



USASL COMPETITION RESULTS

CLASSIC 1RM | CLASSIC MAX REPS

APRIL 8, 2023 – 72 NOBLE ST, BROOKLYN NY 11222

WOMEN'S MAX REPS

NAME	IG	BW (KG)	PULL +5KG	DIP +10KG	TOTAL
Nae	@naechann	69.9	18	24	42

AGE 40+ MEN'S MAX REPS

NAME	IG	BW (KG)	PULL +20KG	DIP +40KG	TOTAL
Dontaze	@dontaze_power_man	84.0	9	9	18 (1 st)

MEN'S LIGHTWEIGHT (-160LB/-72.6KG) MAX REPS

NAME	IG	BW (KG)	PULL +20KG	DIP +40KG	TOTAL
José	@cuzzothegod	68.3	16	22	38 (1 st)
Daniel	@danielpalicuk	72.5	18	13	31 (2 nd)
Darkhan	-	69.9	17	13	30 (3 rd)

MEN'S MIDDLEWEIGHT (-175LB/-79.4KG) MAX REPS

NAME	IG	BW (KG)	PULL +20KG	DIP +40KG	TOTAL
Shaq	@shaqsworkout	77.8	16	16	32 (1 st)
Casey	@caseythenics	74.3	14	13	27 (2 nd)

MEN'S LIGHT HEAVYWEIGHT (-200LB/-90.7KG) MAX REPS

NAME	IG	BW (KG)	PULL +20KG	DIP +40KG	TOTAL
Carlos	@baarllos	81.9	20	18	38 (1 st)

MEN'S HEAVYWEIGHT (+200LB/+90.7LB) MAX REPS

No participants.



WOMEN'S 1RM

NAME	IG	BW	RESULTS			TOTAL
Nae	@naechann	69.9	1 st PULL	2 ND PULL	3 RD PULL	103.75 (1 st)
			42.5	45	47.5	
			1 st DIP	2 ND DIP	3 RD DIP	
			50	52.5	56.25	

AGE 40+ MEN'S 1RM

NAME	IG	BW	RESULTS			TOTAL
Dontaze	@dontaze_power_man	84.0	1 st PULL	2 ND PULL	3 RD PULL	63.5 (DQ)
			SKIPPED	SKIPPED	25	
			1 st DIP	2 ND DIP	3 RD DIP	
			50	58.75	63.5	

MEN'S LIGHTWEIGHT (-160LB/-72.6KG) 1RM

NAME	IG	BW	RESULTS			TOTAL
José	@cuzzothegod	68.3	1 st PULL	2 ND PULL	3 RD PULL	143.75 (1 st)
			50	52.5	53.75	
			1 st DIP	2 ND DIP	3 RD DIP	
			81.25	90	91.25	
Marcus	@emekahfitness	58.2	1 st PULL	2 ND PULL	3 RD PULL	136.25 (2 nd)
			45	52.5	58.75	
			1 st DIP	2 ND DIP	3 RD DIP	
			61.25	72.5	83.75	
Daniel	@danielpalicuk	72.5	1 st PULL	2 ND PULL	3 RD PULL	127.5 (3 rd)
			50	55	61.25	
			1 st DIP	2 ND DIP	3 RD DIP	
			63.75	70	72.5	
Darkhan	-	69.9	1 st PULL	2 ND PULL	3 RD PULL	120
			50	62.5	62.5	
			1 st DIP	2 ND DIP	3 RD DIP	
			62.5	70	77.5	
Haroon	-	61.4	1 st PULL	2 ND PULL	3 RD PULL	66.25
			30	41.25	41.25	
			1 st DIP	2 ND DIP	3 RD DIP	
			35	36.25	56.5	



MEN'S MIDDLEWEIGHT (-175LB/-79.4KG) 1RM

NAME	IG	BW	RESULTS			TOTAL
William	@will2gain	79.3	1 st PULL	2 ND PULL	3 RD PULL	160 (1 st)
			61.25	66.25	70	
			1 st DIP	2 ND DIP	3 RD DIP	
			82.5	90	SKIPPED	
Shaq	@shaqworkout	77.8	1 st PULL	2 ND PULL	3 RD PULL	136.25 (2 nd)
			47.5	50	55	
			1 st DIP	2 ND DIP	3 RD DIP	
			81.25	92.5	92.5	
Casey	@caseythenics	74.3	1 st PULL	2 ND PULL	3 RD PULL	0 (DQ)
			50	50	50	
			1 st DIP	2 ND DIP	3 RD DIP	
			SKIPPED	SKIPPED	SKIPPED	

MEN'S LIGHT HEAVYWEIGHT (-200LB/-90.7KG) 1RM

NAME	IG	BW	RESULTS			TOTAL
Carlos	@baarllos	79.3	1 st PULL	2 ND PULL	3 RD PULL	192.5 (1 st)
			60	67.5	72.5	
			1 st DIP	2 ND DIP	3 RD DIP	
			100	115	125	
Nick	@nicktheebarber	89.9	1 st PULL	2 ND PULL	3 RD PULL	168.75 (2 nd)
			61.25	68.75	72.5	
			1 st DIP	2 ND DIP	3 RD DIP	
			100	115	115	
Elvis	@barnatural_fitness	79.5	1 st PULL	2 ND PULL	3 RD PULL	137.5 (3 rd)
			41.25	45	51.25	
			1 st DIP	2 ND DIP	3 RD DIP	
			77.5	81.25	86.25	

MEN'S HEAVYWEIGHT (+200LB/+90.7LB) 1RM

NAME	IG	BW	RESULTS			TOTAL
Stephen	@brooklyntank718	95.9	1 st PULL	2 nd PULL	3 RD PULL	161.25 (1 st)
			45	53.75	61.25	
			1 st DIP	2 ND DIP	3 RD DIP	
			100	122.5	122.5	