

# WOMEN'S 156.0 RESULTS

## Women's 156.0 Bench results

#	Name	Team	Weight	Bench	Points
1	Grace Hill	Lyndon High School	154.0	115.0	10
2	Allison Adams	Wakefield High School	154.2	115.0	8
3	Julia Hageman	Cunningham High School	156.0	105.0	6
4	Melissa Donecker	Central Plains	155.0	90.0	4

## Women's 156.0 Squat results

#	Name	Team	Weight	Squat	Points
1	Allison Adams	Wakefield High School	154.2	205.0	10
2	Grace Hill	Lyndon High School	154.0	195.0	8
3	Julia Hageman	Cunningham High School	156.0	175.0	6
4	Melissa Donecker	Central Plains	155.0	45.0	4

## Women's 156.0 Clean results

#	Name	Team	Weight	Clean	Points
1	Allison Adams	Wakefield High School	154.2	135.0	10
2	Julia Hageman	Cunningham High School	156.0	120.0	8
3	Melissa Donecker	Central Plains	155.0	110.0	6
4	Grace Hill	Lyndon High School	154.0	105.0	4

## Women's 156.0 Overall results

#	Name	Team	Weight	Overall	Points
1	Allison Adams	Wakefield High School	154.2	455.0	10
2	Grace Hill	Lyndon High School	154.0	415.0	8
3	Julia Hageman	Cunningham High School	156.0	400.0	6

<b>#</b>	<b>Name</b>	<b>Team</b>	<b>Weight</b>	<b>Overall</b>	<b>Points</b>
4	Melissa Donecker	Central Plains	155.0	245.0	4