



USA WEIGHTLIFTING

The National Governing Body for Weightlifting in the United States

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Crossfit - Best Lifter & By Weight Class

Competition: 2011 West Hartford Crossfit Relentless Open **Location:** 635 New Park Ave, West Hartford, CT.
Date: 5/1/2011 **Group:** NE LWC **Sanction #:** 2/11/2002

Lot No.	Gnd	Member ID	Div	Wt Class	Name (Please print legibly)	Year of Birth	Team	Body Wt	Snatch			Best Sna	Clean & Jerk			Best C&J	Total	Place	i	Sinclair	Master's Sinclair
									1	2	3		1	2	3						
11	F	167994	O,M,CF	63	Malz, Kimberly	1970	CF Relentless	60.0	41	46	51x	46	61	68	70	70	116	1		148.89	170.77
5	F	168878	O,CF	53	Marshall, Amanda	1987	SECT CF	52.8	35	38	40	40	52	55	57	57	97	2		136.78	
15	F	167549	O, CF	63	Zdanowicz, Sarah	1987	Northshore CF	62.7	39	41x	41	41	57	60	62	62	103	3		128.44	
18	F	168704	O, CF	75	Haynes-Grassia, Cassie	1983	CF Boston	72.3	42	45x	45x	42	55	57	59	59	101	4		116.1	
3	F	153540	O,M,CF	48	Picardy, Tara	1970	Northshore CF	48.0	31	32x	32x	31	42	45x	45	45	76	5		116.074	133.14
15	M	167358	O, CF	77	O'Fallon, Kevin	1979	Pioneer Val CF	76.8	75	80x	80x	75	95	100	103	103	178	1		223.55	
9	M	167150	O,M, CF	77	Arakaki, Brandon	1976	Northshore CF	71.9	57	61	71	71	75	84	89x	84	155	2		202.25	216.81
24	M	162126	O,CF	77	Valego, Brett	1979	Pioneer Val CF	77.0	64	67	71	71	83	87	91x	87	158	3		198.14	
3	M	153874	O,M,CF	62	Blair, Steve	1966	Northshore CF	60.8	51	53	55	55	74	77x	77x	74	129	4		188	224.66
3	F	153540	O,M,CF	48	Picardy, Tara	1970	Northshore CF	48.0	31	32x	32x	31	42	45x	45	45	76	1		116.074	133.14
5	F	168878	O,CF	53	Marshall, Amanda	1987	SECT CF	52.8	35	38	40	40	52	55	57	57	97	1		136.78	
11	F	167994	O,M,CF	63	Malz, Kimberly	1970	CF Relentless	60.0	41	46	51x	46	61	68	70	70	116	1		148.89	170.77
15	F	167549	O, CF	63	Zdanowicz, Sarah	1987	Northshore CF	62.7	39	41x	41	41	57	60	62	62	103	2		128.44	
18	F	168704	O, CF	75	Haynes-Grassia, Cassie	1983	CF Boston	72.3	42	45x	45x	42	55	57	59	59	101	1		116.1	
21	F	168643	O, CF	75+	Brody, Nicolette	1986	CF Boston	90.7	44	47x	47	47	60	63	66x	63	110	1		115.44	
20	F	167291	O, CF	75+	Lee, Renee	1986	CF Boston	78.1	40	43x	43x	40	50	56	58x	56	96	2		106.42	
3	M	153874	O,M,CF	62	Blair, Steve	1966	Northshore CF	60.8	51	53	55	55	74	77x	77x	74	129	1		188	224.66
15	M	167358	O, CF	77	O'Fallon, Kevin	1979	Pioneer Val CF	76.8	75	80x	80x	75	95	100	103	103	178	1		223.55	
24	M	162126	O,CF	77	Valego, Brett	1979	Pioneer Val CF	77.0	64	67	71	71	83	87	91x	87	158	2		198.14	
9	M	167150	O,M, CF	77	Arakaki, Brandon	1976	Northshore CF	71.9	57	61	71	71	75	84	89x	84	155	3		202.25	216.81