



# WUAP European 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	140,0	120,0	0,0	140,0	120,0	0,0	0,0
	BENCHPRESS	76,0	65,0	0,0	72,5	55,0	0,0	0,0
	DEADLIFT	150,0	120,0	0,0	150,0	113,0	0,0	0,0
	TOTAL	360,0	305,0	0,0	360,0	272,5	0,0	0,0
60 kg	SQUAT	195,0	150,0	150,0	117,5	117,5	127,5	0,0
	BENCHPRESS	107,5	78,0	100,0	75,0	82,5	87,5	0,0
	DEADLIFT	175,0	140,0	135,0	135,0	127,0	140,0	0,0
	TOTAL	455,0	358,0	385,0	315,0	322,5	355,0	0,0
67,5 kg	SQUAT	230,0	230,0	200,0	140,0	140,0	137,5	0,0
	BENCHPRESS	122,0	105,0	117,5	75,0	105,0	92,5	0,0
	DEADLIFT	210,0	210,0	180,0	142,5	140,0	145,0	0,0
	TOTAL	545,0	545,0	497,5	350,0	365,0	375,0	0,0
82,5 kg	SQUAT	235,0	235,0	205,0	180,0	170,0	0,0	0,0
	BENCHPRESS	145,0	120,0	81,0	137,5	101,0	0,0	0,0
	DEADLIFT	205,5	200,0	165,0	171,5	190,0	0,0	0,0
	TOTAL	560,0	545,0	451,0	497,5	461,0	0,0	0,0
82,5 + kg	SQUAT	210,0	0,0	150,0	210,0	90,0	0,0	0,0
	BENCHPRESS	110,0	0,0	107,5	110,0	80,0	0,0	0,0
	DEADLIFT	173,0	0,0	155,0	173,0	110,0	0,0	0,0
	TOTAL	460,0	0,0	407,5	460,0	275,0	0,0	0,0

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## POWERLIFTING EQ

### WOMEN

#### WOMEN 52kg

OPEN				
SQUAT	140,0	E. Zehethofer	Aut	EM17
BENCH	76,0	I. Birkás	Hun	SK06
DEADLIFT	150,0	E. Zehethofer	Aut	EM17
TOTAL	360,0	E. Zehethofer	Aut	EM17

#### 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	173,0	E. Vit	Aut	A07
TOTAL	460,0	E. Vit	Aut	A07

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				

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				
	150,0	E.Schneider	GER	WM23
	107,5	E.Schneider	GER	WM23
	155,0	E.Schneider	GER	WM23
	407,5	E.Schneider	GER	WM23

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## POWERLIFTING EQ

### WOMEN

#### WOMEN 52kg

SQUAT  
BENCH  
DEADLIFT  
TOTAL

M1 40-49			
140,0	E. Zehethofer	Aut	EM17
72,5	E. Zehethofer	Aut	EM17
150,0	E. Zehethofer	Aut	EM17
360,0	E. Zehethofer	Aut	EM17

#### M2 50-59

120,0	K. Heindl	Aut	W06
55,0	K. Heindl	Aut	W06
113,0	K. Heindl	Aut	W10
272,5	K. Heindl	Aut	W06

#### M3 60-69


#### WOMEN 60kg

SQUAT  
BENCH  
DEADLIFT  
TOTAL

M1 40-49			
117,5	C. Rostagnat	Fra	W09
75,0	C. Rostagnat	Fra	W10
135,0	C. Rostagnat	Fra	W10
315,0	C. Rostagnat	Fra	W09

#### 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

SQUAT  
BENCH  
DEADLIFT  
TOTAL

M1 40-49			
140,0	C. Rostagnat	Fra	W11
75,0	C. Rostagnat	Fra	W11
142,5	K. Tillack	Ger	W13
350,0	C. Rostagnat	Fra	W11

#### 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

SQUAT  
BENCH  
DEADLIFT  
TOTAL

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

#### M2 50-59

170,0	A.Thurner	AUT	WC24
101,0	A.Thurner	AUT	WC24
190,0	A.Thurner	AUT	WC24
461,0	A.Thurner	AUT	WC24

#### M3 60-69


#### WOMEN 82,5+kg

SQUAT  
BENCH  
DEADLIFT  
TOTAL

M1 40-49			
210,0	E. Vit	Aut	A07
110,0	E. Vit	Aut	W07
173,0	E. Vit	Aut	A07
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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## POWERLIFTING EQ

### WOMEN

#### WOMEN 52kg

SQUAT  
BENCH  
DEADLIFT  
TOTAL

M4 70-74			

M5 75+			

#### WOMEN 60kg

SQUAT  
BENCH  
DEADLIFT  
TOTAL

M4 70-74			

M5 75+			

#### WOMEN 67,5kg

SQUAT  
BENCH  
DEADLIFT  
TOTAL

M4 70-74			

M5 75+			

#### WOMEN 82,5kg

SQUAT  
BENCH  
DEADLIFT  
TOTAL

M4 70-74			

M5 75+			

#### WOMEN 82,5+kg

SQUAT  
BENCH  
DEADLIFT  
TOTAL

M4 70-74			

M5 75+			