



WUAP World Records - Powerlifting EQ - Men



| | 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+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Mens 52 kg* | | | | | | | | | | | | | | | | Squat | 130,0 | 0,0 | 0,0 | 0,0 | 0,0 | 120,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 130,5 | 0,0 | 0,0 | 0,0 | 0,0 | 130,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 140,0 | 0,0 | 0,0 | 0,0 | 0,0 | 105,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 350,0 | 0,0 | 0,0 | 0,0 | 0,0 | 325,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 56kg | | | | | | | | | | | | | | | | Squat | 202,5 | 117,5 | 0,0 | 95,0 | 0,0 | 202,5 | 75,0 | 0,0 | 0,0 | 0,0 | 152,5 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 143,5 | 77,5 | 0,0 | 60,0 | 0,0 | 143,5 | 57,5 | 0,0 | 0,0 | 0,0 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 197,5 | 137,5 | 0,0 | 150,0 | 0,0 | 187,5 | 97,5 | 0,0 | 0,0 | 0,0 | 190,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 516,0 | 332,5 | 0,0 | 305,0 | 0,0 | 516,0 | 230,0 | 0,0 | 0,0 | 0,0 | 437,5 | 0,0 | 0,0 | 0,0 | 0,0 | 60kg | | | | | | | | | | | | | | | | Squat | 250,0 | 117,5 | 190,0 | 120,0 | 205,0 | 200,5 | 232,5 | 155,0 | 135,0 | 195,0 | 0,0 | 0,0 | 140,0 | 0,0 | 0,0 | Benchpress | 160,0 | 77,5 | 100,0 | 130,0 | 120,0 | 135,0 | 135,0 | 115,0 | 82,5 | 107,5 | 0,0 | 0,0 | 106,5 | 0,0 | 0,0 | Deadlift | 210,5 | 157,5 | 200,0 | 170,0 | 210,0 | 175,5 | 210,5 | 137,5 | 170,0 | 200,0 | 0,0 | 0,0 | 184,0 | 0,0 | 0,0 | Total | 560,5 | 347,5 | 490,0 | 420,0 | 500,0 | 511,0 | 553,0 | 407,5 | 375,0 | 477,5 | 0,0 | 0,0 | 427,5 | 0,0 | 0,0 | 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| Squat | 130,0 | 0,0 | 0,0 | 0,0 | 0,0 | 120,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 130,5 | 0,0 | 0,0 | 0,0 | 0,0 | 130,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 140,0 | 0,0 | 0,0 | 0,0 | 0,0 | 105,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 350,0 | 0,0 | 0,0 | 0,0 | 0,0 | 325,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 56kg | | | | | | | | | | | | | | | | Squat | 202,5 | 117,5 | 0,0 | 95,0 | 0,0 | 202,5 | 75,0 | 0,0 | 0,0 | 0,0 | 152,5 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 143,5 | 77,5 | 0,0 | 60,0 | 0,0 | 143,5 | 57,5 | 0,0 | 0,0 | 0,0 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 197,5 | 137,5 | 0,0 | 150,0 | 0,0 | 187,5 | 97,5 | 0,0 | 0,0 | 0,0 | 190,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 516,0 | 332,5 | 0,0 | 305,0 | 0,0 | 516,0 | 230,0 | 0,0 | 0,0 | 0,0 | 437,5 | 0,0 | 0,0 | 0,0 | 0,0 | 60kg | | | | | | | | | | | | | | | | Squat | 250,0 | 117,5 | 190,0 | 120,0 | 205,0 | 200,5 | 232,5 | 155,0 | 135,0 | 195,0 | 0,0 | 0,0 | 140,0 | 0,0 | 0,0 | Benchpress | 160,0 | 77,5 | 100,0 | 130,0 | 120,0 | 135,0 | 135,0 | 115,0 | 82,5 | 107,5 | 0,0 | 0,0 | 106,5 | 0,0 | 0,0 | Deadlift | 210,5 | 157,5 | 200,0 | 170,0 | 210,0 | 175,5 | 210,5 | 137,5 | 170,0 | 200,0 | 0,0 | 0,0 | 184,0 | 0,0 | 0,0 | Total | 560,5 | 347,5 | 490,0 | 420,0 | 500,0 | 511,0 | 553,0 | 407,5 | 375,0 | 477,5 | 0,0 | 0,0 | 427,5 | 0,0 | 0,0 | 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | |
| Benchpress | 130,5 | 0,0 | 0,0 | 0,0 | 0,0 | 130,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 140,0 | 0,0 | 0,0 | 0,0 | 0,0 | 105,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 350,0 | 0,0 | 0,0 | 0,0 | 0,0 | 325,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 56kg | | | | | | | | | | | | | | | | Squat | 202,5 | 117,5 | 0,0 | 95,0 | 0,0 | 202,5 | 75,0 | 0,0 | 0,0 | 0,0 | 152,5 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 143,5 | 77,5 | 0,0 | 60,0 | 0,0 | 143,5 | 57,5 | 0,0 | 0,0 | 0,0 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 197,5 | 137,5 | 0,0 | 150,0 | 0,0 | 187,5 | 97,5 | 0,0 | 0,0 | 0,0 | 190,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 516,0 | 332,5 | 0,0 | 305,0 | 0,0 | 516,0 | 230,0 | 0,0 | 0,0 | 0,0 | 437,5 | 0,0 | 0,0 | 0,0 | 0,0 | 60kg | | | | | | | | | | | | | | | | Squat | 250,0 | 117,5 | 190,0 | 120,0 | 205,0 | 200,5 | 232,5 | 155,0 | 135,0 | 195,0 | 0,0 | 0,0 | 140,0 | 0,0 | 0,0 | Benchpress | 160,0 | 77,5 | 100,0 | 130,0 | 120,0 | 135,0 | 135,0 | 115,0 | 82,5 | 107,5 | 0,0 | 0,0 | 106,5 | 0,0 | 0,0 | Deadlift | 210,5 | 157,5 | 200,0 | 170,0 | 210,0 | 175,5 | 210,5 | 137,5 | 170,0 | 200,0 | 0,0 | 0,0 | 184,0 | 0,0 | 0,0 | Total | 560,5 | 347,5 | 490,0 | 420,0 | 500,0 | 511,0 | 553,0 | 407,5 | 375,0 | 477,5 | 0,0 | 0,0 | 427,5 | 0,0 | 0,0 | 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Deadlift | 140,0 | 0,0 | 0,0 | 0,0 | 0,0 | 105,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 350,0 | 0,0 | 0,0 | 0,0 | 0,0 | 325,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 56kg | | | | | | | | | | | | | | | | Squat | 202,5 | 117,5 | 0,0 | 95,0 | 0,0 | 202,5 | 75,0 | 0,0 | 0,0 | 0,0 | 152,5 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 143,5 | 77,5 | 0,0 | 60,0 | 0,0 | 143,5 | 57,5 | 0,0 | 0,0 | 0,0 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 197,5 | 137,5 | 0,0 | 150,0 | 0,0 | 187,5 | 97,5 | 0,0 | 0,0 | 0,0 | 190,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 516,0 | 332,5 | 0,0 | 305,0 | 0,0 | 516,0 | 230,0 | 0,0 | 0,0 | 0,0 | 437,5 | 0,0 | 0,0 | 0,0 | 0,0 | 60kg | | | | | | | | | | | | | | | | Squat | 250,0 | 117,5 | 190,0 | 120,0 | 205,0 | 200,5 | 232,5 | 155,0 | 135,0 | 195,0 | 0,0 | 0,0 | 140,0 | 0,0 | 0,0 | Benchpress | 160,0 | 77,5 | 100,0 | 130,0 | 120,0 | 135,0 | 135,0 | 115,0 | 82,5 | 107,5 | 0,0 | 0,0 | 106,5 | 0,0 | 0,0 | Deadlift | 210,5 | 157,5 | 200,0 | 170,0 | 210,0 | 175,5 | 210,5 | 137,5 | 170,0 | 200,0 | 0,0 | 0,0 | 184,0 | 0,0 | 0,0 | Total | 560,5 | 347,5 | 490,0 | 420,0 | 500,0 | 511,0 | 553,0 | 407,5 | 375,0 | 477,5 | 0,0 | 0,0 | 427,5 | 0,0 | 0,0 | 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 350,0 | 0,0 | 0,0 | 0,0 | 0,0 | 325,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 56kg | | | | | | | | | | | | | | | | Squat | 202,5 | 117,5 | 0,0 | 95,0 | 0,0 | 202,5 | 75,0 | 0,0 | 0,0 | 0,0 | 152,5 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 143,5 | 77,5 | 0,0 | 60,0 | 0,0 | 143,5 | 57,5 | 0,0 | 0,0 | 0,0 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 197,5 | 137,5 | 0,0 | 150,0 | 0,0 | 187,5 | 97,5 | 0,0 | 0,0 | 0,0 | 190,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 516,0 | 332,5 | 0,0 | 305,0 | 0,0 | 516,0 | 230,0 | 0,0 | 0,0 | 0,0 | 437,5 | 0,0 | 0,0 | 0,0 | 0,0 | 60kg | | | | | | | | | | | | | | | | Squat | 250,0 | 117,5 | 190,0 | 120,0 | 205,0 | 200,5 | 232,5 | 155,0 | 135,0 | 195,0 | 0,0 | 0,0 | 140,0 | 0,0 | 0,0 | Benchpress | 160,0 | 77,5 | 100,0 | 130,0 | 120,0 | 135,0 | 135,0 | 115,0 | 82,5 | 107,5 | 0,0 | 0,0 | 106,5 | 0,0 | 0,0 | Deadlift | 210,5 | 157,5 | 200,0 | 170,0 | 210,0 | 175,5 | 210,5 | 137,5 | 170,0 | 200,0 | 0,0 | 0,0 | 184,0 | 0,0 | 0,0 | Total | 560,5 | 347,5 | 490,0 | 420,0 | 500,0 | 511,0 | 553,0 | 407,5 | 375,0 | 477,5 | 0,0 | 0,0 | 427,5 | 0,0 | 0,0 | 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 56kg | | | | | | | | | | | | | | | | Squat | 202,5 | 117,5 | 0,0 | 95,0 | 0,0 | 202,5 | 75,0 | 0,0 | 0,0 | 0,0 | 152,5 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 143,5 | 77,5 | 0,0 | 60,0 | 0,0 | 143,5 | 57,5 | 0,0 | 0,0 | 0,0 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 197,5 | 137,5 | 0,0 | 150,0 | 0,0 | 187,5 | 97,5 | 0,0 | 0,0 | 0,0 | 190,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 516,0 | 332,5 | 0,0 | 305,0 | 0,0 | 516,0 | 230,0 | 0,0 | 0,0 | 0,0 | 437,5 | 0,0 | 0,0 | 0,0 | 0,0 | 60kg | | | | | | | | | | | | | | | | Squat | 250,0 | 117,5 | 190,0 | 120,0 | 205,0 | 200,5 | 232,5 | 155,0 | 135,0 | 195,0 | 0,0 | 0,0 | 140,0 | 0,0 | 0,0 | Benchpress | 160,0 | 77,5 | 100,0 | 130,0 | 120,0 | 135,0 | 135,0 | 115,0 | 82,5 | 107,5 | 0,0 | 0,0 | 106,5 | 0,0 | 0,0 | Deadlift | 210,5 | 157,5 | 200,0 | 170,0 | 210,0 | 175,5 | 210,5 | 137,5 | 170,0 | 200,0 | 0,0 | 0,0 | 184,0 | 0,0 | 0,0 | Total | 560,5 | 347,5 | 490,0 | 420,0 | 500,0 | 511,0 | 553,0 | 407,5 | 375,0 | 477,5 | 0,0 | 0,0 | 427,5 | 0,0 | 0,0 | 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Squat | 202,5 | 117,5 | 0,0 | 95,0 | 0,0 | 202,5 | 75,0 | 0,0 | 0,0 | 0,0 | 152,5 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 143,5 | 77,5 | 0,0 | 60,0 | 0,0 | 143,5 | 57,5 | 0,0 | 0,0 | 0,0 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 197,5 | 137,5 | 0,0 | 150,0 | 0,0 | 187,5 | 97,5 | 0,0 | 0,0 | 0,0 | 190,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 516,0 | 332,5 | 0,0 | 305,0 | 0,0 | 516,0 | 230,0 | 0,0 | 0,0 | 0,0 | 437,5 | 0,0 | 0,0 | 0,0 | 0,0 | 60kg | | | | | | | | | | | | | | | | Squat | 250,0 | 117,5 | 190,0 | 120,0 | 205,0 | 200,5 | 232,5 | 155,0 | 135,0 | 195,0 | 0,0 | 0,0 | 140,0 | 0,0 | 0,0 | Benchpress | 160,0 | 77,5 | 100,0 | 130,0 | 120,0 | 135,0 | 135,0 | 115,0 | 82,5 | 107,5 | 0,0 | 0,0 | 106,5 | 0,0 | 0,0 | Deadlift | 210,5 | 157,5 | 200,0 | 170,0 | 210,0 | 175,5 | 210,5 | 137,5 | 170,0 | 200,0 | 0,0 | 0,0 | 184,0 | 0,0 | 0,0 | Total | 560,5 | 347,5 | 490,0 | 420,0 | 500,0 | 511,0 | 553,0 | 407,5 | 375,0 | 477,5 | 0,0 | 0,0 | 427,5 | 0,0 | 0,0 | 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Benchpress | 143,5 | 77,5 | 0,0 | 60,0 | 0,0 | 143,5 | 57,5 | 0,0 | 0,0 | 0,0 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 197,5 | 137,5 | 0,0 | 150,0 | 0,0 | 187,5 | 97,5 | 0,0 | 0,0 | 0,0 | 190,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 516,0 | 332,5 | 0,0 | 305,0 | 0,0 | 516,0 | 230,0 | 0,0 | 0,0 | 0,0 | 437,5 | 0,0 | 0,0 | 0,0 | 0,0 | 60kg | | | | | | | | | | | | | | | | Squat | 250,0 | 117,5 | 190,0 | 120,0 | 205,0 | 200,5 | 232,5 | 155,0 | 135,0 | 195,0 | 0,0 | 0,0 | 140,0 | 0,0 | 0,0 | Benchpress | 160,0 | 77,5 | 100,0 | 130,0 | 120,0 | 135,0 | 135,0 | 115,0 | 82,5 | 107,5 | 0,0 | 0,0 | 106,5 | 0,0 | 0,0 | Deadlift | 210,5 | 157,5 | 200,0 | 170,0 | 210,0 | 175,5 | 210,5 | 137,5 | 170,0 | 200,0 | 0,0 | 0,0 | 184,0 | 0,0 | 0,0 | Total | 560,5 | 347,5 | 490,0 | 420,0 | 500,0 | 511,0 | 553,0 | 407,5 | 375,0 | 477,5 | 0,0 | 0,0 | 427,5 | 0,0 | 0,0 | 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Deadlift | 197,5 | 137,5 | 0,0 | 150,0 | 0,0 | 187,5 | 97,5 | 0,0 | 0,0 | 0,0 | 190,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 516,0 | 332,5 | 0,0 | 305,0 | 0,0 | 516,0 | 230,0 | 0,0 | 0,0 | 0,0 | 437,5 | 0,0 | 0,0 | 0,0 | 0,0 | 60kg | | | | | | | | | | | | | | | | Squat | 250,0 | 117,5 | 190,0 | 120,0 | 205,0 | 200,5 | 232,5 | 155,0 | 135,0 | 195,0 | 0,0 | 0,0 | 140,0 | 0,0 | 0,0 | Benchpress | 160,0 | 77,5 | 100,0 | 130,0 | 120,0 | 135,0 | 135,0 | 115,0 | 82,5 | 107,5 | 0,0 | 0,0 | 106,5 | 0,0 | 0,0 | Deadlift | 210,5 | 157,5 | 200,0 | 170,0 | 210,0 | 175,5 | 210,5 | 137,5 | 170,0 | 200,0 | 0,0 | 0,0 | 184,0 | 0,0 | 0,0 | Total | 560,5 | 347,5 | 490,0 | 420,0 | 500,0 | 511,0 | 553,0 | 407,5 | 375,0 | 477,5 | 0,0 | 0,0 | 427,5 | 0,0 | 0,0 | 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 516,0 | 332,5 | 0,0 | 305,0 | 0,0 | 516,0 | 230,0 | 0,0 | 0,0 | 0,0 | 437,5 | 0,0 | 0,0 | 0,0 | 0,0 | 60kg | | | | | | | | | | | | | | | | Squat | 250,0 | 117,5 | 190,0 | 120,0 | 205,0 | 200,5 | 232,5 | 155,0 | 135,0 | 195,0 | 0,0 | 0,0 | 140,0 | 0,0 | 0,0 | Benchpress | 160,0 | 77,5 | 100,0 | 130,0 | 120,0 | 135,0 | 135,0 | 115,0 | 82,5 | 107,5 | 0,0 | 0,0 | 106,5 | 0,0 | 0,0 | Deadlift | 210,5 | 157,5 | 200,0 | 170,0 | 210,0 | 175,5 | 210,5 | 137,5 | 170,0 | 200,0 | 0,0 | 0,0 | 184,0 | 0,0 | 0,0 | Total | 560,5 | 347,5 | 490,0 | 420,0 | 500,0 | 511,0 | 553,0 | 407,5 | 375,0 | 477,5 | 0,0 | 0,0 | 427,5 | 0,0 | 0,0 | 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 60kg | | | | | | | | | | | | | | | | Squat | 250,0 | 117,5 | 190,0 | 120,0 | 205,0 | 200,5 | 232,5 | 155,0 | 135,0 | 195,0 | 0,0 | 0,0 | 140,0 | 0,0 | 0,0 | Benchpress | 160,0 | 77,5 | 100,0 | 130,0 | 120,0 | 135,0 | 135,0 | 115,0 | 82,5 | 107,5 | 0,0 | 0,0 | 106,5 | 0,0 | 0,0 | Deadlift | 210,5 | 157,5 | 200,0 | 170,0 | 210,0 | 175,5 | 210,5 | 137,5 | 170,0 | 200,0 | 0,0 | 0,0 | 184,0 | 0,0 | 0,0 | Total | 560,5 | 347,5 | 490,0 | 420,0 | 500,0 | 511,0 | 553,0 | 407,5 | 375,0 | 477,5 | 0,0 | 0,0 | 427,5 | 0,0 | 0,0 | 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Squat | 250,0 | 117,5 | 190,0 | 120,0 | 205,0 | 200,5 | 232,5 | 155,0 | 135,0 | 195,0 | 0,0 | 0,0 | 140,0 | 0,0 | 0,0 | Benchpress | 160,0 | 77,5 | 100,0 | 130,0 | 120,0 | 135,0 | 135,0 | 115,0 | 82,5 | 107,5 | 0,0 | 0,0 | 106,5 | 0,0 | 0,0 | Deadlift | 210,5 | 157,5 | 200,0 | 170,0 | 210,0 | 175,5 | 210,5 | 137,5 | 170,0 | 200,0 | 0,0 | 0,0 | 184,0 | 0,0 | 0,0 | Total | 560,5 | 347,5 | 490,0 | 420,0 | 500,0 | 511,0 | 553,0 | 407,5 | 375,0 | 477,5 | 0,0 | 0,0 | 427,5 | 0,0 | 0,0 | 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Benchpress | 160,0 | 77,5 | 100,0 | 130,0 | 120,0 | 135,0 | 135,0 | 115,0 | 82,5 | 107,5 | 0,0 | 0,0 | 106,5 | 0,0 | 0,0 | Deadlift | 210,5 | 157,5 | 200,0 | 170,0 | 210,0 | 175,5 | 210,5 | 137,5 | 170,0 | 200,0 | 0,0 | 0,0 | 184,0 | 0,0 | 0,0 | Total | 560,5 | 347,5 | 490,0 | 420,0 | 500,0 | 511,0 | 553,0 | 407,5 | 375,0 | 477,5 | 0,0 | 0,0 | 427,5 | 0,0 | 0,0 | 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Deadlift | 210,5 | 157,5 | 200,0 | 170,0 | 210,0 | 175,5 | 210,5 | 137,5 | 170,0 | 200,0 | 0,0 | 0,0 | 184,0 | 0,0 | 0,0 | Total | 560,5 | 347,5 | 490,0 | 420,0 | 500,0 | 511,0 | 553,0 | 407,5 | 375,0 | 477,5 | 0,0 | 0,0 | 427,5 | 0,0 | 0,0 | 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 560,5 | 347,5 | 490,0 | 420,0 | 500,0 | 511,0 | 553,0 | 407,5 | 375,0 | 477,5 | 0,0 | 0,0 | 427,5 | 0,0 | 0,0 | 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 67.5kg | | | | | | | | | | | | | | | | Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 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| Squat | 300,0 | 170,0 | 220,0 | 245,0 | 250,0 | 212,5 | 227,5 | 185,5 | 205,0 | 190,0 | 185,0 | 135,0 | 95,5 | 100,0 | 0,0 | Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 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| Benchpress | 175,0 | 107,5 | 115,0 | 150,0 | 155,0 | 150,0 | 134,0 | 130,0 | 120,0 | 141,0 | 112,5 | 102,5 | 72,5 | 73,0 | 0,0 | Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 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| Deadlift | 250,5 | 172,5 | 208,0 | 215,0 | 240,0 | 192,5 | 232,0 | 217,5 | 233,0 | 200,0 | 170,0 | 165,0 | 125,0 | 122,5 | 0,0 | Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | 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| Total | 700,0 | 445,0 | 528,0 | 605,0 | 615,0 | 547,5 | 575,0 | 525,5 | 552,5 | 526,5 | 457,5 | 390,0 | 280,0 | 293,0 | 0,0 | 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 75kg | | | | | | | | | | | | | | | | Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Squat | 330,0 | 175,0 | 250,0 | 285,0 | 310,0 | 290,0 | 275,0 | 280,0 | 250,0 | 230,0 | 240,0 | 172,5 | 120,0 | 118,5 | 0,0 | Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Benchpress | 231,0 | 107,5 | 150,0 | 170,0 | 185,0 | 231,0 | 185,0 | 180,0 | 170,0 | 160,0 | 160,0 | 166,0 | 115,0 | 102,5 | 0,0 | Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Deadlift | 295,0 | 205,0 | 227,5 | 240,0 | 265,5 | 265,0 | 246,0 | 230,0 | 245,0 | 240,0 | 243,5 | 183,0 | 150,0 | 145,0 | 0,0 | Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 815,0 | 472,5 | 600,0 | 685,0 | 760,5 | 786,0 | 660,0 | 690,0 | 317,5 | 585,0 | 630,0 | 493,0 | 385,0 | 353,5 | 0,0 | 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 82.5kg | | | | | | | | | | | | | | | | Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Squat | 332,5 | 205,0 | 241,0 | 280,0 | 280,0 | 290,0 | 275,0 | 270,0 | 295,0 | 272,5 | 265,0 | 170,0 | 217,5 | 165,0 | 120,0 | Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Benchpress | 260,0 | 122,5 | 157,5 | 155,0 | 205,0 | 260,0 | 187,5 | 182,5 | 180,0 | 185,0 | 162,5 | 155,0 | 147,5 | 100,0 | 77,5 | Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Deadlift | 301,0 | 202,5 | 223,0 | 260,0 | 270,0 | 290,0 | 278,5 | 280,0 | 231,0 | 241,0 | 250,0 | 192,5 | 200,0 | 180,0 | 152,5 | Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 866,5 | 522,5 | 620,0 | 625,0 | 700,0 | 752,5 | 705,0 | 710,0 | 695,0 | 612,5 | 610,0 | 492,5 | 565,0 | 445,0 | 350,0 | 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 90kg | | | | | | | | | | | | | | | | Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Squat | 367,5 | 235,0 | 260,0 | 320,0 | 360,0 | 311,0 | 320,0 | 332,5 | 305,0 | 290,0 | 275,0 | 240,0 | 200,0 | 150,0 | 32,5 | Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Benchpress | 260,0 | 127,5 | 175,0 | 190,0 | 230,0 | 260,0 | 250,0 | 205,0 | 210,0 | 220,0 | 182,5 | 162,5 | 142,5 | 80,0 | 60,0 | Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Deadlift | 337,5 | 205,0 | 240,0 | 300,0 | 302,5 | 297,5 | 295,0 | 290,5 | 270,5 | 270,0 | 250,0 | 260,0 | 218,0 | 170,0 | 92,5 | Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 890,0 | 567,5 | 646,0 | 770,0 | 890,0 | 850,0 | 840,0 | 786,0 | 741,0 | 742,5 | 707,5 | 625,0 | 560,0 | 400,0 | 185,0 | 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 100kg | | | | | | | | | | | | | | | | Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Squat | 395,0 | 178,0 | 250,0 | 340,0 | 322,5 | 390,0 | 320,0 | 350,0 | 340,0 | 311,0 | 300,0 | 232,5 | 150,0 | 0,0 | 0,0 | Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Benchpress | 275,0 | 130,0 | 180,0 | 225,0 | 225,0 | 250,5 | 270,0 | 235,0 | 250,0 | 205,0 | 180,0 | 160,0 | 105,0 | 0,0 | 0,0 | Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Deadlift | 330,0 | 190,0 | 220,5 | 300,0 | 285,0 | 301,0 | 292,5 | 295,0 | 293,0 | 300,0 | 244,0 | 260,0 | 160,0 | 0,0 | 0,0 | Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 965,0 | 490,0 | 650,0 | 850,0 | 790,0 | 911,0 | 855,0 | 845,0 | 807,5 | 782,5 | 715,0 | 612,5 | 415,0 | 0,0 | 0,0 | 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 110kg | | | | | | | | | | | | | | | | Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Squat | 400,0 | 0,0 | 265,0 | 295,0 | 330,5 | 390,0 | 310,5 | 360,0 | 320,0 | 280,0 | 285,0 | 200,0 | 120,0 | 0,0 | 0,0 | Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Benchpress | 320,0 | 0,0 | 155,0 | 195,0 | 265,0 | 320,0 | 272,5 | 252,5 | 235,0 | 180,0 | 182,5 | 172,5 | 105,0 | 0,0 | 0,0 | Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Deadlift | 335,0 | 0,0 | 265,0 | 307,5 | 320,0 | 332,5 | 285,0 | 275,0 | 280,0 | 245,0 | 282,5 | 225,0 | 145,0 | 0,0 | 0,0 | Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 990,0 | 0,0 | 657,5 | 742,5 | 860,5 | 990,0 | 840,0 | 832,5 | 815,5 | 635,0 | 750,0 | 582,5 | 365,0 | 0,0 | 0,0 | 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 125kg | | | | | | | | | | | | | | | | Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Squat | 437,5 | 0,0 | 272,5 | 350,0 | 402,5 | 437,5 | 400,0 | 345,0 | 355,0 | 275,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Benchpress | 325,0 | 0,0 | 182,5 | 235,0 | 257,5 | 260,0 | 272,5 | 255,0 | 230,0 | 212,5 | 95,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Deadlift | 340,0 | 0,0 | 250,0 | 280,0 | 330,0 | 340,0 | 320,0 | 303,0 | 305,0 | 240,0 | 235,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 1062,5 | 0,0 | 690,0 | 825,0 | 940,0 | 1015,0 | 965,0 | 835,0 | 877,5 | 712,5 | 565,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 140kg | | | | | | | | | | | | | | | | Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Squat | 475,0 | 230,0 | 270,0 | 337,5 | 300,0 | 381,0 | 390,0 | 341,0 | 237,5 | 282,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Benchpress | 362,5 | 155,0 | 135,0 | 230,0 | 205,0 | 240,0 | 290,0 | 223,0 | 201,5 | 148,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Deadlift | 370,0 | 232,5 | 230,0 | 300,0 | 272,5 | 340,0 | 348,0 | 300,5 | 282,5 | 232,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 1200,0 | 602,5 | 635,0 | 830,0 | 777,5 | 914,0 | 1000,0 | 811,0 | 680,0 | 655,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 140+kg | | | | | | | | | | | | | | | | Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Squat | 480,0 | 0,0 | 0,0 | 295,0 | 282,5 | 380,0 | 365,0 | 330,0 | 340,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Benchpress | 330,0 | 0,0 | 0,0 | 265,0 | 240,0 | 235,0 | 250,0 | 170,0 | 205,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Deadlift | 382,5 | 0,0 | 0,0 | 242,5 | 260,0 | 302,5 | 315,0 | 320,0 | 250,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 1150,0 | 0,0 | 0,0 | 787,5 | 737,5 | 907,5 | 907,5 | 805,0 | 795,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

WUAP World Records - Powerlifting EQ - Men

| | | | | | | | | | | | | | |
|-------------|----------|--------|--------------------|-----|-----------|--------|---------------|-----|--------|-------|---------------|-----|------|
| Men 52 kg * | Open | | | | Submaster | | | | Junior | | | | |
| | Squat | 130,0 | A. Macek | Aut | W07 | 120,0 | My. Wyss | Ch | E07 | | | | |
| | Bench | 130,5 | My. Wyss | Ch | W07 | 130,5 | My. Wyss | Ch | W07 | | | | |
| | Deadlift | 140,0 | A. Macek | Aut | W07 | 105,0 | My. Wyss | Ch | E07 | | | | |
| | Total | 350,0 | A. Macek | Aut | W07 | 325,0 | My. Wyss | Ch | E07 | | | | |
| Men 56 kg | Open | | | | Submaster | | | | Junior | | | | |
| | Squat | 202,5 | R. Karkuschke | Ger | E07 | 202,5 | R. Karkuschke | Ger | E07 | | | | |
| | Bench | 143,5 | R. Karkuschke | Ger | E07 | 143,5 | R. Karkuschke | Ger | E07 | | | | |
| | Deadlift | 197,5 | Leoni | USA | 2001 | 187,5 | Leoni | USA | 2001 | | | | |
| | Total | 516,0 | R. Karkuschke | Ger | E07 | 516,0 | R. Karkuschke | Ger | E07 | | | | |
| Men 60kg | Open | | | | Submaster | | | | Junior | | | | |
| | Squat | 250,0 | M. Tronke | Ger | W08 | 200,5 | R. Karkuschke | Ger | E06 | 205,0 | M. Schleinzer | Aut | A07 |
| | Bench | 160,0 | M. Tronke | Ger | W08 | 135,0 | R. Karkuschke | Ger | E06 | 120,0 | G. Mushivig | Azn | W00 |
| | Deadlift | 210,5 | M. Mette | GER | WM17 | 175,5 | R. Karkuschke | Ger | E06 | 210,0 | M. Schleinzer | Aut | A07 |
| | Total | 560,5 | M. Tronke | Ger | W08 | 511,0 | R. Karkuschke | Ger | E06 | 500,0 | G. Mushivig | Azn | W00 |
| Men 67.5kg | Open | | | | Submaster | | | | Junior | | | | |
| | Squat | 300,0 | M. Mette | Ger | W09 | 212,5 | R. Siska | Svk | E07 | 250,0 | J. Habardik | Svk | W09 |
| | Bench | 175,0 | E. Bačinský | Svk | W05 | 150,0 | R. Siska | Svk | W07 | 155,0 | D. Jurč | Svk | E14 |
| | Deadlift | 250,5 | M. Mette | Ger | WC09 | 192,5 | R. Siska | Svk | W07 | 240,0 | J. Habardik | Svk | E08 |
| | Total | 700,0 | M. Mette | Ger | W09 | 547,5 | R. Siska | Svk | W07 | 615,0 | J. Habardik | Svk | W09 |
| Men 75kg | Open | | | | Submaster | | | | Junior | | | | |
| | Squat | 330,0 | M. Mette | Ger | E07 | 290,0 | J. Podszuweit | Ger | W13 | 310,0 | D. Mahovský | CZE | EM15 |
| | Bench | 231,0 | J. Podszuweit | Ger | W13 | 231,0 | J. Podszuweit | Ger | W13 | 185,0 | D. Mahovský | CZE | EM15 |
| | Deadlift | 295,0 | R. Snelling | USA | US09 | 265,0 | J. Podszuweit | Ger | W13 | 265,5 | D. Mahovský | CZE | EM15 |
| | Total | 815,0 | J. Podszuweit | Ger | W09 | 786,0 | J. Podszuweit | Ger | W13 | 760,5 | D. Mahovský | CZE | EM15 |
| Men 82.5 kg | Open | | | | Submaster | | | | Junior | | | | |
| | Squat | 332,5 | WC. Walden | USA | US10 | 290,0 | M. Fekete | Hun | SK08 | 280,0 | D. Bendek | Svk | W11 |
| | Bench | 260,0 | Whales | USA | 2001 | 260,0 | Whales | USA | 2001 | 205,0 | F. Stanko | Svk | E13 |
| | Deadlift | 301,0 | A. Shaloha | Ukr | WC12 | 290,0 | M. Fekete | Hun | SK08 | 270,0 | D. Bendek | Svk | W11 |
| | Total | 866,5 | A. Shaloha | Ukr | WC12 | 752,5 | M. Fekete | Hun | SK08 | 700,0 | D. Mahovsky | CZ | W14 |
| Men 90 kg | Open | | | | Submaster | | | | Junior | | | | |
| | Squat | 367,5 | B. Beanland | USA | W11 | 311,0 | D. Buschke | Ger | E10 | 360,0 | D. Kharchenko | Ukr | WC12 |
| | Bench | 260,0 | H. Pignitter | Aut | E12 | 260,0 | H. Pignitter | Aut | E12 | 230,0 | D. Kharchenko | W12 | WC12 |
| | Deadlift | 337,5 | E. Lilliebridge Jr | USA | US14 | 297,5 | Welch | USA | 2000 | 302,5 | A. Zipa | Ukr | WC12 |
| | Total | 890,0 | D. Kharchenko | Ukr | WC12 | 850,0 | H. Pignitter | Aut | E12 | 890,0 | D. Kharchenko | Ukr | WC12 |
| Men 100 kg | Open | | | | Submaster | | | | Junior | | | | |
| | Squat | 395,0 | J. Kratochvil | Cz | E12 | 390,0 | E. Knofler | Ger | WM16 | 322,5 | V. Ďurčo | Svk | E09 |
| | Bench | 275,0 | S. Didovik | Ukr | W10 | 250,5 | E. Knofler | GER | EM17 | 225,0 | T. Bugan | Svk | W13 |
| | Deadlift | 330,0 | E. Knöfler | Ger | WC14 | 301,0 | D. Engelbert | AUT | WM17 | 285,0 | M. Susovits | Hun | W10 |
| | Total | 965,0 | J. Kratochvil | Cz | E12 | 911,0 | E. Knofler | GER | EM17 | 790,0 | A. Baksza | Hun | E13 |
| Men 110 kg | Open | | | | Submaster | | | | Junior | | | | |
| | Squat | 400,0 | D. Kurila | Svk | E13 | 390,0 | A. Yaremus | UKR | WM14 | 330,5 | E. Jaškanič | Svk | W13 |
| | Bench | 320,0 | C. Czégény | Hun | WC11 | 320,0 | C. Czégény | Hun | WC11 | 265,0 | M. Sobota | Svk | W10 |
| | Deadlift | 335,0 | V. Rozhanskiy | Ukr | WC12 | 332,5 | A. Yaremus | Ukr | E12 | 320,0 | E. Jaškanič | Svk | W13 |
| | Total | 990,0 | C. Czégény | Hun | WC11 | 990,0 | C. Czégény | Hun | WC11 | 860,5 | E. Jaškanič | Svk | W13 |
| Men 125 kg | Open | | | | Submaster | | | | Junior | | | | |
| | Squat | 437,5 | R. Kruse | Ger | W09 | 437,5 | R. Kruse | Ger | W09 | 402,5 | P. Navara | CZ | E14 |
| | Bench | 325,0 | M. Košnar | Cz | W13 | 260,0 | R. Németh | Hun | W10 | 257,5 | P. Navara | CZ | E14 |
| | Deadlift | 340,0 | R. Kaděra | Cz | E12 | 340,0 | R. Kaděra | Cz | E12 | 330,0 | R. Lafner | Aut | WC08 |
| | Total | 1062,5 | M. Košnar | Cz | WC10 | 1015,0 | R. Kruse | Ger | W09 | 940,0 | P. Navara | CZ | E14 |
| Men 140 kg | Open | | | | Submaster | | | | Junior | | | | |
| | Squat | 475,0 | V. Ceska | CZE | WM17 | 381,0 | D. Schmalz | Ger | W12 | 300,0 | J. Šleis | Cz | W08 |
| | Bench | 362,5 | V. Ceska | CZE | WM17 | 240,0 | S. Parkhurst | USA | W13 | 205,0 | J. Šleis | Cz | W08 |
| | Deadlift | 370,0 | S. Oleolenko | Ukr | W09 | 340,0 | H. Kuttroff | Ger | E09 | 272,5 | J. Šleis | Cz | W08 |
| | Total | 1200,0 | V. Ceska | CZE | WM17 | 914,0 | D. Schmalz | Ger | W12 | 777,5 | J. Šleis | Cz | W08 |
| Men 140+ kg | Open | | | | Submaster | | | | Junior | | | | |
| | Squat | 480,0 | V. Češka | CZE | WM16 | 380,0 | M. Vaško | Cz | E12 | 282,5 | T. Brown | USA | W11 |
| | Bench | 330,0 | V. Češka | CZE | WM16 | 235,0 | M. Vaško | Cz | E12 | 240,0 | T. Brown | USA | W11 |
| | Deadlift | 382,5 | S. Oleolenko | Ukr | Wc10 | 302,5 | M. Vaško | Cz | E12 | 260,0 | N. Gollnick | Ger | E11 |
| | Total | 1150,0 | V. Češka | CZE | EM17 | 907,5 | M. Vaško | Cz | E12 | 737,5 | T. Brown | USA | W11 |

WUAP World Records - Powerlifting EQ - Men

| | | | | | | | | | | | | | |
|-------------|----------|-------|---------------|-----|--------|-------|--------------|-----|--------|-------|-----------------|-----|------|
| Men 52 kg * | T13-15* | | | | T16-17 | | | | T18-19 | | | | |
| | Squat | | | | | | | | | | | | |
| | Bench | | | | | | | | | | | | |
| | Deadlift | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | |
| Men 56 kg | T13-15* | | | | T16-17 | | | | T18-19 | | | | |
| | Squat | 117,5 | Lukasewski | USA | 2001 | | | | | 95,0 | M. Andrukiewicz | Pol | E12 |
| | Bench | 77,5 | Lukasewski | USA | 2001 | | | | | 60,0 | M. Andrukiewicz | Pol | E12 |
| | Deadlift | 137,5 | Lukasewski | USA | 2001 | | | | | 150,0 | M. Andrukiewicz | Pol | E12 |
| | Total | 332,5 | Lukasewski | USA | 2001 | | | | | 305,0 | M. Andrukiewicz | Pol | E12 |
| Men 60kg | T13-15* | | | | T16-17 | | | | T18-19 | | | | |
| | Squat | 117,5 | Cooper | USA | 2000 | 190,0 | V. Simodi | Hun | E12 | 120,0 | A. Lipinski | Pol | E11 |
| | Bench | 77,5 | Cooper | USA | 2000 | 100,0 | V. Simodi | Hun | E12 | 130,0 | A. Lipinski | Pol | E11 |
| | Deadlift | 157,5 | Cooper | USA | 2000 | 200,0 | V. Simodi | Hun | E12 | 170,0 | A. Lipinski | Pol | E11 |
| | Total | 347,5 | Cooper | USA | 2000 | 490,0 | V. Simodi | Hun | E12 | 420,0 | A. Lipinski | Pol | E11 |
| Men 67.5kg | T13-15* | | | | T16-17 | | | | T18-19 | | | | |
| | Squat | 170,0 | Lukasewski | USA | 2002 | 220,0 | A. Dzhimov | Rus | W07 | 245,0 | L. Seifert | Ger | W14 |
| | Bench | 107,5 | Lukasewski | USA | 2002 | 115,0 | S. Eschanasy | Ger | W13 | 150,0 | L. Seifert | Ger | W14 |
| | Deadlift | 172,5 | Lukasewski | USA | 2004 | 208,0 | A. Dzhimov | Rus | W07 | 215,0 | Kildow | USA | 2001 |
| | Total | 445,0 | Lukasewski | USA | 2002 | 528,0 | A. Dzhimov | Rus | W07 | 605,0 | L. Seifert | Ger | W14 |
| Men 75kg | T13-15* | | | | T16-17 | | | | T18-19 | | | | |
| | Squat | 175,0 | McNeil | USA | 2003 | 250,0 | T. Kalenský | Cz | WC09 | 285,0 | O. Meinyk | Ukr | WC09 |
| | Bench | 107,5 | McNeil | USA | 2003 | 150,0 | Mendoza | USA | 2001 | 170,0 | O. Meinyk | Ukr | WC09 |
| | Deadlift | 205,0 | McNeil | USA | 2003 | 227,5 | T. Kalenský | Cz | WC09 | 240,0 | I. Hano | Svk | E12 |
| | Total | 472,5 | McNeil | USA | 2003 | 600,0 | T. Kalenský | Cz | WC09 | 685,0 | O. Meinyk | Ukr | WC09 |
| Men 82.5 kg | T13-15* | | | | T16-17 | | | | T18-19 | | | | |
| | Squat | 205,0 | Hamill | USA | 2001 | 241,0 | T. Kalenský | Cz | E09 | 280,0 | T. Kalenský | Cz | E12 |
| | Bench | 122,5 | Frizzell | USA | 2002 | 157,5 | Mendoza | USA | 2002 | 155,0 | T. Kalenský | Cz | E12 |
| | Deadlift | 202,5 | Zenzen | USA | 2002 | 223,0 | T. Kalenský | Cz | CZ09 | 260,0 | O. Zipa | Ukr | WC11 |
| | Total | 522,5 | Zenzen | USA | 2002 | 620,0 | Mendoza | USA | 2002 | 625,0 | G. Llyés | Hun | E10 |
| Men 90 kg | T13-15* | | | | T16-17 | | | | T18-19 | | | | |
| | Squat | 235,0 | Davis | USA | 2000 | 260,0 | J. Bechný | Cz | E09 | 320,0 | N. Stoll | Ger | E06 |
| | Bench | 127,5 | Davis | USA | 2000 | 175,0 | P. Janiš | Svk | WC07 | 190,0 | N. Stoll | Ger | E06 |
| | Deadlift | 205,0 | Davis | USA | 2000 | 240,0 | P. Janiš | Svk | WC07 | 300,0 | N. Stoll | Ger | E06 |
| | Total | 567,5 | Davis | USA | 2000 | 646,0 | P. Janiš | Svk | WC07 | 770,0 | N. Stoll | Ger | E06 |
| Men 100 kg | T13-15* | | | | T16-17 | | | | T18-19 | | | | |
| | Squat | 178,0 | Baker | USA | 2001 | 250,0 | D. Dömöter | Svk | W13 | 340,0 | J. Vrábel | Svk | E14 |
| | Bench | 130,0 | Y. Khandzhyan | Rus | W07 | 180,0 | D. Dömöter | Svk | W13 | 225,0 | J. Vrábel | Svk | E14 |
| | Deadlift | 190,0 | Y. Khandzhyan | Rus | W07 | 220,5 | D. Dömöter | Svk | E13 | 300,0 | E. Jaškanič | Svk | E12 |
| | Total | 490,0 | Y. Khandzhyan | Rus | W07 | 650,0 | D. Dömöter | Svk | W13 | 850,0 | J. Vrábel | Svk | E14 |
| Men 110 kg | T13-15* | | | | T16-17 | | | | T18-19 | | | | |
| | Squat | | | | | 265,0 | L.Lowag | Ger | WM16 | 295,0 | Fitz | USA | 2001 |
| | Bench | | | | | 155,0 | L.Lowag | Ger | WM16 | 195,0 | D. Dömöter | Svk | E14 |
| | Deadlift | | | | | 265,0 | P. Kóti | Hun | WC11 | 307,5 | Fitz | USA | 2001 |
| | Total | | | | | 657,5 | L.Lowag | Ger | WM16 | 742,5 | Fitz | USA | 2001 |
| Men 125 kg | T13-15* | | | | T16-17 | | | | T18-19 | | | | |
| | Squat | | | | | 272,5 | Aspuru | USA | 2000 | 350,0 | D. Eberhart | Ch | E12 |
| | Bench | | | | | 182,5 | Aspuru | USA | 2000 | 235,0 | D. Eberhart | Ch | E12 |
| | Deadlift | | | | | 250,0 | G. Ács | Hun | W10 | 280,0 | Á. Labát | Svk | WC12 |
| | Total | | | | | 690,0 | Aspuru | USA | 2000 | 825,0 | D. Eberhart | Ch | E12 |
| Men 140 kg | T13-15* | | | | T16-17 | | | | T18-19 | | | | |
| | Squat | 230,0 | Middleton | USA | 2001 | 270,0 | Collier | USA | 2000 | 337,5 | R. Bulmash | USA | US10 |
| | Bench | 155,0 | Middleton | USA | 2001 | 135,0 | Collier | USA | 2000 | 230,0 | E. Karácsondi | Hun | E13 |
| | Deadlift | 232,5 | Middleton | USA | 2001 | 230,0 | Collier | USA | 2000 | 300,0 | E. Karácsondi | Hun | E13 |
| | Total | 602,5 | Middleton | USA | 2001 | 635,0 | Collier | USA | 2000 | 830,0 | E. Karácsondi | Hun | E13 |
| Men 140+ kg | T13-15* | | | | T16-17 | | | | T18-19 | | | | |
| | Squat | | | | | | | | | 295,0 | T. Brown | USA | US09 |
| | Bench | | | | | | | | | 265,0 | T. Brown | USA | US09 |
| | Deadlift | | | | | | | | | 242,5 | T. Brown | USA | US09 |
| | Total | | | | | | | | | 787,5 | T. Brown | USA | US09 |

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|-------------|----------|--------|---------------|-----|--------|-------|-----------------|-----|--------|-------|-----------------|-----|------|
| Men 52 kg * | M40-44 | | | | M45-49 | | | | M50-54 | | | | |
| | Squat | | | | | | | | | | | | |
| | Bench | | | | | | | | | | | | |
| | Deadlift | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | |
| Men 56 kg | M40-44 | | | | M45-49 | | | | M50-54 | | | | |
| | Squat | 75,0 | T. Stahlbaum | Ger | WC10 | | | | | | | | |
| | Bench | 57,5 | T. Stahlbaum | Ger | WC10 | | | | | | | | |
| | Deadlift | 97,5 | T. Stahlbaum | Ger | WC10 | | | | | | | | |
| | Total | 230,0 | T. Stahlbaum | Ger | WC10 | | | | | | | | |
| Men 60kg | M40-44 | | | | M45-49 | | | | M50-54 | | | | |
| | Squat | 232,5 | M.Mette | GER | WM17 | 155,0 | R. Karkuschke | Ger | W13 | 135,0 | O. Antal | Hun | E10 |
| | Bench | 135,0 | R. Karkuschke | Ger | W08 | 115,0 | R. Karkuschke | Ger | W13 | 82,5 | H. Novotny | Aut | W03 |
| | Deadlift | 210,5 | M.Mette | GER | WM17 | 137,5 | R. Karkuschke | Ger | W13 | 170,0 | O. Antal | Hun | E10 |
| | Total | 553,0 | M.Mette | GER | WM17 | 407,5 | R. Karkuschke | Ger | W13 | 375,0 | O. Antal | Hun | E10 |
| Men 67.5kg | M40-44 | | | | M45-49 | | | | M50-54 | | | | |
| | Squat | 227,5 | Edmonson | USA | 2001 | 185,5 | M. Heindl | Aut | W03 | 205,0 | Charles | USA | 2001 |
| | Bench | 134,0 | Robinson | USA | 2002 | 130,0 | M. Heindl | Aut | W02 | 120,0 | M. Heindl | Aut | W06 |
| | Deadlift | 232,0 | Robinson | USA | 2002 | 217,5 | M. Heindl | Aut | W03 | 233,0 | M. Heindl | Aut | E07 |
| | Total | 575,0 | Edmonson | USA | 2001 | 525,5 | M. Heindl | Aut | W03 | 552,5 | M. Heindl | Aut | W06 |
| Men 75kg | M40-44 | | | | M45-49 | | | | M50-54 | | | | |
| | Squat | 275,0 | Rivera | USA | 2001 | 280,0 | K. Rooch | Ger | W04 | 250,0 | Woodraska | USA | 2000 |
| | Bench | 185,0 | V. Lapyinin | Rus | W10 | 180,0 | K. Rooch | Ger | W04 | 170,0 | D. Rielel | Ger | WC10 |
| | Deadlift | 246,0 | V. Lapyinin | Rus | W10 | 230,0 | K. Rooch | Ger | W04 | 245,0 | Santee | USA | 2000 |
| | Total | 660,0 | V. Lapyinin | Rus | W10 | 690,0 | K. Rooch | Ger | W04 | 317,5 | D. Rielel | Ger | E10 |
| Men 82.5 kg | M40-44 | | | | M45-49 | | | | M50-54 | | | | |
| | Squat | 275,0 | G.Schleinzner | Aut | W09 | 270,0 | Lynch | USA | 2001 | 295,0 | S. Hoza | Cz | E08 |
| | Bench | 187,5 | R. Siska | Svk | W13 | 182,5 | R.Siska | SVK | EM18 | 180,0 | S. Hoza | Cz | E08 |
| | Deadlift | 278,5 | Zwieg | USA | 2001 | 280,0 | Lynch | USA | 2001 | 231,0 | J. Bejgrowicz | Pol | E07 |
| | Total | 705,0 | Zwieg | USA | 2001 | 710,0 | Lynch | USA | 2001 | 695,0 | S. Hoza | Cz | E08 |
| Men 90 kg | M40-44 | | | | M45-49 | | | | M50-54 | | | | |
| | Squat | 320,0 | V.Horak | CZE | WM17 | 332,5 | Z. Turowski | Pol | E11 | 305,0 | S. Hoza | Cz | EL09 |
| | Bench | 250,0 | M.Diggers | USA | US10 | 205,0 | G. Seisenberger | Ger | W07 | 210,0 | G. Hatfield | USA | US10 |
| | Deadlift | 295,0 | M.Diggers | USA | US10 | 290,5 | G. Seisenberger | Ger | W07 | 270,5 | P. Rathke | Ger | W14 |
| | Total | 840,0 | M.Diggers | USA | US10 | 786,0 | H. Buhl | Aut | W06 | 741,0 | P. Rathke | Ger | E11 |
| Men 100 kg | M40-44 | | | | M45-49 | | | | M50-54 | | | | |
| | Squat | 320,0 | H. Kraus | Ger | W12 | 350,0 | M. Berezna | Svk | WC09 | 340,0 | G. Hatfield | USA | US12 |
| | Bench | 270,0 | L. Kupcsik | Hun | W09 | 235,0 | H.Kraus | GER | WM17 | 250,0 | J. Flett | Ger | E13 |
| | Deadlift | 292,5 | Pesell | USA | 2001 | 295,0 | M. Berezna | Svk | WC09 | 293,0 | G. Seisenberger | Ger | E09 |
| | Total | 855,0 | L. Kupcsik | Hun | W09 | 845,0 | M. Berezna | Svk | WC09 | 807,5 | G. Hatfield | USA | W11 |
| Men 110 kg | M40-44 | | | | M45-49 | | | | M50-54 | | | | |
| | Squat | 310,5 | V. Kudi | Cz | W10 | 360,0 | R. Döhne | Ger | E09 | 320,0 | G. Hatfield | USA | US12 |
| | Bench | 272,5 | R.Paden | USA | W11 | 252,5 | D. Michelon | Fra | W12 | 235,0 | G. Hatfield | USA | US11 |
| | Deadlift | 285,0 | Genet | USA | 2001 | 275,0 | R. Döhne | Ger | E09 | 280,0 | U. Thormann | Ger | W07 |
| | Total | 840,0 | R.Paden | USA | W11 | 832,5 | R. Döhne | Ger | W08 | 815,5 | G. Hatfield | USA | US11 |
| Men 125 kg | M40-44 | | | | M45-49 | | | | M50-54 | | | | |
| | Squat | 400,0 | R. Kruse | Ger | W12 | 345,0 | R. Arnold | Ger | W08 | 355,0 | T. Bowman | USA | US10 |
| | Bench | 272,5 | O. Hudák | Svk | WM16 | 255,0 | V. Kudi | Cz | W12 | 230,0 | K. Repiský | SVK | EM15 |
| | Deadlift | 320,0 | O. Hudák | Svk | EM16 | 303,0 | C. Tokarski | USA | US13 | 305,0 | T. Bowman | USA | US10 |
| | Total | 965,0 | O. Hudák | Svk | EM16 | 835,0 | V. Kudi | Cz | W13 | 877,5 | T. Bowman | USA | US10 |
| Men 140 kg | M40-44 | | | | M45-49 | | | | M50-54 | | | | |
| | Squat | 390,0 | M. Zehethofer | AUT | EM17 | 341,0 | F. Hurass | Ger | W09 | 237,5 | B.Huber | USA | US17 |
| | Bench | 290,0 | M.Zehethofer | AUT | WM17 | 223,0 | J. Hofstetter | Ger | W12 | 201,5 | F. Hurass | Ger | W13 |
| | Deadlift | 348,0 | M.Zehethofer | AUT | WM16 | 300,5 | J. Hofstetter | Ger | W14 | 282,5 | B.Huber | USA | US17 |
| | Total | 1000,0 | M. Zehethofer | AUT | EM17 | 811,0 | F. Hurass | Ger | W09 | 680,0 | B.Huber | USA | US17 |
| Men 140+ kg | M40-44 | | | | M45-49 | | | | M50-54 | | | | |
| | Squat | 365,0 | S. Edmiston | USA | 2003 | 330,0 | F. Oszi | Svk | E11 | 340,0 | Magee | USA | 2001 |
| | Bench | 250,0 | J. Hofstetter | Ger | E09 | 170,0 | M. Hartwich | Ger | W13 | 205,0 | Magee | USA | 2001 |
| | Deadlift | 315,0 | S. Edmiston | USA | 2003 | 320,0 | F. Oszi | Svk | E11 | 250,0 | Magee | USA | 2001 |
| | Total | 907,5 | S. Edmiston | USA | 2003 | 805,0 | F. Oszi | Svk | E11 | 795,0 | Magee | USA | 2001 |

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|-------------|----------|-------|----------------|-----|--------|----------|----------------|-----|--------|-------|-----------------|-----|------|
| Men 52 kg * | M55-59 | | | | M60-64 | | | | M65-69 | | | | |
| | Squat | | | | | | | | | | | | |
| | Bench | | | | | | | | | | | | |
| | Deadlift | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | |
| Men 56 kg | M55-59 | | | | M60-64 | | | | M65-69 | | | | |
| | Squat | | | | 152,5 | E. Milan | USA | W11 | | | | | |
| | Bench | | | | 95,0 | E. Milan | USA | W11 | | | | | |
| | Deadlift | | | | 190,0 | E. Milan | USA | W11 | | | | | |
| | Total | | | | 437,5 | E. Milan | USA | W11 | | | | | |
| Men 60kg | M55-59 | | | | M60-64 | | | | M65-69 | | | | |
| | Squat | 195,0 | P.Malina | CZE | WM17 | | | | | | | | |
| | Bench | 107,5 | P.Malina | CZE | WM17 | | | | | | | | |
| | Deadlift | 200,0 | M. Gombár | Svk | W04 | | | | | | | | |
| | Total | 477,5 | P.Malina | CZE | WM17 | | | | | | | | |
| Men 67.5kg | M55-59 | | | | M60-64 | | | | M65-69 | | | | |
| | Squat | 190,0 | K. Rooch | Ger | W12 | 185,0 | Glass | USA | 2000 | 135,0 | M. Ingold | Swi | W13 |
| | Bench | 141,0 | K. Rooch | Ger | W13 | 112,5 | B. Mullan | UK | W04 | 102,5 | R. Gidcumb | USA | W06 |
| | Deadlift | 200,0 | K. Rooch | Ger | W13 | 170,0 | B. Mullan | UK | W04 | 165,0 | M. Ingold | Swi | W13 |
| | Total | 526,5 | K. Rooch | Ger | W13 | 457,5 | B. Mullan | UK | W04 | 390,0 | M. Ingold | Swi | W13 |
| Men 75kg | M55-59 | | | | M60-64 | | | | M65-69 | | | | |
| | Squat | 230,0 | H.J. Kaule | Ger | WC10 | 240,0 | H.J. Kaule | Ger | WC14 | 172,5 | S.Burkhard | GER | WM16 |
| | Bench | 160,0 | H.J. Kaule | Ger | WC10 | 160,0 | H.J. Kaule | Ger | WC14 | 166,0 | W. Hökendorf | Ger | W13 |
| | Deadlift | 240,0 | R. Weber Jr | USA | 2003 | 243,5 | Flores | USA | 2002 | 183,0 | R. Sack | Ger | W12 |
| | Total | 585,0 | H.J. Kaule | Ger | WC10 | 630,0 | H.J. Kaule | Ger | WC14 | 493,0 | R. Sack | Ger | W12 |
| Men 82.5 kg | M55-59 | | | | M60-64 | | | | M65-69 | | | | |
| | Squat | 272,5 | JP Chamburland | Fra | E10 | 265,0 | JP Chamburland | Fra | E12 | 170,0 | W. Hökendorf | Ger | W12 |
| | Bench | 185,0 | D. Heinrich | Ger | W13 | 162,5 | L. Jobbágy | Hun | WC11 | 155,0 | K. Högg | Aut | E06 |
| | Deadlift | 241,0 | J. Bejgrowicz | Pol | E11 | 250,0 | J. Bejgrowicz | Pol | Wc13 | 192,5 | W. Hökendorf | Ger | W12 |
| | Total | 612,5 | JP Chamburland | Fra | E10 | 610,0 | JP Chamburland | Fra | E12 | 492,5 | W. Hökendorf | Ger | W12 |
| Men 90 kg | M55-59 | | | | M60-64 | | | | M65-69 | | | | |
| | Squat | 290,0 | J. Sztanke | Hun | W12 | 275,0 | J. Rouse | USA | 2003 | 240,0 | S. Sochanski | Pol | W14 |
| | Bench | 220,0 | J. Sztanke | Hun | W09 | 182,5 | J. Rouse | USA | 2003 | 162,5 | J. Rouse | USA | US09 |
| | Deadlift | 270,0 | P. Rathke | GER | EM15 | 250,0 | J. Rouse | USA | 2003 | 260,0 | S. Sochanski | Pol | WM16 |
| | Total | 742,5 | P. Rathke | GER | EM15 | 707,5 | J. Rouse | USA | 2003 | 625,0 | J. Rouse | USA | US09 |
| Men 100 kg | M55-59 | | | | M60-64 | | | | M65-69 | | | | |
| | Squat | 311,0 | J. Sokolowski | Pol | WC13 | 300,0 | J. Sztanke | Hun | E14 | 232,5 | S. Sochański | POL | EM15 |
| | Bench | 205,0 | J. Sztanke | Hun | WC11 | 180,0 | J. Sztanke | Hun | E14 | 160,0 | F. Hachenberger | Ger | W11 |
| | Deadlift | 300,0 | J. Sokolowski | Pol | W10 | 244,0 | H. Stroj | Aut | E12 | 260,0 | S. Sochański | POL | EM15 |
| | Total | 782,5 | J. Sokolowski | Pol | W12 | 715,0 | J. Sztanke | Hun | E14 | 612,5 | S. Sochański | POL | EM15 |
| Men 110 kg | M55-59 | | | | M60-64 | | | | M65-69 | | | | |
| | Squat | 280,0 | L. Hurdalek | Cz | WC09 | 285,0 | Sandberg | USA | 2001 | 200,0 | L. Kasza | Hun | SK09 |
| | Bench | 180,0 | A. Sándor | Hun | W10 | 182,5 | Sandberg | USA | 2001 | 172,5 | L. Kasza | Hun | W08 |
| | Deadlift | 245,0 | K. Fekete | Svk | E12 | 282,5 | Sandberg | USA | 2001 | 225,0 | L. Kasza | Hun | W08 |
| | Total | 635,0 | L. Hurdalek | Cz | WC09 | 750,0 | Sandberg | USA | 2001 | 582,5 | L. Kasza | Hun | W08 |
| Men 125 kg | M55-59 | | | | M60-64 | | | | M65-69 | | | | |
| | Squat | 275,0 | K. Slosarek | Ger | W14 | 235,0 | M. Brown | UK | W02 | | | | |
| | Bench | 212,5 | K. Slosarek | Ger | W13 | 95,0 | M. Brown | UK | W02 | | | | |
| | Deadlift | 240,0 | K. Slosarek | Ger | W13 | 235,0 | M. Brown | UK | W02 | | | | |
| | Total | 712,5 | K. Slosarek | Ger | W13 | 565,0 | M. Brown | UK | W02 | | | | |
| Men 140 kg | M55-59 | | | | M60-64 | | | | M65-69 | | | | |
| | Squat | 282,5 | Clonce | USA | 2000 | | | | | | | | |
| | Bench | 148,0 | H. Kummer | Ger | W13 | | | | | | | | |
| | Deadlift | 232,5 | Clonce | USA | 2000 | | | | | | | | |
| | Total | 655,0 | Clonce | USA | 2000 | | | | | | | | |
| Men 140+ kg | M55-59 | | | | M60-64 | | | | M65-69 | | | | |
| | Squat | | | | | | | | | | | | |
| | Bench | | | | | | | | | | | | |
| | Deadlift | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | |

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|-------------|----------|-------|---------------|-----|------|--------|-----------------|-----------------|------|-------|---------------|-------|---------------|-----|------|
| Men 52 kg * | M70-74 | | | | | M75-79 | | | | | M80+ | | | | |
| | Squat | | | | | | | | | | | | | | |
| | Bench | | | | | | | | | | | | | | |
| | Deadlift | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Men 56 kg | M70-74 | | | | | M75-79 | | | | | M80+ | | | | |
| | Squat | | | | | | | | | | | | | | |
| | Bench | | | | | | | | | | | | | | |
| | Deadlift | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Men 60kg | M70-74 | 140,0 | Kawasaki | USA | 2000 | M75-79 | | | | | M80+ | | | | |
| | Squat | | | | | | | | | | | | | | |
| | Bench | 106,5 | Kawasaki | USA | 2000 | | | | | | | | | | |
| | Deadlift | 184,0 | Kawasaki | USA | 2000 | | | | | | | | | | |
| | Total | 427,5 | Kawasaki | USA | 2000 | | | | | | | | | | |
| Men 67.5kg | M70-74 | 95,5 | C. Keszthelyi | Hun | WC07 | M75-79 | 100,0 | C. Keszthelyi | Hun | W08 | M80+ | | | | |
| | Squat | | | | | | | | | | | | | | |
| | Bench | 72,5 | C. Keszthelyi | Hun | WC07 | 73,0 | C. Keszthelyi | Hun | WC08 | | | | | | |
| | Deadlift | 125,0 | U. Mielich | Ger | W10 | 122,5 | C. Keszthelyi | Hun | WC08 | | | | | | |
| | Total | 280,0 | C. Keszthelyi | Hun | E08 | 293,0 | C. Keszthelyi | Hun | WC08 | | | | | | |
| Men 75kg | M70-74 | 120,0 | W.Hokendorf | Ger | WM16 | M75-79 | 118,5 | C. Keszthelyi | Hun | E13 | M80+ | | | | |
| | Squat | | | | | | | | | | | | | | |
| | Bench | 115,0 | W.Hokendorf | Ger | WM16 | 102,5 | Upton | USA | 2000 | | | | | | |
| | Deadlift | 150,0 | W.Hokendorf | Ger | WM16 | 145,0 | C. Keszthelyi | Hun | WC11 | | | | | | |
| | Total | 385,0 | W.Hokendorf | Ger | WM16 | 353,5 | C. Keszthelyi | Hun | E13 | | | | | | |
| Men 82.5 kg | M70-74 | 217,5 | J. Rouse | USA | W11 | M75-79 | 165,0 | G. Tschierschky | Ger | W09 | M80+ | 120,0 | C. Keszthelyi | HUN | EM15 |
| | Squat | | | | | | | | | | | | | | |
| | Bench | 147,5 | J. Rouse | USA | W11 | 100,0 | G. Tschierschky | Ger | W09 | 77,5 | C. Keszthelyi | HUN | EM15 | | |
| | Deadlift | 200,0 | J. Rouse | USA | W11 | 180,0 | G. Tschierschky | Ger | W09 | 152,5 | C. Keszthelyi | HUN | EM15 | | |
| | Total | 565,0 | J. Rouse | USA | W11 | 445,0 | G. Tschierschky | Ger | W09 | 350,0 | C. Keszthelyi | HUN | EM15 | | |
| Men 90 kg | M70-74 | 200,0 | J. Rouse | USA | US11 | M75-79 | 150,0 | G. Tschierschky | Ger | WC10 | M80+ | 32,5 | Montrose | USA | 2003 |
| | Squat | | | | | | | | | | | | | | |
| | Bench | 142,5 | J. Rouse | USA | US11 | 80,0 | G. Tschierschky | Ger | WC10 | 60,0 | Montrose | USA | 2003 | | |
| | Deadlift | 218,0 | J. Rouse | USA | US11 | 170,0 | G. Tschierschky | Ger | WC10 | 92,5 | Montrose | USA | 2003 | | |
| | Total | 560,0 | J. Rouse | USA | US11 | 400,0 | G. Tschierschky | Ger | WC10 | 185,0 | Montrose | USA | 2003 | | |
| Men 100 kg | M70-74 | 150,0 | LB. Baker | USA | W11 | M75-79 | | | | | M80+ | | | | |
| | Squat | | | | | | | | | | | | | | |
| | Bench | 105,0 | LB. Baker | USA | W11 | | | | | | | | | | |
| | Deadlift | 160,0 | LB. Baker | USA | W11 | | | | | | | | | | |
| | Total | 415,0 | LB. Baker | USA | W11 | | | | | | | | | | |
| Men 110 kg | M70-74 | 120,0 | J.Probst | Ger | WM16 | M75-79 | | | | | M80+ | | | | |
| | Squat | | | | | | | | | | | | | | |
| | Bench | 105,0 | W. Roberts | USA | WM15 | | | | | | | | | | |
| | Deadlift | 145,0 | J.Probst | Ger | WM16 | | | | | | | | | | |
| | Total | 365,0 | J.Probst | Ger | WM16 | | | | | | | | | | |
| Men 125 kg | M70-74 | | | | | M75-79 | | | | | M80+ | | | | |
| | Squat | | | | | | | | | | | | | | |
| | Bench | | | | | | | | | | | | | | |
| | Deadlift | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Men 140 kg | M70-74 | | | | | M75-79 | | | | | M80+ | | | | |
| | Squat | | | | | | | | | | | | | | |
| | Bench | | | | | | | | | | | | | | |
| | Deadlift | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |
| Men 140+ kg | M70-74 | | | | | M75-79 | | | | | M80+ | | | | |
| | Squat | | | | | | | | | | | | | | |
| | Bench | | | | | | | | | | | | | | |
| | Deadlift | | | | | | | | | | | | | | |
| | Total | | | | | | | | | | | | | | |