



## WUAP European Records - Powerlifting EQ - Women



Women		Open	T 13-15	T16-17	T18-19	JUNIOR	SUB	M40-44	M45-49	M50-54	M55-59	M60-64	M65-69	M70-74	M75-79	M80+
44 kg*	<b>Squat</b>	55,0	55,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	32,5	32,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	75,5	75,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Total</b>	155,0	155,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
48 kg	<b>Squat</b>	100,0	0,0	0,0	0,0	0,0	100,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	60,0	0,0	0,0	0,0	0,0	50,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	117,5	0,0	0,0	0,0	0,0	100,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Total</b>	260,0	0,0	0,0	0,0	0,0	245,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
52 kg	<b>Squat</b>	140,0	0,0	0,0	120,0	0,0	130,5	140,0	110,5	120,0	100,0	0,0	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	76,0	0,0	0,0	65,0	0,0	60,0	72,5	55,0	55,0	52,5	0,0	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	150,0	0,0	0,0	120,0	0,0	141,0	150,0	110,5	113,0	107,5	0,0	0,0	0,0	0,0	0,0
	<b>Total</b>	360,0	0,0	0,0	305,0	0,0	331,5	360,0	276,0	272,5	260,0	0,0	0,0	0,0	0,0	0,0
56 kg	<b>Squat</b>	177,5	0,0	70,0	150,0	120,0	177,5	65,0	110,0	113,0	103,0	0,0	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	105,0	0,0	35,0	78,0	85,0	75,0	35,0	55,0	80,0	55,0	0,0	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	165,0	0,0	80,0	140,0	130,0	165,0	85,0	105,0	120,0	110,0	0,0	0,0	0,0	0,0	0,0
	<b>Total</b>	417,5	0,0	180,0	358,0	325,0	417,5	185,0	270,0	311,0	267,5	0,0	0,0	0,0	0,0	0,0
60 kg	<b>Squat</b>	195,0	0,0	125,0	92,5	150,0	195,0	117,5	0,0	0,0	117,5	127,5	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	107,5	0,0	75,0	51,0	100,0	85,0	75,0	0,0	0,0	82,5	87,5	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	175,0	0,0	120,0	101,0	135,0	175,0	135,0	0,0	0,0	127,0	140,0	0,0	0,0	0,0	0,0
	<b>Total</b>	455,0	0,0	310,0	243,5	385,0	455,0	315,0	0,0	0,0	322,5	355,0	0,0	0,0	0,0	0,0
67.5 kg	<b>Squat</b>	230,0	0,0	100,0	230,0	200,0	140,0	140,0	100,0	102,5	140,0	137,5	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	122,0	0,0	60,0	105,0	117,5	92,5	75,0	70,0	105,0	85,0	92,5	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	210,0	0,0	105,0	210,0	180,0	150,0	142,5	115,0	140,0	130,0	145,0	0,0	0,0	0,0	0,0
	<b>Total</b>	545,0	0,0	265,0	545,0	497,5	377,5	350,0	280,0	335,0	365,0	375,0	0,0	0,0	0,0	0,0
75 kg	<b>Squat</b>	235,0	0,0	150,0	235,0	170,0	215,0	170,0	162,5	110,0	116,0	0,0	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	137,5	0,0	80,0	120,0	75,0	127,5	137,5	72,5	87,5	92,5	0,0	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	205,5	0,0	150,0	200,0	160,0	187,5	171,0	133,0	140,0	150,0	0,0	0,0	0,0	0,0	0,0
	<b>Total</b>	545,0	0,0	370,0	545,0	370,0	495,5	497,5	368,0	333,0	356,0	0,0	0,0	0,0	0,0	0,0
82.5 kg	<b>Squat</b>	225,0	0,0	0,0	0,0	205,0	180,0	180,0	160,0	145,0	115,0	0,0	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	145,0	0,0	0,0	0,0	81,0	110,0	107,5	90,0	87,5	87,5	0,0	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	190,5	0,0	0,0	0,0	165,0	187,5	171,5	145,0	135,0	150,0	0,0	0,0	0,0	0,0	0,0
	<b>Total</b>	560,0	0,0	0,0	0,0	451,0	477,5	439,0	386,0	367,7	352,5	0,0	0,0	0,0	0,0	0,0
90 kg	<b>Squat</b>	210,0	0,0	0,0	0,0	0,0	155,0	210,0	120,0	90,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	110,0	0,0	0,0	0,0	0,0	80,0	110,0	95,0	80,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	173,0	0,0	0,0	0,0	0,0	150,0	173,0	165,0	110,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Total</b>	460,0	0,0	0,0	0,0	0,0	385,0	460,0	380,0	275,0	0,0	0,0	0,0	0,0	0,0	0,0
90+ kg	<b>Squat</b>	210,0	0,0	0,0	0,0	0,0	155,0	210,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	110,0	0,0	0,0	0,0	0,0	80,0	110,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	173,0	0,0	0,0	0,0	0,0	150,0	173,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Total</b>	460,0	0,0	0,0	0,0	0,0	385,0	460,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0

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Women 44 kg*	Open					Submaster					Junior				
	Squat	55,0	M. Altrichter	Aut	C06										
	Bench	32,5	M. Altrichter	Aut	E06										
	Deadlift	75,5	M. Altrichter	Aut	E06										
	Total	155,0	M. Altrichter	Aut	E06										
Women 48 kg	Open					Submaster					Junior				
	Squat	100,0	S. Königshofer	Aut	A08	100,0	S. Königshofer	Aut	A08						
	Bench	60,0	L. Watson	UK	W04	50,0	S. Königshofer	Aut	W08						
	Deadlift	117,5	H. Nachtigalová	Aut	E10	100,0	S. Königshofer	Aut	WC07						
	Total	260,0	H. Nachtigalová	Aut	E10	245,0	S. Königshofer	Aut	A08						
Women 52 kg	Open					Submaster					Junior				
	Squat	140,0	E. Zehethofer	Aut	EM17	130,5	E. Zehethofer	Aut	W12						
	Bench	76,0	I. Birkás	Hun	SK06	60,0	E. Zehethofer	Aut	W12						
	Deadlift	150,0	E. Zehethofer	Aut	EM17	141,0	E. Zehethofer	Aut	W12						
	Total	360,0	E. Zehethofer	Aut	EM17	331,5	E. Zehethofer	Aut	W12						
Women 56 kg	Open					Submaster					Junior				
	Squat	177,5	L.J. Thomas	Uk	W04	177,5	L.J. Thomas	Uk	W04	120,0	M. Golob	Svk	W13		
	Bench	105,0	M. Golob	Slo	E14	75,0	L.J. Thomas	Uk	W04	85,0	M. Golob	Svk	W13		
	Deadlift	165,0	L.J. Thomas	Uk	W04	165,0	L.J. Thomas	Uk	W04	130,0	K. Malá	Svk	E14		
	Total	417,5	L.J. Thomas	Uk	W04	417,5	L.J. Thomas	Uk	W04	325,0	M. Golob	Svk	W13		
Women 60 kg	Open					Submaster					Junior				
	Squat	195,0	L.J. Thomas	Uk	K04	195,0	L.J. Thomas	Uk	K04	150,0	M. Golob	Svk	E13		
	Bench	107,5	R. Nagy	Hun	E06	85,0	L.J. Thomas	Uk	K04	100,0	M. Golob	Svk	E13		
	Deadlift	175,0	L.J. Thomas	Uk	K04	175,0	L.J. Thomas	Uk	K04	135,0	M. Golob	Svk	E13		
	Total	455,0	L.J. Thomas	Uk	K04	455,0	L.J. Thomas	Uk	K04	385,0	M. Golob	Svk	E13		
Women 67.5 kg	Open					Submaster					Junior				
	Squat	230,0	V. Varga	Hun	E12	140,0	A. Pauli	GER	WM17	200,0	J. Kostúrová	Svk	EL09		
	Bench	122,0	S. Mokrá	Svk	W13	92,5	A. Pauli	GER	WM17	117,5	J. Kostúrová	Svk	EL09		
	Deadlift	210,0	V. Varga	Hun	E12	150,0	A. Pauli	GER	WM17	180,0	J. Kostúrová	Svk	EL09		
	Total	545,0	V. Varga	Hun	E12	377,5	A. Pauli	GER	WM17	497,5	J. Kostúrová	Svk	EL09		
Women 75 kg	Open					Submaster					Junior				
	Squat	235,0	V. Varga	Hun	W12	215,0	P. Friedrich	Ger	W13	170,0	M. Oberleitner	Aut	Sk06		
	Bench	137,5	M. Zimmer	Aut	K04	127,5	S. Mokrá	Svk	E14	75,0	K.Prašnická	SVK	WM22		
	Deadlift	205,5	M. Rovná	CZ	E13	187,5	S. Mokrá	Svk	E14	160,0	K.Prašnická	SVK	WM22		
	Total	545,0	V. Varga	Hun	W12	495,5	P. Friedrich	Ger	W13	370,0	K.Prašnická	SVK	WM22		
Women 82.5 kg	Open					Submaster					Junior				
	Squat	225,0	J. Kosturova	Svk	W14	180,0	P. Friedrich	Ger	W14	205,0	M. Oberleitner	Aut	W07		
	Bench	145,0	J. Kosturova	Svk	W14	110,0	P. Friedrich	Ger	W14	81,0	M. Oberleitner	Aut	W07		
	Deadlift	190,5	M. Rovna	CZE	EM15	187,5	P. Friedrich	Ger	W14	165,0	M. Oberleitner	Aut	W07		
	Total	560,0	J. Kosturova	Svk	W14	477,5	P. Friedrich	Ger	W14	451,0	M. Oberleitner	Aut	W07		
Women 90 kg	Open					Submaster					Junior				
	Squat	210,0	E. Vit	Aut	A07	155,0	E. Vit	Aut	W04						
	Bench	110,0	E. Vit	Aut	W07	80,0	E. Vit	Aut	W04						
	Deadlift	173,0	E. Vit	Aut	A07	150,0	E. Vit	Aut	W04						
	Total	460,0	E. Vit	Aut	A07	385,0	E. Vit	Aut	W04						
Women 90+ kg	Open					Submaster					Junior				
	Squat	210,0	E. Vit	Aut	A07	155,0	E. Vit	Aut	W04						
	Bench	110,0	E. Vit	Aut	W07	80,0	E. Vit	Aut	W04						
	Deadlift	173,0	E. Vit	Aut	A07	150,0	E. Vit	Aut	W04						
	Total	460,0	E. Vit	Aut	A07	385,0	E. Vit	Aut	W04						

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## WUAP European Records - Powerlifting - Women

Women 44 kg*	M40-44																				
	Squat																				
	Bench																				
	Deadlift																				
	Total																				
Women 48 kg	M40-44																				
	Squat																				
	Bench																				
	Deadlift																				
	Total																				
Women 52 kg	M40-44	140,0	E. Zehethofer	Aut	EM17	110,5	K. Heindl	Aut	E06	120,0	K. Heindl	Aut	W06								
	Squat	72,5	E. Zehethofer	Aut	EM17	55,0	K. Heindl	Aut	E06	55,0	K. Heindl	Aut	W06								
	Bench	150,0	E. Zehethofer	Aut	EM17	110,5	K. Heindl	Aut	E06	113,0	K. Heindl	Aut	W10								
	Deadlift	360,0	E. Zehethofer	Aut	EM17	276,0	K. Heindl	Aut	E06	272,5	K. Heindl	Aut	W06								
	Total																				
Women 56 kg	M40-44	65,0	L. Labudová	Svk	E13	110,0	K. Heindl	Aut	C06	113,0	G. Orosz	Hun	W07								
	Squat	35,0	L. Labudová	Svk	E13	55,0	K. Heindl	Aut	C06	80,0	G. Orosz	Hun	W07								
	Bench	85,0	L. Labudová	Svk	E13	105,0	K. Heindl	Aut	C06	120,0	G. Orosz	Hun	W07								
	Deadlift	185,0	L. Labudová	Svk	E13	270,0	K. Heindl	Aut	C06	311,0	G. Orosz	Hun	W07								
	Total																				
Women 60 kg	M40-44	117,5	C. Rostagnat	Fra	W09																
	Squat	75,0	C. Rostagnat	Fra	W10																
	Bench	135,0	C. Rostagnat	Fra	W10																
	Deadlift	315,0	C. Rostagnat	Fra	W09																
	Total																				
Women 67.5 kg	M40-44	140,0	C. Rostagnat	Fra	W11	100,0	B. Berg	Ger	W08	102,5	L. Zanki	Ger	W13								
	Squat	75,0	C. Rostagnat	Fra	W11	70,0	B. Berg	Ger	W08	105,0	L. Zanki	Ger	W13								
	Bench	142,5	K. Tillack	Ger	W13	115,0	B. Berg	Ger	W08	140,0	L. Zanki	Ger	W13								
	Deadlift	350,0	C. Rostagnat	Fra	W11	280,0	B. Berg	Ger	W08	335,0	L. Zanki	Ger	W13								
	Total																				
Women 75 kg	M40-44	170,0	M. Zimmer	Aut	K04	162,5	S. Kraus	Ger	EM17	110,0	K. Rohrmann	Hun	E08								
	Squat	137,5	M. Zimmer	Aut	K04	72,5	S. Kraus	Ger	EM17	87,5	K. Rohrmann	Hun	E08								
	Bench	171,0	M. Zimmer	Aut	K04	133,0	S. Kraus	Ger	EM17	140,0	Z. Németh	Hun	E08								
	Deadlift	497,5	M. Zimmer	Aut	K04	368,0	S. Kraus	Ger	EM17	333,0	K. Rohrmann	Hun	E08								
	Total																				
Women 82.5 kg	M40-44	180,0	A. Strínyi	Hun	W09	160,0	S.Kraus	GER	WM17	145,0	S.Kraus	GER	EM19								
	Squat	107,5	L. Krüger	Ger	W07	90,0	S.Kraus	GER	WM17	87,5	S.Kraus	GER	EM19								
	Bench	171,5	L. Krüger	Ger	W07	145,0	S.Kraus	GER	WM17	135,0	S.Kraus	GER	EM19								
	Deadlift	439,0	L. Krüger	Ger	W07	386,0	S.Kraus	GER	WM17	367,7	S.Kraus	GER	EM19								
	Total																				
Women 90 kg	M40-44	210,0	E. Vit	Aut	A07	120,0	E. Horňáková	Cz	E10	90,0	A.Riedl	GER	WM17								
	Squat	110,0	E. Vit	Aut	W07	95,0	E. Horňáková	Cz	E10	80,0	A.Riedl	GER	WM17								
	Bench	173,0	E. Vit	Aut	A07	165,0	E. Horňáková	Cz	E10	110,0	A.Riedl	GER	WM17								
	Deadlift	460,0	E. Vit	Aut	A07	380,0	E. Horňáková	Cz	E10	275,0	A.Riedl	GER	WM17								
	Total																				
Women 90+ kg	M40-44	210,0	E. Vit	Aut	A07																
	Squat	110,0	E. Vit	Aut	W07																
	Bench	173,0	E. Vit	Aut	A07																
	Deadlift	460,0	E. Vit	Aut	A07																
	Total																				

## WUAP European Records - Powerlifting - Women

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

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