



WUAP World Records - RAW Powerlifting - Women



Women	Open	T16-17	T18-19	JUNIOR	SUB	M40-44	M45-49	M50-54	M55-59	M60-64	M65-69	M70-74	M75-79	M80+
48 kg	Squat	115,0	42,5	0,0	75,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	67,5	30,0	0,0	35,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	118,0	72,5	0,0	100,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	300,5	142,5	0,0	210,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
52 kg	Squat	160,0	120,0	117,5	110,0	70,0	72,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	92,5	56,0	57,5	65,0	47,5	45,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	160,0	110,0	122,5	117,5	110,0	117,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	412,5	275,0	297,5	282,5	227,5	232,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0
56 kg	Squat	161,0	100,0	82,5	150,0	105,0	122,5	110,0	117,5	70,0	0,0	0,0	0,0	0,0
	Benchpress	97,5	60,0	52,5	66,0	52,5	67,5	60,0	52,5	35,0	0,0	0,0	0,0	0,0
	Deadlift	170,0	125,0	102,5	145,0	118,0	150,0	140,0	132,5	85,0	0,0	0,0	0,0	0,0
	Total	428,5	285,0	225,0	345,0	257,5	332,5	310,0	300,0	190,0	0,0	0,0	0,0	0,0
60 kg	Squat	135,0	105,0	105,0	125,5	130,0	125,0	127,0	102,5	75,0	70,5	70,0	0,0	0,0
	Benchpress	100,0	60,0	47,5	72,5	70,0	67,5	75,0	50,0	55,0	37,5	35,5	0,0	0,0
	Deadlift	180,0	110,0	110,0	160,0	180,0	140,0	157,5	120,0	115,0	102,5	105,5	0,0	0,0
	Total	390,0	275,0	262,5	375,0	380,0	332,5	360,0	265,0	235,0	210,5	210,0	0,0	0,0
67.5 kg	Squat	220,0	110,5	155,0	165,0	180,0	152,5	147,5	137,5	0,0	0,0	0,0	0,0	0,0
	Benchpress	100,0	67,5	85,0	81,0	92,5	95,0	95,5	82,5	0,0	0,0	0,0	0,0	0,0
	Deadlift	212,5	122,5	170,0	157,5	185,0	190,0	160,5	152,5	0,0	0,0	0,0	0,0	0,0
	Total	532,5	283,0	410,0	402,5	457,5	433,5	400,0	365,0	0,0	0,0	0,0	0,0	0,0
75 kg	Squat	200,0	140,0	165,0	180,0	145,0	200,0	182,5	0,0	92,5	0,0	65,0	0,0	0,0
	Benchpress	110,0	60,0	95,0	87,5	82,5	110,0	110,0	0,0	47,5	0,0	50,0	0,0	0,0
	Deadlift	210,0	140,0	180,0	160,0	157,5	200,0	202,5	0,0	137,5	0,0	80,0	0,0	0,0
	Total	500,0	335,0	440,0	427,5	380,0	500,0	487,5	0,0	257,5	0,0	195,0	0,0	0,0
82.5 kg	Squat	220,0	92,5	145,0	180,0	110,0	182,5	185,0	105,0	0,0	105,0	0,0	0,0	0,0
	Benchpress	147,5	47,5	70,0	77,5	110,0	92,5	101,0	115,0	0,0	55,0	0,0	0,0	0,0
	Deadlift	245,0	100,0	140,0	180,0	175,0	180,0	170,0	160,0	0,0	150,0	0,0	0,0	0,0
	Total	612,5	240,0	355,0	437,5	387,5	437,5	442,5	380,0	0,0	310,0	0,0	0,0	0,0
90 kg	Squat	222,5	0,0	0,0	147,5	0,0	0,0	0,0	155,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	140,0	0,0	0,0	75,0	0,0	0,0	0,0	105,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	245,0	0,0	0,0	147,5	0,0	0,0	0,0	175,0	0,0	0,0	0,0	0,0	0,0
	Total	607,5	0,0	0,0	370,0	0,0	0,0	0,0	435,0	0,0	0,0	0,0	0,0	0,0
90+ kg	Squat	215,0	0,0	0,0	0,0	130,0	122,5	0,0	167,5	0,0	0,0	0,0	0,0	0,0
	Benchpress	100,0	0,0	0,0	0,0	65,0	87,5	0,0	100,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	220,0	0,0	0,0	0,0	170,0	155,0	0,0	200,0	0,0	0,0	0,0	0,0	0,0
	Total	530,0	0,0	0,0	0,0	365,0	355,0	0,0	467,5	0,0	0,0	0,0	0,0	0,0

WUAP World Records - RAW Powerlifting - Women

Women 48 kg	Open					Submaster					Junior					
	Squat	115,0	M.Urbanowicz	POL	EM19								75,0	R.Toplenszki	HUN	WM21
	Bench	67,5	M.Urbanowicz	POL	EM19								35,0	R.Toplenszki	HUN	WM21
	Deadlift	118,0	M.Urbanowicz	POL	EM19								100,0	R.Toplenszki	HUN	WM21
	Total	300,5	M.Urbanowicz	POL	EM19								210,0	R.Toplenszki	HUN	WM21
Women 52 kg	Open					Submaster					Junior					
	Squat	160,0	M.Golob	SLO	WM17		70,0	S.Schmidt	GER	WM22		110,0	B.Roksolana	UKR	EM19	
	Bench	92,5	M.Golob	SLO	WM17		47,5	S.Schmidt	GER	WM22		65,0	M.Siwiek	GER	EM19	
	Deadlift	160,0	M.Golob	SLO	EM17		110,0	S.Schmidt	GER	WM22		117,5	B.Roksolana	UKR	EM19	
	Total	412,5	M.Golob	SLO	WM17		227,5	S.Schmidt	GER	WM22		282,5	B.Roksolana	UKR	EM19	
Women 56 kg	Open					Submaster					Junior					
	Squat	161,0	M. Golob	Slo	EM19		105,0	G.Kyselová	SVK	WM21		150,0	B.Kováčiková	SVK	WM18	
	Bench	97,5	M. Golob	Slo	EM19		52,5	K. Tresenriter	USA	US15		66,0	V.Kurnat	UKR	US21	
	Deadlift	170,0	M. Golob	Slo	EM19		118,0	G.Kyselová	SVK	WM21		145,0	B.Kováčiková	SVK	WM18	
	Total	428,5	M. Golob	Slo	EM19		257,5	G.Kyselová	SVK	WM21		345,0	B.Kováčiková	SVK	WM18	
Women 60 kg	Open					Submaster					Junior					
	Squat	135,0	L. Gvozdeva	Rus	WM14		130,0	C.Garhammer	SUI	EM17		125,5	F.Susa	HUN	WM17	
	Bench	100,0	L. Gvozdeva	Rus	WM14		70,0	C.Garhammer	SUI	EM17		72,5	L. Foss	USA	AC14	
	Deadlift	180,0	C.Garhammer	SUI	EM17		180,0	C.Garhammer	SUI	EM17		160,0	A.Savič	SRB	WM18	
	Total	390,0	L. Gvozdeva	Rus	WM14		380,0	C.Garhammer	SUI	EM17		375,0	A.Savič	SRB	WM18	
Women 67.5 kg	Open					Submaster					Junior					
	Squat	220,0	D.Herber	GER	EM19		180,0	E. Simova	SVK	EM15		165,0	D.Kmeťová	SVK	WM18	
	Bench	100,0	D.Herber	GER	EM19		92,5	E. Simova	SVK	EM15		81,0	H.Kovács	HUN	WM21	
	Deadlift	212,5	D.Herber	GER	EM19		185,0	E. Simova	SVK	EM15		157,5	D.Kmeťová	SVK	WM18	
	Total	532,5	D.Herber	GER	EM19		457,5	E. Simova	SVK	EM15		402,5	D.Kmeťová	SVK	WM18	
Women 75 kg	Open					Submaster					Junior					
	Squat	200,0	E.Šimová	SVK	WM18		145,0	A.Hajdú	HUN	WM21		180,0	T.Brodetska	UKR	EM18	
	Bench	110,0	E.Šimová	SVK	WM21		82,5	E.Daniels	USA	WM19		87,5	T.Brodetska	UKR	EM18	
	Deadlift	210,0	P.Kockova	CZE	EM19		157,5	A.Hajdú	HUN	WM21		160,0	T.Brodetska	UKR	EM18	
	Total	500,0	E.Šimová	SVK	WM21		380,0	A.Hajdú	HUN	WM21		427,5	T.Brodetska	UKR	EM18	
Women 82.5 kg	Open					Submaster					Junior					
	Squat	220,0	N.Otter	GER	WM17		110,0	S.Perry	USA	WM19		180,0	M. Lachmann	HUN	EM15	
	Bench	147,5	N.Otter	GER	WM17		110,0	S.Perry	USA	WM19		77,5	M. Lachmann	HUN	EM15	
	Deadlift	245,0	N.Otter	GER	WM17		175,0	S.Perry	USA	WM19		180,0	M. Lachmann	HUN	EM15	
	Total	612,5	N.Otter	GER	WM17		387,5	S.Perry	USA	WM19		437,5	M. Lachmann	HUN	EM15	
Women 90 kg	Open					Submaster					Junior					
	Squat	222,5	N.Otter	GER	EM17							147,5	S.Kupitz	USA	US21	
	Bench	140,0	N.Otter	GER	EM17							75,0	S.Kupitz	USA	US21	
	Deadlift	245,0	N.Otter	GER	EM17							147,5	S.Kupitz	USA	US21	
	Total	607,5	N.Otter	GER	EM17							370,0	S.Kupitz	USA	US21	
Women 90+ kg	Open					Submaster					Junior					
	Squat	215,0	K.Koszela	POL	EM18		130,0	T.Robinson	USA	WM18						
	Bench	100,0	L.Ritchie	USA	WM19		65,0	T.Robinson	USA	WM18						
	Deadlift	220,0	K.Koszela	POL	EM18		170,0	T.Robinson	USA	WM18						
	Total	530,0	K.Koszela	POL	EM18		365,0	T.Robinson	USA	WM18						

WUAP World Records - RAW Powerlifting - Women

Women 48 kg

T16-17			
Squat	42,5	B.Than	USA US21
Bench	30,0	B.Than	USA US21
Deadlift	72,5	B.Than	USA US21
Total	142,5	B.Than	USA US21

T18-19

Women 52 kg

T16-17			
Squat	120,0	V.Ľapková	SVK WM21
Bench	56,0	J.Krastenicsova	CZE WM17
Deadlift	110,0	V.Ľapková	SVK WM21
Total	275,0	V.Ľapková	SVK WM21

T18-19

117,5	T.Patelczyk	POL	EM18
57,5	T.Patelczyk	POL	EM18
122,5	T.Patelczyk	POL	EM18
297,5	T.Patelczyk	POL	EM18

Women 56 kg

T16-17			
Squat	100,0	V.Kurnat	UKR US17
Bench	60,0	V.Kurnat	UKR US17
Deadlift	125,0	V.Kurnat	UKR US17
Total	285,0	V.Kurnat	UKR US17

T18-19

82,5	K. Kurowski	USA	US16
52,5	K. Kurowski	USA	WM16
102,5	K. Kurowski	USA	US16
225,0	K. Kurowski	USA	US16

Women 60 kg

T16-17			
Squat	105,0	R. Bohus	HUN EM16
Bench	60,0	R. Bohus	HUN EM16
Deadlift	110,0	R. Bohus	HUN EM16
Total	275,0	R. Bohus	HUN EM16

T18-19

105,0	A Szilagyi	HUN	EM16
47,5	A Szilagyi	HUN	EM16
110,0	A Szilagyi	HUN	EM16
262,5	A Szilagyi	HUN	EM16

Women 67.5 kg

T16-17			
Squat	110,5	M.Valková	SVK WM18
Bench	67,5	M.Pepich	USA US21
Deadlift	122,5	E.Nehezova	SVK EM19
Total	283,0	L.Napora	POL EM18

T18-19

155,0	M.Zemanova	CZE	EM19
85,0	M.Zemanova	CZE	EM19
170,0	M.Zemanova	CZE	EM19
410,0	M.Zemanova	CZE	EM19

Women 75 kg

T16-17			
Squat	140,0	R.Hrbčėková	SVK WM21
Bench	60,0	R.Hrbčėková	SVK WM21
Deadlift	140,0	K.Kastelic	SVN WM18
Total	335,0	R.Hrbčėková	SVK WM21

T18-19

165,0	P.Rakučėková	SVK	EM22
95,0	P.Rakučėková	SVK	EM22
180,0	P.Rakučėková	SVK	EM22
440,0	P.Rakučėková	SVK	EM22

Women 82.5 kg

T16-17			
Squat	92,5	A.Hughes	USA US21
Bench	47,5	A.Hughes	USA US21
Deadlift	100,0	A.Hughes	USA US21
Total	240,0	A.Hughes	USA US21

T18-19

145,0	T.Krajcová	SVK	WM18
70,0	T.Krajcová	SVK	WM18
140,0	T.Krajcová	SVK	WM18
355,0	T.Krajcová	SVK	WM18

Women 90 kg

T16-17			

T18-19

Women 90+ kg

T16-17			

T18-19

WUAP World Records - RAW Powerlifting - Women

Women 48 kg	M40-44																				
	Squat																				
	Bench																				
	Deadlift																				
	Total																				
Women 52 kg	M40-44	72,5	H.Sargsyan	ARM	EM22																
	Squat	45,0	Á.Papp	HUN	WM21																
	Bench	117,5	Á.Papp	HUN	WM21																
	Deadlift	232,5	Á.Papp	HUN	WM21																
	Total																				
Women 56 kg	M40-44	122,5	M.Swirska	POL	EM19																
	Squat	67,5	M.Swirska	POL	WM18																
	Bench	150,0	M.Swirska	POL	WM18																
	Deadlift	332,5	M.Swirska	POL	WM18																
	Total																				
Women 60 kg	M40-44	125,0	T.Timan	USA	USN19																
	Squat	67,5	T.Timan	USA	USN19																
	Bench	140,0	T.Timan	USA	USN19																
	Deadlift	332,5	T.Timan	USA	USN19																
	Total																				
Women 67.5 kg	M40-44	152,5	M. Baszo	Hun	WM17																
	Squat	95,0	M. Baszo	Hun	WM17																
	Bench	190,0	M. Baszo	Hun	WM17																
	Deadlift	433,5	M. Baszo	Hun	WM17																
	Total																				
Women 75 kg	M40-44	200,0	E.Šimová	SVK	WM18																
	Squat	110,0	E.Šimová	SVK	WM21																
	Bench	200,0	E.Šimová	SVK	WM21																
	Deadlift	500,0	E.Šimová	SVK	WM21																
	Total																				
Women 82.5 kg	M40-44	182,5	T.Hayes	USA	WM19																
	Squat	92,5	T.Hayes	USA	WM19																
	Bench	180,0	T.Hayes	USA	WM19																
	Deadlift	437,5	T.Hayes	USA	WM19																
	Total																				
Women 90 kg	M40-44																				
	Squat																				
	Bench																				
	Deadlift																				
	Total																				
Women 90+ kg	M40-44	122,5	D.Jackson	USA	US17																
	Squat	87,5	D.Jackson	USA	US17																
	Bench	155,0	T.Robinson	USA	WM19																
	Deadlift	355,0	D.Jackson	USA	US17																
	Total																				

WUAP World Records - RAW Powerlifting - Women

Women 48 kg	M55-59				M60-64				M65-69						
	Squat														
	Bench														
	Deadlift														
	Total														
Women 52 kg	M55-59				M60-64				M65-69						
	Squat														
	Bench														
	Deadlift														
	Total														
Women 56 kg	M55-59	70,0	N.Szombatova	SVK	EM19	M60-64				M65-69					
	Squat														
	Bench	35,0	N.Szombatova	SVK	EM19										
	Deadlift	85,0	N.Szombatova	SVK	EM19										
	Total	190,0	N.Szombatova	SVK	EM19										
Women 60 kg	M55-59	75,0	E.Szombatová	SVK	WM18	M60-64	70,5	K. Baranovicova	SVK	EM17	M65-69	70,0	K. Baranovicova	SVK	WM18
	Squat														
	Bench	55,0	J.Kuckelman	USA	US17		37,5	K. Baranovicova	SVK	EM17		35,5	K. Baranovicova	SVK	EM19
	Deadlift	115,0	J.Kuckelman	USA	US17		102,5	K. Baranovicova	SVK	EM17		105,5	K. Baranovicova	SVK	EM19
	Total	235,0	J.Kuckelman	USA	US17		210,5	K. Baranovicova	SVK	EM17		210,0	K. Baranovicova	SVK	WM18
Women 67.5 kg	M55-59				M60-64				M65-69						
	Squat														
	Bench														
	Deadlift														
	Total														
Women 75 kg	M55-59	92,5	L.J.Green	USA	US18	M60-64				M65-69	65,0	E. Ujvari	Hun	EM16	
	Squat														
	Bench	47,5	L.J.Green	USA	US18					50,0	E. Ujvari	Hun	EM16		
	Deadlift	137,5	L.J.Green	USA	US18					80,0	E. Ujvari	Hun	EM16		
	Total	257,5	L.J.Green	USA	US18					195,0	E. Ujvari	Hun	EM16		
Women 82.5 kg	M55-59				M60-64	105,0	K. Rohrmann	HUN	EM16	M65-69					
	Squat														
	Bench					55,0	K. Rohrmann	HUN	EM16						
	Deadlift					150,0	K. Rohrmann	HUN	EM16						
	Total					310,0	K. Rohrmann	HUN	EM16						
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 - RAW Powerlifting - Women

Women 48 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+																			
M70-74																																																															
M75-79																																																															
M80+																																																															
Squat																																																															
Bench																																																															
Deadlift																																																															
Total																																																															
Women 52 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+																			
M70-74																																																															
M75-79																																																															
M80+																																																															
Squat																																																															
Bench																																																															
Deadlift																																																															
Total																																																															
Women 56 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+																			
M70-74																																																															
M75-79																																																															
M80+																																																															
Squat																																																															
Bench																																																															
Deadlift																																																															
Total																																																															
Women 60 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+																			
M70-74																																																															
M75-79																																																															
M80+																																																															
Squat																																																															
Bench																																																															
Deadlift																																																															
Total																																																															
Women 67.5 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+																			
M70-74																																																															
M75-79																																																															
M80+																																																															
Squat																																																															
Bench																																																															
Deadlift																																																															
Total																																																															
Women 75 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+																			
M70-74																																																															
M75-79																																																															
M80+																																																															
Squat																																																															
Bench																																																															
Deadlift																																																															
Total																																																															
Women 82.5 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+																			
M70-74																																																															
M75-79																																																															
M80+																																																															
Squat																																																															
Bench																																																															
Deadlift																																																															
Total																																																															
Women 90 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+																			
M70-74																																																															
M75-79																																																															
M80+																																																															
Squat																																																															
Bench																																																															
Deadlift																																																															
Total																																																															
Women 90+ 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+																			
M70-74																																																															
M75-79																																																															
M80+																																																															
Squat																																																															
Bench																																																															
Deadlift																																																															
Total																																																															