



WUAP World Records - Powerlifting - Women



Women	Open	T 13-15	T16-17	T18-19	JUNIOR	SUB	M40-44	M45-49	M50-54	M55-59	M60-64	M65-69	M70-74	M75-79	M80+
44 kg*	Squat	100.0	55.0	0.0	0.0	0.0	100.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Benchpress	62.5	32.5	0.0	0.0	0.0	62.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Deadlift	132.5	75.5	0.0	0.0	0.0	132.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Total	295.0	155.0	0.0	0.0	0.0	295.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
48 kg	Squat	142.5	0.0	0.0	0.0	142.5	85.0	0.0	92.5	135.0	0.0	57.5	0.0	0.0	0.0
	Benchpress	80.0	0.0	0.0	0.0	72.5	65.0	0.0	55.0	80.0	0.0	40.0	0.0	0.0	0.0
	Deadlift	142.5	0.0	0.0	0.0	137.5	125.0	0.0	117.5	142.5	0.0	80.0	0.0	0.0	0.0
	Total	357.5	0.0	0.0	0.0	348.0	275.0	0.0	255.0	357.5	0.0	177.5	0.0	0.0	0.0
52 kg	Squat	130.5	0.0	0.0	120.0	143.5	130.0	110.5	120.0	105.0	0.0	0.0	0.0	0.0	0.0
	Benchpress	82.5	0.0	0.0	65.0	75.0	82.5	55.0	62.5	61.0	0.0	0.0	0.0	0.0	0.0
	Deadlift	145.0	0.0	0.0	120.0	142.5	140.5	110.5	113.0	132.5	0.0	0.0	0.0	0.0	0.0
	Total	333.0	0.0	0.0	305.0	360.5	333.0	276.0	272.5	298.0	0.0	0.0	0.0	0.0	0.0
56 kg	Squat	177.5	0.0	95.0	150.0	177.5	127.5	110.0	113.0	103.0	0.0	0.0	0.0	0.0	0.0
	Benchpress	105.0	0.0	65.0	78.0	85.0	73.0	55.0	80.0	55.0	0.0	0.0	0.0	0.0	0.0
	Deadlift	165.0	0.0	125.0	140.0	130.0	165.0	142.5	120.0	117.5	0.0	0.0	0.0	0.0	0.0
	Total	417.5	0.0	285.0	358.0	325.0	417.5	342.5	270.0	311.0	0.0	0.0	0.0	0.0	0.0
60 kg	Squat	195.0	0.0	125.0	92.5	150.0	117.5	110.0	0.0	117.5	127.5	0.0	57.5	0.0	0.0
	Benchpress	107.5	0.0	75.0	51.0	100.0	85.0	77.5	70.0	82.5	87.5	0.0	37.5	0.0	0.0
	Deadlift	175.0	0.0	120.0	101.0	135.0	147.5	130.0	0.0	127.0	140.0	0.0	100.0	0.0	0.0
	Total	455.0	0.0	310.0	243.5	385.0	325.0	305.0	0.0	322.5	355.0	0.0	195.0	0.0	0.0
67.5 kg	Squat	230.0	0.0	100.0	230.0	200.0	192.5	210.0	200.0	102.5	140.0	137.5	0.0	0.0	0.0
	Benchpress	122.0	0.0	60.0	105.0	117.5	107.5	100.0	97.5	105.0	85.0	92.5	0.0	0.0	0.0
	Deadlift	210.0	0.0	105.0	210.0	180.0	172.5	175.0	190.0	140.0	130.0	145.0	0.0	0.0	0.0
	Total	545.0	0.0	265.0	545.0	497.5	467.5	477.5	480.0	335.0	365.0	375.0	0.0	0.0	0.0
75 kg	Squat	235.0	0.0	87.5	235.0	170.0	215.0	170.0	150.0	110.0	116.0	0.0	0.0	0.0	0.0
	Benchpress	137.5	0.0	42.5	120.0	67.5	127.5	137.5	82.5	87.5	92.5	0.0	0.0	0.0	0.0
	Deadlift	205.5	0.0	110.0	200.0	142.5	187.5	171.0	131.0	140.0	150.0	0.0	0.0	0.0	0.0
	Total	545.0	0.0	240.0	545.0	365.0	495.5	497.5	345.0	333.0	356.0	0.0	0.0	0.0	0.0
82.5 kg	Squat	225.0	0.0	157.5	0.0	205.0	180.0	180.0	110.5	137.5	115.0	0.0	0.0	0.0	0.0
	Benchpress	145.0	0.0	65.0	0.0	81.0	110.0	107.5	85.0	65.0	87.5	0.0	0.0	0.0	0.0
	Deadlift	190.5	0.0	150.0	0.0	165.0	187.5	171.5	130.5	150.0	150.0	0.0	0.0	0.0	0.0
	Total	560.0	0.0	372.5	0.0	451.0	477.5	439.0	320.0	350.0	352.5	0.0	0.0	0.0	0.0
90 kg	Squat	170.0	0.0	0.0	0.0	130.0	155.0	170.0	127.5	0.0	0.0	0.0	107.5	0.0	0.0
	Benchpress	95.0	0.0	0.0	0.0	67.5	80.0	92.5	95.0	0.0	0.0	0.0	42.5	0.0	0.0
	Deadlift	172.5	0.0	0.0	0.0	135.0	150.0	145.0	165.0	0.0	0.0	0.0	120.0	0.0	0.0
	Total	390.0	0.0	0.0	0.0	332.5	385.0	380.0	380.0	0.0	0.0	0.0	270.0	0.0	0.0
90+ kg	Squat	210.0	147.5	0.0	90.0	98.0	155.0	210.0	93.0	0.0	0.0	0.0	87.5	0.0	0.0
	Benchpress	110.0	92.5	0.0	60.0	68.0	80.0	110.0	78.0	0.0	0.0	0.0	47.5	0.0	0.0
	Deadlift	212.5	140.0	0.0	143.0	148.0	150.0	173.0	130.0	0.0	0.0	0.0	127.5	0.0	0.0
	Total	497.5	377.5	0.0	292.5	312.5	385.0	460.0	300.0	0.0	0.0	0.0	262.5	0.0	0.0

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Women 44 kg*	Open				Submaster				Junior				
	Squat	100.0	Baker	USA	2001								
	Bench	62.5	Baker	USA	2001								
	Deadlift	132.5	Baker	USA	2001								
	Total	295.0	Baker	USA	2001								
Women 48 kg	Open				Submaster				Junior				
	Squat	142.5	M. Kirkland	USA	2001	142.5	M. Kirkland	USA	2001				
	Bench	80.0	A.Leverett	USA	AC10	72.5	M. Kirkland	USA	2001				
	Deadlift	142.5	A.Leverett	USA	AC10	137.5	M. Kirkland	USA	2001				
	Total	357.5	A.Leverett	USA	AC10	348.0	M. Kirkland	USA	2001				
Women 52 kg	Open				Submaster				Junior				
	Squat	130.5	E. Zehethofer	Aut	W12	143.5	M. Kirkland	USA	2002				
	Bench	82.5	Yuxin Hao	USA	W11	75.0	M. Kirkland	USA	2002				
	Deadlift	145.0	E. Zehethofer	Aut	W14	142.5	M. Kirkland	USA	2002				
	Total	333.0	E. Zehethofer	Aut	W13	360.5	M. Kirkland	USA	2002				
Women 56 kg	Open				Submaster				Junior				
	Squat	177.5	L.J. Thomas	Uk	W04	177.5	L.J. Thomas	Uk	W04	120.0	M. Golob	Svk	W13
	Bench	105.0	M. Golob	Slo	E14	75.0	L.J. Thomas	Uk	W04	85.0	M. Golob	Svk	W13
	Deadlift	165.0	L.J. Thomas	Uk	W04	165.0	L.J. Thomas	Uk	W04	130.0	K. Malá	Svk	E14
	Total	417.5	L.J. Thomas	Uk	W04	417.5	L.J. Thomas	Uk	W04	325.0	M. Golob	Svk	W13
Women 60 kg	Open				Submaster				Junior				
	Squat	195.0	L.J. Thomas	Uk	K04	195.0	L.J. Thomas	Uk	K04	150.0	M. Golob	Svk	E13
	Bench	107.5	R. Nagy	Hun	E06	85.0	L.J. Thomas	Uk	K04	100.0	M. Golob	Svk	E13
	Deadlift	175.0	L.J. Thomas	Uk	K04	175.0	L.J. Thomas	Uk	K04	135.0	M. Golob	Svk	E13
	Total	455.0	L.J. Thomas	Uk	K04	455.0	L.J. Thomas	Uk	K04	385.0	M. Golob	Svk	E13
Women 67.5 kg	Open				Submaster				Junior				
	Squat	230.0	V. Varga	Hun	E12	192.5	M. Moodie	USA	2004	200.0	J. Kostúrová	Svk	EL09
	Bench	122.0	S. Mokra	Svk	W13	107.5	M. Moodie	USA	W06	117.5	J. Kostúrová	Svk	EL09
	Deadlift	210.0	V. Varga	Hun	E12	172.5	M. Moodie	USA	2004	180.0	J. Kostúrová	Svk	EL09
	Total	545.0	V. Varga	Hun	E12	467.5	M. Moodie	USA	2004	497.5	J. Kostúrová	Svk	EL09
Women 75 kg	Open				Submaster				Junior				
	Squat	235.0	V. Varga	Hun	W12	215.0	P. Friedrich	Ger	W13	170.0	M. Oberleitner	Aut	Sk06
	Bench	137.5	M. Zimmer	Aut	K04	127.5	S. Mokrá	Svk	E14	67.5	E. Hegyesi	Hun	E09
	Deadlift	205.5	M. Rovná	CZ	E13	187.5	S. Mokrá	Svk	E14	142.5	M. Oberleitner	Aut	Sk06
	Total	545.0	V. Varga	Hun	W12	495.5	P. Friedrich	Ger	W13	365.0	M. Oberleitner	Aut	Sk06
Women 82.5 kg	Open				Submaster				Junior				
	Squat	225.0	J. Kosturova	Svk	W14	180.0	P.Friedrich	Ger	W14	205.0	M. Oberleitner	Aut	W07
	Bench	145.0	J. Kosturova	Svk	W14	110.0	P.Friedrich	Ger	W14	81.0	M. Oberleitner	Aut	W07
	Deadlift	190.5	M. Rovna	CZE	EM15	187.5	P.Friedrich	Ger	W14	165.0	M. Oberleitner	Aut	W07
	Total	560.0	J. Kosturova	Svk	W14	477.5	P.Friedrich	Ger	W14	451.0	M. Oberleitner	Aut	W07
Women 90 kg	Open				Submaster				Junior				
	Squat	170.0	J. Parkhurst	USA	US13	155.0	E. Vit	Aut	W04	130.0	M. Yakemovic	USA	US10
	Bench	95.0	E.Horňáková	CZ	E10	80.0	E. Vit	Aut	W04	67.5	M. Yakemovic	USA	US10
	Deadlift	172.5	A. Thorne	USA	US13	150.0	E. Vit	Aut	W04	135.0	M. Yakemovic	USA	US10
	Total	390.0	A. Thorne	USA	US13	385.0	E. Vit	Aut	W04	332.5	M. Yakemovic	USA	US10
Women 90+ kg	Open				Submaster				Junior				
	Squat	210.0	E. Vit	Aut	A07	155.0	E. Vit	Aut	W04	98.0	K. Barnes	USA	US13
	Bench	110.0	E. Vit	Aut	W07	80.0	E. Vit	Aut	W04	68.0	K. Barnes	USA	US13
	Deadlift	212.5	M. Toole	USA	US10	150.0	E. Vit	Aut	W04	148.0	K. Barnes	USA	US13
	Total	497.5	M. Toole	USA	US10	385.0	E. Vit	Aut	W04	312.5	K. Barnes	USA	US13

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WUAP World Records - Powerlifting - Women

Women 44 kg*	M40-44				M45-49				M50-54				
	Squat	100.0	Baker	USA	2001								
	Bench	62.5	Baker	USA	2001								
	Deadlift	132.5	Baker	USA	2001								
	Total	295.0	Baker	USA	2001								
Women 48 kg	M40-44				M45-49				M50-54				
	Squat	85.0	T. Manning	Aust	2003					92.5	Bringham	USA	2001
	Bench	65.0	T. Manning	Aust	2003					55.0	Bringham	USA	2000
	Deadlift	125.0	T. Manning	Aust	2003					117.5	Bringham	USA	2001
	Total	275.0	T. Manning	Aust	2003					255.0	Bringham	USA	2000
Women 52 kg	M40-44				M45-49				M50-54				
	Squat	130.0	E. Zehethofer	Aut	W13	110.5	K. Heindl	Aut	E06	120.0	K. Heindl	Aut	W06
	Bench	82.5	Y. Hao	USA	W11	55.0	K. Heindl	Aut	E06	62.5	Bringham	USA	2002
	Deadlift	140.5	E. Zehethofer	Aut	W13	110.5	K. Heindl	Aut	E06	113.0	K. Heindl	Aut	W10
	Total	333.0	E. Zehethofer	Aut	W13	276.0	K. Heindl	Aut	E06	272.5	Bringham	USA	2002
Women 56 kg	M40-44				M45-49				M50-54				
	Squat	127.5	Casper	USA	2000	110.0	K. Heindl	Aut	C06	113.0	G. Orosz	Hun	W07
	Bench	73.0	Casper	USA	2003	55.0	K. Heindl	Aut	C06	80.0	G. Orosz	Hun	W07
	Deadlift	142.5	Casper	USA	2000	105.0	K. Heindl	Aut	C06	120.0	G. Orosz	Hun	W07
	Total	342.5	Casper	USA	2000	270.0	K. Heindl	Aut	C06	311.0	G. Orosz	Hun	W07
Women 60 kg	M40-44				M45-49				M50-54				
	Squat	117.5	C. Rostagnat	Fra	W09	110.0	C.Hoskinson	USA	AC10				
	Bench	77.5	D. Amos	USA	2002	70.0	C.Hoskinson	USA	AC10				
	Deadlift	147.5	D. Amos	USA	2002	130.0	D.Amos	USA	2003				
	Total	325.0	D. Amos	USA	2002	305.0	C.Hoskinson	USA	AC10				
Women 67.5 kg	M40-44				M45-49				M50-54				
	Squat	210.0	M. Moodie	USA	W11	200.0	M. Moodie	USA	W08	102.5	L. Zanki	Ger	W13
	Bench	100.0	M. Moodie	USA	US11	97.5	M. Moodie	USA	W08	105.0	L. Zanki	Ger	W13
	Deadlift	175.0	M. Moodie	USA	US10	190.0	M. Moodie	USA	W08	140.0	L. Zanki	Ger	W13
	Total	477.5	M. Moodie	USA	US11	480.0	M. Moodie	USA	W08	335.0	L. Zanki	Ger	W13
Women 75 kg	M40-44				M45-49				M50-54				
	Squat	170.0	M. Zimmer	Aut	K04	150.0	S.Kraus	Ger	WC14	110.0	K. Rohrmann	Hun	E08
	Bench	137.5	M. Zimmer	Aut	K04	82.5	B. Gordon	USA	US13	87.5	K. Rohrmann	Hun	E08
	Deadlift	171.0	M. Zimmer	Aut	K04	131.0	S.Kraus	Ger	W14	140.0	Z. Németh	Hun	E08
	Total	497.5	M. Zimmer	Aut	K04	345.0	B. Gordon	USA	US13	333.0	K. Rohrmann	Hun	E08
Women 82.5 kg	M40-44				M45-49				M50-54				
	Squat	180.0	A. Strinyi	Hun	W09	110.5	L. Cook	USA	W11	137.5	Polansky	USA	2001
	Bench	107.5	L. Krüger	Ger	W07	85.0	E. Horňáková	Cz	WC09	65.0	Polansky	USA	2001
	Deadlift	171.5	L. Krüger	Ger	W07	130.5	L. Cook	USA	W11	150.0	Polansky	USA	2001
	Total	439.0	L. Krüger	Ger	W07	320.0	E. Horňáková	Cz	WC09	350.0	Polansky	USA	2001
Women 90 kg	M40-44				M45-49				M50-54				
	Squat	170.0	J. Parkhurst	USA	US13	127.5	Cadavona	USA	2000				
	Bench	92.5	J. Parkhurst	USA	US13	95.0	E. Horňáková	Cz	E10				
	Deadlift	145.0	J. Parkhurst	USA	US13	165.0	E. Horňáková	Cz	E10				
	Total	380.0	J. Parkhurst	USA	US13	380.0	E. Horňáková	Cz	E10				
Women 90+ kg	M40-44				M45-49				M50-54				
	Squat	210.0	E. Vit	Aut	A07	93.0	S. Hoefler	USA	US13				
	Bench	110.0	E. Vit	Aut	W07	78.0	S. Hoefler	USA	US13				
	Deadlift	173.0	E. Vit	Aut	A07	130.0	S. Hoefler	USA	US13				
	Total	460.0	E. Vit	Aut	A07	300.0	S. Hoefler	USA	US13				

WUAP World Records - Powerlifting - Women

Women 44 kg*	M55-59				M60-64				M65-69				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 48 kg	M55-59				M60-64				M65-69				
	Squat	135.0	A. Leverett	USA	AC10					57.5	L. McMahon	USA	W11
	Bench	80.0	A. Leverett	USA	AC10					40.0	L. McMahon	USA	W11
	Deadlift	142.5	A. Leverett	USA	AC10					80.0	L. McMahon	USA	W11
	Total	357.5	A. Leverett	USA	AC10					177.5	L. McMahon	USA	W11
Women 52 kg	M55-59				M60-64				M65-69				
	Squat	105.0	S. Baker	USA	US10								
	Bench	61.0	S. Baker	USA	W11								
	Deadlift	132.5	S. Baker	USA	US10								
	Total	298.0	S. Baker	USA	US10								
Women 56 kg	M55-59				M60-64				M65-69				
	Squat	103.0	K. Heindl	Aut	WC12								
	Bench	55.0	K. Heindl	Aut	W11								
	Deadlift	117.5	S. Rouse	USA	W04								
	Total	272.5	S. Rouse	USA	W04								
Women 60 kg	M55-59				M60-64				M65-69				
	Squat	117.5	I. Gehringer	Ger	W10	127.5	I. Rinas	Ger	W12				
	Bench	82.5	I. Gehringer	Ger	W10	87.5	I. Rinas	Ger	W12				
	Deadlift	127.0	I. Gehringer	Ger	W10	140.0	I. Rinas	Ger	W12				
	Total	322.5	I. Gehringer	Ger	W10	355.0	I. Rinas	Ger	W12				
Women 67.5 kg	M55-59				M60-64				M65-69				
	Squat	140.0	H. Utecht	Ger	W07	137.5	I. Rinas	Ger	W13				
	Bench	85.0	H. Utecht	Ger	W07	92.5	I. Rinas	Ger	W13				
	Deadlift	130.0	H. Utecht	Ger	W07	145.0	I. Rinas	Ger	W13				
	Total	365.0	H. Utecht	Ger	W07	375.0	I. Rinas	Ger	W13				
Women 75 kg	M55-59				M60-64				M65-69				
	Squat	116.0	K. Rohrmann	Hun	W10								
	Bench	92.5	K. Rohrmann	Hun	W10								
	Deadlift	150.0	K. Rohrmann	Hun	W10								
	Total	356.0	K. Rohrmann	Hun	W10								
Women 82.5 kg	M55-59				M60-64				M65-69				
	Squat	115.0	K. Rohrmann	Hun	WC11								
	Bench	87.5	K. Rohrmann	Hun	WC11								
	Deadlift	150.0	K. Rohrmann	Hun	WC11								
	Total	352.5	K. Rohrmann	Hun	WC11								
Women 90 kg	M55-59				M60-64				M65-69				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 90+ kg	M55-59				M60-64				M65-69				
	Squat												
	Bench												
	Deadlift												
	Total												

WUAP World Records - Powerlifting - Women

Women 44 kg*	M70-74				M75-79				M80+				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 48 kg	M70-74				M75-79				M80+				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 52 kg	M70-74				M75-79				M80+				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 56 kg	M70-74				M75-79				M80+				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 60 kg	M70-74				M75-79				M80+				
	Squat	57.5	L. Baker	USA	US12								
	Bench	37.5	L. Baker	USA	US12								
	Deadlift	100	L. Baker	USA	US12								
	Total	195	L. Baker	USA	US12								
Women 67.5 kg	M70-74				M75-79				M80+				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 75 kg	M70-74				M75-79				M80+				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 82.5 kg	M70-74				M75-79				M80+				
	Squat												
	Bench												
	Deadlift												
	Total												
Women 90 kg	M70-74				M75-79				M80+				
	Squat	107.5	Tenorio	USA	2001								
	Bench	42.5	Tenorio	USA	2001								
	Deadlift	120	Tenorio	USA	2001								
	Total	270	Tenorio	USA	2001								
Women 90+ kg	M70-74				M75-79				M80+				
	Squat	87.5	Tenorio	USA	2000								
	Bench	47.5	Tenorio	USA	2000								
	Deadlift	127.5	Tenorio	USA	2000								
	Total	262.5	Tenorio	USA	2000								