



## 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+
<b>48 kg</b>	<b>Squat</b>	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
	<b>Benchpress</b>	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
	<b>Deadlift</b>	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
	<b>Total</b>	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
<b>52 kg</b>	<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
<b>56 kg</b>	<b>Squat</b>	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
	<b>Benchpress</b>	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
	<b>Deadlift</b>	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
	<b>Total</b>	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
<b>60 kg</b>	<b>Squat</b>	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
	<b>Benchpress</b>	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
	<b>Deadlift</b>	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
	<b>Total</b>	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
<b>67.5 kg</b>	<b>Squat</b>	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
	<b>Benchpress</b>	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
	<b>Deadlift</b>	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
	<b>Total</b>	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
<b>75 kg</b>	<b>Squat</b>	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
	<b>Benchpress</b>	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
	<b>Deadlift</b>	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
	<b>Total</b>	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
<b>82.5 kg</b>	<b>Squat</b>	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
	<b>Benchpress</b>	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
	<b>Deadlift</b>	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
	<b>Total</b>	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
<b>90 kg</b>	<b>Squat</b>	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
	<b>Benchpress</b>	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
	<b>Deadlift</b>	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
	<b>Total</b>	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
<b>90+ kg</b>	<b>Squat</b>	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
	<b>Benchpress</b>	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
	<b>Deadlift</b>	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
	<b>Total</b>	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					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	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. 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	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.Rakučáková	SVK	EM22
95,0	P.Rakučáková	SVK	EM22
180,0	P.Rakučáková	SVK	EM22
440,0	P.Rakučáková	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 style="width: 25%;">Squat</td><td style="width: 25%;"></td><td style="width: 25%;"></td><td style="width: 25%;"></td></tr> <tr><td>Bench</td><td></td><td></td><td></td></tr> <tr><td>Deadlift</td><td></td><td></td><td></td></tr> <tr><td>Total</td><td></td><td></td><td></td></tr> </table>	M70-74				Squat				Bench				Deadlift				Total				<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td colspan="4" style="text-align: center;">M75-79</td></tr> <tr><td style="width: 25%;">Squat</td><td style="width: 25%;"></td><td style="width: 25%;"></td><td style="width: 25%;"></td></tr> <tr><td>Bench</td><td></td><td></td><td></td></tr> <tr><td>Deadlift</td><td></td><td></td><td></td></tr> <tr><td>Total</td><td></td><td></td><td></td></tr> </table>	M75-79				Squat				Bench				Deadlift				Total				<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td colspan="4" style="text-align: center;">M80+</td></tr> <tr><td style="width: 25%;">Squat</td><td style="width: 25%;"></td><td style="width: 25%;"></td><td style="width: 25%;"></td></tr> <tr><td>Bench</td><td></td><td></td><td></td></tr> <tr><td>Deadlift</td><td></td><td></td><td></td></tr> <tr><td>Total</td><td></td><td></td><td></td></tr> </table>	M80+				Squat				Bench				Deadlift				Total			
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