

EUROPEAN RECORDS Bench Press Women

updated: Jul 2010

WOMEN	Open	13-15	16-17	18-19	Junior	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
44 kg	80.0	30.0	35.0	48.0	40.0	0.0	52.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
48 kg	76.0	61.0	25.0	50.0	67.5	40.0	65.0	72.5	65.0	65.0	0.0	0.0	0.0	0.0	0.0
52 kg	113.0	45.0	88.0	77.5	55.0	90.0	92.5	67.5	67.5	67.5	0.0	0.0	0.0	0.0	0.0
56 kg	112.5	62.5	95.0	92.5	75.0	100.0	92.5	82.5	70.5	70.5	88.0	0.0	0.0	0.0	45.0
60 kg	120.0	72.5	80.0	75.0	72.5	120.0	112.5	90.0	42.5	42.5	65.0	50.5	0.0	0.0	0.0
67,5 kg	160.0	55.0	80.0	123.0	137.5	142.5	138.0	106.0	82.5	82.5	75.0	55.5	0.0	0.0	0.0
75 kg	172.5	0.0	0.0	80.0	140.0	133.5	145.0	115.0	85.0	85.0	85.0	0.0	0.0	0.0	0.0
82,5 kg	150.0	0.0	0.0	65.0	97.5	137.5	115.0	97.5	100.0	100.0	0.0	0.0	0.0	0.0	0.0
90 kg	162.5	0.0	0.0	90.0	90.0	145.0	160.0	162.5	105.0	105.0	0.0	0.0	0.0	0.0	0.0
90 + kg	155.0	0.0	0.0	65.0	102.5	127.5	160.0	150.0	57.5	57.5	72.5	0.0	0.0	0.0	0.0

EUROPEAN RECORDS Bench Press Men

MEN	Open	13-15	16-17	18-19	Junior	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
52 kg	135.0	55.0	78.0	85.0	105.5	125.0	120.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
56 kg	160.0	80.0	95.0	100.0	160.0	137.5	82.5	0.0	0.0	100.5	125.0	0.0	0.0	0.0	0.0	0.0
60 kg	170.0	95.0	91.0	141.0	147.5	170.0	155.0	117.5	147.5	112.5	130.0	62.5	0.0	0.0	0.0	0.0
67,5 kg	210.5	172.5	140.0	147.5	210.5	190.0	201.0	172.5	152.5	132.5	122.5	125.5	70.0	0.0	0.0	0.0
75 kg	275.0	147.5	152.5	172.5	235.0	210.0	192.5	205.0	181.0	150.0	182.5	160.0	62.5	75.0	57.5	0.0
82,5 kg	277.5	150.5	182.5	190.0	230.0	245.0	203.0	235.0	208.0	201.0	165.5	160.5	122.0	72.5	70.0	55.0
90 kg	280.0	160.0	192.5	206.0	250.0	280.0	250.5	252.5	240.0	217.5	183.0	177.5	92.5	67.5	70.0	0.0
100 kg	310.0	80.0	200.0	225.0	285.0	308.0	270.0	270.0	250.0	212.5	195.0	190.0	167.5	0.0	0.0	0.0
110 kg	350.0	160.0	185.0	202.5	260.0	350.0	300.0	262.5	212.5	237.5	203.5	190.0	0.0	140.0	0.0	0.0
125 kg	322.5	200.0	260.0	210.5	300.0	320.0	290.5	280.0	275.0	260.0	212.5	197.5	182.5	0.0	0.0	0.0
140 kg	360.0	0.0	0.0	182.5	300.0	275.0	340.0	280.0	242.5	252.5	202.5	210.0	0.0	0.0	0.0	0.0
140 + kg	370.0	0.0	217.5	220.0	290.0	300.0	355.0	370.0	240.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Rules: Sq, Bp, Df results in a total power-lifting contest will be also a valid for the single contest record list.

EUROPEAN RECORDS Bench Press Women

updated: Jul 2010

WOMEN	Open	Junior	Submaster
44 kg	80.0 M. Oreničová SVK	40.0 K. Rool GER	
48 kg	76.0 N. Zbolotskaya RUS	67.5 N. Frolola RUS	40.0 T. Smets BEL
52 kg	113.0 K. Rintala FIN	55.0 L. Cappato ITA	90.0 L.J. Thomas GB
56 kg	112.5 M. Medvedeva RUS	75.0 E. Carr-Hill GB	100.0 L.J. Thomas GB
60 kg	120.0 K. Rintala FIN	72.5 E. Carr-Hill GB	120.0 M. Medvedeva RUS
67,5 kg	160.0 A. Heikkila FIN	137.5 J. Kosturova SVK	142.5 A. Pavlova RUS
75 kg	172.5 Y. Medvedeva RUS	140.0 J. Kosturova SVK	133.5 M. Zimmer AUT
82,5 kg	150.0 P. Stumpfova IRE	97.5 S. Kalni FIN	137.5 M. Zimmer AUT
90 kg	162.5 T. Rantanen FIN	90.0 L. Makowska POL	145.0 U. Herchenhain GER
90+ kg	155.0 D. Shaw UK	102.5 L. Makowska POL	127.5 E. Pongracz AUT

WOMEN	13-15	16-17	18-19
44 kg	30.0 Oster BEL	35.0 M. Mikulska POL	48.0 M. Mikulovska POL
48 kg	61.0 M. Labudova CZR	25.0 Lucia Gulašová SVK	50.0 Summerfield GB
52 kg	45.0 Sbrolli ITA	88.0 D. Hojsikova SVK	77.5 A. Sergienko RUS
56 kg	62.5 K. Elyn BEL	95.0 D. Hojsikova SVK	92.5 D. Hojsikova SVK
60 kg	72.5 W. Antoon BEL	80.0 W. Antoon BEL	75.0 H. Becker GER
67,5 kg	55.0 S. Koziol POL	80.0 Callan GB	123.0 J. Kosturova SVK
75 kg			80.0 A. Callan GB
82,5 kg			65.0 Morgan GB
90 kg			90.0 A. Debetono FRA
90+ kg			65.0 D. Houthuys BEL

WOMEN	40-44	45-49	50-54
44 kg	52.5 J. Schroeder GB		
48 kg	65.0 L. Watson GB	72.5 S. Guillaume SVK	65.0 L. Watson GB
52 kg	92.5 Y. Dujardin BEL	67.5 McCalmon GB	67.5 Plouvier BEL
56 kg	92.5 Y. Dujardin BEL	82.5 Y. Lubomski ISR	70.5 Plouvier BEL
60 kg	112.5 Y. Dujardin BEL	90.0 Y. Dujardin BEL	42.5 G. Diecks GER
67,5 kg	138.0 M. Zimmer AUT	106.0 Y. Dujardin BEL	82.5 H. Utrecht GER
75 kg	145.0 M. Zimmer AUT	115.0 L. Libuse CZR	85.0 H. Utrecht GER
82,5 kg	115.0 A. Romanovicha LAT	97.5 I. Hagge GER	100.0 I. Hagge GER
90 kg	160.0 T. Rantanen FIN	162.5 T. Rantanen FIN	105.0 I. Hagge GER
90+ kg	160.0 D. Shaw GB	150.0 T. Rantanen FIN	57.5 Van Camp BEL

EUROPEAN RECORDS Bench Press Women

####

WOMEN	55-59	60-64	65-69
44 kg			
48 kg			
52 kg			
56 kg	88.0 E. Oreničová SVK	45.0 C. Schubert GER	
60 kg	65.0 McCalmon GB	45.5 H. Krivanek AUT	50.5 H. Krivanek AUT
67,5 kg	75.0 H. Utecht GER	52.5 E. Kusau GER	55.5 E. Kusau GER
75 kg	85.0 K. Rohrmann HUN	70.0 M. Högg AUT	
82,5 kg		67.5 M. Högg AUT	
90 kg			
90+ kg	72.5 Van Camp BEL		

WOMEN	70-74	75-79	80+
44 kg			
48 kg			
52 kg			
56 kg			
60 kg			45.0 S. Sauvage FRA
67,5 kg			
75 kg			
82,5 kg			
90 kg			
90+ kg			

EUROPEAN RECORDS Bench Press Men

updated: Jul 2010

MEN	Open	Junior	Submaster
52 kg	135.0 A. Degovets GBR	105.5 M. Sabarovs LAT	125.0 R. Karkuschke GER
56 kg	160.0 M. Pridannikov RUS	160.0 M. Pridannikov RUS	137.5 R. Wick GER
60 kg	170.0 S. Manzanares FRA	147.5 H. Mushfig AZN	170.0 S. Manzanares FRA
67,5 kg	210.5 M. Schick GER	210.5 M. Schick GER	190.0 Mannering GBR
75 kg	275.0 M. Schick GER	235.0 M. Schick GER	210.0 J.L. Garcia FRA
82,5 kg	277.5 M. Schick GER	230.0 D. Khovanskiy RUS	245.0 S. Koshkin RUS
90 kg	280.0 M. Matej SVK	250.0 S. Perälä FIN	280.0 M. Matej SVK
100 kg	310.0 E. Hasson ISR	285.0 H. Brice FRA	308.0 M. Matej SVK
110 kg	350.0 J. Someroja FIN	260.0 P. Rahkonen FIN	350.0 J. Someroja FIN
125 kg	322.5 J. Kallio FIN	300.0 T. Rantanen FIN	320.0 L. Meszaros HUN
140 kg	360.0 T. Rantanen FIN	300.0 J. Rantanen FIN	275.0 U. Frey GER
140+ kg	370.0 K. Kalliola FIN	290.0 O. Lisogor UKR	300.0 D. Zint GER
MEN	13-15	16-17	18-19
52 kg	55.0 D. Koziol POL	78.0 Dariusz Herok POL	85.0 G. De Cuyper BEL
56 kg	80.0 S. Ivanushins LAT	95.0 M. Kovae SVK	100.0 M. Kreplewski POL
60 kg	95.0 Doom BEL	91.0 R. Galbavy SVK	141.0 D. Vartanov RUS
67,5 kg	172.5 L. Sargsyan RUS	140.0 I. Kucirka SVK	147.5 B. Aliev AZN
75 kg	147.5 S. Ivanushins LAT	152.5 P. Kijanovs LAT	172.5 P. Kijanovs LAT
82,5 kg	150.5 J. Fujdiak SVK	182.5 D. Kacala SVK	190.0 M. Szilagyi HUN
90 kg	160.0 J. Fujdiak SVK	192.5 Wolf POL	206.0 G. Aivazyan RUS
100 kg	80.0 G. Abbeel BEL	200.0 J. Deli HUN	225.0 M. Apskalns LAT
110 kg	160.0 Y. Khabdzhyan RUS	185.0 D. Pawlik POL	202.5 A. Isahanos LAT
125 kg	200.0 F. Cizek CZR	260.0 O. Selin FIN	210.5 R. Amann AUT
140 kg			182.5 V. Kronbergs LAT
140+ kg		217.5 J. Havelka CZR	220.0 G. Gschiel AUT
MEN	40-44	45-49	50-54
52 kg	120.0 R.Wick GER		
56 kg	82.5 G. Mellor GBR		
60 kg	155.0 U. Werner GER	117.5 F. Tisserand FRA	147.5 I. Toth HUN
67,5 kg	201.0 P. Herzog CH	172.5 K. Rooch GER	152.5 J. Steinbergs LAT
75 kg	192.5 D. Mannering GBR	205.0 P. Herzog CH	181.0 A. Tatarkin RUS
82,5 kg	203.0 St. Marescotti ITA	235.0 R. Leskenmaa FIN	208.0 R. Leskenmaa FIN
90 kg	250.5 A. Hirner GER	252.5 A. Hirner GER	240.0 R. Leskenmaa FIN
100 kg	270.0 U. Haase GER	270.0 S. Belikov RUS	250.0 Ch. Klicki FRA
110 kg	300.0 M. Biermordt GER	262.5 V. Pevko LAT	212.5 K. Slosarek GER
125 kg	290.5 Laurent F. FRA	280.0 J. Judko LAT	275.0 V. Pevko LAT
140 kg	340.0 V. Maximov RUS	280.0 G. Lopatinsiy RUS	242.5 M. Schröder GER
140+ kg	355.0 K. Kalliola FIN	370.0 K. Kalliola FIN	240.0 P. Mihaly SVK
MEN	55-59	60-64	65-69
52 kg			
56 kg	100.5 P. Spodniak SVK	125.0 P.Gallart FRA	
60 kg	112.5 M. Gombar SVK	130.0 P.Gallart FRA	62.5 D. Schweitzer GER
67,5 kg	132.5 L. Guercio FRA	122.5 L. Guercio FRA	125.5 E. Trichlin AUT
75 kg	150.0 F. Haar AUT	182.5 Y. Chepetz RUS	160.0 K. Högg AUT
82,5 kg	201.0 R. Leskenmaa FIN	165.5 K. Högg AUT	160.5 K. Högg AUT
90 kg	217.5 K.G. Krüger GER	183.0 A. Stolz AUT	177.5 R. Schubert GER
100 kg	212.5 A. Gersdorf GER	195.0 M. Le Bolay FRA	190.0 M. Le Bolay FRA
110 kg	237.5 J. Nussbaumer AUT	203.5 S. Dixon GB	190.0 M. Lebolay GER
125 kg	260.0 M. King GBR	212.5 J.M. Cavelier FRA	197.5 J.M. Cavelier FRA
140 kg	252.5 M. King GBR	202.5 V. Alksnits LAT	210.0 V. Alksnits FIN
140+ kg			

MEN	70-74	75-79	80-84
52 kg			
56 kg			
60 kg			
67,5 kg	70.0 D. Schweitzer GER		
75 kg	62.5 P. Pothée FRA	75.0 P. Pothee FRA	57.5 P. Pothee FRA
82,5 kg	122.0 G. Tschierschky GER	72.5 P. Pothee FRA	70.0 P. Pothee FRA
90 kg	92.5 J. Lavrovs LAT	67.5 P. Pothee FRA	70.0 P. Pothee FRA
100 kg	167.5 M. Lebolay FRA		
110 kg		140.0 G. Zappa BEL	
125 kg	182.5 JM Cavelier FRA		
140 kg			
140+ kg			

MEN	85+
52 kg	
56 kg	
60 kg	
67,5 kg	
75 kg	
82,5 kg	55.0 P. Pothee FRA
90 kg	
100 kg	
110 kg	
125 kg	
140 kg	
140+ kg	

Rules: Sq, Bp, Df results in a total power-lifting contest will be also a valid for the single contest record list.

EUROPEAN RECORDS Powerlifting Women

updated: Jun 2010

44 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	82.5	0.0	0.0	70.0	100.0	0.0	100.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
bench	30.0	0.0	0.0	40.0	52.5	0.0	52.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
deadlift	97.5	0.0	0.0	70.0	105.0	0.0	105.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
total	210.0	0.0	0.0	180.0	232.5	0.0	232.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
48 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	113.0	0.0	100.0	135.0	135.0	60.0	112.5	130.0	100.0	0.0	0.0	0.0	0.0	0.0	0.0
bench	52.5	0.0	50.0	67.5	76.0	40.0	65.0	72.5	65.0	0.0	0.0	0.0	0.0	0.0	0.0
deadlift	113.0	0.0	90.0	105.0	153.0	90.0	133.0	153.0	125.0	0.0	0.0	0.0	0.0	0.0	0.0
total	242.5	0.0	240.0	307.5	355.0	177.5	290.0	355.0	282.5	0.0	0.0	0.0	0.0	0.0	0.0
52 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	70.0	130.0	95.0	95.0	206.0	206.0	130.0	91.0	135.0	0.0	0.0	0.0	0.0	0.0	0.0
bench	45.0	77.5	52.5	55.0	100.0	90.0	92.5	50.0	67.5	0.0	0.0	0.0	0.0	0.0	0.0
deadlift	80.0	115.0	120.0	110.0	176.0	176.0	143.0	140.0	145.0	0.0	0.0	0.0	0.0	0.0	0.0
total	185.0	322.5	267.5	247.5	470.0	470.0	365.5	280.0	347.5	0.0	0.0	0.0	0.0	0.0	0.0
56 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	106.0	120.0	0.0	135.0	215.0	215.0	190.0	100.0	135.0	135.0	0.0	0.0	0.0	0.0	30.0
bench	62.5	75.5	0.0	75.0	117.5	100.0	92.5	72.5	70.5	88.0	0.0	0.0	0.0	0.0	45.0
deadlift	135.0	137.5	0.0	166.0	215.0	175.0	157.5	145.0	148.0	140.0	0.0	0.0	0.0	0.0	81.0
total	290.0	315.0	0.0	365.0	522.5	490.0	432.5	290.0	350.0	340.0	0.0	0.0	0.0	0.0	150.0
60 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	135.0	150.0	120.0	135.0	207.5	200.5	200.0	140.0	0.0	107.5	0.0	0.0	0.0	0.0	0.0
bench	71.0	77.5	60.0	72.5	120.0	115.5	107.5	90.0	0.0	65.0	0.0	0.0	0.0	0.0	0.0
deadlift	120.0	140.0	115.0	167.5	200.0	190.0	170.0	150.0	0.0	137.5	0.0	0.0	0.0	0.0	0.0
total	322.5	340.0	295.0	372.5	512.5	485.0	457.5	380.0	0.0	310.0	0.0	0.0	0.0	0.0	0.0
67.5 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	0.0	130.0	220.0	232.5	250.0	210.0	218.5	165.0	117.5	135.0	0.0	100.0	0.0	0.0	0.0
bench	0.0	80.0	123.0	120.0	135.0	110.5	135.0	106.0	75.0	80.0	0.0	55.0	0.0	0.0	0.0
deadlift	0.0	190.5	183.0	190.0	210.0	195.0	187.5	155.0	122.5	135.0	0.0	110.5	0.0	0.0	0.0
total	0.0	387.5	522.0	537.5	560.0	500.0	522.5	415.0	297.5	350.0	0.0	265.0	0.0	0.0	0.0
75 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	0.0	0.0	135.0	252.5	240.0	180.0	200.0	140.0	145.0	110.0	77.5	0.0	0.0	0.0	0.0
bench	0.0	0.0	80.0	140.0	143.0	95.0	143.5	115.0	90.0	85.0	45.0	0.0	0.0	0.0	0.0
deadlift	0.0	0.0	175.0	205.0	226.0	195.0	175.0	160.0	140.0	142.5	127.5	0.0	0.0	0.0	0.0
total	0.0	0.0	387.5	582.5	570.0	470.0	500.0	415.0	370.0	337.5	240.0	0.0	0.0	0.0	0.0
82.5 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	0.0	0.0	130.0	183.0	264.0	230.0	160.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
bench	0.0	0.0	65.0	97.5	150.0	122.5	115.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
deadlift	0.0	0.0	130.0	165.0	268.0	168.0	170.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
total	0.0	0.0	325.0	425.0	610.0	610.0	445.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
90 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	0.0	0.0	107.5	150.0	240.0	240.0	195.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
bench	0.0	0.0	90.0	80.0	160.0	145.0	160.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
deadlift	0.0	0.0	115.0	150.0	250.0	235.0	212.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
total	0.0	0.0	312.5	350.0	612.5	590.0	550.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
90+ kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	0.0	0.0	115.0	0.0	272.5	230.0	260.0	147.5	120.0	150.0	0.0	0.0	0.0	0.0	0.0
bench	0.0	0.0	57.5	0.0	155.5	127.5	160.0	100.0	57.5	72.5	0.0	0.0	0.0	0.0	0.0
deadlift	0.0	0.0	130.0	0.0	252.5	215.0	216.0	172.5	120.0	140.5	0.0	0.0	0.0	0.0	0.0
total	0.0	0.0	297.5	0.0	667.5	572.5	610.0	420.0	297.5	355.0	0.0	0.0	0.0	0.0	0.0

EUROPEAN RECORDS Powerlifting Women

updated: Jun 2010

44 kg	13-15	16-17	18-19
squat	82.5 Oster BEL		
bench	30.0 Oster BEL		
deadlift	97.5 Oster BEL		
total	210.0 Oster BEL		
48 kg	13-15	16-17	18-19
squat	113.0 A. Durand FRA		100.0 S. Summerfield GB
bench	52.5 A. Durand FRA		50.0 S. Summerfield GB
deadlift	113.0 A. Durand FRA		90.0 S. Summerfield GB
total	242.5 A. Durand FRA		240.0 S. Summerfield GB
52 kg	13-15	16-17	18-19
squat	70.0 Sbroli ITA	130.0 D. Hojsikova SVK	95.0 Oster BEL
bench	45.0 Sbroli ITA	77.5 D. Hojsikova SVK	52.5 Oster BEL
deadlift	80.0 Sbroli ITA	115.0 D. Hojsikova SVK	120.0 Oster BEL
total	185.0 Sbroli ITA	322.5 D. Hojsikova SVK	267.5 Oster BEL
56 kg	13-15	16-17	18-19
squat	106.0 K. Elyn BEL	120.0 K. Elyn BEL	
bench	62.5 K. Elyn BEL	75.5 K. Elyn BEL	
deadlift	135.0 Picone BEL	137.5 Picone BEL	
total	290.0 Picone BEL	315.0 K. Elyn BEL	
60 kg	13-15	16-17	18-19
squat	135.0 W. Antoon BEL	150.0 W. Antoon BEL	120.0 W. Antoon BEL
bench	71.0 W. Antoon BEL	77.5 W. Antoon BEL	60.0 W. Antoon BEL
deadlift	120.0 W. Antoon BEL	140.0 Picone BEL	115.0 W. Antoon BEL
total	322.5 W. Antoon BEL	340.0 W. Antoon BEL	295.0 W. Antoon BEL
67.5 kg	13-15	16-17	18-19
squat		130.0 A. Callan GB	220.0 J. Kosturova SVK
bench		80.0 A. Callan GB	123.0 J. Kosturova SVK
deadlift		190.5 A. Callan GB	183.0 J. Kosturova SVK
total		387.5 A. Callan GB	522.0 J. Kosturova SVK
75 kg	13-15	16-17	18-19
squat			135.0 M.L. Lambert BEL
bench			80.0 A. Callan GB
deadlift			175.0 A. Callan GB
total			387.5 A. Callan GB
82.5 kg	13-15	16-17	18-19
squat			130.0 Morgan GB
bench			65.0 Morgan GB
deadlift			130.0 Morgan GB
total			325.0 Morgan GB
90 kg	13-15	16-17	18-19
squat			107.5 A. Debetono FRA
bench			90.0 A. Debetono FRA
deadlift			115.0 A. Debetono FRA
total			312.5 A. Debetono FRA
90+ kg	13-15	16-17	18-19
squat			115.0 D. Houthuys BEL
bench			57.5 D. Houthuys BEL
deadlift			130.0 D. Houthuys BEL
total			297.5 D. Houthuys BEL

EUROPEAN R

44 kg	Junior	Open	Submaster
squat	70.0 K. Roedel GER	100.0 J. Schroeder GB	
bench	40.0 K. Roedel GER	52.5 J. Schroeder GB	
deadlift	70.0 K. Roedel GER	105.0 J. Schroeder GB	
total	180.0 K. Roedel GER	232.5 J. Schroeder GB	
48 kg	Junior	Open	Submaster
squat	135.0 N.Frovola RUS	135.0 N.Frovola RUS	60.0 T. Smets BEL
bench	67.5 N.Frovola RUS	76.0 N. Zbolotskaya RUS	40.0 T. Smets BEL
deadlift	105.0 S. Summerfield GB	153.0 S. Guillaume FRA	90.0 T. Smets BEL
total	307.5 N.Frovola RUS	355.0 S. Guillaume FRA	177.5 T. Smets BEL
52 kg	Junior	Open	Submaster
squat	95.0 A. Fernandes FRA	206.0 L.J. Thomas GB	206.0 L.J. Thomas GB
bench	55.0 L. Cappato ITA	100.0 S. Cornette FRA	90.0 L.J. Thomas GB
deadlift	110.0 L. Cappato ITA	176.0 L.J. Thomas GB	176.0 L.J. Thomas GB
total	247.5 L. Cappato ITA	470.0 L.J. Thomas GB	470.0 L.J. Thomas GB
56 kg	Junior	Open	Submaster
squat	135.0 E. Carr-Hill GB	215.0 L.J. Thomas GB	215.0 L.J. Thomas GB
bench	75.0 E. Carr-Hill GB	117.5 M. Medvedeva RUS	100.0 L.J. Thomas GB
deadlift	166.0 E. Carr-Hill GB	215.0 V. Gibson GB	175.0 L.J. Thomas GB
total	365.0 E. Carr-Hill GB	522.5 V. Gibson GB	490.0 L.J. Thomas GB
60 kg	Junior	Open	Submaster
squat	135.0 E. Carr-Hill GB	207.5 M. Rovna CZR	200.5 L.J. Thomas GB
bench	72.5 E. Carr-Hill GB	120.0 I. Shekhter ISR	115.5 W. Michiels BEL
deadlift	167.5 E. Carr-Hill GB	200.0 V. Gibson GB	190.0 W. Michiels BEL
total	372.5 E. Carr-Hill GB	512.5 V. Gibson GB	485.0 W. Michiels BEL
67.5 kg	Junior	Open	Submaster
squat	232.5 J. Kosturova SVK	250.0 A. Zürcher CH	210.0 A. Leinonen FIN
bench	120.0 J. Kosturova SVK	135.0 M. Zimmer AUT	110.5 W. Michiels BEL
deadlift	190.0 J. Kosturova SVK	210.0 A. Zürcher CH	195.0 W. Michiels BEL
total	537.5 J. Kosturova SVK	560.0 A. Zürcher CH	500.0 W. Michiels BEL
75 kg	Junior	Open	Submaster
squat	252.5 J. Kosturova SVK	240.0 P. Stumpfova IRE	180.0 Achar GB
bench	140.0 J. Kosturova SVK	143.0 M. Zimmer AUT	95.0 Achar GB
deadlift	205.0 R. Papilloud CH	226.0 C. Blair GB	195.0 Achar GB
total	582.5 J. Kosturova SVK	570.0 P. Stumpfova IRE	470.0 Achar GB
82.5 kg	Junior	Open	Submaster
squat	183.0 S. Kalmi FIN	264.0 P. Stumpfova IRE	230.0 C. Blair AUT
bench	97.5 S. Kalmi FIN	150.0 P. Stumpfova IRE	122.5 L. Kodjamoulova RUS
deadlift	165.0 S. Bentham GB	268.0 C. Blair AUT	168.0 C. Blair AUT
total	425.0 S. Kalmi FIN	610.0 C. Blair AUT	610.0 C. Blair AUT
90 kg	Junior	Open	Submaster
squat	150.0 L. Makowska POL	240.0 C. Blair AUT	240.0 C. Blair AUT
bench	80.0 L. Makowska POL	160.0 T. Rantanen FIN	145.0 U. Herchenhain GER
deadlift	150.0 L. Makowska POL	250.0 C. Blair AUT	235.0 U. Herchenhain GER
total	350.0 L. Makowska POL	612.5 C. Blair AUT	590.0 U. Herchenhain GER
90+ kg	Junior	Open	Submaster
squat		272.5 D. Shawn GB	230.0 E. Pongracz AUT
bench		155.5 D. Shawn GB	127.5 E. Pongracz AUT
deadlift		252.5 D. Shawn GB	215.0 E. Pongracz AUT
total		667.5 D. Shawn GB	572.5 E. Pongracz AUT

EUROPEAN R

44 kg	40-44	45-49	50-54
squat	100.0 J. Schoeder GB		
bench	52.5 J. Schoeder GB		
deadlift	105.0 J. Schoeder GB		
total	232.5 J. Schoeder GB		
48 kg	40-44	45-49	50-54
squat	112.5 J. Schoeder GB	130.0 S. Guillaume FRA	100.0 S. Nefjodova LAT
bench	65.0 L. Watson GB	72.5 S. Guillaume FRA	65.0 L. Watson GB
deadlift	133.0 J. Schoeder GB	153.0 S. Guillaume FRA	125.0 S. Nefjodova LAT
total	290.0 J. Schoeder GB	355.0 S. Guillaume FRA	282.5 S. Nefjodova LAT
52 kg	40-44	45-49	50-54
squat	130.0 Y. Dujardin BEL	91.0 K. Heindl AUT	135.0 Plouvier BEL
bench	92.5 Y. Dujardin BEL	50.0 McCalmon GB	67.5 Plouvier BEL
deadlift	143.0 Y. Dujardin BEL	140.0 McCalmon GB	145.0 Plouvier BEL
total	365.5 Y. Dujardin BEL	280.0 McCalmon GB	347.5 Plouvier BEL
56 kg	40-44	45-49	50-54
squat	190.0 L.Thomas GB	100.0 K. Heindl AUT	135.0 Plouvier BEL
bench	92.5 Y. Dujardin BEL	72.5 Y. Lubomski ISR	70.5 Plouvier BEL
deadlift	157.5 L.Thomas GB	145.0 McCalmon GB	148.0 McCalmon GB
total	432.5 L.Thomas GB	290.0 McCalmon GB	350.0 Plouvier BEL
60 kg	40-44	45-49	50-54
squat	200.0 L.J. Thomas GB	140.0 Y. Dujardin BEL	
bench	107.5 Y. Dujardin BEL	90.0 Y. Dujardin BEL	
deadlift	170.0 Y. Dujardin BEL	150.0 Y. Dujardin BEL	
total	457.5 Y. Dujardin BEL	380.0 Y. Dujardin BEL	
67.5 kg	40-44	45-49	50-54
squat	218.5 L. Steggles GB	165.0 Y. Dujardin BEL	117.5 M.J. Burrick BEL
bench	135.0 M. Zimmer AUT	106.0 Y. Dujardin BEL	75.0 Z. Nemeth HUN
deadlift	187.5 L. Steggles GB	155.0 Y. Dujardin BEL	122.5 Z. Nemeth HUN
total	522.5 L. Steggles GB	415.0 Y. Dujardin BEL	297.5 M.J. Burrick BEL
75 kg	40-44	45-49	50-54
squat	200.0 L. Steggles GB	140.0 L. Libuse CZR	145.0 A. Utecht GER
bench	143.5 M. Zimmer AUT	115.0 L. Libuse CZR	90.0 A. Utecht GER
deadlift	175.0 M. Zimmer AUT	160.0 L. Libuse CZR	140.0 A. Utecht GER
total	500.0 M. Zimmer AUT	415.0 L. Libuse CZR	370.0 A. Utecht GER
82.5 kg	40-44	45-49	50-54
squat	160.0 A. Romanovicha LAT		
bench	115.0 A. Romanovicha LAT		
deadlift	170.0 A. Romanovicha LAT		
total	445.0 A. Romanovicha LAT		
90 kg	40-44	45-49	50-54
squat	195.0 T. Rantanen FIN		
bench	160.0 T. Rantanen FIN		
deadlift	212.5 T. Rantanen FIN		
total	550.0 T. Rantanen FIN		
90+ kg	40-44	45-49	50-54
squat	260.0 D. Shaw GB	147.5 S. Kertelits AUT	120.0 R. Van Camp BEL
bench	160.0 D. Shaw GB	100.0 S. Kertelits AUT	57.5 R. Van Camp BEL
deadlift	216.0 D. Shaw GB	172.5 S. Kertelits AUT	120.0 R. Van Camp BEL
total	610.0 D. Shaw GB	420.0 S. Kertelits AUT	297.5 R. Van Camp BEL

EUROPEAN R

44 kg	55-59	60-64	65-69
squat			
bench			
deadlift			
total			
48 kg	55-59	60-64	65-69
squat			
bench			
deadlift			
total			
52 kg	55-59	60-64	65-69
squat			
bench			
deadlift			
total			
56 kg	55-59	60-64	65-69
squat	135.0 E. Orenièova SVK		
bench	88.0 E. Orenièova SVK		
deadlift	140.0 McCalmon GB		
total	340.0 E. Orenièova SVK		
60 kg	55-59	60-64	65-69
squat	107.5 McCalmon GB		
bench	65.0 McCalmon GB		
deadlift	137.5 McCalmon GB		
total	310.0 McCalmon GB		
67.5 kg	55-59	60-64	65-69
squat	135.0 H. Utecht GER		100.0 E. Kusau GER
bench	80.0 H. Utecht GER		55.0 E. Kusau GER
deadlift	135.0 H. Utecht GER		110.5 E. Kusau GER
total	350.0 H. Utecht GER		265.0 E. Kusau GER
75 kg	55-59	60-64	65-69
squat	110.0 K.Rohrmann HUN	77.5 P. Carter GB	
bench	85.0 K.Rohrmann HUN	45.0 P. Carter GB	
deadlift	142.5 K.Rohrmann HUN	127.5 P. Carter GB	
total	337.5 K.Rohrmann HUN	240.0 P. Carter GB	
82.5 kg	55-59	60-64	65-69
squat			
bench			
deadlift			
total			
90 kg	55-59	60-64	65-69
squat			
bench			
deadlift			
total			
90+ kg	55-59	60-64	65-69
squat	150.0 R. Van Camp BEL		
bench	72.5 R. Van Camp BEL		
deadlift	140.5 R. Van Camp BEL		
total	355.0 R. Van Camp BEL		

EUROPEAN R

44 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
48 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
52 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
56 kg	70-74	75-79	80-84
squat			30.0 S. Sauvage FRA
bench			45.0 S. Sauvage FRA
deadlift			81.0 S. Sauvage FRA
total			150.0 S. Sauvage FRA
60 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
67.5 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
75 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
82.5 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
90 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
90+ kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			

EUROPEAN RECORDS Powerlifting MEN

updated: Jun 2010

52 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	117.5	55.0	0.0	170.0	240.0	185.0	160.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
bench	48.0	37.5	0.0	105.0	135.0	125.0	80.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
deadlift	110.0	100.0	0.0	195.0	205.0	180.0	170.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
total	260.0	177.5	0.0	467.5	575.0	477.5	410.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
56 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	130.0	155.0	140.0	200.0	200.0	196.0	155.0	0.0	0.0	115.0	0.0	0.0	0.0	0.0	0.0	0.0
bench	80.0	95.0	90.0	160.0	160.0	127.5	82.5	0.0	0.0	90.0	0.0	0.0	0.0	0.0	0.0	0.0
deadlift	140.5	165.0	165.0	190.0	210.0	202.5	175.0	0.0	0.0	150.0	0.0	0.0	0.0	0.0	0.0	0.0
total	335.5	415.0	375.0	520.0	520.0	485.0	412.5	0.0	0.0	355.0	0.0	0.0	0.0	0.0	0.0	0.0
60 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	140.5	155.0	200.0	230.0	240.0	190.5	225.0	155.0	142.5	175.0	0.0	0.0	0.0	0.0	0.0	0.0
bench	95.0	90.5	140.0	147.5	148.0	125.5	148.0	90.0	83.5	112.5	0.0	0.0	0.0	0.0	0.0	0.0
deadlift	160.5	200.0	200.0	215.0	240.0	185.0	200.0	240.0	160.5	200.0	0.0	0.0	0.0	0.0	0.0	0.0
total	375.0	432.5	540.0	570.0	610.0	495.0	550.0	485.0	367.5	485.0	0.0	0.0	0.0	0.0	0.0	0.0
67,5 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	225.0	212.5	230.0	233.0	335.0	275.0	335.0	320.0	225.0	181.0	182.5	160.0	0.0	0.0	0.0	0.0
bench	100.0	115.0	145.0	162.5	195.0	190.0	191.0	170.0	152.5	113.0	117.5	100.5	0.0	0.0	0.0	0.0
deadlift	191.0	212.5	237.5	245.0	275.0	260.5	260.0	240.0	217.5	200.0	191.0	166.5	0.0	0.0	0.0	0.0
total	507.5	527.5	575.0	602.5	767.5	710.0	767.5	730.0	585.0	492.5	470.0	420.0	0.0	0.0	0.0	0.0
75 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	195.0	242.5	240.0	340.0	360.0	290.0	353.0	360.0	231.0	210.0	240.0	175.0	125.5	128.0	0.0	0.0
bench	130.0	145.0	165.0	185.0	235.0	208.0	192.5	191.0	156.0	130.0	182.5	160.0	62.5	72.5	0.0	0.0
deadlift	212.5	230.0	275.0	258.0	340.0	280.0	277.5	250.5	230.0	215.0	230.0	202.5	157.5	147.5	0.0	0.0
total	510.0	597.5	660.0	780.0	907.5	780.0	805.0	772.5	565.0	515.0	625.0	477.5	345.0	346.0	0.0	0.0
82,5 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	200.0	280.0	260.0	350.0	387.5	387.5	310.5	310.0	305.0	277.5	202.5	180.0	170.0	135.0	102.5	75.0
bench	150.5	182.5	180.0	210.0	245.0	245.0	202.5	172.5	180.0	155.0	162.5	150.0	85.0	72.5	70.0	55.0
deadlift	210.0	265.0	270.0	295.0	332.5	317.5	292.5	280.0	280.0	265.0	232.5	232.5	170.0	158.5	125.0	101.0
total	560.0	692.5	700.0	800.0	880.0	880.0	770.0	750.0	727.5	685.0	585.0	537.5	420.0	360.0	275.0	227.5
90 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	250.0	280.0	295.0	355.0	380.0	380.0	350.0	315.0	320.0	293.0	255.0	180.0	127.5	132.5	96.0	0.0
bench	160.0	175.0	200.0	250.0	270.0	213.0	210.0	207.5	195.5	167.5	157.5	132.5	92.5	67.5	70.0	0.0
deadlift	241.0	265.0	300.0	331.0	350.0	310.5	310.0	290.0	305.0	280.0	220.0	162.5	145.0	140.0	122.5	0.0
total	650.0	720.0	752.5	885.0	902.5	900.0	862.5	770.0	750.0	710.0	630.0	450.0	365.0	335.0	285.0	0.0
100 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	120.0	270.0	330.0	380.5	410.5	410.5	400.5	385.0	350.0	350.0	250.0	155.0	0.0	0.0	0.0	0.0
bench	80.0	200.0	200.0	275.0	275.0	255.0	240.0	232.5	215.0	191.0	175.0	135.0	0.0	0.0	0.0	0.0
deadlift	110.0	280.5	320.0	345.0	367.5	350.5	363.5	345.0	350.0	342.5	232.5	165.0	0.0	0.0	0.0	0.0
total	287.5	750.0	837.5	957.5	990.0	945.0	955.0	942.5	865.0	855.0	610.0	450.0	0.0	0.0	0.0	0.0
110 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	200.0	290.0	337.5	410.5	420.0	420.0	400.0	410.0	385.0	380.0	240.5	205.0	0.0	0.0	0.0	0.0
bench	100.0	200.0	190.0	251.0	350.0	350.0	265.0	237.5	210.0	205.0	155.0	170.0	0.0	0.0	0.0	0.0
deadlift	200.0	280.0	300.5	343.0	367.5	360.0	362.5	363.5	335.0	315.0	225.0	200.0	0.0	0.0	0.0	0.0
total	480.0	745.0	780.0	950.0	1130.0	1130.0	900.0	982.5	910.0	900.0	620.0	575.0	0.0	0.0	0.0	0.0
125 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	208.0	370.0	285.0	400.0	468.0	450.0	440.0	440.0	374.0	275.0	250.0	0.0	0.0	0.0	0.0	0.0
bench	112.5	204.5	200.0	270.5	322.5	255.0	280.0	245.0	210.0	130.0	212.5	0.0	0.0	0.0	0.0	0.0
deadlift	180.0	300.0	320.0	390.0	407.5	350.0	388.0	365.5	380.0	295.0	252.5	0.0	0.0	0.0	0.0	0.0
total	487.5	872.5	805.0	1040.0	1087.5	1015.0	1050.0	980.0	902.5	680.0	712.5	0.0	0.0	0.0	0.0	0.0
140 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	0.0	310.0	0.0	455.0	500.5	459.0	435.0	340.0	373.5	280.0	230.0	0.0	0.0	0.0	0.0	0.0
bench	0.0	217.5	0.0	310.0	330.0	270.0	265.0	250.0	190.0	150.0	200.0	0.0	0.0	0.0	0.0	0.0
deadlift	0.0	230.0	0.0	377.5	407.5	345.0	310.0	353.5	360.0	260.0	220.0	0.0	0.0	0.0	0.0	0.0
total	0.0	757.5	0.0	1075.0	1205.0	1050.0	962.5	855.0	902.5	690.0	650.0	0.0	0.0	0.0	0.0	0.0
140+ kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	0.0	0.0	305.5	385.0	475.0	470.0	475.0	475.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
bench	0.0	0.0	220.0	255.0	365.0	300.0	355.0	365.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
deadlift	0.0	0.0	330.0	325.0	425.0	425.0	380.0	390.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
total	0.0	0.0	845.0	960.0	1127.5	1067.5	1127.5	1072.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

EUROPEAN RECORDS Powerlifting Men

updated: Jun 2010

52 kg	13-15	16-17	18-19
squat	117.5 R. Grebers SVK	55.0 R. Joris BEL	
bench	48.0 Gladdish GB	37.5 R. Joris BEL	
deadlift	110.0 A. Yernaux BEL	100.0 R. Joris BEL	
total	260.0 R. Grebers SVK	177.5 R. Joris BEL	
56 kg	13-15	16-17	18-19
squat	130.0 R. Grebers SVK	155.0 M. Kovae SVK	140.0 T. Lackner AUT
bench	80.0 S. Ivanushins LAT	95.0 M. Kovae SVK	90.0 R. Bagirov AZN
deadlift	140.5 M. Madar SVK	165.0 M. Kovae SVK	165.0 T. Lackner AUT
total	335.5 M. Madar SVK	415.0 M. Kovae SVK	375.0 T. Lackner AUT
60 kg	13-15	16-17	18-19
squat	140.5 J. De Rudder BEL	155.0 J. De Rudder BEL	200.0 G. Mouchfig AZN
bench	95.0 Doom BEL	90.5 R. Galbany SVK	140.0 G. Mouchfig AZN
deadlift	160.5 J. De Rudder BEL	200.0 P. Oster BEL	200.0 G. Mouchfig AZN
total	375.0 Doom BEL	432.5 J. De Rudder BEL	540.0 G. Mouchfig AZN
67,5 kg	13-15	16-17	18-19
squat	225.0 L. Sargsyan RUS	212.5 J. De Rudder BEL	230.0 J. De Rudder BEL
bench	100.0 L. Sargsyan RUS	115.0 J. De Rudder BEL	145.0 Marsden GB
deadlift	191.0 L. Sargsyan RUS	212.5 J. De Rudder BEL	237.5 J. De Rudder BEL
total	507.5 L. Sargsyan RUS	527.5 J. De Rudder BEL	575.0 J. De Rudder BEL
75 kg	13-15	16-17	18-19
squat	195.0 D. Kaeala SVK	242.5 D. Kacala SVK	240.0 V. Mysak UKR
bench	130.0 A. Faradjov AZN	145.0 A. Faradjov AZN	165.0 M. Fabia POL
deadlift	212.5 D. Kaeala SVK	230.0 D. Kacala SVK	275.0 Mombert BEL
total	510.0 D. Kaeala SVK	597.5 D. Kacala SVK	660.0 Mombert BEL
82,5 kg	13-15	16-17	18-19
squat	200.0 J. Fujdiak SVK	280.0 D. Kacala SVK	260.0 A. Faradjov AZN
bench	150.5 J. Fujdiak SVK	182.5 D. Kacala SVK	180.0 A. Faradjov AZN
deadlift	210.0 J. Fujdiak SVK	265.0 A. Faradjov AZE	270.0 Jones GB
total	560.0 J. Fujdiak SVK	692.5 D. Kacala SVK	700.0 A. Faradjov AZN
90 kg	13-15	16-17	18-19
squat	250.0 J. Fujdiak SVK	280.0 A. Garmashov RUS	295.0 C.Parkins IRE
bench	160.0 J. Fujdiak SVK	175.0 A. Garmashov RUS	200.0 N. Stoll GER
deadlift	241.0 J. Fujdiak SVK	265.0 A. Garmashov RUS	300.0 C.Parkins IRE
total	650.0 J. Fujdiak SVK	720.0 A. Garmashov RUS	752.5 C.Parkins IRE
100 kg	13-15	16-17	18-19
squat	120.0 Ch. Aidara BEL	270.0 J. Stoll HUN	330.0 B. Schwab AUT
bench	80.0 G. Abbeel BEL	200.0 J. Stoll HUN	200.0 B. Schwab AUT
deadlift	110.0 Ch. Aidara BEL	280.5 M. Eigner AUT	320.0 B. Schwab AUT
total	287.5 Ch. Aidara BEL	750.0 Ch. Aidara BEL	837.5 B. Schwab AUT
110 kg	13-15	16-17	18-19
squat	200.0 Y. Khandzian RUS	290.0 D. Willaert BEL	337.5 J. Korpela FIN
bench	100.0 Y. Khandzian RUS	200.0 D. Willaert BEL	190.0 D. Willaert BEL
deadlift	200.0 Y. Khandzian RUS	280.0 D. Willaert BEL	300.5 D. Willaert BEL
total	480.0 Y. Khandzian RUS	745.0 D. Willaert BEL	780.0 D. Willaert BEL
125 kg	13-15	16-17	18-19
squat	208.0 Rauch AUT	370.0 M. Skujinieks LAT	285.0 S. Abruzovs LAT
bench	112.5 Rauch AUT	204.5 M. Skujinieks LAT	200.0 K. Bogdanovics LAT
deadlift	180.0 Rauch AUT	300.0 M. Skujinieks LAT	320.0 K. Bogdanovics LAT
total	487.5 Rauch AUT	872.5 M. Skujinieks LAT	805.0 K. Bogdanovics LAT
140 kg	13-15	16-17	18-19
squat		310.0 J. Havelka CZR	
bench		217.5 J. Havelka CZR	
deadlift		230.0 J. Havelka CZR	
total		757.5 J. Havelka CZR	
140+ kg	13-15	16-17	18-19
squat			305.5 G. Gschiel AUT
bench			220.0 G. Gschiel AUT
deadlift			330.0 G. Gschiel AUT
total			845.0 G. Gschiel AUT

EUROPEAN R

52 kg	Junior	Open	Submaster
squat	170.0 M. Sabarovs LAT	240.0 A. Degovets GB	185.0 R. Karkusche GER
bench	105.0 M. Sabarovs LAT	135.0 A. Degovets GB	125.0 R. Karkusche GER
deadlift	195.0 M. Sabarovs LAT	205.0 A. Degovets GB	180.0 Mellor GB
total	467.5 M. Sabarovs LAT	575.0 A. Degovets GB	477.5 R. Karkusche GER
56 kg	Junior	Open	Submaster
squat	200.0 M. Pridannikov RUS	200.0 M. Pridannikov RUS	196.0 R. Karkusche GER
bench	160.0 M. Pridannikov RUS	160.0 M. Pridannikov RUS	127.5 R. Karkusche GER
deadlift	190.0 E. Eminov	210.0 Mitchell GB	202.5 Mitchell GB
total	520.0 M. Pridannikov RUS	520.0 M. Pridannikov RUS	485.0 R. Karkusche GER
60 kg	Junior	Open	Submaster
squat	230.0 H. Mushfig AZN	240.0 T. Haaparanta FIN	190.5 R. Karkusche GER
bench	147.5 H. Mushfig AZN	148.0 U. Werner GER	125.5 R. Karkusche GER
deadlift	215.0 P. Oster BEL	240.0 H. Hagner FIN	185.0 R. Karkusche GER
total	570.0 H. Mushfig AZN	610.0 G. Simms GB	495.0 R. Karkusche GER
67,5 kg	Junior	Open	Submaster
squat	233.0 B. Keenan IRE	335.0 G. McNamara IRE	275.0 V. Morozovs LAT
bench	162.5 P. Calus BEL	195.0 D. Mannering GB	190.0 V. Morozovs LAT
deadlift	245.0 G. Gayle GB	275.0 I. Kokorev RUS	260.5 V. Morozovs LAT
total	602.5 P. Calus BEL	767.5 G. McNamara IRE	710.0 V. Morozovs LAT
75 kg	Junior	Open	Submaster
squat	340.0 V. Tsvetkov RUS	360.0 McNamara IRE	290.0 A. Csiszar HUN
bench	185.0 V. Tsvetkov RUS	235.0 O. Kutcher UKR	208.0 D. Mannering GB
deadlift	258.0 J. Lantinen FIN	340.0 O. Kutcher UKR	280.0 D. Mannering GB
total	780.0 V. Tsvetkov RUS	907.5 O. Kutcher UKR	780.0 D. Mannering GB
82,5 kg	Junior	Open	Submaster
squat	350.0 I. Torban UKR	387.5 I. Shestakov RUS	387.5 I. Shestakov RUS
bench	210.0 J. Matej SVK	245.0 S. Koshkin RUS	245.0 S. Koshkin RUS
deadlift	295.0 U. Laudams LAT	332.5 Y. Clement FRA	317.5 I. Shestakov RUS
total	800.0 U. Laudams LAT	880.0 I. Shestakov RUS	880.0 I. Shestakov RUS
90 kg	Junior	Open	Submaster
squat	355.0 N. Bezuglov RUS	380.0 H. Selsam GER	380.0 H. Selsam GER
bench	250.0 S. Perälä FIN	270.0 E. Mamedov RUS	213.0 S. Sokoly SVK
deadlift	331.0 C. Jenkins GB	350.0 A. Kortetjärvi FIN	310.5 S. Sokoly SVK
total	885.0 S. Perälä FIN	902.5 T. Avola FIN	900.0 H. Selsam GER
100 kg	Junior	Open	Submaster
squat	380.5 B. Schwab AUT	410.5 H. Selsam GER	410.5 H. Selsam GER
bench	275.0 S. Perälä FIN	275.0 S. Perälä FIN	255.0 E. Bitek IRE
deadlift	345.0 I. Cirulis LAT	367.5 A. Ayvazov RUS	350.5 G. Depner AUT
total	957.5 S. Perälä FIN	990.0 E. Rekshe LAT	945.0 H. Selsam GER
110 kg	Junior	Open	Submaster
squat	410.5 S. Benzler GER	420.0 J. Someroja FIN	420.0 J. Someroja FIN
bench	251.0 I. Cirulis LAT	350.0 J. Someroja FIN	350.0 J. Someroja FIN
deadlift	343.0 A. Raynes GB	367.5 B. Guliyev AZE	360.0 J. Someroja FIN
total	950.0 I. Haukijärvi FIN	1130.0 J. Someroja FIN	1130.0 J. Someroja FIN
125 kg	Junior	Open	Submaster
squat	400.0 M. Hämalainen FIN	468.0 A. Turtainen FIN	450.0 M. Weiler AUT
bench	270.5 K. Konstantinovs LAT	322.5 J. Kallio FIN	255.0 M. Schrott FIN
deadlift	390.0 K. Konstantinovs LAT	407.5 K. Konstantinovs LAT	350.0 C. Gonner AUT
total	1040.0 K. Konstantinovs LAT	1087.5 A. Turtainen FIN	1015.0 R. Aghayev AZR
140 kg	Junior	Open	Submaster
squat	455.0 J. Rantanen FIN	500.5 J. Rantanen FIN	459.0 H. Kuttroff GER
bench	310.0 J. Rantanen FIN	330.0 J. Rantanen FIN	270.0 V. Sushak RUS
deadlift	377.5 A. Bolton GB	407.5 A. Bolton GB	345.0 G. Holleitner AUT
total	1075.0 J. Rantanen FIN	1205.0 J. Rantanen FIN	1050.0 H. Kuttroff GER
140+ kg	Junior	Open	Submaster
squat	385.0 T. Lehtonen FIN	475.0 K. Kalliola FIN	470.0 A. Bolton GB
bench	255.0 T. Lehtonen FIN	365.0 K. Kalliola FIN	300.0 D. Zint GER
deadlift	325.0 T. Lehtonen FIN	425.0 A. Bolton GB	425.0 A. Bolton GB
total	960.0 T. Lehtonen FIN	1127.5 K. Kalliola FIN	1067.5 P. Tregloan GB

EUROPEAN R

52 kg	40-44	45-49	50-54
squat	160.0 G. Mellor GB		
bench	80.0 G. Mellor GB		
deadlift	170.5 G. Mellor GB		
total	410.0 G. Mellor GB		
56 kg	40-44	45-49	50-54
squat	155.0 G. Mellor GB		
bench	82.5 G. Mellor GB		
deadlift	175.0 G. Mellor GB		
total	412.5 G. Mellor GB		
60 kg	40-44	45-49	50-54
squat	225.0 N. Galkine RUS	155.0 H. Hagner FIN	142.5 B. Brown GB
bench	148.0 U. Werner GER	90.0 H. Hagner FIN	83.5 H. Novotny AUT
deadlift	200.0 N. Galkine RUS	240.0 H. Hagner FIN	160.5 H. Novotny AUT
total	550.0 N. Galkine RUS	485.0 H. Hagner FIN	367.5 H. Novotny AUT
67,5 kg	40-44	45-49	50-54
squat	335.0 G. McNamara IRE	320.0 G. McNamara IRE	225.0 J. Steinbergs LAT
bench	191.0 G. McNamara IRE	170.0 G. McNamara IRE	152.5 J. Steinbergs LAT
deadlift	260.0 G. McNamara IRE	240.0 G. McNamara IRE	217.5 B. Mullan GB
total	767.5 G. McNamara IRE	730.0 G. McNamara IRE	585.0 J. Steinbergs LAT
75 kg	40-44	45-49	50-54
squat	353.0 McNamarra IRE	360.0 McNamarra GB	231.0 J. Avtar GB
bench	192.5 D. Mannering GB	191.0 D. Mannering GB	156.0 M. Mastrapasqua ITA
deadlift	277.5 J. Callan GB	250.5 T. Kent GB	230.0 A. Mikysek AUT
total	805.0 McNamarra IRE	772.5 McNamarra GB	565.0 A. Jawanda GB
82,5 kg	40-44	45-49	50-54
squat	310.5 G. Eccheli RUS	310.0 M. Spurling GB	305.0 S. Hoza CZR
bench	202.5 C. Petrischor AUT	172.5 JJ. Dunn IRE	180.0 S. Hoza CZR
deadlift	292.5 B. Verbeke BEL	280.0 M. Spurling GB	280.0 R. Brown GB
total	770.0 Duffy GB	750.0 M. Spurling GB	727.5 P. Latter GB
90 kg	40-44	45-49	50-54
squat	350.0 P. Kelly IRE	315.0 P. Beniston GB	320.0 P. Latter GB
bench	210.0 E. Nonis GB	207.5 A. Miglans LAT	195.5 J. Sztanke HUN
deadlift	310.0 B. Verbeke BEL	290.0 S. Dermelev EST	305.0 K. Burlans LAT
total	862.5 P. Kelly IRE	770.0 P. Beniston GB	750.0 P. Latter GB
100 kg	40-44	45-49	50-54
squat	400.5 S. Kaipio FIN	385.0 B. West GB	350.0 A. Rajala FIN
bench	240.0 M. Cullimore GB	232.5 A. Rajala FIN	215.0 A. Rajala FIN
deadlift	363.5 G. Depner AUT	345.0 A. Luker GB	350.0 A. Luker GB
total	955.0 G. Depner AUT	942.5 G. Depner AUT	865.0 A. Rajala FIN
110 kg	40-44	45-49	50-54
squat	400.0 M. Weiler AUT	410.0 A. Rajala FIN	385.0 B. West GB
bench	265.0 V. Audrius LAT	237.5 A. Rajala FIN	210.0 D. Rainholds LAT
deadlift	362.5 White GB	363.5 G. Depner AUT	335.0 B. West GB
total	900.0 R. Allison GB	982.5 G. Depner AUT	910.0 B. West GB
125 kg	40-44	45-49	50-54
squat	440.0 T. Kelly IRE	440.0 L. Marshall GBR	374.0 L. Marshall GBR
bench	280.0 T. Kelly IRE	245.0 S. Piniatchev ISR	210.0 L. Marshall GBR
deadlift	388.0 D. Carter GBR	365.5 L. Marshall GBR	380.0 D. Carter GBR
total	1050.0 T. Kelly IRE	980.0 L. Marshall GBR	902.5 D. Carter GBR
140 kg	40-44	45-49	50-54
squat	435.0 D. Beattie GBR	340.0 D. Carter GBR	373.5 D. Carter GBR
bench	265.0 K. Kalliola FIN	250.0 V. Pevko LAT	190.0 H.D. Ackermann GER
deadlift	310.0 G. Holleitner AUT	353.5 D. Carter GBR	360.0 D. Carter GBR
total	962.5 K. Kalliola FIN	855.0 D. Carter GBR	902.5 D. Carter GBR
140+ kg	40-44	45-49	50-54
squat	475.0 K. Kalliola FIN	475.5 P. Tregloan GBR	
bench	355.0 K. Kalliola FIN	365.0 K. Kalliola FIN	
deadlift	380.0 P. Tregloan GBR	390.0 P. Tregloan GBR	
total	1127.5 K. Kalliola FIN	1072.5 K. Kalliola FIN	

EUROPEAN R

52 kg	55-59	60-64	65-69
squat			
bench			
deadlift			
total			
56 kg	55-59	60-64	65-69
squat	115.0 P. Spodniak SVK		
bench	90.0 P. Spodniak SVK		
deadlift	150.0 P. Spodniak SVK		
total	355.0 P. Spodniak SVK		
60 kg	55-59	60-64	65-69
squat	175.0 M. Gombar SVK		
bench	112.5 M. Gombar SVK		
deadlift	200.0 M. Gombar SVK		
total	485.0 M. Gombar SVK		
67,5 kg	55-59	60-64	65-69
squat	181.0 B. Mullan GBR	182.5 B. Mullan GBR	160.0 R. Necessary AUT
bench	113.0 B. Mullan GBR	117.5 B. Mullan GBR	100.5 A. Fasolin GER
deadlift	200.0 B. Mullan GBR	191.0 B. Mullan GBR	166.5 R. Necessary AUT
total	492.5 B. Mullan GBR	470.0 B. Mullan GBR	420.0 R. Necessary AUT
75 kg	55-59	60-64	65-69
squat	210.0 I. Bolotov RUS	240.0 Y. Chepetz RUS	175.0 D. Camut-Mollet FRA
bench	130.0 I. Verebi HUN	182.5 Y. Chepetz RUS	160.0 K. Högg GBR
deadlift	215.0 G. Dufour FRA	230.0 J. Pauluks LAT	202.5 D. Camut-Mollet FRA
total	515.0 G. Dufour FRA	625.0 Y. Chepetz RUS	477.5 D. Camut-Mollet FRA
82,5 kg	55-59	60-64	65-69
squat	277.5 R. Brown GBR	202.5 T. Dillon IRE	180.0 T. Dillon IRE
bench	155.0 R. Brown GBR	162.5 K. Högg AUT	150.0 K. Högg AUT
deadlift	265.0 R. Brown GBR	232.5 T. Dillon IRE	232.5 T. Dillon IRE
total	685.0 R. Brown GBR	585.0 T. Dillon IRE	537.5 T. Dillon IRE
90 kg	55-59	60-64	65-69
squat	293.0 R. Brown GBR	255.0 V. Nougamanov RUS	180.0 I. Morris IRE
bench	167.5 H. Marion FRA	157.5 K. Högg AUT	132.5 M. Theyskens BEL
deadlift	280.0 R. Brown GBR	220.0 V. Nougamanov RUS	162.5 M. Theyskens BEL
total	710.0 R. Brown GBR	630.0 V. Nougamanov RUS	450.0 M. Theyskens BEL
100 kg	55-59	60-64	65-69
squat	350.0 A. Luker GBR	250.0 V. Nougamanov RUS	155.0 M. Theyskens BEL
bench	191.0 A. Smelovs LAT	175.0 A. Smelovs LAT	135.0 M. Theyskens BEL
deadlift	342.5 A. Luker GBR	232.5 D. Lewis GBR	165.0 M. Theyskens BEL
total	855.0 A. Luker GBR	610.0 V. Nougamanov RUS	450.0 M. Theyskens BEL
110 kg	55-59	60-64	65-69
squat	380.0 B. West GBR	240.5 F. Hachenberger GER	205.0 L. Kasza HUN
bench	205.0 B. West GBR	155.0 F. Hachenberger GER	170.0 L. Kasza HUN
deadlift	315.0 B. West GBR	225.0 F. Hachenberger GER	200.0 L. Kasza HUN
total	900.0 B. West GBR	620.0 F. Hachenberger GER	575.0 L. Kasza HUN
125 kg	55-59	60-64	65-69
squat	275.0 M. Brown GBR	250.0 J.M. Cavelier FRA	
bench	130.0 M. Gutmanis LAT	212.5 J.M. Cavelier FRA	
deadlift	295.0 M. Brown GBR	252.5 J.M. Cavelier FRA	
total	680.0 M. Brown GBR	712.5 J.M. Cavelier FRA	
140 kg	55-59	60-64	65-69
squat	280.0 M. Gutmanis LAT	230.0 J.M. Cavelier FRA	
bench	150.0 M. Gutmanis LAT	200.0 J.M. Cavelier FRA	
deadlift	260.0 M. Gutmanis LAT	220.0 J.M. Cavelier FRA	
total	690.0 M. Gutmanis LAT	650.0 J.M. Cavelier FRA	
140+ kg	55-59	60-64	65-69
squat			
bench			
deadlift			
total			

EUROPEAN R

52 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
56 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
60 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
67,5 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
75 kg	70-74	75-79	80-84
squat	125.5 P. Pothee FRA	128.0 P. Pothee FRA	
bench	62.5 P. Pothee FRA	72.5 P. Pothee FRA	
deadlift	157.5 P. Pothee FRA	147.5 P. Pothee FRA	
total	345.0 P. Pothee FRA	346.0 P. Pothee FRA	
82,5 kg	70-74	75-79	80-84
squat	170.0 I. Morris IRE	135.0 P. Pothee FRA	102.5 P. Pothee FRA
bench	85.0 Lavros Jurijs LAT	72.5 P. Pothee FRA	70.0 P. Pothee FRA
deadlift	170.0 I. Morris IRE	158.5 P. Pothee FRA	125.0 P. Pothee FRA
total	420.0 I. Morris IRE	360.0 P. Pothee FRA	275.0 P. Pothee FRA
90 kg	70-74	75-79	80-84
squat	127.5 J. Lavrovs LAT	132.5 P. Pothee FRA	96.0 P. Pothee FRA
bench	92.5 J. Lavrovs LAT	67.5 P. Pothee FRA	70.0 P. Pothee FRA
deadlift	145.0 J. Lavrovs LAT	140.0 P. Pothee FRA	122.5 P. Pothee FRA
total	365.0 J. Lavrovs LAT	335.0 P. Pothee FRA	285.0 P. Pothee FRA
100 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
110 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
125 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
140 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
140+ kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			

EUROPEAN R

52 kg	85+
squat	
bench	
deadlift	
total	

56 kg	85+
squat	
bench	
deadlift	
total	

60 kg	85+
squat	
bench	
deadlift	
total	

67,5 kg	85+
squat	
bench	
deadlift	
total	

75 kg	85+
squat	
bench	
deadlift	
total	

82,5 kg	85+
squat	75.0 P. Pothee FRA
bench	55.0 P. Pothee FRA
deadlift	101.0 P. Pothee FRA
total	227.5 P. Pothee FRA

90 kg	85+
squat	
bench	
deadlift	
total	

100 kg	85+
squat	
bench	
deadlift	
total	

110 kg	85+
squat	
bench	
deadlift	
total	

125 kg	85+
squat	
bench	
deadlift	
total	

140 kg	85+
squat	
bench	
deadlift	
total	

140+ kg	85+
squat	
bench	
deadlift	
total	

WORLD RECORDS Bench Press Women

updated: Jun 2010

WOMEN	Open	13-15	16-17	18-19	Junior	Submas	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
44 kg	82.5	40.0	35.0	48.0	42.5	55.0	80.0	52.0	47.5	0.0	0.0	0.0	0.0	0.0	0.0
48 kg	95.0	61.0	32.0	50.0	67.5	85.0	77.5	47.5	82.5	0.0	0.0	0.0	0.0	0.0	0.0
52 kg	113.0	60.0	88.0	106.5	106.5	90.0	102.5	87.5	75.0	55.0	0.0	0.0	0.0	0.0	0.0
56 kg	132.5	85.0	95.0	97.5	95.0	120.0	92.5	92.5	97.5	88.0	45.0	0.0	0.0	0.0	45.0
60 kg	150.0	72.5	80.0	90.0	100.0	120.0	112.5	105.0	97.5	65.0	45.5	87.5	0.0	0.0	0.0
67,5 kg	172.5	85.0	110.0	123.0	137.5	172.5	138.0	106.0	97.5	65.0	80.0	62.5	0.0	0.0	0.0
75 kg	183.0	70.0	85.0	106.5	140.0	167.5	175.0	130.5	110.0	90.0	70.0	0.0	32.5	0.0	0.0
82,5 kg	182.5	77.0	80.5	86.0	117.5	137.5	175.0	117.5	95.0	100.0	70.5	48.0	45.0	0.0	0.0
90 kg	174.5	73.0	0.0	90.0	95.0	145.0	160.0	162.5	105.0	96.0	0.0	0.0	0.0	0.0	0.0
90+ kg	184.0	0.0	0.0	65.0	102.5	127.5	160.0	125.0	112.5	72.5	0.0	0.0	0.0	0.0	0.0

WORLD RECORDS Bench Press Men

MEN	Open	13-15	16-17	18-19	Junior	Submas	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
52 kg	142.5	93.0	100.0	85.0	105.0	125.0	120.0	77.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
56 kg	170.0	88.0	120.0	135.0	160.0	137.5	124.5	120.0	112.5	100.5	125.0	0.0	0.0	0.0	0.0	0.0
60 kg	185.0	107.5	155.5	141.0	147.5	170.0	168.0	135.0	147.5	137.5	130.0	100.0	106.5	65.0	0.0	0.0
67,5 kg	210.5	172.5	166.0	152.0	210.5	190.0	201.0	172.5	161.0	137.5	122.5	125.5	122.5	0.0	67.5	70.0
75 kg	275.0	147.5	160.0	180.0	235.0	210.0	212.5	208.0	181.0	188.0	182.5	160.0	135.5	97.5	70.0	0.0
82,5 kg	277.5	159.0	182.5	197.5	230.0	272.5	227.5	235.0	208.0	201.0	165.5	160.5	127.5	85.0	70.0	60.0
90 kg	320.0	185.0	192.5	206.0	250.0	280.0	250.5	252.5	240.0	217.5	200.0	177.5	152.5	106.5	70.0	0.0
100 kg	310.0	167.5	200.0	225.0	285.0	308.0	270.0	270.0	250.0	212.5	195.0	190.0	167.5	105.0	0.0	0.0
110 kg	336.5	160.0	226.0	231.5	272.5	320.0	300.0	262.5	242.5	237.5	227.5	197.5	167.5	140.0	0.0	0.0
125 kg	342.5	200.0	260.0	228.0	305.0	320.0	290.5	280.0	275.0	260.0	247.5	197.5	182.5	0.0	0.0	0.0
140 kg	360.0	0.0	192.5	272.0	300.0	325.0	340.0	280.0	240.5	252.5	235.0	210.0	0.0	0.0	0.0	0.0
140 + kg	370.0	182.5	215.0	227.5	342.5	290.0	355.0	370.0	242.5	200.0	188.0	0.0	0.0	0.0	0.0	0.0

Rules: Benchpress results from a "total power-lifting "contest will be also a valid for the single contest record list.

WORLD RECORDS Bench Press Women

updated: Jun 2010

WOMEN
44 kg
48 kg
52 kg
56 kg
60 kg
67,5 kg
75 kg
82,5 kg
90 kg
90+ kg

Open
82.5 Palk USA
95.0 Simmons USA
113.0 K. Rintala FIN
132.5 A. Weissberger USA
150.0 Rinehart USA
172.5 S. Baldwin USA
183.0 Suzuki USA
182.5 Grimwood USA
174.5 Harrell USA
184.0 Sizemore USA

Junior
42.5 Hart USA
67.5 N. Frovola RUS
106.5 Beard USA
95.0 Horseman AUS
100.0 Lass USA
137.5 J. Kosturova SVK
140.0 J. Kosturova SVK
117.5 Havelka USA
95.0 Y. Strydom RSA
102.5 Baxter USA

Submaster
55.0 Cohen USA
85.0 Bartlow USA
90.0 L. J. Thomas UK
120.0 A. Weissberger USA
120.0 M. Medvedeva RUS
172.5 S. Baldwin USA
167.5 Van De Weghe USA
137.5 M. Zimmer AUT
145.0 U. Herchenhein GER
127.5 E. Pongracz AUT

WOMEN
44 kg
48 kg
52 kg
56 kg
60 kg
67,5 kg
75 kg
82,5 kg
90 kg
90+ kg

13-15
40.0 A. Teves USA
61.0 M. Labudova CZR
60.0 A. James USA
85.0 Whitefield USA
72.5 W. Antoon BEL
85.0 Brandau USA
70.0 Feece USA
77.0 Giddings USA
73.0 Feece USA

16-17
35.0 M. Mikulska POL
32.0 Ryan USA
88.0 D. Hojsikova SVK
95.0 D. Hojsikova SVK
80.0 W. Antoon BEL
110.0 Mecalief AUS
85.0 Kirby USA
80.5 Giddings RSA

18-19
48.0 M. Mikulovska POL
50.0 Summerfield USA
106.5 Beard USA
97.5 Horseman AUS
90.0 Bartley USA
123.0 J. Kusturova SVK
106.5 Fortunato USA
86.0 King USA
90.0 A. Debetono FRA
65.0 D. Houthuys BEL

WOMEN
44 kg
48 kg
52 kg
56 kg
60 kg
67,5 kg
75 kg
82,5 kg
90 kg
90+ kg

40-44
80.0 Leverett USA
77.5 Barlow USA
102.5 M.Kirkland USA
92.5 Y. Dujardin BEL
112.5 Y. Dujardin BEL
138.0 M. Zimmer AUT
175.0 Emey USA
175.0 Emey USA
160.0 T. Rantanen FIN
160.0 D. Shaw GB

45-49
52.0 Newman USA
47.5 Higgins USA
87.5 S. Hedman USA
92.5 C. Hrytzak CAN
105.0 N. Avigliano USA
106.0 Y. Dujardin BEL
130.5 Tackill USA
117.5 K. Packer USA
162.5 T. Rantanen FIN
125.0 Thoms USA

50-54
47.5 Rodefer USA
82.5 A. Leverett USA
75.0 Burnette USA
97.5 S. Callahan USA
97.5 Dyer USA
97.5 Frantz USA
110.0 B. Fuss CAN
95.0 Delleree USA
105.0 I. Hagge GER
112.5 Miller CAN

WORLD RECORDS Bench Press Women

WOMEN
44 kg
48 kg
52 kg
56 kg
60 kg
67,5 kg
75 kg
82,5 kg
90 kg
90+ kg

55-59
55.0 Marshall USA
88.0 E. Orenicova SVK
65.0 McCalmon UK
65.0 H. McCalmon GB
90.0 E. Schutte RSA
100.0 Bruwer RSA
96.0 Bruwer RSA
72.5 Van Camp BEL

60-64
45.0 C. Schubert GER
45.5 H. Krivanek AUT
80.0 E. Keresy USA
70.0 M. Högg AUT
70.5 Anderson USA

65-69
87.5 E. Keresy USA
62.5 E. Keresy USA
48.0 Ramsrud USA

WOMEN
44 kg
48 kg
52 kg
56 kg
60 kg
67,5 kg
75 kg
82,5 kg
90 kg
90+ kg

70-74
32.5 Comber USA
45.0 Ramsrud USA

75-79

80+
45.0 S. Sauvage FRA

Rules: Sq, Bp, Df results in a total power-lifting contest will be also a valid for the single contest record list.

WORLD RECORDS Bench Press Men

updated: Jun 2010

MEN	Open	Junior	Submaster
52 kg	142.5 J. Grabowski USA	105.0 M. Sabarovs LAT	125.0 R. Karkuschke GER
56 kg	170.0 Butterbaugh USA	160.0 M. Pridannikov RUS	137.5 R.A. Wick GER
60 kg	185.0 D. Heath USA	147.5 H. Mushfig AZN	170.0 S. Manzanares FRA
67,5 kg	210.5 M. Schick GER	210.5 M. Schick GER	190.0 D. Mannering GB
75 kg	275.0 M. Schick GER	235.0 M. Schick GER	210.0 J.L. Garcia FRA
82,5 kg	277.5 M. Schick GER	230.0 D. Khovanskiy RUS	272.5 S. Koshkin RUS
90 kg	320.0 F. Caminita USA	250.0 S. Perälä FIN	280.0 M. Matej SVK
100 kg	310.0 E. Hasson ISR	285.0 H. Brice FRA	308.0 M. Matej SVK
110 kg	336.5 Confessore USA	272.5 Patterson USA	320.0 S. Polutin UKR
125 kg	342.5 Isaac USA	305.0 Patterson USA	320.0 L. Meszaros HUN
140 kg	360.0 T. Rantanen FIN	300.0 J. Rantanen FIN	325.0 M. Piatelli CAN
140+ kg	370.0 K. Kalliola FIN	342.5 Rannals USA	290.0 D. Zindt GER

MEN	13-15	16-17	18-19
52 kg	93.0 Sutton USA	100.0 Hopkins USA	85.0 G. De Cuyper BEL
56 kg	88.0 Domick USA	120.0 Simpson USA	135.0 Morgan USA
60 kg	107.5 P. Dunn USA	155.5 Hatch USA	141.0 D. Vartanov RUS
67,5 kg	172.5 L. Sargsyan RUS	166.0 Luther USA	152.0 Sowards USA
75 kg	147.5 S.Ivanusins LAT	160.0 McCoy USA	180.0 Luther USA
82,5 kg	159.0 Wendling USA	182.5 D. Kacala SVK	197.5 S. Faulkner USA
90 kg	185.0 Wendling USA	192.5 Wolf POL	206.0 G. Aivazyan RUS
100 kg	167.5 Etheridge USA	200.0 J. Deli HUN	225.0 M. Apskalns LAT
110 kg	160.0 Y. Khabdzhyan RUS	226.0 Wendling USA	231.5 Wendling USA
125 kg	200.0 F. Cizek CZR	260.0 O. Selin FIN	228.0 Sparks USA
140 kg		192.5 Tosaw USA	272.0 J.Ward USA
140+ kg	182.5 Hatfield USA	215.0 J. Havelka CZR	227.5 Wigner USA

MEN	40-44	45-49	50-54
52 kg	120.0 R.Wick GER	77.5 Cross USA	
56 kg	124.5 Milian PR	120.0 Philander RSA	112.5 Milian USA
60 kg	168.0 P. Deture USA	135.0 Philander RSA	147.5 I. Toth HUN
67,5 kg	201.0 P. Herzog CH	172.5 K. Rooch GER	161.0 Bebe USA
75 kg	212.5 Rouse USA	208.0 Bellamy USA	181.0 A. Tatarkin RUS
82,5 kg	227.5 Rouse USA	235.0 R. Leskenmaa FIN	208.0 R. Leskenmaa FIN
90 kg	250.5 A. Himer GER	252.5 A. Himer GER	240.0 R. Leskenmaa FIN
100 kg	270.0 U. Haase GER	270.0 S. Belikov RUS	250.0 Ch. Klicki FRA
110 kg	300.0 M. Biermont GER	262.5 V. Pevko LAT	242.5 Nelson USA
125 kg	290.5 Laurent F. FRA	280.0 J. Judko LAT	275.0 V. Pevko LAT
140 kg	340.0 V. Maximov RUS	280.0 G. Lopatinskiy RUS	240.5 M. Schröder GER
140+ kg	355.0 K. Kalliola FIN	370.0 K. Kalliola FIN	242.5 Patterson USA

MEN	55-59	60-64	65-69
52 kg			
56 kg	100.5 P. Spodniak SVK	125.0 P.Gallart FRA	
60 kg	137.5 G. Bobrovitz CAN	130.0 P.Gallart FRA	100.0 N. Kawasaki USA
67,5 kg	137.5 G. Bobrovitz CAN	122.5 L. Guecio FRA	125.5 E. Trichlin AUT
75 kg	188.0 Gill USA	182.5 Y. Chepetz RUS	160.0 K. Högg AUT
82,5 kg	201.0 R. Leskenmaa FIN	165.5 K. Högg AUT	160.5 K. Högg AUT
90 kg	217.5 K.G. Krüger GER	200.0 J. Rouse USA	177.5 R. Schubert GER
100 kg	212.5 A. Gersdorf GER	195.0 M. Le Bolay FRA	190.0 M. Le Bolay FRA
110 kg	237.5 J. Nussbaumer AUT	227.5 C. Haudenschild USA	197.5 Anderson USA
125 kg	260.0 M. King GBR	247.5 B.Meek USA	197.5 J.M. Cavelier FRA
140 kg	252.5 M. King GBR	235.0 B. Meek USA	210.0 V. Alksnits FIN
140+ kg	200.0 James USA	188.0 Telljohn USA	

MEN	70-74	75-79	80-84
52 kg			
56 kg			
60 kg	106.5 Kawasaki USA	65.0 D. Gellman USA	
67,5 kg	122.5 Richey USA		67.5 V. Younger AUS
75 kg	135.5 Giller USA	97.5 Upton USA	70.0 V. Younger AUS
82,5 kg	127.5 Ronolo USA	85.0 Williams USA	70.0 P. Pothée FRA
90 kg	152.5 Ronolo USA	106.5 Gonzales USA	70.0 P. Pothée FRA
100 kg	167.5 M. Lebolay FRA	105.0 Soudiers USA	
110 kg	167.5 Broussau USA	140.0 G. Zappa BEL	
125 kg	182.5 JM Cavelier FRA		

140 kg			
140+ kg			

MEN	85+
52 kg	
56 kg	
60 kg	
67,5 kg	70.0 V. Younger USA
75 kg	
82,5 kg	60.0 St. Montrose USA
90 kg	
100 kg	
110 kg	
125 kg	
140 kg	
140+ kg	

Rules: Sq, Bp, Df results in a total power-lifting contest will be also a valid f for the single contest record list.

WORLD RECORDS Powerlifting Women

updated: Jun 2010

44 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	82.5	0.0	92.5	92.5	140.5	97.5	132.5	83.5	67.5	0.0	0.0	0.0	0.0	0.0	0.0
bench	40.0	0.0	42.0	42.0	80.0	55.0	80.0	52.0	47.5	0.0	0.0	0.0	0.0	0.0	0.0
deadlift	97.5	0.0	124.5	124.5	153.5	127.5	145.0	92.0	100.0	0.0	0.0	0.0	0.0	0.0	0.0
total	210.0	0.0	260.0	260.0	360.0	280.0	352.5	227.5	212.5	0.0	0.0	0.0	0.0	0.0	0.0
48 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	113.0	0.0	107.5	135.0	170.5	152.5	156.0	130.0	137.5	0.0	0.0	0.0	0.0	0.0	0.0
bench	55.0	0.0	50.0	67.5	95.0	85.0	77.5	72.5	82.5	0.0	0.0	0.0	0.0	0.0	0.0
deadlift	113.0	0.0	115.0	127.5	158.5	145.0	145.0	153.0	147.5	0.0	0.0	0.0	0.0	0.0	0.0
total	270.0	0.0	262.5	307.5	402.5	382.5	377.5	355.0	352.5	0.0	0.0	0.0	0.0	0.0	0.0
52 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	118.0	130.0	158.5	158.5	207.5	206.0	207.5	137.5	135.0	45.0	0.0	0.0	0.0	0.0	0.0
bench	56.0	82.5	106.5	106.5	112.5	90.0	102.5	87.5	75.0	25.0	0.0	0.0	0.0	0.0	0.0
deadlift	135.0	145.0	142.5	145.0	186.0	176.0	186.0	147.5	145.0	67.5	0.0	0.0	0.0	0.0	0.0
total	307.5	355.0	407.5	407.5	495.0	470.0	495.0	372.5	347.5	135.0	0.0	0.0	0.0	0.0	0.0
56 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	170.0	118.0	150.0	150.0	215.0	215.0	190.0	155.0	172.5	135.0	0.0	0.0	0.0	0.0	30.0
bench	85.0	75.5	97.5	95.0	127.5	120.0	92.5	92.5	95.0	88.0	0.0	0.0	0.0	0.0	45.0
deadlift	165.0	137.5	165.0	166.0	215.0	185.0	190.0	153.5	163.0	140.0	0.0	0.0	0.0	0.0	81.0
total	415.0	315.0	400.0	400.0	522.5	490.0	432.5	365.0	407.5	340.0	0.0	0.0	0.0	0.0	150.0
60 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	135.0	150.0	142.5	182.5	252.5	200.5	208.0	252.5	159.0	113.5	0.0	155.0	0.0	0.0	0.0
bench	71.0	77.5	90.0	100.0	129.0	115.5	107.5	105.0	97.5	65.0	0.0	87.5	0.0	0.0	0.0
deadlift	142.5	140.0	163.5	177.5	220.0	190.0	197.5	210.0	181.0	137.5	0.0	175.0	0.0	0.0	0.0
total	332.5	340.0	370.0	452.5	560.0	485.0	502.5	560.0	420.0	310.0	0.0	410.0	0.0	0.0	0.0
67,5 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	151.5	175.0	220.0	232.5	265.0	240.0	265.0	210.0	182.5	135.0	140.0	130.0	0.0	0.0	0.0
bench	72.5	110.0	123.0	127.5	172.5	172.5	135.0	106.0	97.5	80.0	80.0	62.5	0.0	0.0	0.0
deadlift	154.0	190.5	183.0	190.0	245.0	217.5	245.0	227.5	200.0	135.0	172.5	120.0	0.0	0.0	0.0
total	367.5	455.0	522.0	537.5	630.0	630.0	630.0	507.5	475.0	350.0	392.5	312.5	0.0	0.0	0.0
75 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	140.0	157.5	176.5	252.5	267.5	245.0	257.0	242.5	165.0	155.0	77.5	0.0	62.5	0.0	0.0
bench	70.0	85.0	106.5	140.0	175.0	167.5	175.0	130.5	110.0	90.0	45.0	0.0	32.5	0.0	0.0
deadlift	162.5	165.0	204.0	210.0	242.5	205.0	242.5	235.0	190.0	150.0	127.5	0.0	75.0	0.0	0.0
total	372.5	392.5	487.5	582.5	655.0	617.5	610.0	577.5	445.0	380.0	240.0	0.0	170.0	0.0	0.0
82,5 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	97.5	155.0	160.0	200.0	264.0	230.0	220.0	217.5	182.5	192.5	0.0	93.0	62.5	0.0	0.0
bench	77.0	80.5	86.0	117.5	182.5	122.5	175.0	117.5	95.0	100.0	0.0	48.0	45.0	0.0	0.0
deadlift	120.0	170.0	181.0	187.5	268.0	268.0	200.0	190.0	177.5	185.0	0.0	125.0	117.5	0.0	0.0
total	285.0	385.0	407.5	500.0	677.5	610.0	595.0	522.5	452.5	462.5	0.0	250.0	225.0	0.0	0.0
90 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	0.0	0.0	107.5	210.0	288.0	240.0	210.0	150.0	185.0	170.0	0.0	0.0	0.0	0.0	0.0
bench	0.0	0.0	90.0	95.0	174.0	145.0	160.0	87.5	92.5	92.5	0.0	0.0	0.0	0.0	0.0
deadlift	0.0	0.0	115.0	185.0	274.0	235.0	212.5	154.0	175.0	182.5	0.0	0.0	0.0	0.0	0.0
total	0.0	0.0	312.5	490.0	710.0	590.0	550.0	387.5	452.5	437.5	0.0	0.0	0.0	0.0	0.0
90+ kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
squat	82.5	0.0	115.0	177.5	285.5	230.0	260.0	165.0	207.5	150.0	0.0	0.0	0.0	0.0	0.0
bench	42.5	0.0	57.5	80.0	181.0	127.5	160.0	100.5	112.5	72.5	0.0	0.0	0.0	0.0	0.0
deadlift	90.0	0.0	130.0	167.5	265.0	215.0	216.0	172.5	182.5	140.5	0.0	0.0	0.0	0.0	0.0
total	220.0	0.0	297.5	425.0	700.0	572.5	610.0	420.0	492.5	355.0	0.0	0.0	0.0	0.0	0.0

WORLD RECORDS Powerlifting Women

updated: Jun 2010

44 kg	13-15	16-17	18-19
squat	82.5 Oster BEL		92.5 Hart USA
bench	40.0 Teves USA		42.0 Hart USA
deadlift	97.5 Oster BEL		124.5 Hart USA
total	210.0 Oster BEL		260.0 Hart USA
48 kg	13-15	16-17	18-19
squat	113.0 A. Durand FRA		107.5 Summerfield GB
bench	55.0 Jeffrey USA		50.0 Summerfield GB
deadlift	113.0 A. Durand FRA		115.0 Moore USA
total	270.0 Jeffrey USA		262.5 Moore USA
52 kg	13-15	16-17	18-19
squat	118.0 Sarris USA	130.0 D. Hojsikova SVK	158.5 Beard USA
bench	56.0 Sarris USA	82.5 Horseman AUS	106.5 Beard USA
deadlift	135.0 Sarris USA	145.0 Horseman AUS	142.5 Beard USA
total	307.5 Sarris USA	355.0 Horseman AUS	407.5 Beard USA
56 kg	13-15	16-17	18-19
squat	170.0 Whitefield USA	118.0 K. Elyn BEL	150.0 Horseman AUS
bench	85.0 Whitefield USA	75.5 K. Elyn BEL	97.5 Horseman AUS
deadlift	165.0 Whitefield USA	137.5 Picone BEL	165.0 Hinman AUS
total	415.0 Whitefield USA	315.0 K. Elyn BEL	400.0 Horseman AUS
60 kg	13-15	16-17	18-19
squat	135.0 W. Antoon BEL	150.0 W. Antoon BEL	142.5 Bartley USA
bench	71.0 W. Antoon BEL	77.5 W. Antoon BEL	90.0 Bartley USA
deadlift	142.5 Feece USA	140.0 Picone BEL	163.5 Svercheck USA
total	332.5 Feece USA	340.0 W. Antoon BEL	370.0 Hoffman USA
67,5 kg	13-15	16-17	18-19
squat	151.5 Feece USA	175.0 Micallef AUS	220.0 J. Kosturova SVK
bench	72.5 Feece USA	110.0 Micallef AUS	123.0 J. Kosturova SVK
deadlift	154.0 Feece USA	190.5 A. Callan GB	183.0 J. Kosturova SVK
total	367.5 Feece USA	455.0 Micallef AUS	522.0 J. Kosturova SVK
75 kg	13-15	16-17	18-19
squat	140.0 Feece USA	157.5 Feece USA	176.5 Fortunato USA
bench	70.0 Feece USA	85.0 Kirby USA	106.5 Fortunato USA
deadlift	162.5 Feece USA	165.0 Feece USA	204.0 Fortunato USA
total	372.5 Feece USA	392.5 Feece USA	487.5 Fortunato USA
82,5 kg	13-15	16-17	18-19
squat	97.5 Giddings USA	155.0 Giddings USA	160.0 Marais RSA
bench	77.0 Giddings USA	80.5 Giddings USA	86.0 King USA
deadlift	120.0 Giddings USA	170.0 Giddings USA	181.0 King USA
total	285.0 Giddings USA	385.0 Giddings USA	407.5 Marais RSA
90 kg	13-15	16-17	18-19
squat			107.5 A. Debetono FRA
bench			90.0 A. Debetono FRA
deadlift			115.0 A. Debetono FRA
total			312.5 A. Debetono FRA
90+ kg	13-15	16-17	18-19
squat	82.5 H.J. Biddle USA		115.0 Houthuys BEL
bench	42.5 H.J. Biddle USA		57.5 Houthuys BEL
deadlift	90.0 H.J. Biddle USA		130.0 Houthuys BEL
total	220.0 H.J. Biddle USA		297.5 Houthuys BEL

WORLD RECORD

44 kg	Junior	Open	Submaster
squat	92.5 Hart USA	140.5 S. Benford USA	97.5 Cohen USA
bench	42.0 Hart USA	80.0 Leferet USA	55.0 Cohen USA
deadlift	124.5 Hart USA	153.5 S. Benford USA	127.5 Cohen USA
total	260.0 Hart USA	360.0 S. Benford USA	280.0 Cohen USA
48 kg	Junior	Open	Submaster
squat	135.0 N. Frolova RUS	170.5 P. Thysee RSA	152.5 Barlow USA
bench	67.5 N. Frolova RUS	95.0 Simmons USA	85.0 Barlow USA
deadlift	127.5 Hart USA	158.5 P. Thysee RSA	145.0 Barlow USA
total	307.5 N. Frolova RUS	402.5 D. Simmons USA	382.5 Barlow USA
52 kg	Junior	Open	Submaster
squat	158.5 Beard USA	207.5 M. Kirkland USA	206.0 L.J. Thomas GB
bench	106.5 Beard USA	112.5 K. Jeffrey USA	90.0 L.J. Thomas GB
deadlift	145.0 Horseman AUS	186.0 M. Kirkland USA	176.0 L.J. Thomas GB
total	407.5 Beard USA	495.0 M. Kirkland USA	470.0 L.J. Thomas GB
56 kg	Junior	Open	Submaster
squat	150.0 Horseman AUS	215.0 L. Thomas GB	215.0 L. Thomas GB
bench	95.0 Horseman AUS	127.5 A. Weisberger USA	120.0 Weisberger USA
deadlift	166.0 Hill GB	215.0 V. Gibson GB	185.0 Weisberger USA
total	400.0 Horseman AUS	522.5 V. Gibson GB	490.0 L. Thomas GB
60 kg	Junior	Open	Submaster
squat	182.5 Hoffman USA	252.5 N. Avigliano USA	200.5 J. Thomas GB
bench	100.0 Lass USA	129.0 M. Liggett USA	115.5 W. Michiels BEL
deadlift	177.5 Hoffman USA	220.0 M. Liggett USA	190.0 W. Michiels BEL
total	452.5 Hoffman USA	560.0 N. Avigliano USA	485.0 W. Michiels BEL
67,5 kg	Junior	Open	Submaster
squat	232.5 J. Kosturova SVK	265.0 S. Hartnett USA	240.0 S. Baldwin USA
bench	127.5 Scanlon USA	172.5 S. Baldwin USA	172.5 S. Baldwin USA
deadlift	190.0 J. Kosturova SVK	245.0 S. Hartnett USA	217.5 S. Baldwin USA
total	537.5 J. Kosturova SVK	630.0 S. Baldwin USA	630.0 S. Baldwin USA
75 kg	Junior	Open	Submaster
squat	252.5 J. Kosturova SVK	267.5 S. Van De Weghe USA	245.0 Van De Weghe USA
bench	140.0 J. Kosturova SVK	175.0 Erney USA	167.5 Van De Weghe USA
deadlift	210.0 Papilloud CH	242.5 L. Dodd USA	205.0 Van De Weghe USA
total	582.5 J. Kosturova SVK	655.0 S. Van De Weghe USA	617.5 Van De Weghe USA
82,5 kg	Junior	Open	Submaster
squat	200.0 Bentham GB	264.0 P. Stumpfova IRE	230.0 C. Blair AUT
bench	117.5 Havelka USA	182.5 T. Gromwood USA	122.5 L. Kodjamoulova RUS
deadlift	187.5 Havelka USA	268.0 C. Blair AUT	268.0 C. Blair AUT
total	500.0 Havelka USA	677.5 T. Gromwood USA	610.0 C. Blair AUT
90 kg	Junior	Open	Submaster
squat	210.0 Y. Strydom RSA	288.0 B. Swanson USA	240.0 C. Blair AUT
bench	95.0 Y. Strydom RSA	174.0 J. Harrell USA	145.0 Herchenhain GER
deadlift	185.0 Y. Strydom RSA	274.0 D. Reshel USA	235.0 Herchenhain GER
total	490.0 Y. Strydom RSA	710.0 B. Swanson USA	590.0 Herchenhain GER
90+ kg	Junior	Open	Submaster
squat	177.5 Conley USA	285.5 B. Swanson USA	230.0 Pongracz AUT
bench	80.0 Conley USA	181.0 Arvin USA	127.5 Pongracz AUT
deadlift	167.5 Conley USA	265.0 B. Swanson USA	215.0 Pongracz AUT
total	425.0 Conley USA	700.0 B. Swanson USA	572.5 Pongracz AUT

WORLD RECORD

44 kg	40-44	45-49	50-54
squat	132.5 Leverett USA	83.5 Newman USA	67.5 Rodefer USA
bench	80.0 Leverett USA	52.0 Newman USA	47.5 Rodefer USA
deadlift	145.0 Leverett USA	92.0 Newman USA	100.0 Rodefer USA
total	352.5 Leverett USA	227.5 Newman USA	212.5 Rodefer USA
48 kg	40-44	45-49	50-54
squat	156.0 Barlow USA	130.0 S. Guillaume FRA	137.5 A. Leverett USA
bench	77.5 Barlow USA	72.5 S. Guillaume FRA	82.5 A. Leverett USA
deadlift	145.0 Barlow USA	153.0 S. Guillaume FRA	147.5 A. Leverett USA
total	377.5 Barlow USA	355.0 S. Guillaume FRA	352.5 A. Leverett USA
52 kg	40-44	45-49	50-54
squat	207.5 M. Kirkland USA	137.5 S. Hedman USA	135.0 Plouvier BEL
bench	102.5 M. Kirkland USA	87.5 S. Hedman USA	75.0 W. Burnett USA
deadlift	186.0 M. Kirkland USA	147.5 S. Hedman USA	145.0 Plouvier BEL
total	495.0 M. Kirkland USA	372.5 S. Hedman USA	347.5 Plouvier BEL
56 kg	40-44	45-49	50-54
squat	190.0 L.Thomas GB	155.0 C. Hryzak CAN	172.5 L. Greco CAN
bench	92.5 Y. Dujardin BEL	92.5 C. Hryzak CAN	95.0 S.Callahan USA
deadlift	190.0 Frantz USA	153.5 C. Hryzak CAN	163.0 L. Greco CAN
total	432.5 L.Thomas GB	365.0 L. Greco CAN	407.5 L. Greco CAN
60 kg	40-44	45-49	50-54
squat	208.0 Avigliano USA	252.5 Avigliano USA	159.0 Dyer USA
bench	107.5 Y. Dujardin BEL	105.0 Avigliano USA	97.5 Dyer USA
deadlift	197.5 Avigliano USA	210.0 Avigliano USA	181.0 Frantz USA
total	502.5 Avigliano USA	560.0 Avigliano USA	420.0 Frantz USA
67,5 kg	40-44	45-49	50-54
squat	265.0 S. Hartnett USA	210.0 Young AUS	182.5 Frantz USA
bench	135.0 M. Zimmer AUS	106.0 Y.Dujardin BEL	97.5 Frantz USA
deadlift	245.0 S. Hartnett USA	227.5 Dangerfield USA	200.0 Frantz USA
total	630.0 S. Hartnett USA	507.5 Dangerfield USA	475.0 Frantz USA
75 kg	40-44	45-49	50-54
squat	257.0 Dodd USA	242.5 Dodd USA	165.0 B. Fuss CAN
bench	175.0 Erney USA	130.5 Tackill USA	110.0 B. Fuss CAN
deadlift	242.5 Dodd USA	235.0 Dodd USA	190.0 Schutte RSA
total	610.0 Erney USA	577.5 Dodd USA	445.0 Schutte RSA
82,5 kg	40-44	45-49	50-54
squat	220.0 Erney USA	217.5 K. Packer USA	182.5 Bruwer RSA
bench	175.0 Erney USA	117.5 K. Packer USA	95.0 Delleree USA
deadlift	200.0 Erney USA	190.0 K. Packer USA	177.5 Bruwer RSA
total	595.0 Erney USA	522.5 K. Packer USA	452.5 Bruwer RSA
90 kg	40-44	45-49	50-54
squat	210.0 Sternberg USA	150.0 Glitt USA	185.0 Bruwer RSA
bench	160.0 T. Rantanen FIN	87.5 Glitt USA	92.5 Bruwer RSA
deadlift	212.5 T. Rantanen FIN	154.0 Glitt USA	175.0 Bruwer RSA
total	550.0 T. Rantanen FIN	387.5 Glitt USA	452.5 Bruwer RSA
90+ kg	40-44	45-49	50-54
squat	260.0 D. Shaw GB	165.0 Sternberg USA	207.5 Miller CAN
bench	160.0 D. Shaw GB	100.5 P. Eisen USA	112.5 Miller CAN
deadlift	216.0 D. Shaw GB	172.5 S. Kertelits AUT	182.5 Miller CAN
total	610.0 D. Shaw GB	420.0 S. Kertelits AUT	492.5 Miller CAN

WORLD RECORD

44 kg	55-59	60-64	65-69
squat			
bench			
deadlift			
total			
48 kg	55-59	60-64	65-69
squat			
bench			
deadlift			
total			
52 kg	55-59	60-64	65-69
squat	45.0 Miller USA		
bench	25.0 Miller USA		
deadlift	67.5 Miller USA		
total	135.0 Miller USA		
56 kg	55-59	60-64	65-69
squat	135.0 E. Orenièova SVK		
bench	88.0 E. Orenièova SVK		
deadlift	140.0 H. McCalmon GB		
total	340.0 E. Orenièova SVK		
60 kg	55-59	60-64	65-69
squat	113.5 Burchett USA		155.0 E. Keresey USA
bench	65.0 H. McCalmon GB		87.5 E. Keresey USA
deadlift	137.5 H. McCalmon GB		175.0 E. Keresey USA
total	310.0 H. McCalmon GB		410.0 E. Keresey USA
67,5 kg	55-59	60-64	65-69
squat	135.0 H. Utecht GER	140.0 E. Keresy USA	130.0 E. Keresey USA
bench	80.0 H. Utecht GER	80.0 E. Keresy USA	62.5 E. Keresey USA
deadlift	135.0 H. Utecht GER	172.5 E. Keresy USA	120.0 E. Keresey USA
total	350.0 H. Utecht GER	392.5 E. Keresy USA	312.5 E. Keresey USA
75 kg	55-59	60-64	65-69
squat	155.0 E. Schutte RSA	77.5 P. Carter GB	
bench	90.0 E. Schutte RSA	45.0 P. Carter GB	
deadlift	150.0 Bruwer RSA	127.5 P. Carter GB	
total	380.0 Bruwer RSA	240.0 P. Carter GB	
82,5 kg	55-59	60-64	65-69
squat	192.5 Bruwer RSA		93.0 Ramsrud USA
bench	100.0 Bruwer RSA		48.0 Ramsrud USA
deadlift	185.0 Bruwer RSA		125.0 Klee USA
total	462.5 Bruwer RSA		250.0 Ramsrud USA
90 kg	55-59	60-64	65-69
squat	170.0 Bruwer RSA		
bench	92.5 Smith USA		
deadlift	182.5 Bruwer RSA		
total	437.5 Bruwer RSA		
90+ kg	55-59	60-64	65-69
squat	150.0 R. Van Camp BEL		
bench	72.5 R. Van Camp BEL		
deadlift	140.5 R. Van Camp BEL		
total	355.0 R. Van Camp BEL		

WORLD RECORD

44 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
48 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
52 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
56 kg	70-74	75-79	80-84
squat			30.0 S. Sauvage FRA
bench			45.0 S. Sauvage FRA
deadlift			81.0 S. Sauvage FRA
total			150.0 S. Sauvage FRA
60 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
67,5 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
75 kg	70-74	75-79	80-84
squat	62.5 Comber USA		
bench	32.5 Comber USA		
deadlift	75.0 Comber USA		
total	170.0 Comber USA		
82,5 kg	70-74	75-79	80-84
squat	62.5 Ramsrud USA		
bench	45.0 Ramsrud USA		
deadlift	117.5 Ramsrud USA		
total	225.0 Ramsrud USA		
90 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
90+ kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			

WORLD RECORDS Powerlifting MEN

updated:Jun 2010

52 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	149.5	187.5	0.0	187.5	240.0	185.0	177.5	125.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
bench	93.0	100.0	0.0	105.0	142.5	125.0	110.0	77.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
deadlift	163.0	192.5	0.0	195.0	220.0	180.0	210.0	155.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
total	377.5	465.0	0.0	467.5	575.0	477.5	497.5	355.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
56 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	165.0	172.5	232.5	232.5	250.0	196.0	217.5	212.5	182.5	110.0	0.0	0.0	0.0	0.0	0.0	0.0
bench	88.0	120.0	115.0	125.5	168.0	127.5	124.5	120.0	112.5	80.0	0.0	0.0	0.0	0.0	0.0	0.0
deadlift	167.5	173.0	225.0	225.0	252.5	202.5	242.5	227.5	215.0	150.0	0.0	0.0	0.0	0.0	0.0	0.0
total	402.5	447.5	550.0	550.0	590.0	485.0	575.0	560.0	510.0	340.0	0.0	0.0	0.0	0.0	0.0	0.0
60 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	185.0	220.0	200.0	230.0	267.5	230.0	225.0	205.0	185.0	190.0	155.0	152.5	147.5	65.0	0.0	0.0
bench	100.0	155.5	140.0	147.5	185.0	162.5	148.0	135.0	135.0	137.5	105.0	100.0	106.5	65.0	0.0	0.0
deadlift	182.5	225.0	205.0	215.0	281.0	215.0	237.5	240.0	190.0	200.0	177.5	182.5	184.0	120.0	0.0	0.0
total	447.5	560.0	540.0	570.0	657.5	607.5	592.5	545.0	500.0	500.0	437.5	435.0	427.5	250.0	0.0	0.0
67,5 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	225.0	237.5	247.5	280.0	335.0	275.0	335.0	320.0	232.5	192.5	187.5	165.0	155.0	0.0	100.0	85.0
bench	102.5	132.5	150.0	180.0	210.0	190.0	191.0	170.0	152.5	137.5	117.5	112.5	122.5	0.0	67.5	70.0
deadlift	191.0	220.0	237.5	272.5	315.0	260.5	291.5	250.0	220.0	200.0	192.5	187.5	187.5	0.0	150.0	135.0
total	507.5	580.0	627.5	705.0	802.5	710.0	767.5	730.0	512.5	495.0	470.0	465.0	462.5	0.0	317.5	280.0
75 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	250.0	260.0	275.0	327.5	360.0	352.5	353.0	360.0	277.5	277.5	240.0	207.5	167.5	128.0	100.5	0.0
bench	130.0	160.0	168.0	200.0	235.0	208.0	212.5	191.0	156.0	188.0	182.5	160.0	135.5	97.5	70.0	0.0
deadlift	230.0	240.5	275.0	277.5	332.5	287.5	300.0	288.0	272.5	260.0	243.0	237.5	205.0	147.5	150.5	0.0
total	600.0	647.5	660.0	800.0	907.5	780.0	830.0	772.5	665.0	640.0	625.0	555.0	482.5	345.0	320.0	0.0
82,5 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	260.0	280.0	317.5	350.0	387.5	387.5	317.5	320.0	320.0	300.0	272.5	230.5	185.0	145.0	102.5	75.0
bench	150.5	182.5	195.0	217.5	255.0	250.0	227.5	215.0	190.0	180.0	162.5	150.0	97.5	85.0	70.0	60.0
deadlift	250.0	265.0	330.0	330.0	358.5	317.5	327.5	312.5	320.0	300.0	260.0	240.5	227.5	175.0	125.0	101.0
total	637.5	692.5	840.0	845.0	957.5	890.0	802.5	847.5	780.0	765.0	617.5	560.0	500.0	400.0	275.0	227.5
90 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	280.0	280.0	330.0	355.0	397.5	380.0	385.0	352.5	342.0	293.0	327.5	227.5	202.5	148.0	96.0	0.0
bench	160.0	175.0	204.0	250.0	277.5	230.0	234.0	230.0	195.5	185.5	200.0	176.5	152.5	106.5	80.0	0.0
deadlift	270.0	278.0	317.5	331.0	390.0	317.5	332.5	347.5	337.5	287.5	290.0	254.0	217.5	184.0	122.5	0.0
total	700.0	720.0	822.5	885.0	1000.0	900.0	862.5	892.5	857.5	737.5	740.0	645.0	572.5	425.0	285.0	0.0
100 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	290.0	325.0	337.5	380.5	437.5	410.5	400.5	385.5	375.0	350.0	372.5	272.5	190.0	147.5	0.0	0.0
bench	167.5	200.0	205.5	275.0	305.0	255.0	242.5	232.5	215.0	191.0	170.0	170.0	112.5	105.0	0.0	0.0
deadlift	270.0	280.5	320.0	345.0	392.5	350.5	363.5	345.0	350.0	342.5	300.0	255.0	215.0	182.5	0.0	0.0
total	720.0	750.0	837.5	957.5	1075.0	945.0	955.0	942.5	907.5	855.0	807.5	697.5	497.5	425.0	0.0	0.0
110 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	297.5	340.0	365.0	410.5	468.0	420.0	400.0	410.0	385.0	380.0	297.5	250.0	240.0	0.0	0.0	0.0
bench	140.0	200.0	231.5	272.5	350.0	350.0	265.0	237.5	222.5	205.0	215.0	170.0	162.5	0.0	0.0	0.0
deadlift	260.0	295.0	312.5	345.0	390.0	360.0	362.5	335.5	335.0	315.0	282.5	227.5	230.0	0.0	0.0	0.0
total	697.5	785.0	815.0	950.0	1130.0	1130.0	925.0	962.5	910.0	900.0	760.0	630.0	542.5	0.0	0.0	0.0
125 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	208.0	370.0	340.0	410.0	500.0	450.0	500.0	440.0	374.0	387.5	342.5	0.0	115.0	0.0	0.0	0.0
bench	112.5	204.5	228.0	270.5	322.5	320.0	290.0	245.0	232.5	240.0	247.5	0.0	150.0	0.0	0.0	0.0
deadlift	212.5	300.0	355.0	390.5	407.5	350.0	388.0	365.5	380.0	310.0	265.0	0.0	137.5	0.0	0.0	0.0
total	487.5	872.5	882.5	1040.0	1127.5	1015.0	1127.5	980.0	902.5	930.0	850.0	0.0	402.5	0.0	0.0	0.0
140 kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	0.0	365.0	377.5	455.0	500.5	459.0	435.0	412.5	412.5	382.5	330.0	0.0	0.0	0.0	0.0	0.0
bench	0.0	192.5	230.0	310.0	360.0	325.0	265.0	250.0	240.0	232.5	255.0	0.0	0.0	0.0	0.0	0.0
deadlift	0.0	272.5	290.0	377.5	407.5	345.0	375.0	390.0	360.0	312.5	250.0	0.0	0.0	0.0	0.0	0.0
total	0.0	830.0	840.0	1075.0	1205.0	1067.5	980.0	977.5	965.0	922.5	835.0	0.0	0.0	0.0	0.0	0.0
140+ kg	13-15	16-17	18-19	Junior	Open	Subm	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85+
squat	190.0	310.0	331.0	431.0	475.0	470.0	475.0	457.5	340.0	235.0	202.5	0.0	0.0	0.0	0.0	0.0
bench	135.0	217.5	227.5	301.0	365.0	300.0	355.0	365.0	192.5	200.0	167.5	0.0	0.0	0.0	0.0	0.0
deadlift	182.5	250.0	330.0	342.5	425.0	425.0	380.0	390.0	340.0	235.0	220.5	0.0	0.0	0.0	0.0	0.0
total	497.5	757.5	867.5	1047.5	1127.5	1067.5	1127.5	1072.5	870.0	630.0	590.5	0.0	0.0	0.0	0.0	0.0

WORLD RECORDS Powerlifting Men

updated:Jun 2010

52 kg	13-15	16-17	18-19
squat	149.5 Frantz USA	187.5 Hartman USA	
bench	93.0 Sutton USA	100.0 Hopkins USA	
deadlift	163.0 Frantz USA	192.5 Hartman USA	
total	377.5 Frantz USA	465.0 Hartman USA	
56 kg	13-15	16-17	18-19
squat	165.0 Edwards USA	172.5 Simpson USA	232.5 DesSousa RSA
bench	88.0 Dornick USA	120.0 Simpson USA	115.0 DesSousa RSA
deadlift	167.5 Campbell USA	173.0 Kim USA	225.0 Hartman USA
total	402.5 Edwards USA	447.5 Simpson USA	550.0 DesSousa RSA
60 kg	13-15	16-17	18-19
squat	185.0 Edwards USA	220.0 Ramokgadi RSA	200.0 Muchfig AZN
bench	100.0 P. Dunn USA	155.5 Hatch USA	140.0 Muchfig AZN
deadlift	182.5 Williams USA	225.0 Ramokgadi RSA	205.0 Stagg USA
total	447.5 Edwards USA	560.0 Ramokgadi RSA	540.0 Muchfig AZN
67,5 kg	13-15	16-17	18-19
squat	225.0 L. Sargsyan RUS	237.5 Franklin USA	247.5 Primich RSA
bench	102.5 McCoy USA	132.5 Stapleton USA	150.0 Primich RSA
deadlift	191.0 L. Sargsyan RUS	220.0 Franklin USA	237.5 J. De Rudder BEL
total	507.5 L. Sargsyan RUS	580.0 Franklin USA	627.5 Primich RSA
75 kg	13-15	16-17	18-19
squat	250.0 Duplessis RSA	260.0 McCoy USA	275.0 P. Verviers SA
bench	130.0 Faradjov AZN	160.0 McCoy USA	168.0 Archibald RSA
deadlift	230.0 Duplessis RSA	240.5 Lambert USA	275.0 Mombert BEL
total	600.0 Duplessis RSA	647.5 Smith USA	660.0 Mombert BEL
82,5 kg	13-15	16-17	18-19
squat	260.0 Duplessis RSA	280.0 D. Kacala SVK	317.5 Coan USA
bench	150.5 J. Fujdiak SVK	182.5 D. Kacala SVK	195.0 Coan USA
deadlift	250.0 Bishop USA	265.0 Faradjov AZE	330.0 Coan USA
total	637.5 Bishop USA	692.5 D. Kacala SVK	840.0 Coan USA
90 kg	13-15	16-17	18-19
squat	280.0 Duplessis RSA	280.0 A. Garmashov RUS	330.0 Garcia USA
bench	160.0 J. Fujdiak SVK	175.0 A. Garmashov RUS	204.0 Smith USA
deadlift	270.0 Duplessis RSA	278.0 Cahill USA	317.5 Steil USA
total	700.0 Duplessis RSA	720.0 A. Garmashov RUS	822.5 Smith USA
100 kg	13-15	16-17	18-19
squat	290.0 Duplessis RSA	325.0 Duplessis RSA	337.5 Garcia USA
bench	167.5 Etheridge USA	200.0 J. Stoll HUN	205.5 Capozzalo USA
deadlift	270.0 Duplessis RSA	280.5 M.Eigner AUT	320.0 B.Schwab AUT
total	720.0 Duplessis RSA	750.0 J. Stoll HUN	837.5 B.Schwab AUT
110 kg	13-15	16-17	18-19
squat	297.5 R. Bulmash USA	340.0 Duplessis RSA	365.0 Garcia USA
bench	140.0 R. Bulmash USA	200.0 D. Willaert BEL	231.5 Wendling USA
deadlift	260.0 R. Bulmash USA	295.0 Duplessis RSA	312.5 Harris USA
total	697.5 R. Bulmash USA	785.0 Duplessis RSA	815.0 Rowland USA
125 kg	13-15	16-17	18-19
squat	208.0 Rauch AUT	370.0 M. Skujinieks LAT	340.0 Johnston USA
bench	112.5 Rauch AUT	204.5 M. Skujinieks LAT	228.0 Sparks USA
deadlift	212.5 Ross USA	300.0 M. Skujinieks LAT	355.0 Clary USA
total	487.5 Rauch AUT	872.5 M. Skujinieks LAT	882.5 Clary USA
140 kg	13-15	16-17	18-19
squat		365.0 Tosaw USA	377.5 Tosaw USA
bench		192.5 Tosaw USA	230.0 Sassenbury USA
deadlift		272.5 Tosaw USA	290.0 Sassenbury USA
total		830.0 Tosaw USA	840.0 Sassenbury USA
140+ kg	13-15	16-17	18-19
squat	190.0 Hatfield USA	310.0 J. Havelka CZR	331.0 Wigner USA
bench	135.0 Hatfield USA	217.5 J. Havelka CZR	227.5 Wigner USA
deadlift	182.5 Hatfield USA	250.0 Tosaw USA	330.0 G. Gschiel AUT
total	497.5 Hatfield USA	757.5 J. Havelka CZR	867.5 Wigner USA

WORLD REC

52 kg	Junior	Open	Submaster
squat	187.5 Hartman USA	240.0 A. Degovets GB	185.0 R. Karkusche GER
bench	105.0 M. Sabarovs LAT	142.5 C. Ikei USA	125.0 R. Karkusche GER
deadlift	195.0 M. Sabarovs LAT	220.0 Morris USA	180.0 Mellor GB
total	467.5 M. Sabarovs LAT	575.0 A. Degovets GB	477.5 R. Karkusche GER
56 kg	Junior	Open	Submaster
squat	232.5 DeSousa RSA	250.0 D. Butterbough USA	196.0 R. Karkuschke GER
bench	125.5 M. Pridannikov RUS	168.0 A. Clark USA	127.5 R. Karkuschke GER
deadlift	225.0 Hartman USA	252.5 D. Pattaway USA	202.5 Mitchell GB
total	550.0 Holzbauer USA	590.0 D. Pattaway USA	485.0 R. Karkuschke GER
60 kg	Junior	Open	Submaster
squat	230.0 H. Mushfig AZN	267.5 R. Cabrico USA	230.0 Heath USA
bench	147.5 H. Mushfig AZN	185.0 D. Heath USA	162.5 Heath USA
deadlift	215.0 Oster BEL	281.0 J.D. Carr USA	215.0 Heath USA
total	570.0 H. Mushfig AZN	657.5 D. Heath USA	607.5 Heath USA
67,5 kg	Junior	Open	Submaster
squat	280.0 Downing RSA	335.0 G. McNamara IRE	275.0 V. Morozovs LAT
bench	180.0 N. Primich RSA	210.0 G. Warr USA	190.0 D. Mannering GB
deadlift	272.5 Shackelford USA	315.0 D. Austin USA	260.5 V. Morozovs LAT
total	705.0 N. Primich RSA	802.5 A. Conyers USA	710.0 V. Morozovs LAT
75 kg	Junior	Open	Submaster
squat	327.5 V. Tsvetkov RUS	360.0 McNamarra IRE	352.5 Berardinelli USA
bench	200.0 Downing RSA	235.0 A. Kutcher UKR	208.0 D. Mannering GB
deadlift	277.5 N. Primich RSA	332.5 Rosciglione USA	287.5 Manca USA
total	800.0 N. Primich RSA	907.5 A. Kutcher UKR	780.0 D. Mannering GB
82,5 kg	Junior	Open	Submaster
squat	350.0 I. Torban UKR	387.5 I. Shestakov RUS	387.5 I. Shestakov RUS
bench	217.5 McCoy USA	255.0 Confessore USA	250.0 C. Evans CAN
deadlift	330.0 Coan USA	358.5 E. Coan USA	317.5 I. Shestakov RUS
total	845.0 Kellum USA	957.5 G. Bell USA	890.0 N. Primich RSA
90 kg	Junior	Open	Submaster
squat	355.0 N. Bezuglov RUS	397.5 J. Kellum USA	380.0 H. Selsam GER
bench	250.0 S. Perälä FIN	277.5 J. Kellum USA	230.0 Tracey USA
deadlift	331.0 C. Jenkins GB	390.0 E. Coan USA	317.5 Smith AUS
total	885.0 S. Perälä FIN	1000.0 E. Coan USA	900.0 H. Selsam GER
100 kg	Junior	Open	Submaster
squat	380.5 B. Schwab AUT	437.5 E. Coan USA	410.5 H. Selsam GER
bench	275.0 S. Perälä FIN	305.0 Patterson USA	255.0 E. Bitek IRE
deadlift	345.0 I. Cirulis LAT	392.5 E. Coan USA	350.5 G. Depner AUT
total	957.5 S. Perälä FIN	1075.0 E. Coan USA	945.0 H. Selsam GER
110 kg	Junior	Open	Submaster
squat	410.5 S. Benzler GER	468.0 S. Goggins USA	420.0 J. Someroja FIN
bench	272.5 Patterson USA	350.0 J. Someroja FIN	350.0 J. Someroja FIN
deadlift	345.0 Koenig RSA	390.0 B. Russell USA	360.0 J. Someroja FIN
total	950.0 I. HaGBijärvi FIN	1130.0 J. Someroja FIN	1130.0 J. Someroja FIN
125 kg	Junior	Open	Submaster
squat	410.0 Trevizo USA	500.0 C. Bailey USA	450.0 M. Weiler AUT
bench	270.5 K. Konstantinovs LAT	322.5 J. Kallio FIN	320.0 M. Piattelli CAN
deadlift	390.5 K. Konstantinovs LAT	407.5 K. Konstantinovs LAT	350.0 C. Gonner AUT
total	1040.0 K. Konstantinovs LAT	1127.5 C. Bailey USA	1015.0 R. Aghayev AZR
140 kg	Junior	Open	Submaster
squat	455.0 J. Rantanen FIN	500.5 J. Rantanen FIN	459.0 H. Kuttroff GER
bench	310.0 J. Rantanen FIN	360.0 J. Rantanen FIN	325.0 M. Piattelli CAN
deadlift	377.5 A. Bolton GB	407.5 A. Bolton GB	345.0 Holleitner AUT
total	1075.0 J. Rantanen FIN	1205.0 J. Rantanen FIN	1067.5 Coates USA
140+ kg	Junior	Open	Submaster
squat	431.0 Clark USA	475.0 K. Kalliola FIN	470.0 A. Bolton GB
bench	301.0 Clark USA	365.0 K. Kalliola FIN	300.0 D. Zindt GB
deadlift	342.5 Rannais USA	425.0 A. Bolton GB	425.0 A. Bolton GB
total	1047.5 Clark USA	1127.5 K. Kalliola FIN	1067.5 P. Tregloan GB

WORLD REC

52 kg	40-44	45-49	50-54
squat	177.5 Snell USA	125.0 Cross USA	
bench	110.0 Snell USA	77.5 Cross USA	
deadlift	210.0 Snell USA	155.0 Cross USA	
total	497.5 Snell USA	355.0 Cross USA	
56 kg	40-44	45-49	50-54
squat	217.5 Milian PR	212.5 Milian PR	182.5 Milian USA
bench	124.5 Milian PR	120.0 Philander RSA	112.5 Milian USA
deadlift	242.5 Milian PR	227.5 Milian PR	215.0 Milian USA
total	575.0 Milian PR	560.0 Milian PR	510.0 Milian USA
60 kg	40-44	45-49	50-54
squat	225.0 N. Galkine USA	205.0 Philander RSA	185.0 G. Bobrovitz CAN
bench	148.0 U. Werner GER	135.0 Philander RSA	135.0 G. Bobrovitz CAN
deadlift	237.5 Milian PR	240.0 H. Hagner FIN	190.0 Glass USA
total	592.5 Paterniti USA	545.0 Philander RSA	500.0 G. Bobrovitz CAN
67,5 kg	40-44	45-49	50-54
squat	335.0 G. McNamara IRE	320.0 G. McNamara IRE	232.5 Charles USA
bench	191.0 G. McNamara IRE	170.0 G. McNamara IRE	152.5 J. Steinbergs LAT
deadlift	291.5 Dangerfield USA	250.0 Van Zyl RSA	220.0 Charles USA
total	767.5 G. McNamara IRE	730.0 G. McNamara IRE	152.5 J. Steinbergs LAT
75 kg	40-44	45-49	50-54
squat	353.0 McNamarra IRE	360.0 McNamarra IRE	277.5 G. Olson USA
bench	212.5 J. Rouse USA	191.0 D. Mannering GB	156.0 M. Mastrapasqua ITA
deadlift	300.0 Crain USA	288.0 Dangerfield USA	272.5 G. Olson USA
total	830.0 Crain USA	772.5 McNamarra IRE	665.0 G. Olson USA
82,5 kg	40-44	45-49	50-54
squat	317.5 Becker USA	320.0 Ferreira RSA	320.0 Wambsgans USA
bench	227.5 J. Rouse USA	215.0 Ferreira RSA	190.0 Ferreira RSA
deadlift	327.5 Frantz USA	312.5 Ferreira RSA	320.0 Ferreira RSA
total	802.5 Ferreira RSA	847.5 Ferreira RSA	780.0 Ferreira RSA
90 kg	40-44	45-49	50-54
squat	385.0 B. Johnston CAN	352.5 M. Caplan USA	342.0 Butler AUS
bench	234.0 Adams USA	230.0 M. Caplan USA	195.5 J. Sztanke HUN
deadlift	332.5 Jardine AUS	347.5 Butler AUS	337.5 Frantz USA
total	862.5 P. Kelly IRE	892.5 Butler AUS	857.5 Frantz USA
100 kg	40-44	45-49	50-54
squat	400.5 S. Kaipio FIN	385.5 B. Johnston CAN	375.0 Frantz USA
bench	242.5 Beaudion USA	232.5 A. Rajala FIN	215.0 A. Rajala HUN
deadlift	363.5 Depner AUT	345.0 A. Luker GB	350.0 A. Luker GB
total	955.0 Depner AUT	942.5 Depner AUT	907.5 Frantz USA
110 kg	40-44	45-49	50-54
squat	400.0 M. Weiler AUT	410.0 A. Rajala FIN	385.0 B. West GB
bench	265.0 V. Audrius LAT	237.5 A. Rajala FIN	222.5 Hastler USA
deadlift	362.5 White GB	335.5 Schranz CH	335.0 B. West GB
total	925.0 Seno USA	962.5 A. Rajala FIN	910.0 B. West GB
125 kg	40-44	45-49	50-54
squat	500.0 C. Bailey USA	440.0 L. Marshall GB	374.0 L. Marshall GBR
bench	290.0 Bentley USA	245.0 S. Piniatchev ISR	232.5 Bentley USA
deadlift	388.0 D. Carter GB	365.5 L. Marshall GB	380.0 D. Carter GB
total	1127.5 C. Bailey USA	980.0 L. Marshall GB	902.5 D. Carter GB
140 kg	40-44	45-49	50-54
squat	435.0 D. Beattie GB	412.5 B. Greig CAN	412.5 B. Greig CAN
bench	265.0 K. Kalliola FIN	250.0 V. Pevko LAT	240.0 Meek USA
deadlift	375.0 B. Greig CAN	390.0 B. Greig CAN	360.0 D. Carter GB
total	980.0 Niemandt RSA	977.5 B. Greig CAN	965.0 B. Greig CAN
140+ kg	40-44	45-49	50-54
squat	475.0 K. Kalliola FIN	457.5 P. Tregloan GB	340.0 Braxton USA
bench	355.0 K. Kalliola FIN	365.0 K. Kalliola FIN	192.5 Browning USA
deadlift	380.0 P. Tregloan GB	390.0 P. Tregloan GB	340.0 Braxton USA
total	1127.5 K. Kalliola FIN	1072.5 K. Kalliola FIN	870.0 Braxton USA

WORLD REC

52 kg	55-59	60-64	65-69
squat			
bench			
deadlift			
total			
56 kg	55-59	60-64	65-69
squat	110.0 P. Spodniak SVK		
bench	80.0 P. Spodniak SVK		
deadlift	150.0 P. Spodniak SVK		
total	340.0 P. Spodniak SVK		
60 kg	55-59	60-64	65-69
squat	190.0 G. Bobrovitz CAN	155.0 Kawasaki USA	152.5 Kawasaki USA
bench	137.5 G. Bobrovitz CAN	105.0 Kawasaki USA	100.0 Kawasaki USA
deadlift	200.0 M. Gombar SVK	177.5 Kawasaki USA	182.5 Kawasaki USA
total	500.0 G. Bobrovitz CAN	437.5 Kawasaki USA	435.0 Kawasaki USA
67,5 kg	55-59	60-64	65-69
squat	192.5 G. Bobrovitz CAN	187.5 Glass USA	165.0 Richey USA
bench	137.5 G. Bobrovitz CAN	117.5 B. Mullan GB	112.5 Richey USA
deadlift	200.0 B. Mullan GB	192.5 Glass USA	187.5 Richey USA
total	495.0 G. Bobrovitz CAN	470.0 B. Mullan GB	465.0 Richey USA
75 kg	55-59	60-64	65-69
squat	277.5 G. Olson USA	240.0 R. Flores USA	207.5 Philips USA
bench	188.0 Gill USA	182.5 Y. Chepetz RUS	160.0 K. Högg AUT
deadlift	260.0 G. Olson USA	243.0 R. Flores USA	237.5 Philips USA
total	640.0 G. Olson USA	625.0 Y. Chepetz RUS	555.0 Philips USA
82,5 kg	55-59	60-64	65-69
squat	300.0 J. Ferreira SA	272.5 P. Birchmans CAN	230.5 D. Martin USA
bench	180.0 Butler AUS	162.5 K. Högg AUT	150.0 K. Högg AUT
deadlift	300.0 J. Ferreira SA	260.0 P. Birchmans CAN	240.5 Phillips USA
total	765.0 J. Ferreira SA	617.5 P. Birchmans CAN	560.0 D. Martin USA
90 kg	55-59	60-64	65-69
squat	293.0 R. Brown USA	327.5 Frantz USA	227.5 Wilson USA
bench	185.5 J. Atkinson USA	200.0 J. Rouse USA	176.5 McCauley USA
deadlift	287.5 McCauley USA	290.0 McCauley USA	254.0 McCauley USA
total	737.5 J. Atkinson USA	740.0 Frantz USA	645.0 McCauley USA
100 kg	55-59	60-64	65-69
squat	350.0 A. Luker GB	372.5 Frantz USA	272.5 Frantz USA
bench	191.0 A. Smelovs LAT	170.0 McCauley USA	170.0 Frantz USA
deadlift	342.5 A. Luker GB	300.0 Frantz USA	255.0 Frantz USA
total	855.0 A. Luker GB	807.5 Frantz USA	697.5 Frantz USA
110 kg	55-59	60-64	65-69
squat	380.0 B. West GB	297.5 Sandberg USA	250.0 Austin USA
bench	205.0 B. West GB	215.0 C. Haudenschild USA	170.0 L. Kaska HUN
deadlift	315.0 B. West GB	282.5 Sandberg USA	227.5 Austin USA
total	900.0 B. West GB	760.0 Sandberg USA	630.0 Austin USA
125 kg	55-59	60-64	65-69
squat	387.5 B. Meek USA	342.5 B. Meek USA	
bench	240.0 B. Meek USA	247.5 B. Meek USA	
deadlift	310.0 B. Meek USA	265.0 L. Sandberg USA	
total	930.0 B. Meek USA	850.0 B. Meek USA	
140 kg	55-59	60-64	65-69
squat	382.5 B. Meek USA	330.0 B. Meek USA	
bench	232.5 B. Meek USA	255.0 B. Meek USA	
deadlift	312.5 B. Meek USA	250.0 B. Meek USA	
total	922.5 B. Meek USA	835.0 B. Meek USA	
140+ kg	55-59	60-64	65-69
squat	235.0 James USA	202.5 Mackenzie USA	
bench	200.0 James USA	167.5 Mackenzie USA	
deadlift	235.0 McVeagh USA	220.5 Mackenzie USA	
total	630.0 James USA	590.5 Mackenzie USA	

WORLD REC

52 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
56 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
60 kg	70-74	75-79	80-84
squat	147.5 Kawasaki USA	65.0 D. Gellman CAN	
bench	106.5 Kawasaki USA	65.0 D. Gellman CAN	
deadlift	184.0 Kawasaki USA	120.0 D. Gellman CAN	
total	427.5 Kawasaki USA	250.0 D. Gellman CAN	
67,5 kg	70-74	75-79	80-84
squat	155.0 F. Richey USA		100.0 V. Younger AUS
bench	122.5 F. Richey USA		67.5 V. Younger AUS
deadlift	187.5 F. Richey USA		150.0 V. Younger AUS
total	462.5 F. Richey USA		317.5 V. Younger AUS
75 kg	70-74	75-79	80-84
squat	167.5 F. Richey USA	128.0 P. Pothee FRA	100.5 V. Younger AUS
bench	135.5 Giller USA	97.5 Upton USA	70.0 V. Younger AUS
deadlift	205.0 Giller USA	147.5 P. Pothee FRA	150.5 V. Younger AUS
total	482.5 F. Richey USA	345.0 P. Pothee FRA	320.0 V. Younger AUS
82,5 kg	70-74	75-79	80-84
squat	185.0 Ramsrud USA	145.0 G. Martin USA	102.5 P. Pothee FRA
bench	97.5 Connell USA	85.0 Williams USA	70.0 P. Pothee FRA
deadlift	227.5 Ramsrud USA	175.0 G. Martin USA	125.0 P. Pothee FRA
total	500.0 Ramsrud USA	400.0 G. Martin USA	275.0 P. Pothee FRA
90 kg	70-74	75-79	80-84
squat	202.5 Richards USA	148.0 Kurpiel USA	96.0 P. Pothee FRA
bench	152.5 Richards USA	106.5 Gonzales USA	80.0 Williams USA
deadlift	217.5 Richards USA	184.0 Kurpiel USA	122.5 P. Pothee FRA
total	572.5 Richards USA	425.0 Kurpiel USA	285.0 P. Pothee FRA
100 kg	70-74	75-79	80-84
squat	190.0 Huff USA	147.5 Souders USA	
bench	112.5 Miller USA	105.0 Souders USA	
deadlift	215.0 Miller USA	182.5 Souders USA	
total	497.5 Miller USA	425.0 Souders USA	
110 kg	70-74	75-79	80-84
squat	240.0 Austin USA		
bench	162.5 Brousseau USA		
deadlift	230.0 Stupp USA		
total	542.5 Stupp USA		
125 kg	70-74	75-79	80-84
squat	115.0 Davis USA		
bench	150.0 Davis USA		
deadlift	137.5 Davis USA		
total	402.5 Davis USA		
140 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			
140+ kg	70-74	75-79	80-84
squat			
bench			
deadlift			
total			

WORLD RECC

52 kg	85+
squat	
bench	
deadlift	
total	

56 kg	85+
squat	
bench	
deadlift	
total	

60 kg	85+
squat	
bench	
deadlift	
total	

67,5 kg	85+
squat	85.0 V. Younger AUS
bench	70.0 V. Younger AUS
deadlift	135.0 V. Younger AUS
total	280.0 V. Younger AUS

75 kg	85+
squat	
bench	
deadlift	
total	

82,5 kg	85+
squat	75.0 P. Pothee FRA
bench	60.0 St. Montrose USA
deadlift	101.0 P. Pothee FRA
total	227.5 P. Pothee FRA

90 kg	85+
squat	
bench	
deadlift	
total	

100 kg	85+
squat	
bench	
deadlift	
total	

110 kg	85+
squat	
bench	
deadlift	
total	

125 kg	85+
squat	
bench	
deadlift	
total	

140 kg	85+
squat	
bench	
deadlift	
total	

140+ kg	85+
squat	
bench	
deadlift	
total	