



WUAP European Records

POWERLIFTING EQ

WOMEN



Women	Open	TEENS	JUNIOR	M1 40-49	M2 50-59	M3 60-69	M4 70-74	M5 75+	
52 kg	SQUAT	140,0	120,0	0,0	140,0	120,0	0,0	0,0	0,0
	BENCHPRESS	76,0	65,0	0,0	72,5	55,0	0,0	0,0	0,0
	DEADLIFT	150,0	120,0	0,0	150,0	113,0	0,0	0,0	0,0
	TOTAL	360,0	305,0	0,0	360,0	272,5	0,0	0,0	0,0
60 kg	SQUAT	195,0	150,0	150,0	117,5	117,5	127,5	0,0	0,0
	BENCHPRESS	107,5	78,0	100,0	75,0	82,5	87,5	0,0	0,0
	DEADLIFT	175,0	140,0	135,0	135,0	127,0	140,0	0,0	0,0
	TOTAL	455,0	358,0	385,0	315,0	322,5	355,0	0,0	0,0
67,5 kg	SQUAT	230,0	230,0	200,0	140,0	140,0	137,5	0,0	0,0
	BENCHPRESS	122,0	105,0	117,5	75,0	105,0	92,5	0,0	0,0
	DEADLIFT	210,0	210,0	180,0	142,5	140,0	145,0	0,0	0,0
	TOTAL	545,0	545,0	497,5	350,0	365,0	375,0	0,0	0,0
82,5 kg	SQUAT	235,0	235,0	205,0	180,0	145,0	0,0	0,0	0,0
	BENCHPRESS	145,0	120,0	81,0	137,5	92,5	0,0	0,0	0,0
	DEADLIFT	205,5	200,0	165,0	171,5	150,0	0,0	0,0	0,0
	TOTAL	560,0	545,0	451,0	497,5	367,7	0,0	0,0	0,0
82,5 + kg	SQUAT	210,0	0,0	150,0	210,0	90,0	0,0	0,0	0,0
	BENCHPRESS	110,0	0,0	107,5	110,0	80,0	0,0	0,0	0,0
	DEADLIFT	173,0	0,0	155,0	173,0	110,0	0,0	0,0	0,0
	TOTAL	460,0	0,0	407,5	460,0	275,0	0,0	0,0	0,0

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WOMEN

WOMEN 52kg

OPEN				
SQUAT	140,0	E. Zehethofer	Aut	EM17
BENCH	76,0	I. Birkás	Hun	SK06
DEADLIFT	150,0	E. Zehethofer	Aut	EM17
TOTAL	360,0	E. Zehethofer	Aut	EM17

WOMEN 60kg

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

WOMEN 67,5kg

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

WOMEN 82,5kg

OPEN				
SQUAT	235,0	V. Varga	Hun	W12
BENCH	145,0	J. Kosturova	Svk	W14
DEADLIFT	205,5	M. Rovná	CZ	E13
TOTAL	560,0	J. Kosturova	Svk	W14

WOMEN 82,5+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

TEENS				
	120,0	E.Buzinkayová	Svk	E14
	65,0	E.Buzinkayová	Svk	E14
	120,0	E.Buzinkayová	Svk	E14
	305,0	E.Buzinkayová	Svk	E14

TEENS				
	150,0	M. Berenzenko	Rus	E08
	78,0	M. Berenzenko	Rus	E08
	140,0	M. Berenzenko	Rus	E08
	358,0	M. Berenzenko	Rus	E08

TEENS				
	230,0	V. Varga	Hun	E12
	105,0	V. Varga	Hun	E12
	210,0	V. Varga	Hun	E12
	545,0	V. Varga	Hun	E12

TEENS				
	235,0	V. Varga	Hun	W12
	120,0	V. Varga	Hun	W12
	200,0	V. Varga	Hun	W12
	545,0	V. Varga	Hun	W12

TEENS				

JUNIOR				

JUNIOR				
	150,0	M. Golob	Svk	E13
	100,0	M. Golob	Svk	E13
	135,0	M. Golob	Svk	E13
	385,0	M. Golob	Svk	E13

JUNIOR				
	200,0	J. Kostúrová	Svk	EL09
	117,5	J. Kostúrová	Svk	EL09
	180,0	J. Kostúrová	Svk	EL09
	497,5	J. Kostúrová	Svk	EL09

JUNIOR				
	205,0	M. Oberleitner	Aut	W07
	81,0	M. Oberleitner	Aut	W07
	165,0	M. Oberleitner	Aut	W07
	451,0	M. Oberleitner	Aut	W07

JUNIOR				
	150,0	E.Schneider	GER	WM23
	107,5	E.Schneider	GER	WM23
	155,0	E.Schneider	GER	WM23
	407,5	E.Schneider	GER	WM23

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WOMEN

WOMEN 52kg

M1 40-49				
SQUAT	140,0	E. Zehethofer	Aut	EM17
BENCH	72,5	E. Zehethofer	Aut	EM17
DEADLIFT	150,0	E. Zehethofer	Aut	EM17
TOTAL	360,0	E. Zehethofer	Aut	EM17

M2 50-59				
	120,0	K. Heindl	Aut	W06
	55,0	K. Heindl	Aut	W06
	113,0	K. Heindl	Aut	W10
	272,5	K. Heindl	Aut	W06

M3 60-69				

WOMEN 60kg

M1 40-49				
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

M2 50-59				
	117,5	I. Gehringer	Ger	W10
	82,5	I. Gehringer	Ger	W10
	127,0	I. Gehringer	Ger	W10
	322,5	I. Gehringer	Ger	W10

M3 60-69				
	127,5	I. Rinas	Ger	W12
	87,5	I. Rinas	Ger	W12
	140,0	I. Rinas	Ger	W12
	355,0	I. Rinas	Ger	W12

WOMEN 67,5kg

M1 40-49				
SQUAT	140,0	C. Rostagnat	Fra	W11
BENCH	75,0	C. Rostagnat	Fra	W11
DEADLIFT	142,5	K. Tillack	Ger	W13
TOTAL	350,0	C. Rostagnat	Fra	W11

M2 50-59				
	140,0	H. Utecht	Ger	W07
	105,0	L. Zanki	Ger	W13
	140,0	L. Zanki	Ger	W13
	365,0	H. Utecht	Ger	W07

M3 60-69				
	137,5	I. Rinas	Ger	W13
	92,5	I. Rinas	Ger	W13
	145,0	I. Rinas	Ger	W13
	375,0	I. Rinas	Ger	W13

WOMEN 82,5kg

M1 40-49				
SQUAT	180,0	A. Strinyi	Hun	W09
BENCH	137,5	M. Zimmer	Aut	K04
DEADLIFT	171,5	L. Krüger	Ger	W07
TOTAL	497,5	M. Zimmer	Aut	K04

M2 50-59				
	145,0	S.Kraus	GER	EM19
	92,5	K. Rohrmann	Hun	W10
	150,0	K. Rohrmann	Hun	W10
	367,7	S.Kraus	GER	EM19

M3 60-69				

WOMEN 82,5+kg

M1 40-49				
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

M2 50-59				
	90,0	A.Riedl	GER	WM17
	80,0	A.Riedl	GER	WM17
	110,0	A.Riedl	GER	WM17
	275,0	A.Riedl	GER	WM17

M3 60-69				

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WOMEN

WOMEN 52kg

SQUAT
BENCH
DEADLIFT
TOTAL

M4 70-74			

M5 75+			

WOMEN 60kg

SQUAT
BENCH
DEADLIFT
TOTAL

M4 70-74			

M5 75+			

WOMEN 67,5kg

SQUAT
BENCH
DEADLIFT
TOTAL

M4 70-74			

M5 75+			

WOMEN 82,5kg

SQUAT
BENCH
DEADLIFT
TOTAL

M4 70-74			

M5 75+			

WOMEN 82,5+kg

SQUAT
BENCH
DEADLIFT
TOTAL

M4 70-74			

M5 75+			