



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	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
52 kg	Squat	160,0	75,0	100,0	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	47,5	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	115,0	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	255,0	222,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
56 kg	Squat	150,0	100,0	82,5	100,0	82,5	0,0	0,0	72,5	0,0	0,0	0,0	0,0	0,0
	Benchpress	90,0	60,0	52,5	60,0	52,5	0,0	0,0	35,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	165,0	125,0	102,5	137,5	117,5	0,0	0,0	90,5	0,0	0,0	0,0	0,0	0,0
	Total	405,0	285,0	225,0	285,0	247,5	0,0	0,0	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	0,0	120,0	102,5	65,0	70,5	0,0	0,0	0,0
	Benchpress	100,0	60,0	47,5	72,5	70,0	0,0	65,0	50,0	55,0	37,5	0,0	0,0	0,0
	Deadlift	180,0	110,0	110,0	145,0	180,0	0,0	150,0	115,0	115,0	102,5	0,0	0,0	0,0
	Total	390,0	275,0	262,5	332,5	380,0	0,0	330,0	265,0	235,0	210,5	0,0	0,0	0,0
67.5 kg	Squat	180,0	100,0	150,0	140,0	180,0	152,5	147,5	137,5	0,0	0,0	0,0	0,0	0,0
	Benchpress	95,0	47,5	75,0	65,0	92,5	95,0	95,0	82,5	0,0	0,0	0,0	0,0	0,0
	Deadlift	190,0	120,0	150,0	150,0	185,0	190,0	160,0	152,5	0,0	0,0	0,0	0,0	0,0
	Total	457,5	252,5	375,0	335,0	457,5	433,5	400,0	365,0	0,0	0,0	0,0	0,0	0,0
75 kg	Squat	185,0	102,5	105,0	145,0	112,5	0,0	182,5	0,0	0,0	0,0	65,0	0,0	0,0
	Benchpress	102,5	55,0	45,0	75,0	72,5	0,0	102,5	0,0	0,0	0,0	50,0	0,0	0,0
	Deadlift	185,5	122,5	117,5	157,5	130,0	0,0	185,0	0,0	0,0	0,0	80,0	0,0	0,0
	Total	465,0	272,5	267,5	367,5	310,0	0,0	465,0	0,0	0,0	0,0	195,0	0,0	0,0
82.5 kg	Squat	220,0	0,0	0,0	180,0	0,0	0,0	0,0	0,0	0,0	105,0	0,0	0,0	0,0
	Benchpress	147,5	0,0	0,0	77,5	0,0	0,0	0,0	0,0	0,0	55,0	0,0	0,0	0,0
	Deadlift	245,0	0,0	0,0	180,0	0,0	0,0	0,0	0,0	0,0	150,0	0,0	0,0	0,0
	Total	612,5	0,0	0,0	437,5	0,0	0,0	0,0	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	167,5	0,0	0,0	0,0	97,5	122,5	0,0	162,5	0,0	0,0	0,0	0,0	0,0
	Benchpress	92,5	0,0	0,0	0,0	62,5	87,5	0,0	90,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	200,0	0,0	0,0	0,0	130,0	145,0	0,0	185,0	0,0	0,0	0,0	0,0	0,0
	Total	437,5	0,0	0,0	0,0	290,0	355,0	0,0	430,0	0,0	0,0	0,0	0,0	0,0

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Weight Class	Open	Submaster	Junior
Women 48 kg	Open	Submaster	Junior
	Squat		
	Bench		
	Deadlift		
	Total		
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	150,0 M. Golob Slo EM16	82,5 K. Tresenriter USA US15
	Bench	90,0 M. Golob Slo EM15	52,5 K. Tresenriter USA US15
	Deadlift	165,0 M. Golob Slo EM16	117,5 K. Tresenriter USA WM15
	Total	405,0 M. Golob Slo EM16	247,5 K. Tresenriter USA US15
Women 60 kg	Open	Submaster	Junior
	Squat	135,0 L. Gvozdeva Rus WM14	130,0 C.Garhammer SUI EM17
	Bench	100,0 L. Gvozdeva Rus WM14	70,0 C.Garhammer SUI EM17
	Deadlift	180,0 C.Garhammer SUI EM17	180,0 C.Garhammer SUI EM17
	Total	390,0 L. Gvozdeva Rus WM14	380,0 C.Garhammer SUI EM17
Women 67.5 kg	Open	Submaster	Junior
	Squat	180,0 E. Simova SVK EM15	180,0 E. Simova SVK EM15
	Bench	95,0 Dr. K. Schindlerne Kis Hun WM16	92,5 E. Simova SVK EM15
	Deadlift	190,0 M. Baszo Hun WM17	185,0 E. Simova SVK EM15
	Total	457,5 E. Simova SVK EM15	457,5 E. Simova SVK EM15
Women 75 kg	Open	Submaster	Junior
	Squat	185,0 D.Herber GER WM16	112,5 K.Huber USA US17
	Bench	102,5 B. Gordon AC 2014	72,5 K.Huber USA US17
	Deadlift	185,5 D.Herber GER WM16	130,0 K.Huber USA US17
	Total	465,0 B. Gordon WM 2015	310,0 K.Huber USA US17
Women 82.5 kg	Open	Submaster	Junior
	Squat	220,0 N.Otter GER WM17	
	Bench	147,5 N.Otter GER WM17	
	Deadlift	245,0 N.Otter GER WM17	
	Total	612,5 N.Otter GER WM17	
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	167,5 E.Golaszewski USA US17	97,5 N. Clark USA US16
	Bench	92,5 E.Golaszewski USA US17	62,5 N. Clark USA US16
	Deadlift	200,0 V. Hearn USA WM15	130,0 N. Clark USA US16
	Total	437,5 V. Hearn USA WM15	290,0 N. Clark USA US16

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

100,0	T.Grubrova	CZE	WM16
47,5	K.Kurowski	USA	WM16
115,0	D. Rusznyak	HUN	EM16
255,0	T.Grubrova	CZE	WM16

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 Szilagy	HUN	EM16
47,5	A Szilagy	HUN	EM16
110,0	A Szilagy	HUN	EM16
262,5	A Szilagy	HUN	EM16

Women 67.5 kg

Squat
Bench
Deadlift
Total

T16-17			
100,0	S.Gordon	USA	AC14
47,5	V.Sekeráková	CZE	EM17
120,0	C. Sipos	Hun	WM14
252,5	C. Sipos	Hun	WM14

T18-19

150,0	K.Derglova	CZE	WM17
75,0	K.Derglova	CZE	WM17
150,0	K.Derglova	CZE	WM17
375,0	K.Derglova	CZE	WM17

Women 75 kg

Squat
Bench
Deadlift
Total

T16-17			
102,5	S. Gordon	WM	2015
55,0	S. Gordon	WM	2015
122,5	S. Gordon	WM	2015
272,5	S. Gordon	WM	2015

T18-19

105,0	V. Harsanyi	Hun	EM16
45,0	V. Harsanyi	Hun	EM16
117,5	V. Harsanyi	Hun	EM16
267,5	V. Harsanyi	Hun	EM16

Women 82.5 kg

Squat
Bench
Deadlift
Total

T16-17			

T18-19

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

	M40-44	M45-49	M50-54
Women 48 kg			
Squat			
Bench			
Deadlift			
Total			
Women 52 kg			
Squat			
Bench			
Deadlift			
Total			
Women 56 kg			
Squat			72,5
Bench			35,0
Deadlift			90,5
Total			198,0
			E.Szombatová SVK EM17
			E.Szombatova SVK WM16
			E.Szombatová SVK EM17
			E.Szombatová SVK EM17
Women 60 kg			
Squat		120,0	102,5
Bench		65,0	50,0
Deadlift		150,0	115,0
Total		330,0	265,0
		M.Zazvonilova CZE WM17	H.Woltjen GER WM16
		M.Zazvonilova CZE WM17	H.Woltjen GER WM16
		M.Zazvonilova CZE WM17	H.Woltjen GER WM16
		M.Zazvonilova CZE WM17	H.Woltjen GER WM16
Women 67.5 kg			
Squat	152,5	147,5	137,5
Bench	95,0	95,0	82,5
Deadlift	190,0	160,0	152,5
Total	433,5	400,0	365,0
	M. Baszo Hun WM17	Dr. K. Schindlerne Kis Hun WM16	J. Burgland USA US15
	M. Baszo Hun WM17	Dr. K. Schindlerne Kis Hun WM16	J. Burgland USA US15
	M. Baszo Hun WM17	M.Zazvonilova CZE WM16	J. Burgland USA WM15
	M. Baszo Hun WM17	Dr. K. Schindlerne Kis Hun WM16	J. Burgland USA US15
Women 75 kg			
Squat		182,5	
Bench		102,5	
Deadlift		185,0	
Total		465,0	
		B. Gordon USA WM15	
		B. Gordon USA AC14	
		B. Gordon USA WM15	
		B. Gordon USA WM15	
Women 82.5 kg			
Squat			
Bench			
Deadlift			
Total			
Women 90 kg			
Squat			
Bench			
Deadlift			
Total			
Women 90+ kg			
Squat	122,5		162,5
Bench	87,5		90,0
Deadlift	145,0		185,0
Total	355,0		430,0
	D.Jackson USA US17		M.Pannekamp Ger WM16
	D.Jackson USA US17		M.Pannekamp Ger WM16
	D.Jackson USA US17		M.Pannekamp Ger WM16
	D.Jackson USA US17		M.Pannekamp Ger WM16

WUAP World Records - RAW Powerlifting - Women

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

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