



# WUAP World Records - RAW Benchpress - Men and Women



**Mens**  
**56kg**  
**60kg**  
**67.5kg**  
**75kg**  
**82.5kg**  
**90kg**  
**100kg**  
**110kg**  
**125kg**  
**140kg**  
**140+kg**

|       | Open  | T16-17 | T18-19 | JUNIOR | SUB   | M40-44 | M45-49 | M50-54 | M55-59 | M60-64 | M65-69 | M70-74 | M75-79 | M80+ |
|-------|-------|--------|--------|--------|-------|--------|--------|--------|--------|--------|--------|--------|--------|------|
| 140,0 | 90,0  | 0,0    | 132,5  | 120,0  | 0,0   | 90,0   | 0,0    | 0,0    | 0,0    | 0,0    | 0,0    | 0,0    | 0,0    | 0,0  |
| 146,0 | 95,0  | 112,5  | 115,0  | 127,5  | 0,0   | 85,0   | 96,0   | 0,0    | 120,0  | 0,0    | 0,0    | 0,0    | 0,0    | 0,0  |
| 195,0 | 150,0 | 127,5  | 142,5  | 130,0  | 142,5 | 143,0  | 130,0  | 135,0  | 112,5  | 120,0  | 82,5   | 100,0  | 85,0   | 0,0  |
| 190,0 | 135,0 | 172,5  | 190,0  | 140,0  | 167,5 | 167,5  | 130,0  | 150,0  | 137,5  | 140,0  | 122,5  | 105,0  | 102,5  | 0,0  |
| 232,5 | 145,0 | 171,0  | 186,0  | 182,5  | 195,0 | 180,5  | 195,0  | 190,0  | 147,5  | 142,5  | 132,5  | 120,0  | 87,5   | 0,0  |
| 230,0 | 147,5 | 170,0  | 200,0  | 210,0  | 197,5 | 222,5  | 220,0  | 200,0  | 177,5  | 157,0  | 140,0  | 105,0  | 0,0    | 0,0  |
| 238,0 | 160,0 | 200,0  | 215,0  | 225,0  | 238,0 | 210,5  | 196,0  | 187,5  | 175,0  | 160,5  | 144,0  | 140,0  | 0,0    | 0,0  |
| 270,0 | 190,0 | 205,0  | 220,0  | 230,0  | 240,0 | 230,0  | 215,0  | 192,5  | 180,0  | 157,5  | 162,5  | 100,0  | 65,0   | 0,0  |
| 272,5 | 125,0 | 192,5  | 240,0  | 248,0  | 236,0 | 222,5  | 210,5  | 200,0  | 185,0  | 160,0  | 110,0  | 125,0  | 0,0    | 0,0  |
| 281,0 | 215,0 | 220,0  | 215,0  | 252,5  | 250,0 | 280,0  | 270,0  | 230,0  | 160,0  | 115,0  | 0,0    | 0,0    | 0,0    | 0,0  |
| 290,0 | 0,0   | 0,0    | 250,0  | 235,0  | 280,0 | 267,5  | 260,0  | 201,0  | 0,0    | 0,0    | 0,0    | 0,0    | 0,0    | 0,0  |

**Womens**

**48 kg**  
**52 kg**  
**56 kg**  
**60 kg**  
**67.5 kg**  
**75 kg**  
**82.5 kg**  
**90 kg**  
**90+ kg**

|       |      |       |      |       |       |       |       |       |       |      |      |     |     |     |
|-------|------|-------|------|-------|-------|-------|-------|-------|-------|------|------|-----|-----|-----|
| 50,5  | 0,0  | 0,0   | 0,0  | 0,0   | 45,0  | 0,0   | 50,0  | 0,0   | 0,0   | 0,0  | 0,0  | 0,0 | 0,0 | 0,0 |
| 90,0  | 62,5 | 47,5  | 40,0 | 0,0   | 82,5  | 82,5  | 0,0   | 0,0   | 55,0  | 57,5 | 0,0  | 0,0 | 0,0 | 0,0 |
| 110,0 | 60,0 | 75,0  | 60,0 | 65,0  | 0,0   | 78,0  | 35,0  | 0,0   | 0,0   | 56,0 | 0,0  | 0,0 | 0,0 | 0,0 |
| 120,0 | 67,5 | 95,0  | 72,5 | 95,0  | 80,0  | 92,5  | 65,0  | 55,0  | 37,5  | 0,0  | 0,0  | 0,0 | 0,0 | 0,0 |
| 130,5 | 65,0 | 105,0 | 85,0 | 101,0 | 130,5 | 105,0 | 82,5  | 107,5 | 105,0 | 0,0  | 50,0 | 0,0 | 0,0 | 0,0 |
| 120,0 | 60,0 | 50,0  | 95,0 | 90,0  | 100,0 | 120,0 | 115,0 | 47,5  | 0,0   | 75,0 | 0,0  | 0,0 | 0,0 | 0,0 |
| 120,0 | 55,0 | 0,0   | 77,5 | 101,0 | 95,0  | 118,0 | 117,5 | 77,5  | 120,0 | 80,0 | 0,0  | 0,0 | 0,0 | 0,0 |
| 140,0 | 60,0 | 0,0   | 90,0 | 0,0   | 0,0   | 57,5  | 110,0 | 135,5 | 127,5 | 0,0  | 0,0  | 0,0 | 0,0 | 0,0 |
| 142,5 | 45,0 | 50,0  | 42,5 | 142,5 | 87,5  | 72,5  | 65,0  | 0,0   | 0,0   | 0,0  | 0,0  | 0,0 | 0,0 | 0,0 |

# WUAP World Records - RAW Benchpress - Men and Women

| Men     | Open  |               |     |      |
|---------|-------|---------------|-----|------|
| 56 kg   | 140,0 | N. Tunkel     | Hun | WM14 |
| 60 kg   | 146,0 | P.Jesiak      | POL | EM18 |
| 67.5 kg | 195,0 | D. Skrzyński  | POL | EM15 |
| 75 kg   | 190,0 | J.Chrzanowski | Pol | EM18 |
| 82.5 kg | 232,5 | A.Miksa       | POL | EM18 |
| 90 kg   | 230,0 | A.Miksa       | POL | WM17 |
| 100 kg  | 238,0 | J.Habart      | GER | EM19 |
| 110 kg  | 270,0 | R.Zawadzki    | POL | EM18 |
| 125 kg  | 272,5 | I.Vdovychenko | UKR | WM22 |
| 140 kg  | 281,0 | L. Mészáros   | HUN | WM21 |
| 140+ kg | 290,0 | M.Rudzinski   | Pol | WM16 |

| Submaster |              |     |      |
|-----------|--------------|-----|------|
| 120,0     | J.Roberson   | USA | WM19 |
| 127,5     | J.Roberson   | USA | US17 |
| 130,0     | L. Simon     | Hun | EM16 |
| 140,0     | E. Gregorcic | Slo | WM14 |
| 182,5     | Z.Szabo      | HUN | EM22 |
| 210,0     | P. Szypula   | POL | EM15 |
| 225,0     | Ch.Scheel    | GER | WM22 |
| 230,0     | M.Moro       | BiH | WM17 |
| 248,0     | B.Kachelski  | POL | EM18 |
| 252,5     | P.Hulin      | GER | WM17 |
| 235,0     | M.Muratovic  | BIH | WM17 |

| Junior |               |     |      |
|--------|---------------|-----|------|
| 132,5  | G.Sztanó      | HUN | EM18 |
| 115,0  | B.Áder        | HUN | WM21 |
| 142,5  | B.Áder        | HUN | WM22 |
| 190,0  | J.Chrzanowski | Pol | EM18 |
| 186,0  | P.Duraj       | POL | WM17 |
| 200,0  | D.Rizmayer    | HUN | WM17 |
| 215,0  | D. Budai      | HUN | EM15 |
| 220,0  | A.Gogolinski  | POL | WM17 |
| 240,0  | K. Karosán    | Hun | EM16 |
| 215,0  | M.Viktor      | HUN | WM18 |
| 250,0  | L.Gálik       | SVK | WM21 |

| Women   | Open  |            |     |      |
|---------|-------|------------|-----|------|
| 48 kg   | 50,5  | R.Tóth     | SVK | WM22 |
| 52 kg   | 90,0  | M.Golob    | SLO | EM17 |
| 56 kg   | 110,0 | M. Halas   | POL | EM15 |
| 60 kg   | 120,0 | M.Halas    | POL | EM18 |
| 67.5 kg | 130,5 | R. Nagy    | Hun | EM16 |
| 75 kg   | 120,0 | R.Nagy     | HUN | WM21 |
| 82.5 kg | 120,0 | L.Leiblová | CZE | WM22 |
| 90 kg   | 140,0 | N.Otter    | GER | EM17 |
| 90+ kg  | 142,5 | S.Allner   | GER | WM21 |

| Submaster |               |     |      |
|-----------|---------------|-----|------|
|           |               |     |      |
| 65,0      | D.Adamkiewicz | Ger | WM16 |
| 95,0      | N.Kegeler     | GER | WM19 |
| 101,0     | A.Siebert     | GER | EM19 |
| 90,0      | T.Magulova    | SVK | WM18 |
| 101,0     | E. Manzera    | Hun | EM16 |
|           |               |     |      |
| 142,5     | S.Allner      | GER | WM22 |

| Junior |               |     |      |
|--------|---------------|-----|------|
|        |               |     |      |
| 40,0   | V. Kanta      | Hun | EM16 |
| 60,0   | Kir.Kurowski  | USA | US17 |
| 72,5   | L. Foss (pl)  | USA | AC14 |
| 85,0   | K.Fecova      | SVK | WM19 |
| 95,0   | M.Zawadzka    | POL | EM18 |
| 77,5   | M. Lachmann   | HUN | EM15 |
| 90,0   | J.Maluck      | GER | WM22 |
| 42,5   | K.Tomšovičová | CZE | WM21 |

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Men  
56 kg  
60 kg  
67.5 kg  
75 kg  
82.5 kg  
90 kg  
100 kg  
110 kg  
125 kg  
140 kg  
140+ kg

| T16-17 |                |     |      |
|--------|----------------|-----|------|
| 90,0   | T.Huschenbett  | GER | WM17 |
| 95,0   | V.Sereda       | UKR | WM18 |
| 150,0  | L.Kozak        | HUN | WM17 |
| 135,0  | I.Gyuricska    | HUN | WM17 |
| 145,0  | M. Adamove     | Svk | WM14 |
| 147,5  | J. Semlow (PL) | USA | WM15 |
| 160,0  | N.Biermordt    | GER | WM17 |
| 190,0  | A.Maryška      | CZE | WM19 |
| 125,0  | A.Verboi       | HUN | EM17 |
| 215,0  | L.Gálik        | SVK | WM18 |
|        |                |     |      |

| T18-19 |                    |     |      |
|--------|--------------------|-----|------|
|        |                    |     |      |
| 112,5  | P.Vójcyk           | POL | EM18 |
| 127,5  | V.Kosiuk           | UKR | WM18 |
| 172,5  | J.Chrzanowski      | POL | EM17 |
| 171,0  | A.Perki            | HUN | WM17 |
| 170,0  | O. Fazekas (PL)    | HUN | EM15 |
| 200,0  | O. Fazekas         | Hun | EM16 |
| 205,0  | N.Biermordt        | GER | WM19 |
| 192,5  | B.Bihi             | HUN | Wm18 |
| 220,0  | E. Karacsondi (PL) | Hun | WM14 |
|        |                    |     |      |

Women  
48 kg  
52 kg  
56 kg  
60 kg  
67.5 kg  
75 kg  
82.5 kg  
90 kg  
90+ kg

| T16-17 |                |     |      |
|--------|----------------|-----|------|
|        |                |     |      |
| 62,5   | S. Bartha      | Hun | WM16 |
| 60,0   | V.Kurnat       | UKR | US17 |
| 67,5   | S.Zachariás    | HUN | EM22 |
| 65,0   | V. Balla       | Hun | EM16 |
| 60,0   | J.Mis          | POL | EM18 |
| 55,0   | V.Bodó         | HUN | EM22 |
| 60,0   | V. Spodniakova | Svk | WM14 |
| 45,0   | D.Balážová     | SVK | WM21 |

| T18-19 |              |     |      |
|--------|--------------|-----|------|
|        |              |     |      |
| 47,5   | K.Kurowski   | USA | WM16 |
| 75,0   | V.Kurnat     | UKR | WM19 |
| 95,0   | B. Biro      | Hun | EM16 |
| 105,0  | O.Becz       | HUN | WM21 |
| 50,0   | L.Chorvátová | SVK | WM18 |
|        |              |     |      |
|        |              |     |      |
| 50,0   | D.Balážová   | SVK | EM22 |

# WUAP World Records - RAW Benchpress - Men and Women

| Men     | M40-44 |              |      |       |
|---------|--------|--------------|------|-------|
| 56 kg   |        |              |      |       |
| 60 kg   |        |              |      |       |
| 67.5 kg | 142,5  | I.Répási     | HUN  | WM21  |
| 75 kg   | 167,5  | N.Hajas      | HUN  | WM16  |
| 82.5 kg | 195,0  | D.Dumitrache | THAI | WM16  |
| 90 kg   | 197,5  | J.Kišš       | SVK  | EM22  |
| 100 kg  | 238,0  | J.Habart     | GER  | EM19  |
| 110 kg  | 240,0  | V.Kuzel      | CZE  | WM18  |
| 125 kg  | 236,0  | Ch.Raidl     | AUT  | EM22  |
| 140 kg  | 250,0  | I.Muhić      | BIH  | WM18  |
| 140+ kg | 280,0  | D.Morjal     | USA  | USN19 |

| M45-49 |                |     |      |
|--------|----------------|-----|------|
| 90,0   | R. Wick        | Ger | WM14 |
| 85,0   | R. Wick        | Ger | WM15 |
| 143,0  | I.Répás        | HUN | EM22 |
| 168,0  | N.Hajos        | Hun | WM17 |
| 180,5  | B.Kropidlowski | POL | WM17 |
| 222,5  | L. Kupcsik     | Hun | EM16 |
| 210,5  | H.Yazichyan    | Pol | WM18 |
| 230,0  | J.Habart       | CZE | WM22 |
| 222,5  | Z.Strzelecki   | POL | EM22 |
| 280,0  | L. Mészáros    | HUN | EM15 |
| 267,5  | L.Dickinson    | USA | US18 |

| M50-54 |                    |     |      |
|--------|--------------------|-----|------|
| 96,0   | M.Jaedtke-Schulze  | GER | EM19 |
| 130,0  | W. Rampler         | AUT | WM15 |
| 130,0  | J.Peska            | CZE | WM17 |
| 195,0  | L.Kupcsik          | HUN | WM21 |
| 220,0  | L.Kupcsik          | HUN | WM17 |
| 196,0  | O.Procházka        | CZE | WM22 |
| 215,0  | K.Bożyczko-Jałocha | POL | EM18 |
| 210,5  | Z.Tóth             | HUN | EM22 |
| 270,0  | L.Mészáros         | HUN | EM22 |
| 260,0  | L.Dickinson        | USA | WM19 |

| Women   | M40-44 |            |     |      |
|---------|--------|------------|-----|------|
| 48 kg   | 45,0   | Á.Papp     | HUN | WM21 |
| 52 kg   | 82,5   | D.Schopf   | HUN | WM18 |
| 56 kg   |        |            |     |      |
| 60 kg   | 80,0   | K.Stasova  | SVK | WM18 |
| 67.5 kg | 130,5  | R. Nagy    | Hun | EM16 |
| 75 kg   | 100,0  | T.Magulová | SVK | WM21 |
| 82.5 kg | 95,0   | I. Dvorská | CZE | EM15 |
| 90 kg   |        |            |     |      |
| 90+ kg  | 87,5   | D.Jackson  | USA | US17 |

| M45-49 |                   |     |      |
|--------|-------------------|-----|------|
|        |                   |     |      |
|        |                   |     |      |
| 78,0   | A.Nagy            | HUN | WM22 |
| 92,5   | P.Anasienicz      | POL | WM17 |
| 105,0  | K.Schindlerné Kis | HUN | WM18 |
| 120,0  | R.Nagy            | HUN | WM21 |
| 118,0  | M.Bazsó           | HUN | WM22 |
| 57,5   | A.K. Miegel       | Ger | WM14 |
| 72,5   | S. Hoeffler       | USA | US15 |

| M50-54 |                    |     |      |
|--------|--------------------|-----|------|
| 50,0   | Z. Horváth         | Hun | EM16 |
|        |                    |     |      |
| 35,0   | E.Szombatova       | SVK | WM16 |
| 65,0   | B. Korkis          | Pol | WM16 |
| 82,5   | J. Burgland (PL)   | USA | US15 |
| 115,0  | K.Schindlerné Kiss | HUN | WM21 |
| 117,5  | K.Ribb             | GER | WM21 |
| 110,0  | L. Leiblová        | CZE | EM15 |
| 65,0   | K.Puzio            | POL | WM17 |

# WUAP World Records - RAW Benchpress - Men and Women

| Men     | M55-59 |              |     |      |
|---------|--------|--------------|-----|------|
| 56 kg   |        |              |     |      |
| 60 kg   |        |              |     |      |
| 67.5 kg | 135,0  | I. Toth      | Hun | WM14 |
| 75 kg   | 150,0  | T.Jauhojarvi | SWE | WM21 |
| 82.5 kg | 190,0  | L.Kupcsik    | HUN | EM22 |
| 90 kg   | 200,0  | L.Kupcsik    | HUN | WM22 |
| 100 kg  | 187,5  | N.Murray     | USA | WM19 |
| 110 kg  | 192,5  | J.MacBean    | USA | WM19 |
| 125 kg  | 200,0  | G.Hold       | AUT | WM22 |
| 140 kg  | 230,0  | T.Moon       | USA | WM19 |
| 140+ kg | 201,0  | C.Molnár     | HUN | WM21 |

| M60-64 |       |             |     |      |
|--------|-------|-------------|-----|------|
|        |       |             |     |      |
|        | 120,0 | I.Tóth      | HUN | WM18 |
|        | 112,5 | A. Kaliński | POL | EM15 |
|        | 137,5 | H.Kaule     | Ger | WM16 |
|        | 147,5 | W. Seiler   | Ger | WC14 |
|        | 177,5 | R.Krayzel   | CZE | WM18 |
|        | 175,0 | G.Gapinski  | POL | EM18 |
|        | 180,0 | K.Klopocki  | POL | WM22 |
|        | 185,0 | J.MacBean   | USA | US21 |
|        | 160,0 | T.Drake     | USA | WM19 |
|        |       |             |     |      |

| M65-69 |       |             |     |      |
|--------|-------|-------------|-----|------|
|        |       |             |     |      |
|        | 120,0 | J. Dziergwa | Ger | WM14 |
|        | 140,0 | G.Goda      | HUN | EM22 |
|        | 142,5 | M.Fugiel    | POL | WM22 |
|        | 157,0 | I. Paljuk   | UKR | EM17 |
|        | 160,5 | K.Schoula   | GER | WM22 |
|        | 157,5 | U.Vetter    | GER | WM17 |
|        | 160,0 | J.Hakl      | CZE | WM17 |
|        | 115,0 | R.Rozanski  | POL | EM18 |
|        |       |             |     |      |

| Women   | M55-59 |             |     |      |
|---------|--------|-------------|-----|------|
| 48 kg   |        |             |     |      |
| 52 kg   |        |             |     |      |
| 56 kg   |        |             |     |      |
| 60 kg   | 55,0   | J.Kuckelman | USA | US17 |
| 67.5 kg | 107,5  | L. Zankl    | Ger | WM14 |
| 75 kg   | 47,5   | O.Yelinek   | UKR | WM21 |
| 82.5 kg | 77,5   | K.Behrends  | GER | WM19 |
| 90 kg   | 135,5  | L. Leiblova | Cze | EM19 |
| 90+ kg  |        |             |     |      |

| M60-64 |       |                 |     |      |
|--------|-------|-----------------|-----|------|
|        |       |                 |     |      |
|        | 55,0  | I.Kaule         | Ger | WM16 |
|        |       |                 |     |      |
|        | 37,5  | K. Baranovicova | SVK | EM17 |
|        | 105,0 | F. Kosztin      | Hun | EM16 |
|        |       |                 |     |      |
|        | 120,0 | L.Leiblová      | CZE | WM22 |
|        | 127,5 | L.Leiblová      | CZE | WM21 |
|        |       |                 |     |      |

| M65-69 |      |               |     |      |
|--------|------|---------------|-----|------|
|        |      |               |     |      |
|        | 57,5 | I.Kalle       | GER | WM18 |
|        | 56,0 | S. Sack       | Ger | WM16 |
|        |      |               |     |      |
|        | 75,0 | U. Eulenstein | Ger | WM14 |
|        | 80,0 | U. Eulenstein | Ger | WM16 |
|        |      |               |     |      |
|        |      |               |     |      |

# WUAP World Records - RAW Benchpress - Men and Women

|         |        |              |     |      |
|---------|--------|--------------|-----|------|
| Men     | M70-74 |              |     |      |
| 56 kg   |        |              |     |      |
| 60 kg   |        |              |     |      |
| 67.5 kg | 82,5   | A.Vigh       | GER | WM17 |
| 75 kg   | 122,5  | R.Sack       | GER | EM17 |
| 82.5 kg | 132,5  | E. Angstrom  | USA | AC14 |
| 90 kg   | 140,0  | A. Stolz     | Aut | WM14 |
| 100 kg  | 144,0  | G.Kerégyártó | HUN | WM21 |
| 110 kg  | 162,5  | H.Reimann    | GER | WM22 |
| 125 kg  | 110,0  | H. Kuhlmeiy  | GER | EM15 |
| 140 kg  |        |              |     |      |
| 140+ kg |        |              |     |      |

|        |       |              |     |      |
|--------|-------|--------------|-----|------|
| M75-79 |       |              |     |      |
|        |       |              |     |      |
|        |       |              |     |      |
|        | 100,0 | H.Klein      | Ger | WM16 |
|        | 105,0 | G. Lindas    | USA | AC14 |
|        | 120,0 | L.Kollár     | SVK | WM18 |
|        | 105,0 | J.I.Elo      | Hun | WM21 |
|        | 140,0 | A.Olomek     | GER | EM22 |
|        | 100,0 | H.Schildbach | GER | EM22 |
|        | 125,0 | H.Kuklmey    | GER | WM18 |
|        |       |              |     |      |
|        |       |              |     |      |

|      |       |            |     |      |
|------|-------|------------|-----|------|
| M80+ |       |            |     |      |
|      |       |            |     |      |
|      |       |            |     |      |
|      | 85,0  | E.Trichlin | AUT | EM19 |
|      | 102,5 | G.Lindas   | USA | US17 |
|      | 87,5  | J.Baranyai | HUN | WM21 |
|      |       |            |     |      |
|      |       |            |     |      |
|      | 65,0  | H.Kuhlmeiy | GER | WM22 |
|      |       |            |     |      |
|      |       |            |     |      |

|         |        |          |     |      |
|---------|--------|----------|-----|------|
| Women   | M70-74 |          |     |      |
| 48 kg   |        |          |     |      |
| 52 kg   |        |          |     |      |
| 56 kg   |        |          |     |      |
| 60 kg   |        |          |     |      |
| 67.5 kg | 50,0   | E.Ujvári | HUN | WM21 |
| 75 kg   |        |          |     |      |
| 82.5 kg |        |          |     |      |
| 90 kg   |        |          |     |      |
| 90+ kg  |        |          |     |      |

|        |  |  |  |
|--------|--|--|--|
| M75-79 |  |  |  |
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|------|--|--|--|
| M80+ |  |  |  |
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