



WUAP World Records

BENCHPRESS EQ

Men and Women



Mens	Open	TEENS	JUNIOR	M1 40-49	M2 50-59	M3 60-69	M4 70-74	M5 75+
67.5kg	205,0	190,0	205,0	165,0	150,0	135,0	122,5	112,5
82.5kg	280,0	250,0	280,0	215,0	185,0	166,0	155,5	112,5
95kg	340,0	250,0	275,0	297,5	260,0	225,0	165,5	123,0
110kg	370,0	291,0	330,0	320,0	305,0	270,0	200,0	0,0
125kg	385,0	330,0	360,0	343,0	367,5	217,5	190,0	0,0
125+kg	455,0	265,0	330,0	345,0	372,5	202,5	0,0	117,5

Womens	Open	TEENS	JUNIOR	M1 40-49	M2 50-59	M3 60-69	M4 70-74	M5 75+
52 kg	85,0	85,0	55,0	82,5	80,0	62,5	0,0	0,0
60 kg	130,0	100,0	100,0	77,5	82,5	93,0	50,0	0,0
67.5 kg	170,0	105,0	117,5	170,0	105,0	92,5	0,0	0,0
82.5 kg	180,0	120,0	170,0	160,0	143,0	77,5	0,0	50,0
82,5+ kg	190,0	85,0	68,0	180,0	107,5	95,5	47,5	0,0

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	OPEN			
67,5	205,0	M. Herak	Svk	WM17
82,5	280,0	G. Kováč	SVK	EM15
95	340,0	G.Hnatow	POL	WC24
110	370,0	Z. Csepregi	Hun	W12
125	385,0	Z. Csepregi	Hun	W14
125+	455,0	R.Buda	HUN	WM21

	TEENS			
	190,0	M. Herak	Svk	EM16
	250,0	G. Kováč	Svk	W13
	250,0	M. Adamove	SVK	EM15
	291,0	M. Adamove	Svk	EM16
	330,0	J.Velgos	SVK	WM18
	265,0	T. Brown (pl)	USA	US09

	JUNIOR			
	205,0	M. Herak	Svk	WM17
	280,0	G. Kováč	SVK	EM15
	275,0	A. Krymov	Ukr	W05
	330,0	G. Katona	Hun	E13
	360,0	R. Buda	HUN	WM16
	330,0	J.Bialik	HUN	WC24

WOMEN

	OPEN			
52	85,0	D. Hojsiková	Svk	WC09
60	130,0	D. Liptáková	Svk	W12
67,5	170,0	R. Nagy	Hun	EM16
82,5	180,0	J. Kosturová	Svk	WM16
82,5+	190,0	L. Hayduchenko	Ukr	W05

	TEENS			
	85,0	D. Hojsiková	Svk	WC09
	100,0	D. Hojsiková	Svk	E11
	105,0	V. Varga (pl)	Hun	E12
	120,0	V. Varga (pl)	Hun	W12
	85,0	P.Vasčáková	SVK	WM23

	JUNIOR			
	55,0	J. Jansone	Lat	W12
	100,0	M. Golob (pl)	Slo	E13
	117,5	J. Kostúrová (pl)	Svk	E09
	170,0	J. Kostúrová	Svk	E13
	68,0	K. Barnes (pl)	USA	US13

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67,5	165,0	R. Wick	Ger	W10
82,5	215,0	O. Illaronov	Lat	E12
95	297,5	L. Kupcsik	Hun	W07
110	320,0	T.Tiedje	GER	WC24
125	343,0	T. Moon	USA	US13
125+	345,0	G.Salamon	HUN	WC24

M2 50-59			
150,0	I. Tóth	Hun	W09
185,0	D. Heinrich (pl)	Ger	W13
260,0	A.Marosi	HUN	WC24
305,0	F.Balázs	HUN	WC24
367,5	T. Moon	USA	US14
372,5	T. Moon	USA	WM15

M3 60-69			
135,0	H. Klein	Ger	W09
166,0	W. Hökendorf (pl)	Ger	W13
225,0	U.Haase	GER	WC24
270,0	W. Grabowski	Pol	WC13
217,5	J.Nussbaumer	AUT	WM18
202,5	J. Péter	Svk	W12

WOMEN	M1 40-49			
52	82,5	Y. Hao (pl)	USA	W11
60	77,5	D. Amos	USA	2002
67,5	170,0	R. Nagy	Hun	EM16
82,5	160,0	R.Nagy	HUN	WM21
82,5+	180,0	S.Allner	GER	WC24

M2 50-59			
80,0	A. Leverett (pl)	USA	AC10
82,5	I. Gehringer (pl)	Ger	W10
105,0	L. Zanki (pl)	Ger	W13
143,0	L. Leiblová	CZE	E14
107,5	E. Lucas	Ger	W12

M3 60-69			
62,5	I.Kaule	GER	WM18
93,0	I. Rinas	Ger	W14
92,5	I. Rinas (pl)	Ger	W13
77,5	U. Eulenstein	Ger	W12
95,5	I. Hagge	Ger	W13

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	M4 70-74			
67,5	122,5	E. Trichlin	Aut	W13
82,5	155,5	L.Jobbágy	HUN	Wm18
95	165,5	A. Stolz	Aut	EM15
110	200,0	H.Reimann	GER	WM22
125	190,0	J.Nussbaumar	AUT	WM21
125+				

M5 75+			
112,5	H.Klein	Ger	WM16
112,5	G. Lindas	USA	US14
123,0	K. Merta	Ger	WM16
117,5	Harris	USA	2004

WOMEN

	M4 70-74			
52				
60	50,0	A.Fehr	GER	WC24
67,5				
82,5				
82,5+	47,5	Tenorio (pl)	USA	2000

M5 75+			
50,0	H. Schuster	Ger	W13