



2025 Summer Iowa Games Powerlifting Results

Place	Name	Gender	Awards Division	Weight Class	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Subtotal	Deadlift 1	Deadlift 2	Deadlift 3	Best Deadlift	Total
1	Grace Rood	FEMALE	Women's Raw Drug Tested Junior (20-23)	90	137.5	142.5	147.5	147.5	-85	-87.5	87.5	87.5	235	140	142.5	147.5	147.5	382.5
1	Olivia Nole	FEMALE	Women's Raw Drug Tested Junior (20-23)	100	105	110	-117.5	110	50	57.5	-62.5	57.5	167.5	100	105	110	110	277.5
1	katelind Lenz	FEMALE	Women's Raw Drug Tested Master (40-44)	100	-117.5	-117.5	117.5	117.5	-75	80	82.5	82.5	200	145	152.5	-157.5	152.5	352.5
2	Tiffany Conroy	FEMALE	Women's Raw Drug Tested Master (40-44)	100	70	77.5	85	85	57.5	62.5	-67.5	62.5	147.5	105	115	130	130	277.5
1	Erica Thompson	FEMALE	Women's Raw Drug Tested Open	56	90	97.5	-107.5	97.5	47.5	52.5	55	55	152.5	100	110	120	120	272.5
1	Elizabeth Gabbard	FEMALE	Women's Raw Drug Tested Open	67.5	110	120	-137.5	120	70	77.5	80	80	200	125	135	142.5	142.5	342.5
1	Elizabeth Nguyen	FEMALE	Women's Raw Drug Tested Sub-Master (35-39)	60	-107.5	107.5	112.5	112.5	62.5	-67.5	67.5	67.5	180	135	142.5	-150	142.5	322.5
2	Jennifer Crittenden	FEMALE	Women's Raw Drug Tested Sub-Master (35-39)	60	82.5	87.5	92.5	92.5	60	67.5	-70	67.5	160	117.5	125	132.5	132.5	292.5
1	Lindsey Dyball	FEMALE	Women's Raw Drug Tested Sub-Master (35-39)	67.5	-125	125	-130	125	60	65	-70	65	190	-142.5	-142.5	142.5	142.5	332.5
1	Emily Wynn	FEMALE	Women's Raw Drug Tested Sub-Master (35-39)	82.5	60	65	77.5	77.5	37.5	42.5	-47.5	42.5	120	90	97.5	102.5	102.5	222.5
1	Davi Linhares	MALE	Men's Raw Drug Tested Junior (10-12)	52	45	50	60	60	35	40	47.5	47.5	107.5	40	52.5	60	60	167.5
1	Alec Phanmaha	MALE	Men's Raw Drug Tested Junior (13-15)	56	125	130	132.5	132.5	-70	-75	77.5	77.5	210	135	137.5	140	140	350
1	Owen Koos	MALE	Men's Raw Drug Tested Junior (13-15)	75	165	175	182.5	182.5	100	-105	105	105	287.5	170	-187.5	-187.5	170	457.5
1	Peyton Fazio	MALE	Men's Raw Drug Tested Junior (13-15)	82.5	145	160	-167.5	160	80	85	-90	85	245	155	167.5	180	180	425
	Johnathan Gilbert	MALE	Men's Raw Drug Tested Junior (13-15)	140+	212.5	222.5	235	235	-160	-160	-160			212.5	230	237.5	237.5	0
1	Elliott Green	MALE	Men's Raw Drug Tested Junior (16-17)	100	187.5	200	212.5	212.5	110	117.5	120	120	332.5	200	222.5	-240	222.5	555
1	Yunniet Arriaga	MALE	Men's Raw Drug Tested Junior (16-17)	110	212.5	222.5	227.5	227.5	132.5	140	-150	140	367.5	200	212.5	-220	212.5	580
1	Thomas Skalicky	MALE	Men's Raw Drug Tested Junior (16-17)	125	192.5	200	-210	200	120	125	137.5	137.5	337.5	227.5	235	-242.5	235	572.5
1	Grant Hurkin	MALE	Men's Raw Drug Tested Junior (18-19)	90	182.5	195	202.5	202.5	127.5	132.5	-137.5	132.5	335	192.5	205	215	215	550
1	Jonatan Hernandez	MALE	Men's Raw Drug Tested Junior (18-19)	100	200	215	-227.5	215	125	-130	130	130	345	210	222.5	227.5	227.5	572.5
1	Max Morgan	MALE	Men's Raw Drug Tested Junior (18-19)	110	-205	210	-217.5	210	100	112.5	-115	112.5	322.5	210	220	250	250	572.5
1	Carson Godbersen	MALE	Men's Raw Drug Tested Junior (20-23)	82.5	175	182.5	-187.5	182.5	115	120	125	125	307.5	197.5	205	210	210	517.5
1	Jorge Rodriguez	MALE	Men's Raw Drug Tested Junior (20-23)	100	175	185	190	190	102.5	110	115	115	305	160	180	-185	180	485
1	Daniel Limones	MALE	Men's Raw Drug Tested Junior (20-23)	125	172.5	192.5	200	200	125	140	150	150	350	200	227.5	232.5	232.5	582.5
2	Payton Woods	MALE	Men's Raw Drug Tested Junior (20-23)	125	195	207.5	217.5	217.5	115	122.5	132.5	132.5	350	210	220	232.5	232.5	582.5
1	Daniel Linhares	MALE	Men's Raw Drug Tested Master (40-44)	82.5	150	155	-160	155	92.5	97.5		97.5	252.5	115	140	145	145	397.5
1	Jose Vasquez	MALE	Men's Raw Drug Tested Master (40-44)	125	190	200	212.5	212.5	140	147.5	155	155	367.5	190	195	207.5	207.5	575
	GREGORY C MADISON	MALE	Men's Raw Drug Tested Master (70-74)	75	-90	90	-102.5	90	-90	90	92.5	92.5	182.5	-165	-177.5	-182.5		0
1	Rick Kupferschmidt	MALE	Men's Raw Drug Tested Master (75-79)	90	-60	65	72.5	72.5	50	-57.5	-60	50	122.5	97.5	110	120	120	242.5
1	Lucas Thompson	MALE	Men's Raw Drug Tested Open	75	130	140	-147.5	140	125	132.5	-140	132.5	272.5	150	157.5	165	165	437.5
1	Derek Gripenberg	MALE	Men's Raw Drug Tested Open	90	207.5	220	222.5	222.5	127.5	-135	-135	127.5	350	265	-282.5	0	265	615

2	Dermame Lloyd	MALE	Men's Raw Drug Tested Open	90	-200	200	-215	200	150	-165	-165	150	350	-200	-200	200	200	550
3	Nik Guttormson	MALE	Men's Raw Drug Tested Open	90	145	155	-165	155	-102.5	107.5	-115	107.5	262.5	155	167.5	-172.5	167.5	430
1	Keaton Baccam	MALE	Men's Raw Drug Tested Open	125	225	242.5	250	250	137.5	-147.5	-147.5	137.5	387.5	235	252.5	275	275	662.5
1	Kenneth Grim	MALE	Men's Raw Drug Tested Open	140	160	180	-195	180	105	117.5	120	120	300	210	230	237.5	237.5	537.5
1	Max Delgado	MALE	Men's Raw Untested Junior (18-19)	75	-137.5	142.5	150	150	-80	-82.5	82.5	82.5	232.5	175	182.5	192.5	192.5	425
1	Fernando candeloro	MALE	Men's Raw Untested Open	100	247.5	-267.5	-267.5	247.5	160	-167.5		160	407.5	-252.5	257.5	267.5	267.5	675
1	Fernando candeloro	MALE	Men's Raw Untested Sub-Master (35-39)	100	247.5	-267.5	-267.5	247.5	160	-167.5		160	407.5	-252.5	257.5	267.5	267.5	675
1	Nick Simmons	MALE	Men's Raw Drug Tested Master (65-69) Bench Only	110					137.5	147.5	-155	147.5						147.5
1	Bob Hach	MALE	Men's Raw Drug Tested Master (70-74) Bench Only	140+					125	-135	137.5	137.5						137.5
1	Steven Henry	MALE	Men's Raw Drug Tested Open Bench Only	125					125	142.5	-160	142.5						142.5
1	Bob Hach	MALE	Men's Raw Drug Tested Open Bench Only	140+					125	-135	137.5	137.5						137.5
1	Steven Henry	MALE	Men's Raw Drug Tested Sub-Master (35-39) Bench Only	125					125	142.5	-160	142.5						142.5
1	Steven Henry	MALE	Men's Raw Untested Open Bench Only	125					125	142.5	-160	142.5						142.5
1	Steven Henry	MALE	Men's Raw Untested Sub-Master (35-39) Bench Only	125					125	142.5	-160	142.5						142.5
1	Nick Simmons	MALE	Men's Raw Drug Tested Master (65-69) Push/Pull	110					137.5	147.5	-155	147.5		192.5	-205		192.5	340
	GREGORY C MADISON	MALE	Men's Raw Untested Master (70-74) Push/Pull	75					-90	90	92.5	92.5		-165	-177.5	-182.5		0
1	Matthew M DeZwarte	MALE	Men's Raw With Wraps Untested Open	100	185	200	-220	200	-115	-125	125	125	325	200	212.5	220	220	545