

2019 Strength and Conditioning Results

Bib Number	Team Name	Strength and Conditioning Participant	Jump Rope - #	Jump Rope Rank	Sit-Ups #	Sit-Up Rank	Bench Press #	Bench Press Rank	S&C Total Points	S&C Rank	Company
1144	Faculty Force	Mr. El-Azzan Israel	314	1	117	1	71	3	5	1	Tallahassee Community College
1136	The DICOMs	Rose McBride	283	6	88	5	80	1	12	2	TMH
1129	THF's Let's Get Fiscal	Megan Townsend	279	8	103	2	58	7	17	3	Thomas Howell Ferguson P.A. CPAs
1141	Puddle of Buds	Norman Pasley	285	5	79	10	61	5	20	4	TMH
1132	May It Please the Course	Mr. John Loar	263	11	84	7	65	4	22	5	Nelson Mullins Broad and Cassel
1151	Capital City Bank	Daniel Petronio	268	9	85	6	53	10	25	6	Capital City Bank
1153	Feast Mode	Socrates Pierre	290	3	79	10	50	12	25	6	Fresh Prep Company
1135	Leon CHD Champions	Lindsay Young	289	4	90	3	40	19	26	8	Florida Department of Health- Leon County
1118	Team UU&PI Engineering	Mark Heidecker	266	10	83	8	40	19	37	9	City of Tallahassee
1146	First Commerce Credit Union	Mr. Donovan Doud	193	23	83	8	54	9	40	10	First Commerce Credit Union
1147	Sweat Therapy Fitness	Mr. Sebastian Molina	157	29	89	4	55	8	41	11	Sweat Therapy Fitness
1149	Thrive Moore	Zack Brandt	250	15	69	19	52	11	45	12	The Moore Agency
1138	The Green Team	Morgan King	254	14	77	12	39	22	48	13	TMH
1124	Danfoss TurboSquad	Mr. Jordan Ross	298	2	63	20	32	27	49	14	Danfoss
1126	The Voluntolds	Mr. Zack Wetzal	190	24	73	15	44	15	54	15	Leon County
1133	Team VR	Dallin Wrathall	210	18	76	13	37	23	54	15	VR Systems
1122	Spirit of FBMC	Mr. Thomas Sarratt	231	16	62	22	41	18	56	17	FBMC Benefits Management, Inc.
1130	TECHnically Winners	Mr. Malachi Joiner	205	19	70	17	37	23	59	18	Tallahassee Orthopedic Clinic
1117	Hurricane Dodgers	Norman Norton	110	35	57	25	80	1	61	19	City of Tallahassee
1134	We are VR	Abby Stiekman	197	22	61	23	43	16	61	19	Vr Systems
1148	Team Awesome	Mr. Tom Lewis	200	21	55	27	46	14	62	21	Terracon
1119	BLUU-PIEs	Junious Brown	112	34	57	25	60	6	65	22	City of Tallahassee
1123	THE WELLS WARRIORS	Mr. Kyle Crilow	255	13	54	28	36	25	66	23	WELLS FARGO
1152	W T Moore	Mr. Greg Lane	262	12	54	28	34	26	66	23	W T Moore
1125	Team LCPA	Mr. Patrick Chapman	174	26	51	32	50	12	70	25	Leon County Propoerty Appraiser
1150	Thrive Moore	Elyssa Finkelstein	100	36	63	20	42	17	73	26	The Moore Agency
1115	Keeping Our Day Jobs	Mrs. Tammy Means	218	17	60	24	20	33	74	27	Ausley & McMullen
1127	THF's Accounted Four	Phil Focaracci	281	7	28	38	25	32	77	28	Thomas Howell Ferguson P.A. CPAs
1128	THF's It's Accrual World	Paola Arbulu	153	31	76	13	17	36	80	29	Thomas Howell Ferguson P.A. CPAs
1131	TECHnical Difficulties	Mr. Tye Leishman	166	27	49	34	40	19	80	29	Tallahassee Orthopedic Clinic
1142	Osteofights	Brittany Driver	147	32	72	16	20	33	81	31	TMH
1121	The Communication Team!	Lavonia Sampson-Jones	201	20	41	35	29	28	83	32	City of Tallahassee
1120	Vaporware Victors	Kristina Fernandez	100	36	70	17	26	31	84	33	City of Tallahassee
1140	II D Xtreme	Derek Bell	136	33	54	28	29	28	89	34	TMH
1143	The Pace Makers	Rachel Oliver	157	29	50	33	29	28	90	35	TMH
1139	#pedspowerhouse	Tyler Gates	166	27	36	36	20	33	96	36	TMH
1116	Should I Stay or Should I Eggo?	Ms. Jo'Toria Snelling	180	25	32	37	9	38	100	37	FWC
1145	Team Talon	Ms. Andrea Oliver	84	38	54	28	15	37	103	38	Tallahassee Community College
1137	OG Gyn Oncs	Christy Pilman	DNC	39	DNC	39	DNC	39	117	39	TMH