



WUAP World Records

POWERLIFTING EQ

WOMEN



Women	Open	TEENS	JUNIOR	M1 40-49	M2 50-59	M3 60-69	M4 70-74	M5 75+	
52 kg	SQUAT	143,5	120,0	0,0	140,0	135,0	57,5	0,0	0,0
	BENCHPRESS	82,5	65,0	0,0	82,5	80,0	40,0	0,0	0,0
	DEADLIFT	150,0	120,0	0,0	150,0	142,5	80,0	0,0	0,0
	TOTAL	360,5	305,0	0,0	360,0	357,5	177,5	0,0	0,0
60 kg	SQUAT	195,0	150,0	150,0	127,5	117,5	127,5	57,5	0,0
	BENCHPRESS	107,5	78,0	100,0	77,5	82,5	87,5	37,5	0,0
	DEADLIFT	175,0	140,0	135,0	147,5	127,0	140,0	100,0	0,0
	TOTAL	455,0	358,0	385,0	342,5	322,5	355,0	195,0	0,0
67,5 kg	SQUAT	230,0	230,0	200,0	210,0	140,0	137,5	0,0	0,0
	BENCHPRESS	122,0	105,0	117,5	100,0	105,0	92,5	0,0	0,0
	DEADLIFT	210,0	210,0	180,0	190,0	140,0	145,0	0,0	0,0
	TOTAL	545,0	545,0	497,5	480,0	365,0	375,0	0,0	0,0
82,5 kg	SQUAT	235,0	235,0	205,0	180,0	145,0	0,0	0,0	0,0
	BENCHPRESS	145,0	120,0	81,0	137,5	92,5	0,0	0,0	0,0
	DEADLIFT	205,5	200,0	165,0	171,5	150,0	0,0	0,0	0,0
	TOTAL	560,0	545,0	451,0	497,5	367,7	0,0	0,0	0,0
82,5 + kg	SQUAT	210,0	90,0	130,0	210,0	90,0	0,0	107,5	0,0
	BENCHPRESS	110,0	60,0	68,0	110,0	80,0	0,0	47,5	0,0
	DEADLIFT	212,5	143,0	148,0	173,0	110,0	0,0	127,5	0,0
	TOTAL	497,5	292,5	332,5	460,0	275,0	0,0	270,0	0,0

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WOMEN 52kg	OPEN			
SQUAT	143,5	M. Kirkland	USA	2002
BENCH	82,5	Yuxin Hao	USA	W11
DEADLIFT	150,0	E. Zehethofer	Aut	EM17
TOTAL	360,5	M. Kirkland	USA	2002

WOMEN 60kg	OPEN			
SQUAT	195,0	L.J. Thomas	Uk	K04
BENCH	107,5	R. Nagy	Hun	E06
DEADLIFT	175,0	L.J. Thomas	Uk	K04
TOTAL	455,0	L.J. Thomas	Uk	K04

WOMEN 67,5kg	OPEN			
SQUAT	230,0	V. Varga	Hun	E12
BENCH	122,0	S. Mokra	Svk	W13
DEADLIFT	210,0	V. Varga	Hun	E12
TOTAL	545,0	V. Varga	Hun	E12

WOMEN 82,5kg	OPEN			
SQUAT	235,0	V. Varga	Hun	W12
BENCH	145,0	J. Kosturova	Svk	W14
DEADLIFT	205,5	M. Rovná	CZ	E13
TOTAL	560,0	J. Kosturova	Svk	W14

WOMEN 82,5+kg	OPEN			
SQUAT	210,0	E. Vit	Aut	A07
BENCH	110,0	E. Vit	Aut	W07
DEADLIFT	212,5	M. Toole	USA	US10
TOTAL	497,5	M. Toole	USA	US10

TEENS				
120,0	E. Buzinkayová	Svk	E14	
65,0	E. Buzinkayová	Svk	E14	
120,0	E. Buzinkayová	Svk	E14	
305,0	E. Buzinkayová	Svk	E14	

TEENS				
150,0	M. Berenzenko	Rus	E08	
78,0	M. Berenzenko	Rus	E08	
140,0	M. Berenzenko	Rus	E08	
358,0	M. Berenzenko	Rus	E08	

TEENS				
230,0	V. Varga	Hun	E12	
105,0	V. Varga	Hun	E12	
210,0	V. Varga	Hun	E12	
545,0	V. Varga	Hun	E12	

TEENS				
235,0	V. Varga	Hun	W12	
120,0	V. Varga	Hun	W12	
200,0	V. Varga	Hun	W12	
545,0	V. Varga	Hun	W12	

TEENS				
90,0	K. Barnes	USA	US11	
60,0	K. Barnes	USA	US11	
143,0	K. Barnes	USA	US11	
292,5	K. Barnes	USA	US11	

JUNIOR				

JUNIOR				
150,0	M. Golob	Svk	E13	
100,0	M. Golob	Svk	E13	
135,0	M. Golob	Svk	E13	
385,0	M. Golob	Svk	E13	

JUNIOR				
200,0	J. Kostúrová	Svk	EL09	
117,5	J. Kostúrová	Svk	EL09	
180,0	J. Kostúrová	Svk	EL09	
497,5	J. Kostúrová	Svk	EL09	

JUNIOR				
205,0	M. Oberleitner	Aut	W07	
81,0	M. Oberleitner	Aut	W07	
165,0	M. Oberleitner	Aut	W07	
451,0	M. Oberleitner	Aut	W07	

JUNIOR				
130,0	M. Yakemovic	USA	US10	
68,0	K. Barnes	USA	US13	
148,0	K. Barnes	USA	US13	
332,5	M. Yakemovic	USA	US10	

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WOMEN 52kg

M1 40-49				
SQUAT	140,0	E. Zehethofer	Aut	EM17
BENCH	82,5	Y. Hao	USA	W11
DEADLIFT	150,0	E. Zehethofer	Aut	EM17
TOTAL	360,0	E. Zehethofer	Aut	EM17

M2 50-59				
	135,0	A. Leverett	USA	AC10
	80,0	A. Leverett	USA	AC10
	142,5	A. Leverett	USA	AC10
	357,5	A. Leverett	USA	AC10

M3 60-69				
	57,5	L. McMahon	USA	W11
	40,0	L. McMahon	USA	W11
	80,0	L. McMahon	USA	W11
	177,5	L. McMahon	USA	W11

WOMEN 60kg

M1 40-49				
SQUAT	127,5	Casper	USA	2000
BENCH	77,5	D. Amos	USA	2002
DEADLIFT	147,5	D. Amos	USA	2002
TOTAL	342,5	Casper	USA	2000

M2 50-59				
	117,5	I. Gehringer	Ger	W10
	82,5	I. Gehringer	Ger	W10
	127,0	I. Gehringer	Ger	W10
	322,5	I. Gehringer	Ger	W10

M3 60-69				
	127,5	I. Rinas	Ger	W12
	87,5	I. Rinas	Ger	W12
	140,0	I. Rinas	Ger	W12
	355,0	I. Rinas	Ger	W12

WOMEN 67,5kg

M1 40-49				
SQUAT	210,0	M. Moodie	USA	W11
BENCH	100,0	M. Moodie	USA	US11
DEADLIFT	190,0	M. Moodie	USA	W08
TOTAL	480,0	M. Moodie	USA	W08

M2 50-59				
	140,0	H. Utecht	Ger	W07
	105,0	L. Zanki	Ger	W13
	140,0	L. Zanki	Ger	W13
	365,0	H. Utecht	Ger	W07

M3 60-69				
	137,5	I. Rinas	Ger	W13
	92,5	I. Rinas	Ger	W13
	145,0	I. Rinas	Ger	W13
	375,0	I. Rinas	Ger	W13

WOMEN 82,5kg

M1 40-49				
SQUAT	180,0	A. Strinyi	Hun	W09
BENCH	137,5	M. Zimmer	Aut	K04
DEADLIFT	171,5	L. Krüger	Ger	W07
TOTAL	497,5	M. Zimmer	Aut	K04

M2 50-59				
	145,0	S.Kraus	GER	EM19
	92,5	K. Rohrmann	Hun	W10
	150,0	Polansky	USA	2001
	367,7	S.Kraus	GER	EM19

M3 60-69				

WOMEN 82,5+kg

M1 40-49				
SQUAT	210,0	E. Vit	Aut	A07
BENCH	110,0	E. Vit	Aut	W07
DEADLIFT	173,0	E. Vit	Aut	A07
TOTAL	460,0	E. Vit	Aut	A07

M2 50-59				
	90,0	A.Riedl	GER	WM17
	80,0	A.Riedl	GER	WM17
	110,0	A.Riedl	GER	WM17
	275,0	A.Riedl	GER	WM17

M3 60-69				

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WOMEN 52kg	M4 70-74			
SQUAT				
BENCH				
DEADLIFT				
TOTAL				

M5 75+			

WOMEN 60kg	M4 70-74			
SQUAT	57,5	L. Baker	USA	US12
BENCH	37,5	L. Baker	USA	US12
DEADLIFT	100	L. Baker	USA	US12
TOTAL	195	L. Baker	USA	US12

M5 75+			

WOMEN 67,5kg	M4 70-74			
SQUAT				
BENCH				
DEADLIFT				
TOTAL				

M5 75+			

WOMEN 82,5kg	M4 70-74			
SQUAT				
BENCH				
DEADLIFT				
TOTAL				

M5 75+			

WOMEN 82,5+kg	M4 70-74			
SQUAT	107,5	Tenorio	USA	2001
BENCH	47,5	Tenorio	USA	2000
DEADLIFT	127,5	Tenorio	USA	2000
TOTAL	270	Tenorio	USA	2001

M5 75+			