



WUAP World Records

POWERLIFTING RAW

WOMEN



Women	Open	TEENS	JUNIOR	M1 40-49	M2 50-59	M3 60-69	M4 70-74	M5 75+
52 kg	SQUAT	160,0	120,0	110,0	72,5	0,0	0,0	0,0
	BENCHPRESS	92,5	57,5	65,0	45,0	0,0	0,0	0,0
	DEADLIFT	160,0	122,5	117,5	117,5	0,0	0,0	0,0
	TOTAL	412,5	297,5	282,5	232,5	0,0	0,0	0,0
60 kg	SQUAT	162,5	105,0	150,0	127,0	117,5	70,5	40,0
	BENCHPRESS	100,0	60,0	72,5	75,0	72,5	37,5	30,0
	DEADLIFT	180,0	127,5	160,0	157,5	133,0	105,5	81,0
	TOTAL	428,5	285,0	375,0	360,0	305,0	210,5	150,0
67,5 kg	SQUAT	220,0	155,0	165,0	152,5	137,5	120,0	0,0
	BENCHPRESS	100,0	85,0	81,0	95,5	82,5	60,0	0,0
	DEADLIFT	212,5	170,0	157,5	190,0	152,5	180,0	0,0
	TOTAL	532,5	410,0	402,5	433,5	365,0	350,0	0,0
82,5 kg	SQUAT	220,0	165,0	180,0	200,0	105,0	105,0	0,0
	BENCHPRESS	147,5	95,0	87,5	118,0	115,0	55,0	0,0
	DEADLIFT	245,0	180,0	180,0	203,0	160,0	150,0	0,0
	TOTAL	612,5	440,0	437,5	500,0	380,0	310,0	0,0
82,5 + kg	SQUAT	222,5	0,0	147,5	122,5	167,5	0,0	0,0
	BENCHPRESS	140,0	0,0	75,0	87,5	105,0	0,0	0,0
	DEADLIFT	245,0	0,0	147,5	167,5	200,0	0,0	0,0
	TOTAL	607,5	0,0	370,0	358,0	467,5	0,0	0,0

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WOMEN 52kg				
OPEN				
SQUAT	160,0	M.Golob	SLO	WM17
BENCH	92,5	M.Golob	SLO	WM17
DEADLIFT	160,0	M.Golob	SLO	EM17
TOTAL	412,5	M.Golob	SLO	WM17

WOMEN 60kg				
OPEN				
SQUAT	162,5	M.Grigoryan	ARM	EM23
BENCH	100,0	L. Gvozdeva	Rus	WM14
DEADLIFT	180,0	C.Garhammer	SUI	EM17
TOTAL	428,5	M. Golob	Slo	EM19

WOMEN 67,5kg				
OPEN				
SQUAT	220,0	D.Herber	GER	EM19
BENCH	100,0	D.Herber	GER	EM19
DEADLIFT	212,5	D.Herber	GER	EM19
TOTAL	532,5	D.Herber	GER	EM19

WOMEN 82,5kg				
OPEN				
SQUAT	220,0	N.Otter	GER	WM17
BENCH	147,5	N.Otter	GER	WM17
DEADLIFT	245,0	N.Otter	GER	WM17
TOTAL	612,5	N.Otter	GER	WM17

WOMEN 82,5+kg				
OPEN				
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

TEENS				
	120,0	V.Ľapková	SVK	WM21
	57,5	T.Patelczyk	POL	EM18
	122,5	T.Patelczyk	POL	EM18
	297,5	T.Patelczyk	POL	EM18

TEENS				
	105,0	R. Bohus	HUN	EM16
	60,0	R. Bohus	HUN	EM16
	127,5	G.Poláčková	CZE	EM23
	285,0	V.Kurnat	UKR	US17

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

TEENS				
	165,0	P.Rakučáková	SVK	EM22
	95,0	P.Rakučáková	SVK	EM22
	180,0	P.Rakučáková	SVK	EM22
	440,0	P.Rakučáková	SVK	EM22

TEENS				

JUNIOR				
	110,0	B.Roksolana	UKR	EM19
	65,0	M.Siwiek	GER	EM19
	117,5	B.Roksolana	UKR	EM19
	282,5	B.Roksolana	UKR	EM19

JUNIOR				
	150,0	B.Kováčiková	SVK	WM18
	72,5	L. Foss	USA	AC14
	160,0	A.Savić	SRB	WM18
	375,0	A.Savić	SRB	WM18

JUNIOR				
	165,0	D.Kmeťová	SVK	WM18
	81,0	H.Kovács	HUN	WM21
	157,5	D.Kmeťová	SVK	WM18
	402,5	D.Kmeťová	SVK	WM18

JUNIOR				
	180,0	M. Lachmann	HUN	EM15
	87,5	T.Brodetska	UKR	EM18
	180,0	M. Lachmann	HUN	EM15
	437,5	M. Lachmann	HUN	EM15

JUNIOR				
	147,5	S.Kupitz	USA	US21
	75,0	S.Kupitz	USA	US21
	147,5	S.Kupitz	USA	US21
	370,0	S.Kupitz	USA	US21

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WOMEN 52kg	M1 40-49			
SQUAT	72,5	H.Sargsyan	ARM	EM22
BENCH	45,0	Á.Papp	HUN	WM21
DEADLIFT	117,5	Á.Papp	HUN	WM21
TOTAL	232,5	Á.Papp	HUN	WM21

M2 50-59			

M3 60-69			

WOMEN 60kg	M1 40-49			
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

M2 50-59			
117,5	K.Ferkel	HUN	WM21
72,5	J.Palecian	HUN	WM23
133,0	J.Palecian	HUN	WM23
305,0	J.Palecian	HUN	WM23

M3 60-69			
70,5	K. Baranovicova	SVK	EM17
37,5	K. Baranovicova	SVK	EM17
105,5	K. Baranovicova	SVK	EM19
210,5	K. Baranovicova	SVK	EM17

WOMEN 67,5kg	M1 40-49			
SQUAT	152,5	M. Baszo	Hun	WM17
BENCH	95,5	H.Tuba	HUN	WM21
DEADLIFT	190,0	M. Baszo	Hun	WM17
TOTAL	433,5	M. Baszo	Hun	WM17

M2 50-59			
137,5	J. Burgland	USA	US15
82,5	J. Burgland	USA	US15
152,5	J. Burgland	USA	WM15
365,0	J. Burgland	USA	US15

M3 60-69			
120,0	K.Zajková	SVK	WM23
60,0	K.Zajková	SVK	WM23
180,0	K.Zajková	SVK	WM23
350,0	K.Zajková	SVK	WM23

WOMEN 82,5kg	M1 40-49			
SQUAT	200,0	E.Šimová	SVK	WM18
BENCH	118,0	M.Bazsó	HUN	EM23
DEADLIFT	203,0	M.Bazsó	HUN	EM23
TOTAL	500,0	E.Šimová	SVK	WM21

M2 50-59			
105,0	K.Ribb	GER	WM21
115,0	K.Ribb	GER	WM21
160,0	K.Ribb	GER	WM21
380,0	K.Ribb	GER	WM21

M3 60-69			
105,0	K. Rohrmann	HUN	EM16
55,0	K. Rohrmann	HUN	EM16
150,0	K. Rohrmann	HUN	EM16
310,0	K. Rohrmann	HUN	EM16

WOMEN 82,5+kg	M1 40-49			
SQUAT	122,5	D.Jackson	USA	US17
BENCH	87,5	D.Jackson	USA	US17
DEADLIFT	167,5	A.Chromčová	SVK	WM23
TOTAL	358,0	A.Chromčová	SVK	WM23

M2 50-59			
167,5	L.Ritchie	USA	WM19
105,0	I.Gyorgy	HUN	WM21
200,0	L.Ritchie	USA	WM19
467,5	L.Ritchie	USA	WM19

M3 60-69			

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WOMEN

WOMEN 52kg	M4 70-74			
SQUAT				
BENCH				
DEADLIFT				
TOTAL				

M5 75+			

WOMEN 60kg	M4 70-74			
SQUAT	40,0	K.Baranovičová	SVK	EM23
BENCH	30,0	K.Baranovičová	SVK	EM23
DEADLIFT	81,0	K.Baranovičová	SVK	EM23
TOTAL	150,0	K.Baranovičová	SVK	EM23

M5 75+			

WOMEN 67,5kg	M4 70-74			
SQUAT				
BENCH				
DEADLIFT				
TOTAL				

M5 75+			

WOMEN 82,5kg	M4 70-74			
SQUAT				
BENCH				
DEADLIFT				
TOTAL				

M5 75+			

WOMEN 82,5+kg	M4 70-74			
SQUAT				
BENCH				
DEADLIFT				
TOTAL				

M5 75+			