



WUAP World 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*	Squat	100,0	55,0	0,0	0,0	0,0	100,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	62,5	32,5	0,0	0,0	0,0	62,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	132,5	75,5	0,0	0,0	0,0	132,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	295,0	155,0	0,0	0,0	0,0	295,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
48 kg	Squat	142,5	0,0	0,0	0,0	0,0	142,5	85,0	0,0	92,5	135,0	0,0	57,5	0,0	0,0
	Benchpress	80,0	0,0	0,0	0,0	0,0	72,5	65,0	0,0	55,0	80,0	0,0	40,0	0,0	0,0
	Deadlift	142,5	0,0	0,0	0,0	0,0	137,5	125,0	0,0	117,5	142,5	0,0	80,0	0,0	0,0
	Total	357,5	0,0	0,0	0,0	0,0	348,0	275,0	0,0	255,0	357,5	0,0	177,5	0,0	0,0
52 kg	Squat	143,5	0,0	0,0	120,0	0,0	143,5	140,0	110,5	120,0	105,0	0,0	0,0	0,0	0,0
	Benchpress	82,5	0,0	0,0	65,0	0,0	75,0	82,5	55,0	62,5	61,0	0,0	0,0	0,0	0,0
	Deadlift	150,0	0,0	0,0	120,0	0,0	142,5	150,0	110,5	113,0	132,5	0,0	0,0	0,0	0,0
	Total	360,5	0,0	0,0	305,0	0,0	360,5	360,0	276,0	272,5	298,0	0,0	0,0	0,0	0,0
56 kg	Squat	177,5	0,0	95,0	150,0	120,0	177,5	127,5	110,0	113,0	103,0	0,0	0,0	0,0	0,0
	Benchpress	105,0	0,0	65,0	78,0	85,0	75,0	73,0	55,0	80,0	55,0	0,0	0,0	0,0	0,0
	Deadlift	165,0	0,0	125,0	140,0	130,0	165,0	142,5	105,0	120,0	117,5	0,0	0,0	0,0	0,0
	Total	417,5	0,0	285,0	358,0	325,0	417,5	342,5	270,0	311,0	272,5	0,0	0,0	0,0	0,0
60 kg	Squat	195,0	0,0	125,0	92,5	150,0	195,0	117,5	110,0	0,0	117,5	127,5	0,0	57,5	0,0
	Benchpress	107,5	0,0	75,0	51,0	100,0	85,0	77,5	70,0	0,0	82,5	87,5	0,0	37,5	0,0
	Deadlift	175,0	0,0	120,0	101,0	135,0	175,0	147,5	130,0	0,0	127,0	140,0	0,0	100,0	0,0
	Total	455,0	0,0	310,0	243,5	385,0	455,0	325,0	305,0	0,0	322,5	355,0	0,0	195,0	0,0
67.5 kg	Squat	230,0	0,0	100,0	230,0	200,0	192,5	210,0	200,0	102,5	140,0	137,5	0,0	0,0	0,0
	Benchpress	122,0	0,0	60,0	105,0	117,5	107,5	100,0	97,5	105,0	85,0	92,5	0,0	0,0	0,0
	Deadlift	210,0	0,0	105,0	210,0	180,0	172,5	175,0	190,0	140,0	130,0	145,0	0,0	0,0	0,0
	Total	545,0	0,0	265,0	545,0	497,5	467,5	477,5	480,0	335,0	365,0	375,0	0,0	0,0	0,0
75 kg	Squat	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
	Benchpress	137,5	0,0	80,0	120,0	75,0	127,5	137,5	82,5	87,5	92,5	0,0	0,0	0,0	0,0
	Deadlift	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
	Total	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
82.5 kg	Squat	225,0	0,0	157,5	0,0	205,0	180,0	180,0	160,0	145,0	115,0	0,0	0,0	0,0	0,0
	Benchpress	145,0	0,0	65,0	0,0	81,0	110,0	107,5	90,0	87,5	87,5	0,0	0,0	0,0	0,0
	Deadlift	190,5	0,0	150,0	0,0	165,0	187,5	171,5	145,0	150,0	150,0	0,0	0,0	0,0	0,0
	Total	560,0	0,0	372,5	0,0	451,0	477,5	439,0	386,0	367,7	352,5	0,0	0,0	0,0	0,0
90 kg	Squat	210,0	0,0	0,0	0,0	130,0	155,0	210,0	140,0	90,0	0,0	0,0	0,0	107,5	0,0
	Benchpress	110,0	0,0	0,0	0,0	67,5	80,0	110,0	95,0	80,0	0,0	0,0	0,0	42,5	0,0
	Deadlift	173,0	0,0	0,0	0,0	135,0	150,0	173,0	165,0	110,0	0,0	0,0	0,0	120,0	0,0
	Total	460,0	0,0	0,0	0,0	332,5	385,0	460,0	380,0	275,0	0,0	0,0	0,0	270,0	0,0
90+ kg	Squat	210,0	147,5	0,0	90,0	98,0	155,0	210,0	93,0	0,0	0,0	0,0	0,0	87,5	0,0
	Benchpress	110,0	92,5	0,0	60,0	68,0	80,0	110,0	78,0	0,0	0,0	0,0	0,0	47,5	0,0
	Deadlift	212,5	140,0	0,0	143,0	148,0	150,0	173,0	130,0	0,0	0,0	0,0	0,0	127,5	0,0
	Total	497,5	377,5	0,0	292,5	312,5	385,0	460,0	300,0	0,0	0,0	0,0	0,0	262,5	0,0

WUAP World Records - Powerlifting EQ - Women

Weight Class	Category	Weight	Name	Country	Year
Women 44 kg*	Open				
	Squat	100,0	Baker	USA	2001
	Bench	62,5	Baker	USA	2001
	Deadlift	132,5	Baker	USA	2001
	Total	295,0	Baker	USA	2001
Submaster					
Junior					
Women 48 kg	Open				
	Squat	142,5	M. Kirkland	USA	2001
	Bench	80,0	A.Leverett	USA	AC10
	Deadlift	142,5	A.Leverett	USA	AC10
	Total	357,5	A.Leverett	USA	AC10
Submaster					
Junior					
Women 52 kg	Open				
	Squat	143,5	M. Kirkland	USA	2002
	Bench	82,5	Yuxin Hao	USA	W11
	Deadlift	150,0	E. Zehethofer	Aut	EM17
	Total	360,5	M. Kirkland	USA	2002
Submaster					
Junior					
Women 56 kg	Open				
	Squat	177,5	L.J. Thomas	Uk	W04
	Bench	105,0	M. Golob	Slo	E14
	Deadlift	165,0	L.J. Thomas	Uk	W04
	Total	417,5	L.J. Thomas	Uk	W04
Submaster					
Junior					
Women 60 kg	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
Submaster					
Junior					
Women 67.5 kg	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
Submaster					
Junior					
Women 75 kg	Open				
	Squat	235,0	V. Varga	Hun	W12
	Bench	137,5	M. Zimmer	Aut	K04
	Deadlift	205,5	M. Rovná	CZ	E13
	Total	545,0	V. Varga	Hun	W12
Submaster					
Junior					
Women 82.5 kg	Open				
	Squat	225,0	J. Kosturova	Svk	W14
	Bench	145,0	J. Kosturova	Svk	W14
	Deadlift	190,5	M. Rovna	CZE	EM15
	Total	560,0	J. Kosturova	Svk	W14
Submaster					
Junior					
Women 90 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
Submaster					
Junior					
Women 90+ kg	Open				
	Squat	210,0	E. Vit	Aut	A07
	Bench	110,0	E. Vit	Aut	W07
	Deadlift	212,5	M. Toole	USA	US10
	Total	497,5	M. Toole	USA	US10
Submaster					
Junior					

WUAP World Records - Powerlifting EQ - Women

Women 44 kg*	T13-15*				T16-17				T18-19				
	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	C06								
Women 48 kg	T13-15*				T16-17				T18-19				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 52 kg	T13-15*				T16-17				T18-19				
	Squat									120,0	E. Buzinkayová	Svk	E14
	Bench									65,0	E. Buzinkayová	Svk	E14
	Deadlift									120,0	E. Buzinkayová	Svk	E14
	Total									305,0	E. Buzinkayová	Svk	E14
Women 56 kg	T13-15*				T16-17				T18-19				
	Squat					95,0	A. Bulmash	USA	US10	150,0	M. Berenzenko	Rus	E08
	Bench					65,0	A. Bulmash	USA	US10	78,0	M. Berenzenko	Rus	E08
	Deadlift					125,0	A. Bulmash	USA	US10	140,0	M. Berenzenko	Rus	E08
	Total					285,0	A. Bulmash	USA	US10	358,0	M. Berenzenko	Rus	E08
Women 60 kg	T13-15*				T16-17				T18-19				
	Squat					125,0	J. Kiss	Hun	W10	92,5	T. Bauer	Aut	Sk06
	Bench					75,0	J. Kiss	Hun	E10	51,0	T. Bauer	Aut	Sk06
	Deadlift					120,0	J. Kiss	Hun	E10	101,0	T. Bauer	Aut	W06
	Total					310,0	J. Kiss	Hun	E10	243,5	T. Bauer	Aut	Sk06
Women 67.5 kg	T13-15*				T16-17				T18-19				
	Squat					100,0	E. Del	GER	EM15	230,0	V. Varga	Hun	E12
	Bench					60,0	E. Del	GER	EM15	105,0	V. Varga	Hun	E12
	Deadlift					105,0	E. Del	GER	EM15	210,0	V. Varga	Hun	E12
	Total					265,0	E. Del	GER	EM15	545,0	V. Varga	Hun	E12
Women 75 kg	T13-15*				T16-17				T18-19				
	Squat					150,0	R.Ficeková	SVK	WM18	235,0	V. Varga	Hun	W12
	Bench					80,0	R.Ficeková	SVK	WM18	120,0	V. Varga	Hun	W12
	Deadlift					150,0	R.Ficeková	SVK	WM18	200,0	V. Varga	Hun	W12
	Total					370,0	R.Ficeková	SVK	WM18	545,0	V. Varga	Hun	W12
Women 82.5 kg	T13-15*				T16-17				T18-19				
	Squat					157,5	M. Salyars	USA	US11				
	Bench					65,0	M. Salyars	USA	US11				
	Deadlift					150,0	M. Salyars	USA	US11				
	Total					372,5	M. Salyars	USA	US11				
Women 90 kg	T13-15*				T16-17				T18-19				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 90+ kg	T13-15*				T16-17				T18-19				
	Squat	147,5	T. Stark	USA	2003					90,0	K. Barnes	USA	US11
	Bench	92,5	T. Stark	USA	2003					60,0	K. Barnes	USA	US11
	Deadlift	140,0	T. Stark	USA	2003					143,0	K. Barnes	USA	US11
	Total	377,5	T. Stark	USA	2003					292,5	K. Barnes	USA	US11

WUAP World Records - Powerlifting EQ - Women

Weight Class	Age Group	Record Type	Weight (kg)	Name	Country	Year	Event
Women 44 kg*	M40-44	Squat	100,0	Baker	USA	2001	
		Bench	62,5	Baker	USA	2001	
		Deadlift	132,5	Baker	USA	2001	
		Total	295,0	Baker	USA	2001	
Women 48 kg	M40-44	Squat	85,0	T. Manning	Aust	2003	
		Bench	65,0	T. Manning	Aust	2003	
		Deadlift	125,0	T. Manning	Aust	2003	
		Total	275,0	T. Manning	Aust	2003	
Women 52 kg	M40-44	Squat	140,0	E. Zehethofer	Aut	EM17	
		Bench	82,5	Y. Hao	USA	W11	
		Deadlift	150,0	E. Zehethofer	Aut	EM17	
		Total	360,0	E. Zehethofer	Aut	EM17	
Women 56 kg	M40-44	Squat	127,5	Casper	USA	2000	
		Bench	73,0	Casper	USA	2003	
		Deadlift	142,5	Casper	USA	2000	
		Total	342,5	Casper	USA	2000	
Women 60 kg	M40-44	Squat	117,5	C. Rostagnat	Fra	W09	
		Bench	77,5	D. Amos	USA	2002	
		Deadlift	147,5	D. Amos	USA	2002	
		Total	325,0	D. Amos	USA	2002	
Women 67.5 kg	M40-44	Squat	210,0	M. Moodie	USA	W11	
		Bench	100,0	M. Moodie	USA	US11	
		Deadlift	175,0	M. Moodie	USA	US10	
		Total	477,5	M. Moodie	USA	US11	
Women 75 kg	M40-44	Squat	170,0	M. Zimmer	Aut	K04	
		Bench	137,5	M. Zimmer	Aut	K04	
		Deadlift	171,0	M. Zimmer	Aut	K04	
		Total	497,5	M. Zimmer	Aut	K04	
Women 82.5 kg	M40-44	Squat	180,0	A. Strinyi	Hun	W09	
		Bench	107,5	L. Krüger	Ger	W07	
		Deadlift	171,5	L. Krüger	Ger	W07	
		Total	439,0	L. Krüger	Ger	W07	
Women 90 kg	M40-44	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	
Women 90+ kg	M40-44	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	

WUAP World Records - Powerlifting EQ - Women

Women 44 kg*	M55-59				M60-64				M65-69				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 48 kg	M55-59				M60-64				M65-69				
	Squat	135,0	A. Leverett	USA	AC10					57,5	L. McMahon	USA	W11
	Bench	80,0	A. Leverett	USA	AC10					40,0	L. McMahon	USA	W11
	Deadlift	142,5	A. Leverett	USA	AC10					80,0	L. McMahon	USA	W11
	Total	357,5	A. Leverett	USA	AC10					177,5	L. McMahon	USA	W11
Women 52 kg	M55-59				M60-64				M65-69				
	Squat	105,0	S. Baker	USA	US10								
	Bench	61,0	S. Baker	USA	W11								
	Deadlift	132,5	S. Baker	USA	US10								
	Total	298,0	S. Baker	USA	US10								
Women 56 kg	M55-59				M60-64				M65-69				
	Squat	103,0	K. Heindl	Aut	WC12								
	Bench	55,0	K. Heindl	Aut	W11								
	Deadlift	117,5	S. Rouse	USA	W04								
	Total	272,5	S. Rouse	USA	W04								
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 World Records - Powerlifting EQ - Women

Women 44 kg*	M70-74					M75-79					M80+				
	Squat														
	Bench														
	Deadlift														
	Total														
Women 48 kg	M70-74					M75-79					M80+				
	Squat														
	Bench														
	Deadlift														
	Total														
Women 52 kg	M70-74					M75-79					M80+				
	Squat														
	Bench														
	Deadlift														
	Total														
Women 56 kg	M70-74					M75-79					M80+				
	Squat														
	Bench														
	Deadlift														
	Total														
Women 60 kg	M70-74					M75-79					M80+				
	Squat	57,5	L. Baker	USA	US12										
	Bench	37,5	L. Baker	USA	US12										
	Deadlift	100	L. Baker	USA	US12										
	Total	195	L. Baker	USA	US12										
Women 67.5 kg	M70-74					M75-79					M80+				
	Squat														
	Bench														
	Deadlift														
	Total														
Women 75 kg	M70-74					M75-79					M80+				
	Squat														
	Bench														
	Deadlift														
	Total														
Women 82.5 kg	M70-74					M75-79					M80+				
	Squat														
	Bench														
	Deadlift														
	Total														
Women 90 kg	M70-74					M75-79					M80+				
	Squat	107,5	Tenorio	USA	2001										
	Bench	42,5	Tenorio	USA	2001										
	Deadlift	120	Tenorio	USA	2001										
	Total	270	Tenorio	USA	2001										
Women 90+ kg	M70-74					M75-79					M80+				
	Squat	87,5	Tenorio	USA	2000										
	Bench	47,5	Tenorio	USA	2000										
	Deadlift	127,5	Tenorio	USA	2000										
	Total	262,5	Tenorio	USA	2000										