



**FLORIDA RAW**

# **RECORD**

## **CERTIFICATE**

**THIS CERTIFIES THAT**  
**JOHN LAFLAMME**  
**SUCCESSFULLY SET THE**  
**-83 KG MASTER 3 DEADLIFT**  
**RECORD OF**  
**230.5 KG**

**2023 CLASSIC SUB-JUNIOR, JUNIOR, AND MASTER NATIONALS**  
**06/02/2023**

*Robert Keller*

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**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

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**BILL HELMICH**  
VP, POWERLIFTING AMERICA

