



WUAP World Records - RAW Powerlifting - Women



Women	Open	T16-17	T18-19	JUNIOR	SUB	M40-44	M45-49	M50-54	M55-59	M60-64	M65-69	M70-74	M75-79	M80+
48 kg	Squat	105,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	62,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	117,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	285,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
52 kg	Squat	160,0	75,0	117,5	82,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	92,5	56,0	57,5	40,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	160,0	85,0	122,5	105,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	412,5	215,0	297,5	222,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
56 kg	Squat	155,0	100,0	82,5	150,0	82,5	120,0	110,0	72,5	0,0	0,0	0,0	0,0	0,0
	Benchpress	96,0	60,0	52,5	61,0	52,5	67,5	60,0	35,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	167,5	125,0	102,5	145,0	117,5	150,0	140,0	90,5	0,0	0,0	0,0	0,0	0,0
	Total	415,5	285,0	225,0	345,0	247,5	332,5	310,0	198,0	0,0	0,0	0,0	0,0	0,0
60 kg	Squat	135,0	105,0	105,0	125,5	130,0	105,0	120,0	102,5	75,0	70,5	70,0	0,0	0,0
	Benchpress	100,0	60,0	47,5	72,5	70,0	62,5	65,0	50,0	55,0	37,5	35,0	0,0	0,0
	Deadlift	180,0	110,0	110,0	160,0	180,0	115,0	150,0	115,0	115,0	102,5	105,0	0,0	0,0
	Total	390,0	275,0	262,5	375,0	380,0	282,5	330,0	265,0	235,0	210,5	210,0	0,0	0,0
67.5 kg	Squat	180,0	110,5	150,0	165,0	180,0	152,5	147,5	137,5	0,0	0,0	0,0	0,0	0,0
	Benchpress	95,0	53,0	75,0	80,0	92,5	95,0	95,0	82,5	0,0	0,0	0,0	0,0	0,0
	Deadlift	190,0	120,5	150,5	157,5	185,0	190,0	160,0	152,5	0,0	0,0	0,0	0,0	0,0
	Total	457,5	283,0	375,0	402,5	457,5	433,5	400,0	365,0	0,0	0,0	0,0	0,0	0,0
75 kg	Squat	200,0	120,0	105,0	180,0	112,5	200,0	182,5	0,0	92,5	0,0	65,0	0,0	0,0
	Benchpress	102,5	55,0	45,0	87,5	72,5	100,0	102,5	0,0	47,5	0,0	50,0	0,0	0,0
	Deadlift	190,0	140,0	118,0	160,0	130,0	190,0	185,0	0,0	137,5	0,0	80,0	0,0	0,0
	Total	490,0	300,0	267,5	427,5	310,0	490,0	465,0	0,0	257,5	0,0	195,0	0,0	0,0
82.5 kg	Squat	220,0	0,0	145,0	180,0	0,0	0,0	100,0	0,0	0,0	105,0	0,0	0,0	0,0
	Benchpress	147,5	0,0	70,0	77,5	0,0	0,0	70,0	0,0	0,0	55,0	0,0	0,0	0,0
	Deadlift	245,0	0,0	140,0	180,0	0,0	0,0	135,0	0,0	0,0	150,0	0,0	0,0	0,0
	Total	612,5	0,0	355,0	437,5	0,0	0,0	300,0	0,0	0,0	310,0	0,0	0,0	0,0
90 kg	Squat	222,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	140,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	245,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	607,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
90+ kg	Squat	215,0	0,0	0,0	0,0	130,0	122,5	0,0	162,5	0,0	0,0	0,0	0,0	0,0
	Benchpress	95,0	0,0	0,0	0,0	65,0	87,5	0,0	90,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	220,0	0,0	0,0	0,0	170,0	145,0	0,0	185,0	0,0	0,0	0,0	0,0	0,0
	Total	530,0	0,0	0,0	0,0	365,0	355,0	0,0	430,0	0,0	0,0	0,0	0,0	0,0

WUAP World Records - RAW Powerlifting - Women

Women 48 kg	Open				Submaster				Junior				
	Squat	105,0	M.Urbanovicz	POL	WM18								
	Bench	62,5	M.Urbanovicz	POL	WM18								
	Deadlift	117,5	M.Urbanovicz	POL	WM18								
	Total	285,0	M.Urbanovicz	POL	WM18								
Women 52 kg	Open				Submaster				Junior				
	Squat	160,0	M.Golob	SLO	WM17					82,5	V. Kanta	Hun	EM16
	Bench	92,5	M.Golob	SLO	WM17					40,0	V. Kanta	Hun	EM16
	Deadlift	160,0	M.Golob	SLO	EM17					105,0	V. Kanta	Hun	EM16
	Total	412,5	M.Golob	SLO	WM17					222,5	V. Kanta	Hun	EM16
Women 56 kg	Open				Submaster				Junior				
	Squat	155,0	M. Golob	Slo	WM18	82,5	K. Tresenriter	USA	US15	150,0	B.Kováčiková	SVK	WM18
	Bench	96,0	M. Golob	Slo	WM18	52,5	K. Tresenriter	USA	US15	61,0	K.Haičmanová	CZE	WM18
	Deadlift	167,5	M. Golob	Slo	WM18	117,5	K. Tresenriter	USA	WM15	145,0	B.Kováčiková	SVK	WM18
	Total	415,5	M. Golob	Slo	WM18	247,5	K. Tresenriter	USA	US15	345,0	B.Kováčiková	SVK	WM18
Women 60 kg	Open				Submaster				Junior				
	Squat	135,0	L. Gvozdeva	Rus	WM14	130,0	C.Garhammer	SUI	EM17	125,5	F.Susa	HUN	WM17
	Bench	100,0	L. Gvozdeva	Rus	WM14	70,0	C.Garhammer	SUI	EM17	72,5	L. Foss	USA	AC14
	Deadlift	180,0	C.Garhammer	SUI	EM17	180,0	C.Garhammer	SUI	EM17	160,0	A.Savič	SRB	WM18
	Total	390,0	L. Gvozdeva	Rus	WM14	380,0	C.Garhammer	SUI	EM17	375,0	A.Savič	SRB	WM18
Women 67.5 kg	Open				Submaster				Junior				
	Squat	180,0	E. Šimova	SVK	EM15	180,0	E. Šimova	SVK	EM15	165,0	D.Kmeťová	SVK	WM18
	Bench	95,0	Dr. K. Schindlerne Kis	Hun	WM16	92,5	E. Šimova	SVK	EM15	80,0	D.Kmeťová	SVK	WM18
	Deadlift	190,0	M. Baszo	Hun	WM17	185,0	E. Šimova	SVK	EM15	157,5	D.Kmeťová	SVK	WM18
	Total	457,5	E. Šimova	SVK	EM15	457,5	E. Šimova	SVK	EM15	402,5	D.Kmeťová	SVK	WM18
Women 75 kg	Open				Submaster				Junior				
	Squat	200,0	E.Šimová	SVK	WM18	112,5	K.Huber	USA	US17	180,0	T.Brodetska	UKR	EM18
	Bench	102,5	B. Gordon	AC	2014	72,5	K.Huber	USA	US17	87,5	T.Brodetska	UKR	EM18
	Deadlift	190,0	E.Šimová	SVK	WM18	130,0	K.Huber	USA	US17	160,0	T.Brodetska	UKR	EM18
	Total	490,0	E.Šimová	SVK	WM18	310,0	K.Huber	USA	US17	427,5	T.Brodetska	UKR	EM18
Women 82.5 kg	Open				Submaster				Junior				
	Squat	220,0	N.Otter	GER	WM17					180,0	M. Lachmann	HUN	EM15
	Bench	147,5	N.Otter	GER	WM17					77,5	M. Lachmann	HUN	EM15
	Deadlift	245,0	N.Otter	GER	WM17					180,0	M. Lachmann	HUN	EM15
	Total	612,5	N.Otter	GER	WM17					437,5	M. Lachmann	HUN	EM15
Women 90 kg	Open				Submaster				Junior				
	Squat	222,5	N.Otter	GER	EM17								
	Bench	140,0	N.Otter	GER	EM17								
	Deadlift	245,0	N.Otter	GER	EM17								
	Total	607,5	N.Otter	GER	EM17								
Women 90+ kg	Open				Submaster				Junior				
	Squat	215,0	K.Koszela	POL	EM18	130,0	T.Robinson	USA	WM18				
	Bench	95,0	K.Koszela	POL	EM18	65,0	T.Robinson	USA	WM18				
	Deadlift	220,0	K.Koszela	POL	EM18	170,0	T.Robinson	USA	WM18				
	Total	530,0	K.Koszela	POL	EM18	365,0	T.Robinson	USA	WM18				

WUAP World Records - RAW Powerlifting - Women

Women 48 kg

Squat
Bench
Deadlift
Total

T16-17			

T18-19

Women 52 kg

Squat
Bench
Deadlift
Total

T16-17			
75,0	J.Krasticsova	CZE	WM17
56,0	J.Krasticsova	CZE	WM17
85,0	J.Krasticsova	CZE	WM17
215,0	J.Krasticsova	CZE	WM17

T18-19			
117,5	T.Patelczyk	POL	EM18
57,5	T.Patelczyk	POL	EM18
122,5	T.Patelczyk	POL	EM18
297,5	T.Patelczyk	POL	EM18

Women 56 kg

Squat
Bench
Deadlift
Total

T16-17			
100,0	V.Kurnat	UKR	US17
60,0	V.Kurnat	UKR	US17
125,0	V.Kurnat	UKR	US17
285,0	V.Kurnat	UKR	US17

T18-19			
82,5	K. Kurowski	USA	US16
52,5	K. Kurowski	USA	WM16
102,5	K. Kurowski	USA	US16
225,0	K. Kurowski	USA	US16

Women 60 kg

Squat
Bench
Deadlift
Total

T16-17			
105,0	R. Bohus	HUN	EM16
60,0	R. Bohus	HUN	EM16
110,0	R. Bohus	HUN	EM16
275,0	R. Bohus	HUN	EM16

T18-19			
105,0	A Szilagyi	HUN	EM16
47,5	A Szilagyi	HUN	EM16
110,0	A Szilagyi	HUN	EM16
262,5	A Szilagyi	HUN	EM16

Women 67.5 kg

Squat
Bench
Deadlift
Total

T16-17			
110,5	M.Valková	SVK	WM18
53,0	M.Valková	SVK	WM18
120,5	L.Napora	POL	EM18
283,0	L.Napora	POL	EM18

T18-19			
150,0	K.Derglova	CZE	WM17
75,0	K.Derglova	CZE	WM17
150,5	A.Hubinská	SVK	WM18
375,0	K.Derglova	CZE	WM17

Women 75 kg

Squat
Bench
Deadlift
Total

T16-17			
120,0	K.Kastelic	SVN	WM18
55,0	S. Gordon	WM	2015
140,0	K.Kastelic	SVN	WM18
300,0	K.Kastelic	SVN	WM18

T18-19			
105,0	V. Harsanyi	Hun	EM16
45,0	V. Harsanyi	Hun	EM16
118,0	K.Derlatka	POL	EM18
267,5	V. Harsanyi	Hun	EM16

Women 82.5 kg

Squat
Bench
Deadlift
Total

T16-17			

T18-19			
145,0	T.Krajcová	SVK	WM18
70,0	T.Krajcová	SVK	WM18
140,0	T.Krajcová	SVK	WM18
355,0	T.Krajcová	SVK	WM18

Women 90 kg

Squat
Bench
Deadlift
Total

T16-17			

T18-19			

Women 90+ kg

Squat
Bench
Deadlift
Total

T16-17			

T18-19			

WUAP World Records - RAW Powerlifting - Women

Women 48 kg	M40-44				M45-49				M50-54				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 52 kg	M40-44				M45-49				M50-54				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 56 kg	M40-44				M45-49				M50-54				
	Squat	120,0	M.Swirska	POL	WM18	110,0	M.Zazvonilová	CZE	WM18	72,5	E.Szombatová	SVK	EM17
	Bench	67,5	M.Swirska	POL	WM18	60,0	M.Zazvonilová	CZE	WM18	35,0	E.Szombatova	SVK	WM16
	Deadlift	150,0	M.Swirska	POL	WM18	140,0	M.Zazvonilová	CZE	WM18	90,5	E.Szombatová	SVK	EM17
	Total	332,5	M.Swirska	POL	WM18	310,0	M.Zazvonilová	CZE	WM18	198,0	E.Szombatová	SVK	EM17
Women 60 kg	M40-44				M45-49				M50-54				
	Squat	105,0	T.Timan	USA	US18	120,0	M.Zazvonilova	CZE	WM17	102,5	H.Woltjen	GER	WM16
	Bench	62,5	T.Timan	USA	US18	65,0	M.Zazvonilova	CZE	WM17	50,0	H.Woltjen	GER	WM16
	Deadlift	115,0	T.Timan	USA	US18	150,0	M.Zazvonilova	CZE	WM17	115,0	H.Woltjen	GER	WM16
	Total	282,5	T.Timan	USA	US18	330,0	M.Zazvonilova	CZE	WM17	265,0	H.Woltjen	GER	WM16
Women 67.5 kg	M40-44				M45-49				M50-54				
	Squat	152,5	M. Baszo	Hun	WM17	147,5	Dr. K. Schindlerne Kis	Hun	WM16	137,5	J. Burgland	USA	US15
	Bench	95,0	M. Baszo	Hun	WM17	95,0	Dr. K. Schindlerne Kis	Hun	WM16	82,5	J. Burgland	USA	US15
	Deadlift	190,0	M. Baszo	Hun	WM17	160,0	M.Zazvonilova	CZE	WM16	152,5	J. Burgland	USA	WM15
	Total	433,5	M. Baszo	Hun	WM17	400,0	Dr. K. Schindlerne Kis	Hun	WM16	365,0	J. Burgland	USA	US15
Women 75 kg	M40-44				M45-49				M50-54				
	Squat	200,0	E.Šimová	SVK	WM18	182,5	B. Gordon	USA	WM15				
	Bench	100,0	E.Šimová	SVK	WM18	102,5	B. Gordon	USA	AC14				
	Deadlift	190,0	E.Šimová	SVK	WM18	185,0	B. Gordon	USA	WM15				
	Total	490,0	E.Šimová	SVK	WM18	465,0	B. Gordon	USA	WM15				
Women 82.5 kg	M40-44				M45-49				M50-54				
	Squat					100,0	A.Szlávik	HUN	WM18				
	Bench					70,0	A.Szlávik	HUN	WM18				
	Deadlift					135,0	A.Szlávik	HUN	WM18				
	Total					300,0	A.Szlávik	HUN	WM18				
Women 90 kg	M40-44				M45-49				M50-54				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 90+ kg	M40-44				M45-49				M50-54				
	Squat	122,5	D.Jackson	USA	US17					162,5	M.Pannekamp	Ger	WM16
	Bench	87,5	D.Jackson	USA	US17					90,0	M.Pannekamp	Ger	WM16
	Deadlift	145,0	D.Jackson	USA	US17					185,0	M.Pannekamp	Ger	WM16
	Total	355,0	D.Jackson	USA	US17					430,0	M.Pannekamp	Ger	WM16

WUAP World Records - RAW Powerlifting - Women

Women 48 kg	M55-59				M60-64				M65-69						
	Squat														
	Bench														
	Deadlift														
	Total														
Women 52 kg	M55-59				M60-64				M65-69						
	Squat														
	Bench														
	Deadlift														
	Total														
Women 56 kg	M55-59				M60-64				M65-69						
	Squat														
	Bench														
	Deadlift														
	Total														
Women 60 kg	M55-59	75,0	E.Szombatová	SVK	WM18	M60-64	70,5	K. Baranovicova	SVK	EM17	M65-69	70,0	K. Baranovicova	SVK	WM18
	Squat														
	Bench	55,0	J.Kuckelman	USA	US17		37,5	K. Baranovicova	SVK	EM17		35,0	K. Baranovicova	SVK	WM18
	Deadlift	115,0	J.Kuckelman	USA	US17		102,5	K. Baranovicova	SVK	EM17		105,0	K. Baranovicova	SVK	WM18
	Total	235,0	J.Kuckelman	USA	US17		210,5	K. Baranovicova	SVK	EM17		210,0	K. Baranovicova	SVK	WM18
Women 67.5 kg	M55-59				M60-64				M65-69						
	Squat														
	Bench														
	Deadlift														
	Total														
Women 75 kg	M55-59	92,5	L.J.Green	USA	US18	M60-64				M65-69	65,0	E. Ujvari	Hun	EM16	
	Squat														
	Bench	47,5	L.J.Green	USA	US18						50,0	E. Ujvari	Hun	EM16	
	Deadlift	137,5	L.J.Green	USA	US18						80,0	E. Ujvari	Hun	EM16	
	Total	257,5	L.J.Green	USA	US18						195,0	E. Ujvari	Hun	EM16	
Women 82.5 kg	M55-59				M60-64	105,0	K. Rohrmann	HUN	EM16	M65-69					
	Squat														
	Bench					55,0	K. Rohrmann	HUN	EM16						
	Deadlift					150,0	K. Rohrmann	HUN	EM16						
	Total					310,0	K. Rohrmann	HUN	EM16						
Women 90 kg	M55-59				M60-64				M65-69						
	Squat														
	Bench														
	Deadlift														
	Total														
Women 90+ kg	M55-59				M60-64				M65-69						
	Squat														
	Bench														
	Deadlift														
	Total														

WUAP World Records - RAW Powerlifting - Women

Women 48 kg	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td colspan="4" style="text-align: center;">M70-74</td></tr> <tr><td style="width: 25%;">Squat</td><td style="width: 25%;"></td><td style="width: 25%;"></td><td style="width: 25%;"></td></tr> <tr><td>Bench</td><td></td><td></td><td></td></tr> <tr><td>Deadlift</td><td></td><td></td><td></td></tr> <tr><td>Total</td><td></td><td></td><td></td></tr> </table>	M70-74				Squat				Bench				Deadlift				Total				<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td colspan="4" style="text-align: center;">M75-79</td></tr> <tr><td style="width: 25%;">Squat</td><td style="width: 25%;"></td><td style="width: 25%;"></td><td style="width: 25%;"></td></tr> <tr><td>Bench</td><td></td><td></td><td></td></tr> <tr><td>Deadlift</td><td></td><td></td><td></td></tr> <tr><td>Total</td><td></td><td></td><td></td></tr> </table>	M75-79				Squat				Bench				Deadlift				Total				<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td colspan="4" style="text-align: center;">M80+</td></tr> <tr><td style="width: 25%;">Squat</td><td style="width: 25%;"></td><td style="width: 25%;"></td><td style="width: 25%;"></td></tr> <tr><td>Bench</td><td></td><td></td><td></td></tr> <tr><td>Deadlift</td><td></td><td></td><td></td></tr> <tr><td>Total</td><td></td><td></td><td></td></tr> </table>	M80+				Squat				Bench				Deadlift				Total			
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