

Feats of Strength Results, March 28, 2011

		1	2	3	4	5	6	7	8	9	10
Event No.	Name	Fei-Mei Chou	Diana Dominik	Tami Lacy	Dale Harder	Noel Baggett	Raymond Oster	Bill Weinstock	David Chiasson	Ron Rivera	Donald Watson
	Sex	F	F	F	M	M	M	M	M	M	M
	Age	76	72	53	74	70	66	64	60	59	56
	BW (lb)	105.0	123.8	121.0	236.4	140.2	275.4	174.0	151.2	174.4	155.0
1	PUR ^a	0	0	14	2	10	DNC	9	21	11	DNC
	Points	0	0	361	120	241	0	220	376	242	0
2	PUL ^{b1}	DNC	DNC	148.4	241.4	175.2	DNC	210.8	229.8	221.2	DNC
	PUL2	DNC	DNC	153.4	246.4	185.2	DNC	X-220.8	239.8	X-266.2	DNC
	PUL3	DNC	DNC	158.4	248.9	X-190.2	DNC	X-220.8	X-249.8	X-266.2	DNC
	Points	0	0	372	568	287	0	350	430	356	0
3	SLJ ^c -inches	45.50	45.25	65.25	68.75	64.50	64.50	85.50	88.50	77.50	105.25
	Points	89	85	170	217	106	97	405	407	220	625
4	FW ^d -Std. Wt. (lb)	75	75	100	150	150	200	200	200	200	200
	FW-Wt Used (lb)	50	75	100	150	150	200	200	200	150	150
	FW-seconds	26.73	47.46	22.07	30.59	-	42.31	-	32.64	25.49	21.53
	FW-feet	-	-	-	-	131.67	-	123.96	-	-	-
	Points	386	374	824	466	87	323	86	416	277	329
5	DYN ^e -pounds	60	80	81	170	110	176	142	140	118	DNC
	Points	116	298	192	647	220	617	387	347	208	0
All-Around Score		591	757	1,919	2,018	941	1,037	1,448	1,976	1,303	954
All-Around Place		3	2	1	1			3	2		
Individual Event Medals		3 Gold	3 Gold	5 Gold	4 Gold, 1 Silver	1 Gold, 4 Silver	3 Gold	1 Gold, 4 Silver	4 Gold, 1 Silver	3 Gold, 2 Silver	2 Gold

Legend & Footnotes:

PUR ^a = Pullups for Reps (1 attempt)	FW ^d = Farmer's Walk (1 attempt).
PUL ^b = Weighted Pullup (Body Wt. + Added Wt.) (3 att., best total)	DYN ^e = Dynamometer Hand Grip Strength Test (3 att., best tot)
SLJ ^c = Standing Long Jump (3 attempts, best distance).	Age x = Age Factor.
	Age m = Modified mark after adjusting for gender and age
	DNC = Did Not Compete

Official Age-Group World Records:

1. Chinups age 50-54f--14 chinups Tami Lacy	6. FW age 70-74 150# wt. 30.59 Dale Harder	13. All-Around 70-74--2,018 points Dale Harder
2. 1-Rep chinup age 50-54f- 158.4 lb total (bw + extra wt.) Tami Lacy	7. FW age 65-69 200# wt. 42.31 Ray Oster	14. All-Around 65-69--1,037 points Ray Oster
3. FW 50m (164") w/3 turns): age 75-79f - 50# wt. 26.73 sec. Fei-Mei Chou	8. FW age 60-64 200# wt. 32.64 David Chiasson	15. All-Around 60-64--1,976 points David Chiasson
4. FW age 70-74f-75 # wt. 47.46 Diana Dominik	9. FW age 55-59 150# wt. 21.53 Donald Watson	16. All-Around 55-59--1,303 points Ronald Rivera
5. FW age 50-54f- 100# wt. 22.07 Tami Lacy	10. All-Around 75-79f-- 591 points Fei-Mei Chou	
	11. All-Around 70-74f-- 757 points Diana Dominik	
	12. All-Around 50-54f-- 1,919 points Tami Lacy	

Elite Performer Awards, attaining an age-graded score of 400 pts (99.9+ percentile) or higher in specific individual events*:

*100 pts = average person's performance in his prime age 20-39; 800 pts = approximate 100th best on the all-time list; 900 pts = approximate world record level; 1,000 pts = theoretical maximum performance.

Tami Lacy: PUR-824 pts (99.99999+ percentile).	Donald Watson: SLJ-625 pts (99.999+ percentile).
Dale Harder: PUL-568 pts (99.99+ percentile); FW-466 pts (99.9+ percentile); DYN-647 pts (99.999+ percentile)	David Chiasson: PUL-430 pts (99.9+ percentile); SLJ-407 pts (99.9+ percentile); FW-416 pts (99.9+ percentile).
Raymond Oster: FW-617 pts (99.999+ percentile).	Bill Weinstock: SLJ-405 pts (99.9+ percentile).