F		Single	148	148.8	198.4	143.3	270	611.7	283.22
31	<a href="#">John Travato</a>	M		Single	123	123.4	187.4	126.7	358.2	672.4	277.66
32	<a href="#">Gloria Gillespie</a>	F		Single	114	114.6	165.3	99.2	220.4	485	274.26
33	<a href="#">D. Groves</a>	M		Single	198	198.4	110.2	170.8	242.5	523.6	151.62
34	<a href="#">Richard Lacy</a>	M		Single			699.9	374.8	799.1	1873.9	
35	<a href="#">Willie Williams</a>	M		Single	275+		253.5	523.6	578.7	1355.8	

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36	<a href="#">Larry Browning</a>	M	47~	Single	275+		457.4	374.8	512.5	1344.8	
37	<a href="#">D. Dryden</a>	M		Single			501.5	275.5	529.1	1306.2	
38	<a href="#">Mac Richards</a>	M	67	Single			457.4	314.1	440.9	1212.5	
39	<a href="#">M. Parham</a>	M		Single	275+		462.9	264.5	402.3	1129.8	
40	<a href="#">Peg Conley</a>	F		Single	198+		391.3	176.3	369.2	936.9	
41	<a href="#">R. Bates #4</a>	F		Single	198+		253.5	159.8	303.1	716.5	