

**2007 Kansas 5A Power Lifting - Kapaun Mt. Carmel Catholic High School  
Final Results (Men) - 156**

Student Name		High School	Weight	Bench	Place	Squat	Place	Clean	Place	Total Pounds	Total %
Last	First										
Carroll	Marcus	G-E	156	0	14	0	13	0	14	0	0
Reed	Dellon	S. Central	156	195	9	270	9	170	13	635	4.070513
Fritz	Aaron	S. South	156	180	11	255	11	185	11	620	3.974359
Howell	Robert	Newton	152	195	9	295	3	210	8	700	4.605263
Howell	Willie	Newton	152	215	6	275	7	215	7	705	4.638158
Johnson	Preston	Liberal	151	240	4	325	2	225	6	790	5.231788
Knackstedt	Sky	G-E	155	220	5	265	10	180	12	665	4.290323
Vo	Long	Liberal	152	210	8	285	5	235	3	730	4.802632
Pierson	Nick	G-E	156	260	2	0	13	265	1	525	3.365385
Rios	Luis	Liberal	156	250	3	290	4	240	2	780	5
Sellers	Russell	S. South	154	180	11	275	7	210	8	665	4.318182
Singer	Nick	KMC	156	215	6	280	6	235	3	730	4.679487
Sargent	James	G-E	156	285	1	340	1	235	3	860	5.512821
Yingling	Scott	Liberal	153	155	13	240	12	200	10	595	3.888889