

Meet: 2025 HomeGymCon Push/Pull

Date: 6/28/2025

#	Lifter	Club	Gender	Birth Date	Age	Age Group	Age Factor	Weight (Pounds)	Weight Class	Lynch Factor
1	Lynne Homan	Buffville Gym	F		62	60 - 64	1.23	132	60	1.1637
2	Alexandria McDonald	Iron Palace Podcast	F		18	Junior	1.03	120	55	1.252
1	Michael Hanlein		M		31	Open	1	150	70	1.0652
2	Kyle Agre	Iron Palace Podcast	M		18	Junior	1.03	164	75	1.005
3	Ashley Stearns	Buffville Gym	M		45	45 - 49	1.06	201	95	0.8909
4	Jarrod Gaddis	Buffville Gym	M		47	45 - 49	1.08	296	125+	0.7304
5	Chris Henderson	Body Max Barbell	M		35	Open	1	216	100	0.8564
6	Allen Fagg	Iron Palace Podcast	M		47	45 - 49	1.08	334	125+	0.6906
7	Kenneth Viktora Jones		M		36	Open	1	218	100	0.8522
8	James Hall	Buffville Gym	M		54	50 - 54	1.15	198	90	0.8987
9	Bret Newcomb		M		42	40 - 44	1.03	280	125+	0.7503
10	Cole Bersaglia	Iron Palace Podcast	M		20	Open	1	192	90	0.9144
11	Michael Cotney	Iron Palace Podcast	M		52	50 - 54	1.13	234	110	0.8211
12	Charles Mullenex		M		33	Open	1	286	125+	0.7427
13	Randy Richey	Body Max Barbell	M		62	60 - 64	1.23	233	110	0.8227
14	Tim Paul	Buffville Gym	M		65	65 - 69	1.26	297	125+	0.7294
15	David Paul	Buffville Gym	M		29	Open	1	233	110	0.8227
16	Mark Evans		M		69	65 - 69	1.3	140	65	1.1162

		Lift #1: Hackenschmidt Floor Press	Lift #2: Peoples Deadlift				
Age Adjusted Lynch Points	Session	Best Lift (Pounds)	Best Lift (Pounds)	Total Weight Lifted (Pounds)	Lynch Points	Female Rank	Male Rank
1.431351		155	300	455	651.264705	1	
1.28956		130	215	345	444.8982	2	
		0	0	0	0		
1.0652		365	535	900	958.68		1
1.03515		285	600	885	916.10775		2
0.944354		405	555	960	906.57984		3
0.788832		440	660	1100	867.7152		4
0.8564		365	600	965	826.426		5
0.745848		340	710	1050	783.1404		6
0.8522		340	555	895	762.719		7
1.033505		400	300	700	723.4535		8
0.772809		385	550	935	722.576415		9
0.9144		245	525	770	704.088		10
0.927843		260	475	735	681.964605		11
0.7427		305	565	870	646.149		12
1.011921		225	400	625	632.450625		13
0.919044		185	365	550	505.4742		14
0.8227		270	260	530	436.031		15
1.45106		200	0	200	290.212		16