

RCF Hall of Fame

Angie

Paul C 15:38
Chris G 16:32
Dan C 16:45

Barbara

Michael P 13:32
John U 17:19
Chris G 18:12

Cindy

Chris G 25
Paul B 24
Eric H 22

Diane

John U 5:59
Eric H 7:11
Michael 7:54

Elizabeth

Tim T 5:02
Michael P 5:46
John U 6:04

Fran

Tim T 2:41
Michael P 3:00
Jason N 3:10

Grace

Brian F 2:16
Dan C 3:02
Kurtis 3:02

Helen

Paul C 7:53
Katrina 7:57
Jesse 8:01

Isabel

Kurtis B 5:54

Updated 9-23-08

Jackie

Paul C 6:33
Dan C 6:35
Brian F 6:46

Karen

Jose C 5:32
Kurtis B 5:33
Chad F 6:03

Kelly

Katrina D 20:02
Morgan 21:09
Paul C 21:18

Linda

Paul B 15:39
Chris G 29:04
Dan C 30:28

Lynne

Chris G 63/105
Eric H 52/125
Kurtis B 43/107

Mary

Chad F 9 5-2-0
Jack 7 3-0-0

Murph

Paul B 37:53
Richard 38:44
Brian F 38:57

Nancy

Michael P 11:51
Dan C 12:30
Brian F 12:39

Fight Gone Bad

Brian F 373
Tim T 366
Kurtis 348

2K Row

Brian F 6:46
Kurtis 6:51
Dave R 7:26

Max Clean and Jerk

Tim 245#
Kurtis 242#
Paul B 242#

Max Snatch

Tim T 200#
Kurtis 187#
Micheal P 175#

Max Deadlift

Paul B 565#
Kurtis B 525#
Bennett H 485#

Max Overhead Press

Eric H 205#
Kurtis B 205#
Paul B 195#

Max Pullups

Tim T 50
Richard 50
Michael P 45

CF Total - men

Paul B 470 195 565 1230
Kurtis 375 185 475 1035
Tim T 375 185 440 1000

CF Total - women

Beth N 225 95 275 595
Laurie 185 85 250 520
Dawn 165 85 240 490