

ICG All-Time Pound For Pound Top 10

Squat

Equipped

#	Name	Score	Weight	BW	Class	Fed	Date
1	Ralph Stover	4.132	650.0	157.3	165	RPS	06/20/15
2	Jimmy Kolb	3.864	903.7	233.9	242	NAPR/RPS	03/03/13
3	Jed Lee	3.753	555.0	147.9	148	XPC	02/28/14
4	Jay Bednar	3.540	850.0	240.1	242	IPA	10/27/07
5	Nick Roman	3.488	900.0	258.0	275	IPA	10/25/09
6	Willis McCoy	3.29	485.0	147.4	148	USPA	05/16/15
7	Logan Dallas	3.223	525.0	162.9	165	APF	02/09/14
8	Dean Pagonis	3.173	625.0	197.0	198	WNPF	02/16/14
9	Bruce Mason	2.879	665.0	231.0	242	UPA	12/03/11
10	Doug Noebe	2.730	535.0	196.0	198	WNPF	02/20/11

Raw

#	Name	Score	Weight	BW	Class	Fed	Date
1	Jed Lee	3.138	455.0	145.0	148	RPS	06/20/15
2	Dave Keiser	2.792	765.0	274.0	275	RPS	04/19/15
3	Willis McCoy	2.603	380.0	146.0	148	WNPF	02/12/12
4	Beau Wenger	2.416	575.0	238.0	242	RPS	10/28/17
5	Dean Pagonis	2.360	465.0	197.0	198	RPS	10/06/13
6	Zach Miller	2.337	462.7	198.0	198	USAPL	06/27/09
7	Tyler Palumbo	2.217	460.0	216.3	220	RPS	08/22/15
8	Mike Pfabe	2.055	600.0	292.0	308	APF	09/10/16
9	Pat Schottenheimer	2.030	550.0	271.0	275	APF	02/11/17
10	Tim Baker	2.004	485.0	242.0	242	WNPF	02/20/11

Bench Press

Equipped

#	Name	Score	Weight	BW	Class	Fed	Date
1	Jimmy Kolb	4.043	950.0	235.0	242	XPC	02/28/14
2	Jed Lee	2.829	415.0	146.7	148	XPC	10/05/13
3	Jeffrey Begue	2.605	652.4	250.4	259	WABDL	05/12/12
4	Jeff Peshek	2.500	755.0	301.9	308	NAPR/RPS	03/03/13
5	Jim Smith	2.538	685.0	269.9	275	IPA	10/25/09
6	Doug Noebe	2.536	490.5	193.4	198	WABDL	11/19/10
7	Neil Saurers	2.479	457.2	184.4	198	WABDL	04/16/11
8	Ralph Stover	2.448	385.0	157.3	165	RPS	06/20/15
9	Nick Roman	2.422	625.0	258.0	275	IPA	10/25/09
10	Jay Bednar	2.374	570.0	240.1	242	IPA	10/27/07

Raw

#	Name	Score	Weight	BW	Class	Fed	Date
1	Mike McHargh	2.116	413.4	195.4	198	100% Raw	11/07/10
2	Jed Lee	1.966	285.0	145.0	148	RPS	06/20/15
3	Zach Miller	1.808	358.0	198.0	198	USAPL	06/27/10
4	Tyler Palumbo	1.734	375.0	216.3	220	RPS	08/22/15
5	Brandon Blood	1.724	363.7	211.0	220	WABDL	11/03/11
6	Willis McCoy	1.723	255.0	148.0	148	WNPF	02/20/11
7	Dean Pagonis	1.673	319.5	191.0	198	100% Raw	04/09/11
8	Jim Smith	1.639	450.0	274.5	275	IPA	10/24/10
9	Jeffrey Begue	1.637	290.0	212.0	220	WABDL	11/02/11
10	Bob Nicholas	1.633	315.0	192.9	198	RPS	08/23/14

Deadlift

Equipped

#	Name	Score	Weight	BW	Class	Fed	Date
1	Willis McCoy	3.808	552.1	145.0	148	WABDL	05/11/13
2	Jed Lee	3.701	541.1	146.2	148	WABDL	07/28/12
3	Nick Roman	3.306	800.0	242.0	242	IPA	10/27/07
4	Ralph Stover	3.242	510.0	157.3	165	RPS	06/20/15
5	Augie Mastroine	3.053	502.6	164.6	165	WABDL	11/04/11
6	Nick Tsangeos	3.015	446.2	148.0	148	WABDL	05/07/11
7	Logan Dallas	2.947	480.0	162.9	165	APF	02/09/14
8	Tristan Wolfe	2.918	523.5	179.4	181	WABDL	05/11/13
9	Jay Bednar	2.915	700.0	240.1	242	IPA	10/27/07
10	Doug Noebe	2.820	552.1	195.8	198	WABDL	11/04/11

Raw

#	Name	Score	Weight	BW	Class	Fed	Date
1	Jed Lee	3.588	523.5	145.9	148	100% Raw	04/07/12
2	Willis McCoy	3.288	480.0	146.0	148	WNPF	02/12/12
3	Zach Miller	3.034	600.7	198.0	198	USAPL	06/27/09
4	David Keiser	2.737	750.0	274.0	275	RPS	04/19/15
5	Dean Pagonis	2.640	520.0	197.0	198	WNPF	02/20/11
6	Nick Pinto	2.615	512.5	196.0	198	WABDL	05/12/12
7	Jordan McPeek	2.563	451.0	176.0	181	WABDL	11/05/11
8	Nate Rittenour	2.479	600.0	242.0	242	RPS	08/22/15
9	Mike McHargh	2.468	540.0	218.8	220	USAPL	03/03/13
10	Nick Tsangeos	2.405	375.0	155.9	165	100% Raw	04/10/10

Full Meet

Equipped

#	Name	Score	Weight	BW	Class	Fed	Date
1	Jimmy Kolb	10.153	2374.9	233.9	242	NAPR/RPS	03/03/13
2	Jed Lee	10.040	1485.0	147.9	148	XPC	02/28/14
3	Ralph Stover	9.695	1525.0	157.3	165	RPS	06/20/15
4	Willis McCoy	9.308	1372.0	147.4	148	USPA	05/16/15
5	Nick Roman	8.915	2300.0	258.0	275	IPA	10/25/09
6	Jay Bednar	8.830	2120.0	240.1	242	IPA	10/27/07
7	Logan Dallas	8.410	1370.0	162.9	165	APF	02/16/14
8	Dean Pagonis	7.868	1550.0	197.0	198	WNPF	02/16/14
9	Doug Noebe	7.474	1465.0	196.0	198	WNPF	02/20/11
10	Augie Mastroine	7.407	1200.0	162.0	165	WNPF	07/31/11

Raw

#	Name	Score	Weight	BW	Class	Fed	Date
1	Jed Lee	8.621	1250.0	145.0	148	RPS	06/20/15
2	Willis McCoy	7.568	1105.0	146.0	148	WNPF	02/12/12
3	Zach Miller	7.179	1421.4	198.0	198	USAPL	06/27/10
4	Dave Keiser	7.099	1945.0	274.0	275	RPS	04/19/15
5	Dean Pagonis	6.472	1275.0	197.0	198	RPS	10/06/13
6	Beau Wenger	6.218	1480.0	238.0	242	RPS	10/28/17
7	Tyler Palumbo	6.172	1335.0	216.3	220	RPS	08/22/15
8	Nate Rittenour	5.702	1380.0	242.0	242	RPS	08/22/15
9	Pat Schottenheimer	5.697	1554.2	272.8	275	USPA	04/14/18
10	Tim Baker	5.579	1350.0	242.0	242	WNPF	02/20/11

All ICG Top 10 Lists Are For Sanctioned Lifts Only