



Meet Name: 2019 Cornhusker State Games

Location: Lincoln Northeast High School

Meet Date: July 20, 2019

Directors: Howard Huffman and Katey Dodge

Wt Class	Name	Age	Division	Squat		Bench		DeadLift		Total	
				Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
FEMALE RAW POWERLIFTING											
123	Larissa Thomson	16	Teen	87.50	192.75	47.50	104.50	125.00	275.50	260.00	573.00
	Jenna Taylor	14	Teen	82.50	181.75	45.00	99.00	85.00	187.25	212.50	468.25
	Kellie Brink	41	Open	102.50	225.75	55.00	121.25	110.00	242.50	267.50	589.50
	Jaymie Oehler	45	Master	115.00	253.50	60.00	132.25	147.50	325.00	322.50	710.75
	Kellie Brink	41	Master	102.50	225.75	55.00	121.25	110.00	242.50	267.50	589.50
132	Devan Sedlacek	24	Open	117.50	259.00	80.00	176.25	137.50	303.00	335.00	738.50
	Taylor Stara	25	Open	90.00	198.25	57.50	126.75	132.50	292.00	280.00	617.25
	Joy Donaldson	39	Open	95.00	209.25	47.50	104.50	107.50	236.75	250.00	551.00
	Lisa Caulder	51	Master	67.50	148.75	42.50	93.50	107.50	236.75	217.50	479.25
148	Alise Pape	24	Open	112.50	248.00	75.00	165.25	145.00	319.50	332.50	733.00
	Madilyn Buch	20	Open	120.00	264.50	70.00	154.25	132.50	292.00	322.50	710.75
	Taylor Warren	27	Open	115.00	253.50	65.00	143.25	140.00	308.50	320.00	705.25
	Maire Harris	29	Open	62.50	137.75	47.50	104.50	102.50	225.75	212.50	468.25
	Stephanie Sharp	53	Master	92.50	203.75	45.00	99.00	117.50	259.00	255.00	562.00
	Mydgc Heaney	56	Master	85.00	187.25	45.00	99.00	95.00	209.25	225.00	496.00
	Christine Vogt	60	Master	57.50	126.75	30.00	66.00	60.00	132.25	147.50	325.00
165	Chloe Lundgren	19	Teen	107.50	236.75	60.00	132.25	117.50	259.00	285.00	628.25
	Brook McCluskey	22	Open	147.50	325.00	92.50	203.75	192.50	424.25	432.50	953.25
	Lauren Myers	29	Open	130.00	286.50	70.00	154.25	165.00	363.75	365.00	804.50
	Rebecca Meggers	24	Open	142.50	314.00	62.50	137.75	142.50	314.00	347.50	766.00
	Haruka Nakada	22	Open	117.50	259.00	60.00	132.25	145.00	319.50	322.50	710.75
	Megan Martin	52	Master	117.50	259.00	55.00	121.25	150.00	330.50	322.50	710.75
	Sharon Foster	64	Master	77.50	170.75	37.50	82.50	92.50	203.75	207.50	457.25
	<i>Megan Martin-4th</i>		Master						0.00	0.00	0.00
181	Tencie Tonniges	30	SO	95.00	209.25	55.00	121.25	90.00	198.25	240.00	529.00
	Judy Wagner	61	Open	92.50	203.75	65.00	143.25	137.50	303.00	295.00	650.25
	Geneva Rowe	28	Open	110.00	242.50	62.50	137.75	115.00	253.50	287.50	633.75
	Judy Wagner	61	Master	92.50	203.75	65.00	143.25	137.50	303.00	295.00	650.25
198	Amira Rojas	30	Open	147.50	325.00	60.00	132.25	135.00	297.50	342.50	755.00
	Jennifer Harris	37	Open	107.50	236.75	52.50	115.50	132.50	292.00	292.50	644.75
	Marsha Busse	53	Open	42.50	93.50	37.50	82.50	100.00	220.25	180.00	396.75
	Marsha Busse	53	Master	42.50	93.50	37.50	82.50	100.00	220.25	180.00	396.75
	<i>Marsha Busse- 4th</i>		Master						0.00	0.00	0.00
220+	Kari Kraus	31	Open	162.50	358.25	102.50	225.75	180.00	396.75	445.00	981.00
	Millie Worthington	35	Open	125.00	275.50	57.50	126.75	132.50	292.00	315.00	694.25
	<i>Kari Kraus- 4th</i>		Open	172.50	380.25					0.00	0.00
MALE RAW POWERLIFTING											
123	John Barnhill	14	Teen	87.50	192.75	65.00	143.25	105.00	231.25	257.50	567.50
	Gage Woods	14	Teen	67.50	148.75	55.00	121.25	100.00	220.25	222.50	490.50
132	Zai Arana	17	Teen	132.50	292.00	65.00	143.25	165.00	363.75	362.50	799.00
	Jared Gaspers	19	Teen	115.00	253.50	75.00	165.25	155.00	341.50	345.00	760.50
	<i>Rafe Grebin</i>	16	Teen			65.00	143.25	170.00	374.75	0.00	0.00
148	Trevor Thomson	15	Teen	102.50	225.75	75.00	165.25	157.50	347.00	335.00	738.50
	Monte Lofing	61	Master	190.00	418.75	102.50	225.75	192.50	424.25	485.00	1069.00
	<i>Monte Lofing- 4th</i>		Master	196.00	432.00	106.00	233.50			0.00	0.00
165	Johnny Rosenbalm	19	Teen	170.00	374.75	100.00	220.25	192.50	424.25	462.50	1019.50
	Christian Schmohr	27	Open	147.50	325.00	137.50	303.00	197.50	435.25	482.50	1063.50
	Russel Steinshouer	60	Master	172.50	380.25	110.00	242.50	205.00	451.75	487.50	1074.50
181	Antonio Lopez	18	Teen	180.00	396.75	87.50	192.75	195.00	429.75	462.50	1019.50
	Robert Heaney	16	Teen	137.50	303.00	72.50	159.75	165.00	363.75	375.00	826.50
	<i>Michael Oehler</i>	16	Teen			80.00	176.25	162.50	358.25	0.00	0.00



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				Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs	Kilo's	Lbs
181	Jake Gieselman	27	Open	205.00	451.75	150.00	330.50	237.50	523.50	592.50	1306.00
	Joey Hillam	31	Open	170.00	374.75	115.00	253.50	195.00	429.75	480.00	1058.00
	Keegan Hansen	28	Open	135.00	297.50	110.00	242.50	187.50	413.25	432.50	953.25
	Dave Davis	45	Master	167.50	369.25	100.00	220.25	205.00	451.75	472.50	1041.50
	Richard DeBower	60	Master	137.50	303.00	90.00	198.25	165.00	363.75	392.50	865.25
	Christopher Heaney	58	Master	90.00	198.25	62.50	137.75	125.00	275.50	277.50	611.75
198	Jose Velazquez-Lara	19	Teen	157.50	347.00	110.00	242.50	202.50	446.25	470.00	1036.00
	Nathaniel Oehler	14	Teen	155.00	341.50	82.50	181.75	162.50	358.25	400.00	881.75
	Ryan Hasenkamp	32	Open	192.50	424.25	117.50	259.00	265.00	584.00	575.00	1267.50
	David Hahn	39	Open	175.00	385.75	137.50	303.00	235.00	518.00	547.50	1207.00
	Glenn F. Mueller	86	Open	62.50	137.75	35.00	77.00	95.00	209.25	192.50	424.25
	Jeremiah (Jake) Yur	40	Master	187.50	413.25	130.00	286.50	182.50	402.25	500.00	1102.25
	Glenn F. Mueller	86	Master	62.50	137.75	35.00	77.00	95.00	209.25	192.50	424.25
220	Connor Wilkinson	16	Teen	230.00	507.00	142.50	314.00	217.50	479.25	590.00	1300.50
	Agustin Castro	21	Open	237.50	523.50	150.00	330.50	265.00	584.00	652.50	1438.25
	Theodore Swanson	34	Open	237.50	523.50	150.00	330.50	255.00	562.00	642.50	1416.25
	Philip Meggers	39	Open	215.00	473.75	132.50	292.00	280.00	617.25	627.50	1383.25
	Nickolas Sanders	21	Open	205.00	451.75	152.50	336.00	255.00	562.00	612.50	1350.25
	Dominik Redden	23	Open	215.00	473.75	157.50	347.00	237.50	523.50	610.00	1344.75
	Jeff Pohl	38	Open	187.50	413.25	150.00	330.50	195.00	429.75	532.50	1173.75
	Thomas Osienger	32	Open	187.50	413.25	125.00	275.50	210.00	462.75	522.50	1151.75
	Dave Pieters	53	Master	155.00	341.50	122.50	270.00	170.00	374.75	447.50	986.50
242	Brian Benshoof	36	Open	277.50	611.75	167.50	369.25	285.00	628.25	730.00	1609.25
	Patrick McConnell	24	Open	195.00	429.75	125.00	275.50	270.00	595.00	590.00	1300.50
	Nathan Canarsky	22	Open	217.50	479.25	122.50	270.00	240.00	529.00	580.00	1278.50
	Ryan Foster	37	Open	185.00	407.75	140.00	308.50	202.50	446.25	527.50	1162.75
	Thomas Oehler	46	Master	210.00	462.75	122.50	270.00	222.50	490.50	555.00	1223.50
	Jeff Shabram	42	Master	155.00	341.50	115.00	253.50	170.00	374.75	440.00	970.00
275	Camden Grasmick	27	Open	242.50	534.50	145.00	319.50	260.00	573.00	647.50	1427.25
	Anthony Nichols	26	Open	227.50	501.50	155.00	341.50	250.00	551.00	632.50	1394.25
	Michael Scranton	27	Open	172.50	380.25	122.50	270.00	227.50	501.50	522.50	1151.75
	Matthew Harre	30	Open	180.00	396.75	127.50	281.00	65.00	143.25	372.50	821.00
	<i>Samuel Eisenmann</i>	28	Open	185.00	407.75	135.00	297.50			0.00	0.00
	Josh Cole	41	Master	205.00	451.75	137.50	303.00	205.00	451.75	547.50	1207.00
	Paul Hanson	49	Master	182.50	402.25	142.50	314.00	220.00	485.00	545.00	1201.50
308	Jason Gieschen	34	SO	67.50	148.75	67.50	148.75	137.50	303.00	272.50	600.50
	Nathan Redwing	32	Open	265.00	584.00	220.00	485.00	295.00	650.25	780.00	1719.50
	Wesley Ludlow	31	Open	280.00	617.25	182.50	402.25	270.00	595.00	732.50	1614.75
	Brett Rosenow	30	Open	227.50	501.50	152.50	336.00	237.50	523.50	617.50	1361.25
	Thomas Cross	44	Master	200.00	440.75	145.00	319.50	227.50	501.50	572.50	1262.00
308+	Cory Austin	25	Open	282.50	622.75	190.00	418.75	317.50	699.75	790.00	1741.50
	Nathaniel Allen	26	Open	142.50	314.00	125.00	275.50	227.50	501.50	495.00	1091.25
	Keegan Green	23	Open	165.00	363.75	105.00	231.25	175.00	385.75	445.00	981.00
MALE EQUIPPED POWERLIFTING											
088	Gavin Gregurich	12	Youth	60.00	132.25	32.50	71.50	82.50	181.75	175.00	385.75
097	Wyatt Shabram	12	Youth	52.50	115.50	30.00	66.00	80.00	176.25	162.50	358.25
123	Gage Gregurich	15	Teen	95.00	209.25	65.00	143.25	130.00	286.50	290.00	639.25
165	William Gernstein	63	Master	140.00	308.50	70.00	154.25	137.50	303.00	347.50	766.00
181	Derek Maxwell	19	Teen	157.50	347.00	105.00	231.25	165.00	363.75	427.50	942.25
	Gunnar Shabram	15	Teen	107.50	236.75	62.50	137.75	127.50	281.00	297.50	655.75
	Phillip Ward	73	Master	115.00	253.50	82.50	181.75	127.50	281.00	325.00	716.25
198	<i>Greg Rhoades</i>	56	Master	182.50	402.25					0.00	0.00



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275	Brian Nelson	48	Master	182.50	402.25	137.50	303.00	150.00	330.50	470.00	1036.00
308	Neil Hartman	15	Teen	222.50	490.50	117.50	259.00	222.50	490.50	562.50	1240.00
	Mark Schellen	57	Open	300.00	661.25	182.50	402.25	272.50	600.50	755.00	1664.25
FEMALE RAW		BENCH ONLY									
123	Jenna Taylor	14	Teen			45.00	99.00			45.00	99.00
132	Karragan Shaw	15	Teen			27.50	60.50			27.50	60.50
	Taylor Stara	25	Open			57.50	126.75			57.50	126.75
	Karragan Shaw	15	Open			27.50	60.50			27.50	60.50
148	Madilyn Buch	20	Open			70.00	154.25			70.00	154.25
181	Jo Cross	43	Master			65.00	143.25			65.00	143.25
	Melissa Nueva	45	Master			52.50	115.50			52.50	115.50
198	Marsha Busse	53	Open			37.50	82.50			37.50	82.50
	Marsha Busse	53	Master			37.50	82.50			37.50	82.50
220+	Kari Kraus	31	Open			102.50	225.75			102.50	225.75
MALE RAW		BENCH ONLY									
123	John Barnhill	14	Teen			65.00	143.25			65.00	143.25
165	Christian Schmohr	27	Open			137.50	303.00			137.50	303.00
	Spencer Secor	26	Open							0.00	0.00
	Tom Woodward	55	Master			122.50	270.00			122.50	270.00
181	Antonio Lopez	18	Teen			87.50	192.75			87.50	192.75
	Christopher Weber	44	Open			130.00	286.50			130.00	286.50
	Christopher Weber	44	Master			130.00	286.50			130.00	286.50
	Richard DeBower	60	Master			90.00	198.25			90.00	198.25
198	Joshua Meyers	25	Open			145.00	319.50			145.00	319.50
242	Chris Walter	47	Open			210.00	462.75			210.00	462.75
	Chris Walter	47	Master			210.00	462.75			210.00	462.75
	Jeff Shabram	42	Master			115.00	253.50			115.00	253.50
275	Samuel Eisenmann	28	Open			135.00	297.50			135.00	297.50
	Josh Cole	41	Master			137.50	303.00			137.50	303.00
308	Jason Gieschen	34	SO			67.50	148.75			67.50	148.75
MALE EQUIPPED		BENCH ONLY									
123	Gage Gregurich	15	Teen			65.00	143.25			65.00	143.25
165	Jeremy Shaw	41	Open			107.50	236.75			107.50	236.75
	Jeremy Shaw	41	Master			107.50	236.75			107.50	236.75
181	Jessie Switzer	33	Open			142.50	314.00			142.50	314.00
308	Neil Hartman	15	Teen			117.50	259.00			117.50	259.00
88	Gavin Gregurich	12	Youth			32.50	71.50			32.50	71.50
FEMALE RAW		PUSH PULL									
123	Jenna Taylor	14	Teen			45.00	99.00	85.00	187.25	130.00	286.50
132	Karragan Shaw	15	Teen			27.50	60.50	65.00	143.25	92.50	203.75
	Taylor Stara	25	Open			57.50	126.75	132.50	292.00	190.00	418.75
	Karragan Shaw	15	Open			27.50	60.50	65.00	143.25	92.50	203.75
148	Madilyn Buch	20	Open			70.00	154.25	132.50	292.00	202.50	446.25
165	Janae Henry	31	Open			60.00	132.25	107.50	236.75	167.50	369.25
181	Jo Cross	43	Master			65.00	143.25	107.50	236.75	172.50	380.25
198	Marsha Busse	53	Open			37.50	82.50	100.00	220.25	137.50	303.00
	Marsha Busse	53	Master			37.50	82.50	100.00	220.25	137.50	303.00
220+	Kari Kraus	31	Open			102.50	225.75	180.00	396.75	282.50	622.75
MALE RAW		PUSH PULL									
148	Monte Lofing	61	Master			102.50	225.75	192.50	424.25	295.00	650.25
165	Christian Schmohr	27	Open			137.50	303.00	197.50	435.25	335.00	738.50



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165	Russel Steinshouer	60	Master			110.00	242.50	205.00	451.75	315.00	694.25
181	Antonio Lopez	18	Teen			87.50	192.75	195.00	429.75	282.50	622.75
	Derek McMillin	31	Open			142.50	314.00	215.00	473.75	357.50	788.00
	Christopher Weber	44	Open			130.00	286.50	205.00	451.75	335.00	738.50
	Christopher Weber	44	Master			130.00	286.50	205.00	451.75	335.00	738.50
	Richard DeBower	60	Master			90.00	198.25	165.00	363.75	255.00	562.00
242	Brian Benshoof	36	Open			167.50	369.25	285.00	628.25	452.50	997.50
275	<i>Samuel Eisenmann</i>	28	Open			135.00	297.50			0.00	0.00
	Josh Cole	41	Master			137.50	303.00	205.00	451.75	342.50	755.00
308	Jason Gieschen	34	SO			67.50	148.75	137.50	303.00	205.00	451.75
	Nathan Redwing	32	Open			220.00	485.00	295.00	650.25	515.00	1135.25
308+	Cory Austin	25	Open			190.00	418.75	317.50	699.75	507.50	1118.75
	Christopher Both	54	Master			87.50	192.75	122.50	270.00	210.00	462.75
MALE EQUIPPED PUSH PULL											
088	Gavin Gregurich	12	Youth			32.50	71.50	82.50	181.75	115.00	253.50
097	Wyatt Shabram	12	Youth			30.00	66.00	80.00	176.25	110.00	242.50
123	Gage Gregurich	15	Teen			65.00	143.25	130.00	286.50	195.00	429.75
165	Jeremy Shaw	41	Open			107.50	236.75	155.50	342.75	263.00	579.75
	Jeremy Shaw	41	Master			107.50	236.75	155.50	342.75	263.00	579.75
181	Gunnar Shabram	15	Teen			62.50	137.75	127.50	281.00	190.00	418.75
308	Neil Hartman	15	Teen			117.50	259.00	222.50	490.50	340.00	749.50