



## WUAP European Records - RAW Powerlifting - Women



Women	Open	T16-17	T18-19	JUNIOR	SUB	M40-44	M45-49	M50-54	M55-59	M60-64	M65-69	M70-74	M75-79	M80+
48 kg	Squat	115,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	67,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	118,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	300,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
52 kg	Squat	160,0	75,0	117,5	110,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	92,5	56,0	57,5	65,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	160,0	85,0	122,5	117,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	412,5	215,0	297,5	282,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
56 kg	Squat	161,0	100,0	0,0	150,0	0,0	122,5	110,0	72,5	70,0	0,0	0,0	0,0	0,0
	Benchpress	97,5	60,0	0,0	61,0	0,0	67,5	60,0	35,0	35,0	0,0	0,0	0,0	0,0
	Deadlift	170,0	125,0	0,0	145,0	0,0	150,0	140,0	90,5	85,0	0,0	0,0	0,0	0,0
	Total	428,5	285,0	0,0	345,0	0,0	332,5	310,0	198,0	190,0	0,0	0,0	0,0	0,0
60 kg	Squat	135,0	105,0	105,0	125,5	130,0	0,0	120,0	102,5	75,0	70,5	70,0	0,0	0,0
	Benchpress	100,0	60,0	47,5	60,0	70,0	0,0	65,0	50,0	37,5	37,5	35,5	0,0	0,0
	Deadlift	180,0	110,0	110,0	160,0	180,0	0,0	150,0	115,0	90,0	102,5	105,5	0,0	0,0
	Total	390,0	275,0	262,5	375,0	380,0	0,0	330,0	265,0	195,0	210,5	210,0	0,0	0,0
67.5 kg	Squat	220,0	110,5	155,0	165,0	180,0	152,5	147,5	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	100,0	55,0	85,0	80,0	92,5	95,0	95,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	212,5	122,5	170,0	157,5	185,0	190,0	160,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	532,5	283,0	410,0	402,5	457,5	433,5	400,0	0,0	0,0	0,0	0,0	0,0	0,0
75 kg	Squat	200,0	120,0	130,0	180,0	0,0	200,0	0,0	0,0	0,0	65,0	0,0	0,0	0,0
	Benchpress	100,0	40,0	62,5	87,5	0,0	100,0	0,0	0,0	0,0	50,0	0,0	0,0	0,0
	Deadlift	210,0	140,0	140,0	160,0	0,0	190,0	0,0	0,0	0,0	80,0	0,0	0,0	0,0
	Total	490,0	300,0	316,0	427,5	0,0	490,0	0,0	0,0	0,0	195,0	0,0	0,0	0,0
82.5 kg	Squat	220,0	0,0	145,0	180,0	0,0	0,0	100,0	0,0	0,0	105,0	0,0	0,0	0,0
	Benchpress	147,5	0,0	70,0	77,5	0,0	0,0	101,0	0,0	0,0	55,0	0,0	0,0	0,0
	Deadlift	245,0	0,0	140,0	180,0	0,0	0,0	155,0	0,0	0,0	150,0	0,0	0,0	0,0
	Total	612,5	0,0	355,0	437,5	0,0	0,0	341,0	0,0	0,0	310,0	0,0	0,0	0,0
90 kg	Squat	222,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	140,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	245,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	607,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
90+ kg	Squat	215,0	0,0	0,0	0,0	0,0	0,0	162,5	0,0	0,0	0,0	0,0	0,0	0,0
	Benchpress	95,0	0,0	0,0	0,0	0,0	0,0	90,0	0,0	0,0	0,0	0,0	0,0	0,0
	Deadlift	220,0	0,0	0,0	0,0	0,0	0,0	185,0	0,0	0,0	0,0	0,0	0,0	0,0
	Total	530,0	0,0	0,0	0,0	0,0	0,0	430,0	0,0	0,0	0,0	0,0	0,0	0,0

## WUAP European Records - RAW Powerlifting - Women

Women 48 kg	Open					Submaster					Junior				
	Squat	115,0	M.Urbanowicz	POL	EM19										
	Bench	67,5	M.Urbanowicz	POL	EM19										
	Deadlift	118,0	M.Urbanowicz	POL	EM19										
	Total	300,5	M.Urbanowicz	POL	EM19										
Women 52 kg	Open					Submaster					Junior				
	Squat	160,0	M.Golob	SLO	WM17						110,0	B.Roksolana	UKR	EM19	
	Bench	92,5	M.Golob	SLO	WM17						65,0	M.Siwiek	GER	EM19	
	Deadlift	160,0	M.Golob	SLO	EM17						117,5	B.Roksolana	UKR	EM19	
	Total	412,5	M.Golob	SLO	WM17						282,5	B.Roksolana	UKR	EM19	
Women 56 kg	Open					Submaster					Junior				
	Squat	161,0	M. Golob	Slo	EM19						150,0	B.Kováčiková	SVK	WM18	
	Bench	97,5	M. Golob	Slo	EM19						61,0	K.Haičmanová	CZE	WM18	
	Deadlift	170,0	M. Golob	Slo	EM19						145,0	B.Kováčiková	SVK	WM18	
	Total	428,5	M. Golob	Slo	EM19						345,0	B.Kováčiková	SVK	WM18	
Women 60 kg	Open					Submaster					Junior				
	Squat	135,0	L. Gvozdeva	Rus	WM14	130,0	C.Garhammer	SUI	EM17	125,5	F.Susa	HUN	WM17		
	Bench	100,0	L. Gvozdeva	Rus	WM14	70,0	C.Garhammer	SUI	EM17	60,0	F.Susa	HUN	WM17		
	Deadlift	180,0	C.Garhammer	SUI	EM17	180,0	C.Garhammer	SUI	EM17	160,0	A.Savič	SRB	WM18		
	Total	390,0	L. Gvozdeva	Rus	WM14	380,0	C.Garhammer	SUI	EM17	375,0	A.Savič	SRB	WM18		
Women 67.5 kg	Open					Submaster					Junior				
	Squat	220,0	D.Herber	GER	EM19	180,0	E. Simova	SVK	EM15	165,0	D.Kmeťová	SVK	WM18		
	Bench	100,0	D.Herber	GER	EM19	92,5	E. Simova	SVK	EM15	80,0	D.Kmeťová	SVK	WM18		
	Deadlift	212,5	D.Herber	GER	EM19	185,0	E. Simova	SVK	EM15	157,5	D.Kmeťová	SVK	WM18		
	Total	532,5	D.Herber	GER	EM19	457,5	E. Simova	SVK	EM15	402,5	D.Kmeťová	SVK	WM18		
Women 75 kg	Open					Submaster					Junior				
	Squat	200,0	E.Šimová	SVK	WM18						180,0	T.Brodetska	UKR	EM18	
	Bench	100,0	E.Šimová	SVK	WM18						87,5	T.Brodetska	UKR	EM18	
	Deadlift	210,0	P.Kockova	CZE	EM19						160,0	T.Brodetska	UKR	EM18	
	Total	490,0	E.Šimová	SVK	WM18						427,5	T.Brodetska	UKR	EM18	
Women 82.5 kg	Open					Submaster					Junior				
	Squat	220,0	N.Otter	GER	WM17						180,0	M. Lachmann	HUN	EM15	
	Bench	147,5	N.Otter	GER	WM17						77,5	M. Lachmann	HUN	EM15	
	Deadlift	245,0	N.Otter	GER	WM17						180,0	M. Lachmann	HUN	EM15	
	Total	612,5	N.Otter	GER	WM17						437,5	M. Lachmann	HUN	EM15	
Women 90 kg	Open					Submaster					Junior				
	Squat	222,5	N.Otter	GER	EM17										
	Bench	140,0	N.Otter	GER	EM17										
	Deadlift	245,0	N.Otter	GER	EM17										
	Total	607,5	N.Otter	GER	EM17										
Women 90+ kg	Open					Submaster					Junior				
	Squat	215,0	K.Koszela	POL	EM18										
	Bench	95,0	K.Koszela	POL	EM18										
	Deadlift	220,0	K.Koszela	POL	EM18										
	Total	530,0	K.Koszela	POL	EM18										

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Women 48 kg	T16-17				T18-19				
	Squat								
	Bench								
	Deadlift								
	Total								
Women 52 kg	T16-17				T18-19				
	Squat	75,0	J.Krastenicsova	CZE	WM17	117,5	T.Patelczyk	POL	EM18
	Bench	56,0	J.Krastenicsova	CZE	WM17	57,5	T.Patelczyk	POL	EM18
	Deadlift	85,0	J.Krastenicsova	CZE	WM17	122,5	T.Patelczyk	POL	EM18
	Total	215,0	J.Krastenicsova	CZE	WM17	297,5	T.Patelczyk	POL	EM18
Women 56 kg	T16-17				T18-19				
	Squat	100,0	V.Kurnat	UKR	US17				
	Bench	60,0	V.Kurnat	UKR	US17				
	Deadlift	125,0	V.Kurnat	UKR	US17				
	Total	285,0	V.Kurnat	UKR	US17				
Women 60 kg	T16-17				T18-19				
	Squat	105,0	R. Bohus	HUN	EM16	105,0	A Szilagyi	HUN	EM16
	Bench	60,0	R. Bohus	HUN	EM16	47,5	A Szilagyi	HUN	EM16
	Deadlift	110,0	R. Bohus	HUN	EM16	110,0	A Szilagyi	HUN	EM16
	Total	275,0	R. Bohus	HUN	EM16	262,5	A Szilagyi	HUN	EM16
Women 67.5 kg	T16-17				T18-19				
	Squat	110,5	M.Valková	SVK	WM18	155,0	M.Zemanova	CZE	EM19
	Bench	55,0	E.Nehezova	SVK	EM19	85,0	M.Zemanova	CZE	EM19
	Deadlift	122,5	E.Nehezova	SVK	EM19	170,0	M.Zemanova	CZE	EM19
	Total	283,0	L.Napora	POL	EM18	410,0	M.Zemanova	CZE	EM19
Women 75 kg	T16-17				T18-19				
	Squat	120,0	K.Kastelic	SVN	WM18	130,0	J.Kammer	GER	WM19
	Bench	40,0	K.Kastelic	SVN	WM18	62,5	J.Kammer	GER	WM19
	Deadlift	140,0	K.Kastelic	SVN	WM18	140,0	K.Kastelic	SLO	EM19
	Total	300,0	K.Kastelic	SVN	WM18	316,0	J.Kammer	GER	WM19
Women 82.5 kg	T16-17				T18-19				
	Squat					145,0	T.Krajcova	SVK	WM18
	Bench					70,0	T.Krajcova	SVK	WM18
	Deadlift					140,0	T.Krajcova	SVK	WM18
	Total					355,0	T.Krajcova	SVK	WM18
Women 90 kg	T16-17				T18-19				
	Squat								
	Bench								
	Deadlift								
	Total								
Women 90+ kg	T16-17				T18-19				
	Squat								
	Bench								
	Deadlift								
	Total								

## WUAP European Records - RAW Powerlifting - Women

	M40-44	M45-49	M50-54
Women 48 kg			
Squat			
Bench			
Deadlift			
Total			
Women 52 kg			
Squat			
Bench			
Deadlift			
Total			
Women 56 kg			
Squat	122,5 M.Swirska POL EM19	110,0 M.Zazvonilová CZE WM18	72,5 E.Szombatová SVK EM17
Bench	67,5 M.Swirska POL WM18	60,0 M.Zazvonilová CZE WM18	35,0 E.Szombatova SVK WM16
Deadlift	150,0 M.Swirska POL WM18	140,0 M.Zazvonilová CZE WM18	90,5 E.Szombatová SVK EM17
Total	332,5 M.Swirska POL WM18	310,0 M.Zazvonilová CZE WM18	198,0 E.Szombatová SVK EM17
Women 60 kg			
Squat		120,0 M.Zazvonilova CZE WM17	102,5 H.Woltjen GER WM16
Bench		65,0 M.Zazvonilova CZE WM17	50,0 H.Woltjen GER WM16
Deadlift		150,0 M.Zazvonilova CZE WM17	115,0 H.Woltjen GER WM16
Total		330,0 M.Zazvonilova CZE WM17	265,0 H.Woltjen GER WM16
Women 67.5 kg			
Squat	152,5 M. Baszo Hun WM17	147,5 Dr. K. Schindlerne Kis Hun WM16	
Bench	95,0 M. Baszo Hun WM17	95,0 Dr. K. Schindlerne Kis Hun WM16	
Deadlift	190,0 M. Baszo Hun WM17	160,0 M.Zazvonilova CZE WM16	
Total	433,5 M. Baszo Hun WM17	400,0 Dr. K. Schindlerne Kis Hun WM16	
Women 75 kg			
Squat	200,0 E.Šimová SVK WM18		
Bench	100,0 E.Šimová SVK WM18		
Deadlift	190,0 E.Šimová SVK WM18		
Total	490,0 E.Šimová SVK WM18		
Women 82.5 kg			
Squat		100,0 A.Szlávik HUN WM18	
Bench		101,0 K.Ribb GER EM19	
Deadlift		155,0 K.Ribb GER EM19	
Total		341,0 K.Ribb GER EM19	
Women 90 kg			
Squat			
Bench			
Deadlift			
Total			
Women 90+ kg			
Squat			162,5 M.Pannekamp Ger WM16
Bench			90,0 M.Pannekamp Ger WM16
Deadlift			185,0 M.Pannekamp Ger WM16
Total			430,0 M.Pannekamp Ger WM16

# WUAP European Records - RAW Powerlifting - Women

Women 48 kg	M55-59					M60-64					M65-69				
	Squat														
	Bench														
	Deadlift														
	Total														
Women 52 kg	M55-59					M60-64					M65-69				
	Squat														
	Bench														
	Deadlift														
	Total														
Women 56 kg	M55-59	70,0	N.Szombatova	SVK	EM19	M60-64					M65-69				
	Squat														
	Bench	35,0	N.Szombatova	SVK	EM19										
	Deadlift	85,0	N.Szombatova	SVK	EM19										
	Total	190,0	N.Szombatova	SVK	EM19										
Women 60 kg	M55-59	75,0	E.Szombatová	SVK	WM18	M60-64	70,5	K. Baranovicova	SVK	EM17	M65-69	70,0	K. Baranovicova	SVK	WM18
	Squat														
	Bench	37,5	E.Szombatová	SVK	WM19										
	Deadlift	90,0	E.Szombatová	SVK	WM18										
	Total	195,0	E.Szombatová	SVK	WM18										
Women 67.5 kg	M55-59					M60-64					M65-69				
	Squat														
	Bench														
	Deadlift														
	Total														
Women 75 kg	M55-59					M60-64					M65-69	65,0	E. Ujvari	Hun	EM16
	Squat														
	Bench														
	Deadlift														
	Total														
Women 82.5 kg	M55-59					M60-64	105,0	K. Rohrmann	HUN	EM16	M65-69				
	Squat														
	Bench														
	Deadlift														
	Total														
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														

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