



WUAP European Records - Powerlifting - 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	55,0	55,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	32,5	32,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	75,5	75,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	155,0	155,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
48 kg	Squat	100,0	0,0	0,0	0,0	0,0	100,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	60,0	0,0	0,0	0,0	0,0	50,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	117,5	0,0	0,0	0,0	0,0	100,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	260,0	0,0	0,0	0,0	0,0	245,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
52 kg	Squat	140,0	0,0	0,0	120,0	0,0	130,5	140,0	110,5	120,0	100,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	76,0	0,0	0,0	65,0	0,0	60,0	72,5	55,0	55,0	52,5	0,0	0,0	0,0	0,0	0,0
	Deadlift	150,0	0,0	0,0	120,0	0,0	141,0	150,0	110,5	113,0	107,5	0,0	0,0	0,0	0,0	0,0
	Total	360,0	0,0	0,0	305,0	0,0	331,5	360,0	276,0	272,5	260,0	0,0	0,0	0,0	0,0	0,0
56 kg	Squat	177,5	0,0	70,0	150,0	120,0	177,5	65,0	110,0	113,0	103,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	105,0	0,0	35,0	78,0	85,0	75,0	35,0	55,0	80,0	55,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	165,0	0,0	80,0	140,0	130,0	165,0	85,0	105,0	120,0	110,0	0,0	0,0	0,0	0,0	0,0
	Total	417,5	0,0	180,0	358,0	325,0	417,5	185,0	270,0	311,0	267,5	0,0	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	0,0	0,0	117,5	127,5	0,0	0,0	0,0	0,0
	Benchpress	107,5	0,0	75,0	51,0	100,0	85,0	75,0	0,0	0,0	82,5	87,5	0,0	0,0	0,0	0,0
	Deadlift	175,0	0,0	120,0	101,0	135,0	175,0	135,0	0,0	0,0	127,0	140,0	0,0	0,0	0,0	0,0
	Total	455,0	0,0	310,0	243,5	385,0	455,0	315,0	0,0	0,0	322,5	355,0	0,0	0,0	0,0	0,0
67.5 kg	Squat	230,0	0,0	100,0	230,0	200,0	140,0	140,0	100,0	102,5	140,0	137,5	0,0	0,0	0,0	0,0
	Benchpress	122,0	0,0	60,0	105,0	117,5	92,5	75,0	70,0	105,0	85,0	92,5	0,0	0,0	0,0	0,0
	Deadlift	210,0	0,0	105,0	210,0	180,0	150,0	142,5	115,0	140,0	130,0	145,0	0,0	0,0	0,0	0,0
	Total	545,0	0,0	265,0	545,0	497,5	377,5	350,0	280,0	335,0	365,0	375,0	0,0	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	0,0
	Benchpress	137,5	0,0	80,0	120,0	67,5	127,5	137,5	72,5	87,5	92,5	0,0	0,0	0,0	0,0	0,0
	Deadlift	205,5	0,0	150,0	200,0	142,5	187,5	171,0	133,0	140,0	150,0	0,0	0,0	0,0	0,0	0,0
	Total	545,0	0,0	370,0	545,0	365,0	495,5	497,5	368,0	333,0	356,0	0,0	0,0	0,0	0,0	0,0
82.5 kg	Squat	225,0	0,0	0,0	0,0	205,0	180,0	180,0	160,0	145,0	115,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	145,0	0,0	0,0	0,0	81,0	110,0	107,5	90,0	87,5	87,5	0,0	0,0	0,0	0,0	0,0
	Deadlift	190,5	0,0	0,0	0,0	165,0	187,5	171,5	145,0	135,0	150,0	0,0	0,0	0,0	0,0	0,0
	Total	560,0	0,0	0,0	0,0	451,0	477,5	439,0	386,0	367,7	352,5	0,0	0,0	0,0	0,0	0,0
90 kg	Squat	210,0	0,0	0,0	0,0	0,0	155,0	210,0	120,0	90,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	110,0	0,0	0,0	0,0	0,0	80,0	110,0	95,0	80,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	173,0	0,0	0,0	0,0	0,0	150,0	173,0	165,0	110,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	460,0	0,0	0,0	0,0	0,0	385,0	460,0	380,0	275,0	0,0	0,0	0,0	0,0	0,0	0,0
90+ kg	Squat	210,0	0,0	0,0	0,0	0,0	155,0	210,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	110,0	0,0	0,0	0,0	0,0	80,0	110,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	173,0	0,0	0,0	0,0	0,0	150,0	173,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	460,0	0,0	0,0	0,0	0,0	385,0	460,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0

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Women 44 kg*	Open					Submaster					Junior						
	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	E06												
Women 48 kg	Open					Submaster					Junior						
	Squat	100,0	S. Königshofer	Aut	A08		100,0	S. Königshofer	Aut	A08							
	Bench	60,0	L. Watson	UK	W04		50,0	S. Königshofer	Aut	W08							
	Deadlift	117,5	H. Nachtigalová	Aut	E10		100,0	S. Königshofer	Aut	WC07							
	Total	260,0	H. Nachtigalová	Aut	E10		245,0	S. Königshofer	Aut	A08							
Women 52 kg	Open					Submaster					Junior						
	Squat	140,0	E. Zehethofer	Aut	EM17		130,5	E. Zehethofer	Aut	W12							
	Bench	76,0	I. Birkás	Hun	SK06		60,0	E. Zehethofer	Aut	W12							
	Deadlift	150,0	E. Zehethofer	Aut	EM17		141,0	E. Zehethofer	Aut	W12							
	Total	360,0	E. Zehethofer	Aut	EM17		331,5	E. Zehethofer	Aut	W12							
Women 56 kg	Open					Submaster					Junior						
	Squat	177,5	L.J. Thomas	Uk	W04		177,5	L.J. Thomas	Uk	W04		120,0	M. Golob	Svk	W13		
	Bench	105,0	M. Golob	Slo	E14		75,0	L.J. Thomas	Uk	W04		85,0	M. Golob	Svk	W13		
	Deadlift	165,0	L.J. Thomas	Uk	W04		165,0	L.J. Thomas	Uk	W04		130,0	K. Malá	Svk	E14		
	Total	417,5	L.J. Thomas	Uk	W04		417,5	L.J. Thomas	Uk	W04		325,0	M. Golob	Svk	W13		
Women 60 kg	Open					Submaster					Junior						
	Squat	195,0	L.J. Thomas	Uk	K04		195,0	L.J. Thomas	Uk	K04		150,0	M. Golob	Svk	E13		
	Bench	107,5	R. Nagy	Hun	E06		85,0	L.J. Thomas	Uk	K04		100,0	M. Golob	Svk	E13		
	Deadlift	175,0	L.J. Thomas	Uk	K04		175,0	L.J. Thomas	Uk	K04		135,0	M. Golob	Svk	E13		
	Total	455,0	L.J. Thomas	Uk	K04		455,0	L.J. Thomas	Uk	K04		385,0	M. Golob	Svk	E13		
Women 67.5 kg	Open					Submaster					Junior						
	Squat	230,0	V. Varga	Hun	E12		140,0	A. Pauli	GER	WM17		200,0	J. Kostúrová	Svk	EL09		
	Bench	122,0	S. Mokra	Svk	W13		92,5	A. Pauli	GER	WM17		117,5	J. Kostúrová	Svk	EL09		
	Deadlift	210,0	V. Varga	Hun	E12		150,0	A. Pauli	GER	WM17		180,0	J. Kostúrová	Svk	EL09		
	Total	545,0	V. Varga	Hun	E12		377,5	A. Pauli	GER	WM17		497,5	J. Kostúrová	Svk	EL09		
Women 75 kg	Open					Submaster					Junior						
	Squat	235,0	V. Varga	Hun	W12		215,0	P. Friedrich	Ger	W13		170,0	M. Oberleitner	Aut	Sk06		
	Bench	137,5	M. Zimmer	Aut	K04		127,5	S. Mokrá	Svk	E14		67,5	E. Hegyesi	Hun	E09		
	Deadlift	205,5	M. Rovná	CZ	E13		187,5	S. Mokrá	Svk	E14		142,5	M. Oberleitner	Aut	Sk06		
	Total	545,0	V. Varga	Hun	W12		495,5	P. Friedrich	Ger	W13		365,0	M. Oberleitner	Aut	Sk06		
Women 82.5 kg	Open					Submaster					Junior						
	Squat	225,0	J. Kosturova	Svk	W14		180,0	P. Friedrich	Ger	W14		205,0	M. Oberleitner	Aut	W07		
	Bench	145,0	J. Kosturova	Svk	W14		110,0	P. Friedrich	Ger	W14		81,0	M. Oberleitner	Aut	W07		
	Deadlift	190,5	M. Rovna	CZE	EM15		187,5	P. Friedrich	Ger	W14		165,0	M. Oberleitner	Aut	W07		
	Total	560,0	J. Kosturova	Svk	W14		477,5	P. Friedrich	Ger	W14		451,0	M. Oberleitner	Aut	W07		
Women 90 kg	Open					Submaster					Junior						
	Squat	210,0	E. Vit	Aut	A07		155,0	E. Vit	Aut	W04							
	Bench	110,0	E. Vit	Aut	W07		80,0	E. Vit	Aut	W04							
	Deadlift	173,0	E. Vit	Aut	A07		150,0	E. Vit	Aut	W04							
	Total	460,0	E. Vit	Aut	A07		385,0	E. Vit	Aut	W04							
Women 90+ kg	Open					Submaster					Junior						
	Squat	210,0	E. Vit	Aut	A07		155,0	E. Vit	Aut	W04							
	Bench	110,0	E. Vit	Aut	W07		80,0	E. Vit	Aut	W04							
	Deadlift	173,0	E. Vit	Aut	A07		150,0	E. Vit	Aut	W04							
	Total	460,0	E. Vit	Aut	A07		385,0	E. Vit	Aut	W04							

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Women 44 kg*	M40-44				M45-49				M50-54				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 48 kg	M40-44				M45-49				M50-54				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 52 kg	M40-44				M45-49				M50-54				
	Squat	140,0	E. Zehethofer	Aut	EM17	110,5	K. Heindl	Aut	E06	120,0	K. Heindl	Aut	W06
	Bench	72,5	E. Zehethofer	Aut	EM17	55,0	K. Heindl	Aut	E06	55,0	K. Heindl	Aut	W06
	Deadlift	150,0	E. Zehethofer	Aut	EM17	110,5	K. Heindl	Aut	E06	113,0	K. Heindl	Aut	W10
	Total	360,0	E. Zehethofer	Aut	EM17	276,0	K. Heindl	Aut	E06	272,5	K. Heindl	Aut	W06
Women 56 kg	M40-44				M45-49				M50-54				
	Squat	65,0	L. Labudová	Svk	E13	110,0	K. Heindl	Aut	C06	113,0	G. Orosz	Hun	W07
	Bench	35,0	L. Labudová	Svk	E13	55,0	K. Heindl	Aut	C06	80,0	G. Orosz	Hun	W07
	Deadlift	85,0	L. Labudová	Svk	E13	105,0	K. Heindl	Aut	C06	120,0	G. Orosz	Hun	W07
	Total	185,0	L. Labudová	Svk	E13	270,0	K. Heindl	Aut	C06	311,0	G. Orosz	Hun	W07
Women 60 kg	M40-44				M45-49				M50-54				
	Squat	117,5	C. Rostagnat	Fra	W09								
	Bench	75,0	C. Rostagnat	Fra	W10								
	Deadlift	135,0	C. Rostagnat	Fra	W10								
	Total	315,0	C. Rostagnat	Fra	W09								
Women 67.5 kg	M40-44				M45-49				M50-54				
	Squat	140,0	C. Rostagnat	Fra	W11	100,0	B. Berg	Ger	W08	102,5	L. Zanki	Ger	W13
	Bench	75,0	C. Rostagnat	Fra	W11	70,0	B. Berg	Ger	W08	105,0	L. Zanki	Ger	W13
	Deadlift	142,5	K. Tillack	Ger	W13	115,0	B. Berg	Ger	W08	140,0	L. Zanki	Ger	W13
	Total	350,0	C. Rostagnat	Fra	W11	280,0	B. Berg	Ger	W08	335,0	L. Zanki	Ger	W13
Women 75 kg	M40-44				M45-49				M50-54				
	Squat	170,0	M. Zimmer	Aut	K04	162,5	S. Kraus	Ger	EM17	110,0	K. Rohrmann	Hun	E08
	Bench	137,5	M. Zimmer	Aut	K04	72,5	S. Kraus	Ger	EM17	87,5	K. Rohrmann	Hun	E08
	Deadlift	171,0	M. Zimmer	Aut	K04	133,0	S. Kraus	Ger	EM17	140,0	Z. Németh	Hun	E08
	Total	497,5	M. Zimmer	Aut	K04	368,0	S. Kraus	Ger	EM17	333,0	K. Rohrmann	Hun	E08
Women 82.5 kg	M40-44				M45-49				M50-54				
	Squat	180,0	A. Strinyi	Hun	W09	160,0	S.Kraus	GER	WM17	145,0	S.Kraus	GER	EM19
	Bench	107,5	L. Krüger	Ger	W07	90,0	S.Kraus	GER	WM17	87,5	S.Kraus	GER	EM19
	Deadlift	171,5	L. Krüger	Ger	W07	145,0	S.Kraus	GER	WM17	135,0	S.Kraus	GER	EM19
	Total	439,0	L. Krüger	Ger	W07	386,0	S.Kraus	GER	WM17	367,7	S.Kraus	GER	EM19
Women 90 kg	M40-44				M45-49				M50-54				
	Squat	210,0	E. Vit	Aut	A07	120,0	E. Horňáková	Cz	E10	90,0	A.Riedl	GER	WM17
	Bench	110,0	E. Vit	Aut	W07	95,0	E. Horňáková	Cz	E10	80,0	A.Riedl	GER	WM17
	Deadlift	173,0	E. Vit	Aut	A07	165,0	E. Horňáková	Cz	E10	110,0	A.Riedl	GER	WM17
	Total	460,0	E. Vit	Aut	A07	380,0	E. Horňáková	Cz	E10	275,0	A.Riedl	GER	WM17
Women 90+ kg	M40-44				M45-49				M50-54				
	Squat	210,0	E. Vit	Aut	A07								
	Bench	110,0	E. Vit	Aut	W07								
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