



WUAP European Records - Powerlifting - Women



Women	Open	T 13-15	T16-17	T18-19	JUNIOR	SUB	M40-44	M45-49	M50-54	M55-59	M60-64	M65-69	M70-74	M75-79	M80+
44 kg*	Squat	55,0	55,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	32,5	32,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	75,5	75,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	155,0	155,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
48 kg	Squat	100,0	0,0	0,0	0,0	0,0	100,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	60,0	0,0	0,0	0,0	0,0	50,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	117,5	0,0	0,0	0,0	0,0	100,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	260,0	0,0	0,0	0,0	0,0	245,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
52 kg	Squat	140,0	0,0	0,0	120,0	0,0	130,5	140,0	110,5	120,0	100,0	0,0	0,0	0,0	0,0
	Benchpress	76,0	0,0	0,0	65,0	0,0	60,0	72,5	55,0	55,0	52,5	0,0	0,0	0,0	0,0
	Deadlift	150,0	0,0	0,0	120,0	0,0	141,0	150,0	110,5	113,0	107,5	0,0	0,0	0,0	0,0
	Total	360,0	0,0	0,0	305,0	0,0	331,5	360,0	276,0	272,5	260,0	0,0	0,0	0,0	0,0
56 kg	Squat	177,5	0,0	70,0	150,0	120,0	177,5	65,0	110,0	113,0	103,0	0,0	0,0	0,0	0,0
	Benchpress	105,0	0,0	35,0	78,0	85,0	75,0	35,0	55,0	80,0	55,0	0,0	0,0	0,0	0,0
	Deadlift	165,0	0,0	80,0	140,0	130,0	165,0	85,0	105,0	120,0	110,0	0,0	0,0	0,0	0,0
	Total	417,5	0,0	180,0	358,0	325,0	417,5	185,0	270,0	311,0	267,5	0,0	0,0	0,0	0,0
60 kg	Squat	195,0	0,0	125,0	92,5	150,0	195,0	117,5	0,0	0,0	117,5	127,5	0,0	0,0	0,0
	Benchpress	107,5	0,0	75,0	51,0	100,0	85,0	75,0	0,0	0,0	82,5	87,5	0,0	0,0	0,0
	Deadlift	175,0	0,0	120,0	101,0	135,0	175,0	135,0	0,0	0,0	127,0	140,0	0,0	0,0	0,0
	Total	455,0	0,0	310,0	243,5	385,0	455,0	315,0	0,0	0,0	322,5	355,0	0,0	0,0	0,0
67.5 kg	Squat	230,0	0,0	100,0	230,0	200,0	140,0	140,0	100,0	102,5	140,0	137,5	0,0	0,0	0,0
	Benchpress	122,0	0,0	60,0	105,0	117,5	92,5	75,0	70,0	105,0	85,0	92,5	0,0	0,0	0,0
	Deadlift	210,0	0,0	105,0	210,0	180,0	150,0	142,5	115,0	140,0	130,0	145,0	0,0	0,0	0,0
	Total	545,0	0,0	265,0	545,0	497,5	377,5	350,0	280,0	335,0	365,0	375,0	0,0	0,0	0,0
75 kg	Squat	235,0	0,0	87,5	235,0	170,0	215,0	170,0	162,5	110,0	116,0	0,0	0,0	0,0	0,0
	Benchpress	137,5	0,0	42,5	120,0	67,5	127,5	137,5	72,5	87,5	92,5	0,0	0,0	0,0	0,0
	Deadlift	205,5	0,0	110,0	200,0	142,5	187,5	171,0	133,0	140,0	150,0	0,0	0,0	0,0	0,0
	Total	545,0	0,0	240,0	545,0	365,0	495,5	497,5	368,0	333,0	356,0	0,0	0,0	0,0	0,0
82.5 kg	Squat	225,0	0,0	0,0	0,0	205,0	180,0	180,0	160,0	0,0	115,0	0,0	0,0	0,0	0,0
	Benchpress	145,0	0,0	0,0	0,0	81,0	110,0	107,5	90,0	0,0	87,5	0,0	0,0	0,0	0,0
	Deadlift	190,5	0,0	0,0	0,0	165,0	187,5	171,5	145,0	0,0	150,0	0,0	0,0	0,0	0,0
	Total	560,0	0,0	0,0	0,0	451,0	477,5	439,0	386,0	0,0	352,5	0,0	0,0	0,0	0,0
90 kg	Squat	210,0	0,0	0,0	0,0	0,0	155,0	210,0	120,0	90,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	110,0	0,0	0,0	0,0	0,0	80,0	110,0	95,0	80,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	173,0	0,0	0,0	0,0	0,0	150,0	173,0	165,0	110,0	0,0	0,0	0,0	0,0	0,0
	Total	460,0	0,0	0,0	0,0	0,0	385,0	460,0	380,0	275,0	0,0	0,0	0,0	0,0	0,0
90+ kg	Squat	210,0	0,0	0,0	0,0	0,0	155,0	210,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	110,0	0,0	0,0	0,0	0,0	80,0	110,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	173,0	0,0	0,0	0,0	0,0	150,0	173,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	460,0	0,0	0,0	0,0	0,0	385,0	460,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0

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Women 44 kg*	Open				Submaster				Junior				
	Squat	55,0	M. Altrichter	Aut	C06								
	Bench	32,5	M. Altrichter	Aut	E06								
	Deadlift	75,5	M. Altrichter	Aut	E06								
	Total	155,0	M. Altrichter	Aut	E06								
Women 48 kg	Open				Submaster				Junior				
	Squat	100,0	S. Königshofer	Aut	A08	100,0	S. Königshofer	Aut	A08				
	Bench	60,0	L. Watson	UK	W04	50,0	S. Königshofer	Aut	W08				
	Deadlift	117,5	H. Nachtigalová	Aut	E10	100,0	S. Königshofer	Aut	WC07				
	Total	260,0	H. Nachtigalová	Aut	E10	245,0	S. Königshofer	Aut	A08				
Women 52 kg	Open				Submaster				Junior				
	Squat	140,0	E. Zehethofer	Aut	EM17	130,5	E. Zehethofer	Aut	W12				
	Bench	76,0	I. Birkás	Hun	SK06	60,0	E. Zehethofer	Aut	W12				
	Deadlift	150,0	E. Zehethofer	Aut	EM17	141,0	E. Zehethofer	Aut	W12				
	Total	360,0	E. Zehethofer	Aut	EM17	331,5	E. Zehethofer	Aut	W12				
Women 56 kg	Open				Submaster				Junior				
	Squat	177,5	L.J. Thomas	Uk	W04	177,5	L.J. Thomas	Uk	W04	120,0	M. Golob	Svk	W13
	Bench	105,0	M. Golob	Slo	E14	75,0	L.J. Thomas	Uk	W04	85,0	M. Golob	Svk	W13
	Deadlift	165,0	L.J. Thomas	Uk	W04	165,0	L.J. Thomas	Uk	W04	130,0	K. Malá	Svk	E14
	Total	417,5	L.J. Thomas	Uk	W04	417,5	L.J. Thomas	Uk	W04	325,0	M. Golob	Svk	W13
Women 60 kg	Open				Submaster				Junior				
	Squat	195,0	L.J. Thomas	Uk	K04	195,0	L.J. Thomas	Uk	K04	150,0	M. Golob	Svk	E13
	Bench	107,5	R. Nagy	Hun	E06	85,0	L.J. Thomas	Uk	K04	100,0	M. Golob	Svk	E13
	Deadlift	175,0	L.J. Thomas	Uk	K04	175,0	L.J. Thomas	Uk	K04	135,0	M. Golob	Svk	E13
	Total	455,0	L.J. Thomas	Uk	K04	455,0	L.J. Thomas	Uk	K04	385,0	M. Golob	Svk	E13
Women 67.5 kg	Open				Submaster				Junior				
	Squat	230,0	V. Varga	Hun	E12	140,0	A.Pauli	GER	WM17	200,0	J. Kostúrová	Svk	EL09
	Bench	122,0	S. Mokra	Svk	W13	92,5	A.Pauli	GER	WM17	117,5	J. Kostúrová	Svk	EL09
	Deadlift	210,0	V. Varga	Hun	E12	150,0	A.Pauli	GER	WM17	180,0	J. Kostúrová	Svk	EL09
	Total	545,0	V. Varga	Hun	E12	377,5	A.Pauli	GER	WM17	497,5	J. Kostúrová	Svk	EL09
Women 75 kg	Open				Submaster				Junior				
	Squat	235,0	V. Varga	Hun	W12	215,0	P. Friedrich	Ger	W13	170,0	M. Oberleitner	Aut	Sk06
	Bench	137,5	M. Zimmer	Aut	K04	127,5	S. Mokrá	Svk	E14	67,5	E. Hegyesi	Hun	E09
	Deadlift	205,5	M. Rovná	CZ	E13	187,5	S. Mokrá	Svk	E14	142,5	M. Oberleitner	Aut	Sk06
	Total	545,0	V. Varga	Hun	W12	495,5	P. Friedrich	Ger	W13	365,0	M. Oberleitner	Aut	Sk06
Women 82.5 kg	Open				Submaster				Junior				
	Squat	225,0	J. Kosturova	Svk	W14	180,0	P. Friedrich	Ger	W14	205,0	M. Oberleitner	Aut	W07
	Bench	145,0	J. Kosturova	Svk	W14	110,0	P. Friedrich	Ger	W14	81,0	M. Oberleitner	Aut	W07
	Deadlift	190,5	M. Rovna	CZE	EM15	187,5	P. Friedrich	Ger	W14	165,0	M. Oberleitner	Aut	W07
	Total	560,0	J. Kosturova	Svk	W14	477,5	P. Friedrich	Ger	W14	451,0	M. Oberleitner	Aut	W07
Women 90 kg	Open				Submaster				Junior				
	Squat	210,0	E. Vit	Aut	A07	155,0	E. Vit	Aut	W04				
	Bench	110,0	E. Vit	Aut	W07	80,0	E. Vit	Aut	W04				
	Deadlift	173,0	E. Vit	Aut	A07	150,0	E. Vit	Aut	W04				
	Total	460,0	E. Vit	Aut	A07	385,0	E. Vit	Aut	W04				
Women 90+ kg	Open				Submaster				Junior				
	Squat	210,0	E. Vit	Aut	A07	155,0	E. Vit	Aut	W04				
	Bench	110,0	E. Vit	Aut	W07	80,0	E. Vit	Aut	W04				
	Deadlift	173,0	E. Vit	Aut	A07	150,0	E. Vit	Aut	W04				
	Total	460,0	E. Vit	Aut	A07	385,0	E. Vit	Aut	W04				

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Women 44 kg*	T13-15*				T16-17				T18-19				
	Squat	55,0	M. Altrichter	Aut	C06								
	Bench	32,5	M. Altrichter	Aut	E06								
	Deadlift	75,5	M. Altrichter	Aut	E06								
	Total	155,0	M. Altrichter	Aut	C06								
Women 48 kg	T13-15*				T16-17				T18-19				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 52 kg	T13-15*				T16-17				T18-19				
	Squat									120,0	E.Buzinkayová	Svk	E14
	Bench									65,0	E.Buzinkayová	Svk	E14
	Deadlift									120,0	E.Buzinkayová	Svk	E14
	Total									305,0	E.Buzinkayová	Svk	E14
Women 56 kg	T13-15*				T16-17				T18-19				
	Squat					70,0	S. Šarič	HR	E13	150,0	M. Berenzenko	Rus	E08
	Bench					35,0	S. Šarič	HR	E13	78,0	M. Berenzenko	Rus	E08
	Deadlift					80,0	S. Šarič	HR	E13	140,0	M. Berenzenko	Rus	E08
	Total					180,0	S. Šarič	HR	E13	358,0	M. Berenzenko	Rus	E08
Women 60 kg	T13-15*				T16-17				T18-19				
	Squat					125,0	J. Kiss	Hun	W10	92,5	T. Bauer	Aut	Sk06
	Bench					75,0	J. Kiss	Hun	E10	51,0	T. Bauer	Aut	Sk06
	Deadlift					120,0	J. Kiss	Hun	E10	101,0	T. Bauer	Aut	W06
	Total					310,0	J. Kiss	Hun	E10	243,5	T. Bauer	Aut	Sk06
Women 67.5 kg	T13-15*				T16-17				T18-19				
	Squat					100,0	E. Del	GER	EM15	230,0	V. Varga	Hun	E12
	Bench					60,0	E. Del	GER	EM15	105,0	V. Varga	Hun	E12
	Deadlift					105,0	E. Del	GER	EM15	210,0	V. Varga	Hun	E12
	Total					265,0	E. Del	GER	EM15	545,0	V. Varga	Hun	E12
Women 75 kg	T13-15*				T16-17				T18-19				
	Squat					87,5	N. Briediková	Svk	E07	235,0	V. Varga	Hun	W12
	Bench					42,5	N. Briediková	Svk	E07	120,0	V. Varga	Hun	W12
	Deadlift					110,0	N. Briediková	Svk	E07	200,0	V. Varga	Hun	W12
	Total					240,0	N. Briediková	Svk	E07	545,0	V. Varga	Hun	W12
Women 82.5 kg	T13-15*				T16-17				T18-19				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 90 kg	T13-15*				T16-17				T18-19				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 90+ kg	T13-15*				T16-17				T18-19				
	Squat												
	Bench												
	Deadlift												
	Total												

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Women 44 kg*	M40-44				M45-49				M50-54				
	Squat												
	Bench												
	Deadlift												
Total													
Women 48 kg	M40-44				M45-49				M50-54				
	Squat												
	Bench												
	Deadlift												
Total													
Women 52 kg	M40-44				M45-49				M50-54				
	Squat	140,0	E. Zehethofer	Aut	EM17	110,5	K. Heindl	Aut	E06	120,0	K. Heindl	Aut	W06
	Bench	72,5	E. Zehethofer	Aut	EM17	55,0	K. Heindl	Aut	E06	55,0	K. Heindl	Aut	W06
	Deadlift	150,0	E. Zehethofer	Aut	EM17	110,5	K. Heindl	Aut	E06	113,0	K. Heindl	Aut	W10
Total	360,0	E. Zehethofer	Aut	EM17	276,0	K. Heindl	Aut	E06	272,5	K. Heindl	Aut	W06	
Women 56 kg	M40-44				M45-49				M50-54				
	Squat	65,0	L. Labudová	Svk	E13	110,0	K. Heindl	Aut	C06	113,0	G. Orosz	Hun	W07
	Bench	35,0	L. Labudová	Svk	E13	55,0	K. Heindl	Aut	C06	80,0	G. Orosz	Hun	W07
	Deadlift	85,0	L. Labudová	Svk	E13	105,0	K. Heindl	Aut	C06	120,0	G. Orosz	Hun	W07
Total	185,0	L. Labudová	Svk	E13	270,0	K. Heindl	Aut	C06	311,0	G. Orosz	Hun	W07	
Women 60 kg	M40-44				M45-49				M50-54				
	Squat	117,5	C. Rostagnat	Fra	W09								
	Bench	75,0	C. Rostagnat	Fra	W10								
	Deadlift	135,0	C. Rostagnat	Fra	W10								
Total	315,0	C. Rostagnat	Fra	W09									
Women 67.5 kg	M40-44				M45-49				M50-54				
	Squat	140,0	C. Rostagnat	Fra	W11	100,0	B. Berg	Ger	W08	102,5	L. Zanki	Ger	W13
	Bench	75,0	C. Rostagnat	Fra	W11	70,0	B. Berg	Ger	W08	105,0	L. Zanki	Ger	W13
	Deadlift	142,5	K. Tillack	Ger	W13	115,0	B. Berg	Ger	W08	140,0	L. Zanki	Ger	W13
Total	350,0	C. Rostagnat	Fra	W11	280,0	B. Berg	Ger	W08	335,0	L. Zanki	Ger	W13	
Women 75 kg	M40-44				M45-49				M50-54				
	Squat	170,0	M. Zimmer	Aut	K04	162,5	S. Kraus	Ger	EM17	110,0	K. Rohrmann	Hun	E08
	Bench	137,5	M. Zimmer	Aut	K04	72,5	S. Kraus	Ger	EM17	87,5	K. Rohrmann	Hun	E08
	Deadlift	171,0	M. Zimmer	Aut	K04	133,0	S. Kraus	Ger	EM17	140,0	Z. Németh	Hun	E08
Total	497,5	M. Zimmer	Aut	K04	368,0	S. Kraus	Ger	EM17	333,0	K. Rohrmann	Hun	E08	
Women 82.5 kg	M40-44				M45-49				M50-54				
	Squat	180,0	A. Strinyi	Hun	W09	160,0	S.Kraus	GER	WM17				
	Bench	107,5	L. Krüger	Ger	W07	90,0	S.Kraus	GER	WM17				
	Deadlift	171,5	L. Krüger	Ger	W07	145,0	S.Kraus	GER	WM17				
Total	439,0	L. Krüger	Ger	W07	386,0	S.Kraus	GER	WM17					
Women 90 kg	M40-44				M45-49				M50-54				
	Squat	210,0	E. Vit	Aut	A07	120,0	E. Horňáková	Cz	E10	90,0	A.Riedl	GER	WM17
	Bench	110,0	E. Vit	Aut	W07	95,0	E. Horňáková	Cz	E10	80,0	A.Riedl	GER	WM17
	Deadlift	173,0	E. Vit	Aut	A07	165,0	E. Horňáková	Cz	E10	110,0	A.Riedl	GER	WM17
Total	460,0	E. Vit	Aut	A07	380,0	E. Horňáková	Cz	E10	275,0	A.Riedl	GER	WM17	
Women 90+ kg	M40-44				M45-49				M50-54				
	Squat	210,0	E. Vit	Aut	A07								
	Bench	110,0	E. Vit	Aut	W07								
	Deadlift	173,0	E. Vit	Aut	A07								
Total	460,0	E. Vit	Aut	A07									

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	M55-59	M60-64	M65-69
Women 44 kg*			
Squat			
Bench			
Deadlift			
Total			
Women 48 kg			
Squat			
Bench			
Deadlift			
Total			
Women 52 kg			
Squat	100,0 K. Heindl Aut WC11		
Bench	52,5 K. Heindl Aut WC11		
Deadlift	107,5 K. Heindl Aut WC11		
Total	260,0 K. Heindl Aut WC11		
Women 56 kg			
Squat	103,0 K. Heindl Aut WC12		
Bench	55,0 K. Heindl Aut W11		
Deadlift	110,0 K. Heindl Aut W11		
Total	267,5 K. Heindl Aut W11		
Women 60 kg			
Squat	117,5 I. Gehringer Ger W10	127,5 I. Rinas Ger W12	
Bench	82,5 I. Gehringer Ger W10	87,5 I. Rinas Ger W12	
Deadlift	127,0 I. Gehringer Ger W10	140,0 I. Rinas Ger W12	
Total	322,5 I. Gehringer Ger W10	355,0 I. Rinas Ger W12	
Women 67.5 kg			
Squat	140,0 H. Utecht Ger W07	137,5 I. Rinas Ger W13	
Bench	85,0 H. Utecht Ger W07	92,5 I. Rinas Ger W13	
Deadlift	130,0 H. Utecht Ger W07	145,0 I. Rinas Ger W13	
Total	365,0 H. Utecht Ger W07	375,0 I. Rinas Ger W13	
Women 75 kg			
Squat	116,0 K. Rohrman Hun W10		
Bench	92,5 K. Rohrman Hun W10		
Deadlift	150,0 K. Rohrman Hun W10		
Total	356,0 K. Rohrman Hun W10		
Women 82.5 kg			
Squat	115,0 K. Rohrman Hun WC11		
Bench	87,5 K. Rohrman Hun WC11		
Deadlift	150,0 K. Rohrman Hun WC11		
Total	352,5 K. Rohrman Hun WC11		
Women 90 kg			
Squat			
Bench			
Deadlift			
Total			
Women 90+ kg			
Squat			
Bench			
Deadlift			
Total			

WUAP European Records - Powerlifting - Women

Women 44 kg*	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td colspan="4" style="text-align: center;">M70-74</td></tr> <tr><td style="width: 25%; height: 15px;"></td><td style="width: 25%;"></td><td style="width: 25%;"></td><td style="width: 25%;"></td></tr> <tr><td style="height: 15px;">Squat</td><td></td><td></td><td></td></tr> <tr><td style="height: 15px;">Bench</td><td></td><td></td><td></td></tr> <tr><td style="height: 15px;">Deadlift</td><td></td><td></td><td></td></tr> <tr><td style="height: 15px;">Total</td><td></td><td></td><td></td></tr> </table>	M70-74								Squat				Bench				Deadlift				Total				<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td colspan="4" style="text-align: center;">M75-79</td></tr> <tr><td style="width: 25%; height: 15px;"></td><td style="width: 25%;"></td><td style="width: 25%;"></td><td style="width: 25%;"></td></tr> <tr><td style="height: 15px;">Squat</td><td></td><td></td><td></td></tr> <tr><td style="height: 15px;">Bench</td><td></td><td></td><td></td></tr> <tr><td style="height: 15px;">Deadlift</td><td></td><td></td><td></td></tr> <tr><td style="height: 15px;">Total</td><td></td><td></td><td></td></tr> </table>	M75-79								Squat				Bench				Deadlift				Total				<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td colspan="4" style="text-align: center;">M80+</td></tr> <tr><td style="width: 25%; height: 15px;"></td><td style="width: 25%;"></td><td style="width: 25%;"></td><td style="width: 25%;"></td></tr> <tr><td style="height: 15px;">Squat</td><td></td><td></td><td></td></tr> <tr><td style="height: 15px;">Bench</td><td></td><td></td><td></td></tr> <tr><td style="height: 15px;">Deadlift</td><td></td><td></td><td></td></tr> <tr><td style="height: 15px;">Total</td><td></td><td></td><td></td></tr> </table>	M80+								Squat				Bench				Deadlift				Total			
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