

ICG All-Time Pound For Pound Top 10

Squat

Equipped

#	Name	Score	Weight	BW	Class	Fed	Date
1	Jay Bednar	3.540	850.0	240.1	242	IPA	10/27/07
2	Nick Roman	3.488	900.0	258.0	275	IPA	10/25/09
3	Jed Lee	2.975	485.0	163.0	165	WNPF	11/14/10
4	Willis McCoy	2.857	420.0	147.0	148	WNPF	07/18/10
5	Doug Noebe	2.730	535.0	196	198	WNPF	02/20/11
6	Nick Tsangeos	2.525	375.0	148.5	148	WNPF	07/18/10
7	Tim Baker	2.227	530.0	238.0	242	WNPF	11/14/10
8	Chane Cline	2.151	694.5	322.9	SHW	WNPF	10/17/09
9	Jeffrey Begue	2.085	540.0	259.0	275	WNPF	07/18/10
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Raw

#	Name	Score	Weight	BW	Class	Fed	Date
1	Willis McCoy	2.500	370.0	148.0	148	WNPF	02/20/11
2	Zach Miller	2.337	462.7	198.0	198	USAPL	06/27/09
3	Dean Pagonis	2.234	440.0	197.0	198	WNPF	02/20/11
4	Tim Baker	2.004	485.0	242.0	242	WNPF	02/20/11
5	Augie Mastroine	1.760	315.0	179.0	181	WNPF	07/18/10
6	Jeffrey Begue	1.550	375.0	242.0	242	WNPF	06/24/01
7	Eric Kelly	1.273	275.0	216.0	220	WNPF	06/24/01
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Bench Press

Equipped

#	Name	Score	Weight	BW	Class	Fed	Date
1	Jeffrey Begue	2.601	717.3	275.8	308	WABDL	07/18/09
2	Jim Smith	2.538	685.0	269.9	275	IPA	10/25/09
3	Doug Noebe	2.536	490.5	193.4	198	WABDL	11/19/10
4	Jed Lee	2.535	435.7	171.9	181	WABDL	02/13/10
5	Neil Saurers	2.479	457.2	184.4	198	WABDL	04/16/11
6	Nick Roman	2.422	625.0	258.0	275	IPA	10/25/09
7	Jay Bednar	2.374	570.0	240.1	242	IPA	10/27/07
8	Willis McCoy	2.294	336.0	146.5	148	WABDL	05/07/11
9	Bryan Haney	2.262	529.0	233.9	242	WABDL	02/13/10
10	Augie Mastroine	2.044	364.8	178.5	181	WABDL	05/07/11

Raw

#	Name	Score	Weight	BW	Class	Fed	Date
1	Mike McHargh	2.116	413.4	195.4	198	100% Raw	11/07/10
2	Zach Miller	1.808	358.0	198.0	198	USAPL	06/27/10
3	Willis McCoy	1.723	255.0	148.0	148	WNPF	02/20/11
4	Dean Pagonis	1.673	319.5	191.0	198	100% Raw	04/09/11
5	Jim Smith	1.639	450.0	274.5	275	IPA	10/24/10
6	Neil Saurers	1.621	290.0	178.9	181	100% Raw	04/10/10
7	Jeffrey Begue	1.603	352.5	219.9	220	100% Raw	04/09/11
8	Marvin Bishop	1.469	545.0	371.0	SHW	USAPL	03/26/11
9	Augie Mastroine	1.425	255.0	179.0	181	WNPF	07/18/10
10	Tim Baker	1.415	336	237.4	242	100% Raw	04/09/11

Deadlift

Equipped

#	Name	Score	Weight	BW	Class	Fed	Date
1	Willis McCoy	3.611	534.5	148.0	148	WABDL	04/16/11
2	Nick Roman	3.306	800.0	242.0	242	IPA	10/27/07
3	Jed Lee	3.207	518.0	161.5	165	WABDL	05/22/10
4	Nick Tsangeos	3.015	446.2	148	148	WABDL	05/07/11
5	Jay Bednar	2.915	700.0	240.1	242	IPA	10/27/07
6	Augie Mastroine	2.810	501.5	178.5	181	WABDL	05/07/11
7	Doug Noebe	2.792	540.0	193.4	198	WABDL	11/19/10
8	Nick Pinto	2.337	462.7	198.0	198	WABDL	11/19/10
9	Tim Baker	2.284	534.5	234	242	WABDL	02/13/10
10	Doug Amburgey	2.162	512.5	237	242	WABDL	05/07/11

Raw

#	Name	Score	Weight	BW	Class	Fed	Date
1	Willis McCoy	3.074	455.0	148.0	148	WNPF	02/20/11
2	Jed Lee	3.061	523.5	171.0	181	WABDL	02/13/10
3	Zach Miller	3.034	600.7	198.0	198	USAPL	06/27/09
4	Dean Pagonis	2.640	520.0	197.0	198	WNPF	02/20/11
5	Nick Pinto	2.442	462.7	189.5	198	WABDL	05/22/10
6	Nick Tsangeos	2.405	375.0	155.9	165	100% Raw	04/10/10
7	Augie Mastroine	2.401	425.0	177.0	181	WNPF	02/20/11
8	Tim Baker	2.315	551.0	238.0	242	WABDL	06/05/10
9	Jim Smith	2.277	625.0	274.5	275	IPA	10/24/10
10	Johnathan King	2.244	424.2	189.0	198	WABDL	02/13/10

Full Meet

Equipped

#	Name	Score	Weight	BW	Class	Fed	Date
1	Nick Roman	8.915	2300.0	258.0	275	IPA	10/25/09
2	Jay Bednar	8.830	2120.0	240.1	242	IPA	10/27/07
3	Jed Lee	8.559	1395.0	163.0	165	WNPF	11/14/10
4	Willis McCoy	8.435	1240.0	147.0	148	WNPF	07/18/10
5	Doug Noebe	7.474	1465.0	196	198	WNPF	02/20/11
6	Nick Tsangeos	7.172	1065.0	148.5	148	WNPF	07/18/10
7	Tim Baker	6.092	1450.0	238.0	242	WNPF	11/14/10
8	Jeffrey Begue	6.004	1555.0	259	275	WNPF	07/18/10
9	Chane Cline	5.888	1901.2	322.9	SHW	WNPF	10/17/09
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Raw

#	Name	Score	Weight	BW	Class	Fed	Date
1	Willis McCoy	7.297	1080.0	148.0	148	WNPF	02/20/11
2	Zach Miller	7.179	1421.4	198.0	198	USAPL	06/27/10
3	Dean Pagonis	6.345	1250.0	197.0	198	WNPF	02/20/11
4	Tim Baker	5.579	1350.0	242.0	242	WNPF	02/20/11
5	Augie Mastroine	5.307	950.0	179.0	181	WNPF	07/18/10
6	Jeffrey Begue	4.959	1200.0	242.0	242	WNPF	06/24/01
7	Jim Smith	3.909	1075	275.0	275	IPA	10/24/10
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All ICG Top 10 Lists Are For Sanctioned Lifts Only