



## WUAP European 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	<b>Squat</b>	115,0	0,0	0,0	75,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	67,5	0,0	0,0	35,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	118,0	0,0	0,0	100,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Total</b>	300,5	0,0	0,0	210,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
52 kg	<b>Squat</b>	160,0	120,0	117,5	110,0	0,0	72,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	92,5	56,0	57,5	65,0	0,0	45,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	160,0	110,0	122,5	117,5	0,0	117,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Total</b>	412,5	275,0	297,5	282,5	0,0	232,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0
56 kg	<b>Squat</b>	161,0	100,0	0,0	150,0	105,0	122,5	110,0	117,5	70,0	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	97,5	60,0	0,0	66,0	42,5	67,5	60,0	52,5	35,0	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	170,0	125,0	0,0	145,0	118,0	150,0	140,0	132,5	85,0	0,0	0,0	0,0	0,0
	<b>Total</b>	428,5	285,0	0,0	345,0	257,5	332,5	310,0	300,0	190,0	0,0	0,0	0,0	0,0
60 kg	<b>Squat</b>	135,0	105,0	105,0	125,5	130,0	0,0	127,0	102,5	75,0	70,5	70,0	0,0	0,0
	<b>Benchpress</b>	100,0	60,0	47,5	60,0	70,0	0,0	75,0	50,0	37,5	37,5	35,5	0,0	0,0
	<b>Deadlift</b>	180,0	110,0	110,0	160,0	180,0	0,0	157,5	120,0	90,0	102,5	105,5	0,0	0,0
	<b>Total</b>	390,0	275,0	262,5	375,0	380,0	0,0	360,0	265,0	195,0	210,5	210,0	0,0	0,0
67.5 kg	<b>Squat</b>	220,0	110,5	155,0	165,0	180,0	152,5	147,5	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	100,0	55,0	85,0	81,0	92,5	95,0	95,5	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	212,5	122,5	170,0	157,5	185,0	190,0	160,5	0,0	0,0	0,0	0,0	0,0	0,0
	<b>Total</b>	532,5	283,0	410,0	402,5	457,5	433,5	400,0	0,0	0,0	0,0	0,0	0,0	0,0
75 kg	<b>Squat</b>	200,0	140,0	165,0	180,0	145,0	200,0	175,0	0,0	0,0	0,0	65,0	0,0	0,0
	<b>Benchpress</b>	110,0	60,0	95,0	87,5	77,5	110,0	110,0	0,0	0,0	0,0	50,0	0,0	0,0
	<b>Deadlift</b>	210,0	140,0	180,0	160,0	157,5	200,0	202,5	0,0	0,0	0,0	80,0	0,0	0,0
	<b>Total</b>	500,0	335,0	440,0	427,5	380,0	500,0	487,5	0,0	0,0	0,0	195,0	0,0	0,0
82.5 kg	<b>Squat</b>	220,0	0,0	145,0	180,0	0,0	0,0	100,0	105,0	0,0	105,0	0,0	0,0	0,0
	<b>Benchpress</b>	147,5	0,0	70,0	77,5	0,0	0,0	101,0	115,0	0,0	55,0	0,0	0,0	0,0
	<b>Deadlift</b>	245,0	0,0	140,0	180,0	0,0	0,0	155,0	160,0	0,0	150,0	0,0	0,0	0,0
	<b>Total</b>	612,5	0,0	355,0	437,5	0,0	0,0	341,0	380,0	0,0	310,0	0,0	0,0	0,0
90 kg	<b>Squat</b>	222,5	0,0	0,0	0,0	0,0	0,0	0,0	155,0	0,0	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	140,0	0,0	0,0	0,0	0,0	0,0	0,0	105,0	0,0	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	245,0	0,0	0,0	0,0	0,0	0,0	0,0	175,0	0,0	0,0	0,0	0,0	0,0
	<b>Total</b>	607,5	0,0	0,0	0,0	0,0	0,0	0,0	435,0	0,0	0,0	0,0	0,0	0,0
90+ kg	<b>Squat</b>	215,0	0,0	0,0	0,0	0,0	0,0	0,0	162,5	0,0	0,0	0,0	0,0	0,0
	<b>Benchpress</b>	95,0	0,0	0,0	0,0	0,0	0,0	0,0	90,0	0,0	0,0	0,0	0,0	0,0
	<b>Deadlift</b>	220,0	0,0	0,0	0,0	0,0	0,0	0,0	185,0	0,0	0,0	0,0	0,0	0,0
	<b>Total</b>	530,0	0,0	0,0	0,0	0,0	0,0	0,0	430,0	0,0	0,0	0,0	0,0	0,0

## WUAP European 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								110,0	B.Roksolana	UKR	EM19
	Bench	92,5	M.Golob	SLO	WM17								65,0	M.Siwiek	GER	EM19
	Deadlift	160,0	M.Golob	SLO	EM17								117,5	B.Roksolana	UKR	EM19
	Total	412,5	M.Golob	SLO	WM17								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		42,5	G.Kyselová	SVK	WM21			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			60,0	F.Susa	HUN	WM17
	Deadlift	180,0	C.Garhammer	SUI	EM17		180,0	C.Garhammer	SUI	EM17			160,0	A.Savić	SRB	WM18
	Total	390,0	L. Gvozdeva	Rus	WM14		380,0	C.Garhammer	SUI	EM17			375,0	A.Savić	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		77,5	A.Hajdú	HUN	WM21			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								180,0	M. Lachmann	HUN	EM15
	Bench	147,5	N.Otter	GER	WM17								77,5	M. Lachmann	HUN	EM15
	Deadlift	245,0	N.Otter	GER	WM17								180,0	M. Lachmann	HUN	EM15
	Total	612,5	N.Otter	GER	WM17								437,5	M. Lachmann	HUN	EM15
Women 90 kg	Open					Submaster					Junior					
	Squat	222,5	N.Otter	GER	EM17											
	Bench	140,0	N.Otter	GER	EM17											
	Deadlift	245,0	N.Otter	GER	EM17											
	Total	607,5	N.Otter	GER	EM17											
Women 90+ kg	Open					Submaster					Junior					
	Squat	215,0	K.Koszela	POL	EM18											
	Bench	95,0	K.Koszela	POL	EM18											
	Deadlift	220,0	K.Koszela	POL	EM18											
	Total	530,0	K.Koszela	POL	EM18											

## WUAP European Records - RAW Powerlifting - Women

Women 48 kg	T16-17				T18-19				
	Squat								
	Bench								
	Deadlift								
	Total								
Women 52 kg	T16-17				T18-19				
	Squat	120,0	V.Ľapková	SVK	WM21	117,5	T.Patelczyk	POL	EM18
	Bench	56,0	J.Krastenicsova	CZE	WM17	57,5	T.Patelczyk	POL	EM18
	Deadlift	110,0	V.Ľapková	SVK	WM21	122,5	T.Patelczyk	POL	EM18
	Total	275,0	V.Ľapková	SVK	WM21	297,5	T.Patelczyk	POL	EM18
Women 56 kg	T16-17				T18-19				
	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				
Women 60 kg	T16-17				T18-19				
	Squat	105,0	R. Bohus	HUN	EM16	105,0	A Szilagyí	HUN	EM16
	Bench	60,0	R. Bohus	HUN	EM16	47,5	A Szilagyí	HUN	EM16
	Deadlift	110,0	R. Bohus	HUN	EM16	110,0	A Szilagyí	HUN	EM16
	Total	275,0	R. Bohus	HUN	EM16	262,5	A Szilagyí	HUN	EM16
Women 67.5 kg	T16-17				T18-19				
	Squat	110,5	M.Valková	SVK	WM18	155,0	M.Zemanova	CZE	EM19
	Bench	55,0	E.Nehezova	SVK	EM19	85,0	M.Zemanova	CZE	EM19
	Deadlift	122,5	E.Nehezova	SVK	EM19	170,0	M.Zemanova	CZE	EM19
	Total	283,0	L.Napora	POL	EM18	410,0	M.Zemanova	CZE	EM19
Women 75 kg	T16-17				T18-19				
	Squat	140,0	R.Hrbčeková	SVK	WM21	165,0	P.Rakučáková	SVK	EM22
	Bench	60,0	R.Hrbčeková	SVK	WM21	95,0	P.Rakučáková	SVK	EM22
	Deadlift	140,0	K.Kastelic	SVN	WM18	180,0	P.Rakučáková	SVK	EM22
	Total	335,0	R.Hrbčeková	SVK	WM21	440,0	P.Rakučáková	SVK	EM22
Women 82.5 kg	T16-17				T18-19				
	Squat					145,0	T.Krajcová	SVK	WM18
	Bench					70,0	T.Krajcová	SVK	WM18
	Deadlift					140,0	T.Krajcová	SVK	WM18
	Total					355,0	T.Krajcová	SVK	WM18
Women 90 kg	T16-17				T18-19				
	Squat								
	Bench								
	Deadlift								
	Total								
Women 90+ kg	T16-17				T18-19				
	Squat								
	Bench								
	Deadlift								
	Total								

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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																			
	Squat	127,0	M.Świrska	POL	WM21															
	Bench	75,0	M.Świrska	POL	WM21															
	Deadlift	157,5	M.Świrska	POL	WM21															
	Total	360,0	M.Świrska	POL	WM21															
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																			
	Squat	100,0	A.Szlávik	HUN	WM18															
	Bench	101,0	K.Ribb	GER	EM19															
	Deadlift	155,0	K.Ribb	GER	EM19															
	Total	341,0	K.Ribb	GER	EM19															
Women 90 kg	M40-44																			
	Squat																			
	Bench																			
	Deadlift																			
	Total																			
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# WUAP European Records - RAW Powerlifting - Women

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