



Saskatchewan Powerlifting

Top 10 Equipped Male Powerlifters

As of May 31st, 2022

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	Athlete	Date	Location	Competition	Age	Division	Class	Weight	SQ	BP	DL	Total	GL Points*
1	Aaron Ziffle	2022-May-09	Canada-NL	Canadian National Championships	Masters 1	Equipped	93	92.9	335	235	280	850	92.19
2	Ryan Stinn	2022-May-09	Canada-NL	Canadian National Championships	Masters 1	Equipped	120+	146.9	395	302.5	310	1007.5	91.02
3	Dustin Fraser	2022-May-09	Canada-NL	Canadian National Championships	Open	Equipped	93	92.6	290	185	280	755	82.05
4	Dre Grasdal	2021-Oct-01	Canada-SK	Saskatchewan Provincial Championships	Open	Equipped	120+	128.2	300	210	240	750	70.74
5	Nathan Dorward	2021-Dec-11	Canada-SK	Last Chance	Open	Equipped	105	99.2	220	185	225	630	66.13
6	Randy Schiller	2022-Feb-19	Canada-SK	Olympia In Depth Open	Masters 3	Equipped	105	102.7	206	135	230	571	58.95

*These Lists are based on each lifter's Good Lift Points Score. These points are accounted for at the end of a successful competition. All recorded lifts are in KILOGRAMS.