



## COLORADO STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**TRINA RUHLAND**

Has Established The

**-72 OPEN RAW RECORD (2015-2021)  
252.5 KG TOTAL PUSH-PULL**

**2016 COLORADO STATE CHAMPIONSHIPS  
12/02/2016**



[www.usapowerlifting.com](http://www.usapowerlifting.com)

America's Choice Drug-Free Strength Sport