

European records - Powerlifting - Women - European Powerlifting Congress

Update Nov 15.2011

Women 48 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	110,0	100,0	110,0	105,0	85,0	105,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	65,0	50,0	62,5	65,0	40,0	65,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	135,0	90,0	105,0	115,0	110,0	115,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	305,0	240,0	277,5	277,5	235,0	277,5	0,0	0,0	0,0	0,0	0,0	0,0

Women 52 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	150,0	95,0	0,0	97,5	90,0	97,5	0,0	0,0	0,0	0,0	0,0	0,0
Bench	87,5	52,5	0,0	67,5	50,0	67,5	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	162,5	120,0	0,0	117,5	140,0	117,5	0,0	0,0	0,0	0,0	0,0	0,0
Total	392,5	267,5	0,0	280,0	280,0	280,0	0,0	0,0	0,0	0,0	0,0	0,0

Women 56 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	210,0	105,5	135,0	140,0	107,5	110,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	111,0	0,0	75,0	82,5	62,5	60,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	215,0	135,0	166,0	140,0	145,5	140,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	522,5	290,0	365,0	357,5	307,5	310,0	0,0	0,0	0,0	0,0	0,0	0,0

Women 60 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	200,0	160,0	135,0	145,5	140,0	0,0	90,0	100,0	0,0	0,0	0,0	0,0
Bench	117,5	85,0	72,5	90,0	75,0	0,0	55,0	55,0	0,0	0,0	0,0	0,0
Deadlift	200,0	150,0	167,5	170,0	160,0	0,0	130,0	145,0	0,0	0,0	0,0	0,0
Total	512,5	385,0	372,5	387,5	370,0	0,0	275,0	300,0	0,0	0,0	0,0	0,0

Women 67,5 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	200,0	140,0	155,0	152,5	95,0	0,0	85,0	0,0	0,0	0,0	0,0	0,0
Bench	120,0	90,0	90,0	110,0	72,5	0,0	48,0	0,0	0,0	0,0	0,0	0,0
Deadlift	200,0	182,5	145,0	187,5	110,0	0,0	125,0	0,0	0,0	0,0	0,0	0,0
Total	517,5	395,0	375,0	437,5	277,5	0,0	250,0	0,0	0,0	0,0	0,0	0,0

Women 75 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	200,0	132,5	195,5	170,0	90,0	125,0	85,0	77,5	0,0	0,0	0,0	0,0
Bench	132,5	80,0	115,5	120,0	72,5	87,5	40,0	45,0	0,0	0,0	0,0	0,0
Deadlift	225,0	175,5	210,0	183,5	110,0	152,5	122,5	127,5	0,0	0,0	0,0	0,0
Total	515,0	387,5	515,0	467,5	272,5	365,0	225,0	240,0	0,0	0,0	0,0	0,0

Women 82,5 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	180,0	131,0	180,0	180,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	125,0	70,0	80,0	117,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	225,0	130,0	150,0	200,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	467,5	325,0	410,0	467,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0

Women 90,0 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	210,0	145,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	137,5	92,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	225,0	150,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	555,0	387,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0

Women 90+ kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	272,5	165,0	125,0	168,0	147,5	120,0	150,0	0,0	0,0	0,0	0,0	0,0
Bench	150,0	95,0	85,0	112,5	100,0	57,5	72,5	0,0	0,0	0,0	0,0	0,0
Deadlift	252,5	160,0	140,0	190,5	172,5	132,5	140,5	0,0	0,0	0,0	0,0	0,0
Total	667,5	420,0	350,0	475,0	420,0	312,5	355,0	0,0	0,0	0,0	0,0	0,0

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Women 48 kg	Open			
Squat	110,0	Allen	GBR	
Bench	65,0	Watson	GBR	
Deadlift	135,0	Allen	GBR	
Total	305,0	Allen	GBR	
Women 52 kg	Open			
Squat	150,0	Barker	GBR	
Bench	87,5	Barker	GBR	
Deadlift	162,5	Barker	GBR	
Total	392,5	Barker	GBR	
Women 56 kg	Open			
Squat	210,0	Gibson	GBR	
Bench	111,0	Gibson	GBR	
Deadlift	215,0	Gibson	GBR	
Total	522,5	Gibson	GBR	
Women 60 kg	Open			
Squat	200,0	Gibson	GBR	
Bench	117,5	Gibson	GBR	
Deadlift	200,0	Gibson	GBR	
Total	512,5	Gibson	GBR	
Women 67,5 kg	Open			
Squat	200,0	Gibson	GBR	
Bench	120,0	Gibson	GBR	
Deadlift	200,0	Gibson	GBR	
Total	517,5	Gibson	GBR	
Women 75 kg	Open			
Squat	200,0	James E	GBR	
Bench	132,5	Zimmer	Aut	
Deadlift	225,0	Blair	GBR	
Total	515,0	Blair	GBR	
Women 82,5 kg	Open			
Squat	180,0	Bentham	GBR	
Bench	125,0	Guldner, Nicole	Ger	26.06.05
Deadlift	225,0	Blair	GBR	
Total	467,5	Guldner, Nicole	Ger	26.06.05
Women 90,0 kg	Open			
Squat	210,0	Pongracz	Aut	
Bench	137,5	U.Herchenhein	Ger	
Deadlift	225,0	U.Herchenhein	Ger	
Total	555,0	U.Herchenhein	Ger	
Women 90+ kg	Open			
Squat	272,5	Shaw	GBR	
Bench	150,0	Shaw	GBR	
Deadlift	252,5	Shaw	GBR	
Total	667,5	Shaw	GBR	

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Women 48 kg	T15-19	Junior
Squat	100,0 Summerfield GBR	110,0 Summerfield GBR
Bench	50,0 Summerfield GBR	62,5 Summerfield GBR
Deadlift	90,0 Summerfield GBR	105,0 Summerfield GBR
Total	240,0 Summerfield GBR	277,5 Summerfield GBR
Women 52 kg	T15-19	Junior
Squat	95,0 Oster Bel	
Bench	52,5 Oster Bel	
Deadlift	120,0 Oster Bel	
Total	267,5 Oster Bel	
Women 56 kg	T15-19	Junior
Squat	105,5 Picone Bel	135,0 Carr-Hill GBR
Bench		75,0 Carr-Hill GBR
Deadlift	135,0 Picone Bel	166,0 Carr-Hill GBR
Total	290,0 Picone Bel	365,0 Carr-Hill GBR
Women 60 kg	T15-19	Junior
Squat	160,0 M.Berezenko Rus 15.11.08	135,0 Carr-Hill GBR
Bench	85,0 M.Berezenko Rus 15.11.08	72,5 Carr-Hill GBR
Deadlift	150,0 M.Berezenko Rus 15.11.08	167,5 Carr-Hill GBR
Total	385,0 M.Berezenko Rus 15.11.08	372,5 Carr-Hill GBR
Women 67,5 kg	T15-19	Junior
Squat	140,0 Toumi Fra	155,0 T.Huizen Ned 11.11.09
Bench	90,0 Callan GBR	90,0 T.Huizen Ned 11.11.09
Deadlift	182,5 Callan GBR	145,0 Ferschneider Fra
Total	395,0 Callan GBR	375,0 T.Huizen Ned 11.11.09
Women 75 kg	T15-19	Junior
Squat	132,5 Callan GBR	195,5 Papilloud Sui
Bench	80,0 Callan GBR	115,5 Papilloud Sui
Deadlift	175,5 Callan GBR	210,0 Papilloud Sui
Total	387,5 Callan GBR	515,0 Papilloud Sui
Women 82,5 kg	T15-19	Junior
Squat	131,0 Reuser, Evelien Ned 26.06.05	180,0 Bentham GBR
Bench	70,0 Reuser, Evelien Ned 26.06.05	80,0 Bentham GBR
Deadlift	130,0 Morgan GBR	150,0 Bentham GBR
Total	325,0 Morgan GBR	410,0 Bentham GBR
Women 90,0 kg	T15-19	Junior
Squat	145,0 K.Buechel GBR 24.04.10	
Bench	92,5 K.Buechel GBR 24.04.10	
Deadlift	150,0 K.Buechel GBR 24.04.10	
Total	387,5 K.Buechel GBR 24.04.10	
Women 90+ kg	T15-19	Junior
Squat	165,0 K.Buechel GBR 11.11.09	125,0 K.Kruk Pol 20.06.03
Bench	95,0 K.Buechel GBR 11.11.09	85,0 K.Kruk Pol 20.06.03
Deadlift	160,0 K.Buechel GBR 11.11.09	140,0 K.Kruk Pol 20.06.03
Total	420,0 K.Buechel GBR 11.11.09	350,0 K.Kruk Pol 20.06.03

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Women 48 kg	M40-44	M45-49
Squat	105,0 Schroeder GBR	85,0 Milham GBR
Bench	65,0 Watson GBR	40,0 Milham GBR
Deadlift	115,0 Schroeder GBR	110,0 Milham GBR
Total	277,5 Schroeder GBR	235,0 Milham GBR
Women 52 kg	M40-44	M45-49
Squat	97,5 Watson GBR	90,0 McCalmon GBR
Bench	67,5 Watson GBR	50,0 McCalmon GBR
Deadlift	117,5 Watson GBR	140,0 McCalmon GBR
Total	280,0 Watson GBR	280,0 McCalmon GBR
Women 56 kg	M40-44	M45-49
Squat	140,0 A.Seabright GBR 15.11.08	107,5 D.Hickman GBR 24.04.10
Bench	82,5 A.Seabright GBR 15.11.08	62,5 D.Hickman GBR 24.04.10
Deadlift	140,0 A.Seabright GBR 15.11.08	145,5 D.Hickman GBR 24.04.10
Total	357,5 A.Seabright GBR 15.11.08	307,5 D.Hickman GBR 24.04.10
Women 60 kg	M40-44	M45-49
Squat	145,5 A.Seabright GBR 24.04.10	140,0 Challacombe Linda GBR 11.11.05
Bench	90,0 A.Seabright GBR 24.04.10	75,0 Challacombe Linda GBR 11.11.05
Deadlift	170,0 Challacombe Linda GBR 17.04.05	160,0 Challacombe Linda GBR 11.11.05
Total	387,5 Challacombe Linda GBR 17.04.05	370,0 Challacombe Linda GBR 11.11.05
Women 67,5 kg	M40-44	M45-49
Squat	152,5 Martin GBR	95,0 Beatrix Berg Ger 26.06.08
Bench	110,0 V.D. Stoep, Yvonne Ned 28.02.04	72,5 Beatrix Berg Ger 26.06.08
Deadlift	187,5 Martin GBR	110,0 Beatrix Berg Ger 26.06.08
Total	437,5 Martin GBR	277,5 Beatrix Berg Ger 26.06.08
Women 75 kg	M40-44	M45-49
Squat	170,0 L.A.Krüger Ger 24.11.06	90,0 B.Berg Ger 03.05.08
Bench	120,0 S.Davies BNR 16.04.11	72,5 B.Berg Ger 03.05.08
Deadlift	183,5 S.Davies GBR 16.04.11	110,0 B.Berg Ger 03.05.08
Total	467,5 L.A.Krüger Ger 24.11.06	272,5 B.Berg Ger 03.05.08
Women 82,5 kg	M40-44	M45-49
Squat	180,0 Lucy-Aileen Krüger Ger 29.04.07	
Bench	117,5 Lucy-Aileen Krüger Ger 29.04.07	
Deadlift	200,0 Morgan, Jacqui GBR 27.04.03	
Total	467,5 Lucy-Aileen Krüger Ger 29.04.07	
Women 90,0 kg	M40-44	M45-49
Squat		
Bench		
Deadlift		
Total		
Women 90+ kg	M40-44	M45-49
Squat	168,0 Bates GBR	147,5 Kertelits Aut
Bench	112,5 Coulon Fra	100,0 Kertelits Aut
Deadlift	190,5 Bates GBR	172,5 Kertelits Aut
Total	475,0 Coulon Fra	420,0 Kertelits Aut

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Women 48 kg	M50-54	M55-59
Squat	105,0 Milham GBR	
Bench	65,0 Milham GBR	
Deadlift	115,0 Milham GBR	
Total	277,5 Milham GBR	
Women 52 kg	M50-54	M55-59
Squat	97,5 Plouviez Bel	
Bench	67,5 Plouviez Bel	
Deadlift	117,5 Plouviez Bel	
Total	280,0 Plouviez Bel	
Women 56 kg	M50-54	M55-59
Squat	110,0 D.Hickman GBR 03.11.10	
Bench	60,0 Plouviez Bel	
Deadlift	140,0 D.Hickman GBR 03.11.10	
Total	310,0 D.Hickman GBR 03.11.10	
Women 60 kg	M50-54	M55-59
Squat		90,0 McCalmon, Helen GBR 16.11.03
Bench		55,0 McCalmon, Helen GBR 16.11.03
Deadlift		130,0 McCalmon, Helen GBR 16.11.03
Total		275,0 McCalmon, Helen GBR 16.11.03
Women 67,5 kg	M50-54	M55-59
Squat		85,0 Carter GBR
Bench		48,0 Carter GBR
Deadlift		125,0 Carter GBR
Total		250,0 Carter GBR
Women 75 kg	M50-54	M55-59
Squat	125,0 Dawn Morrell GBR 02.06.11	85,0 Carter GBR
Bench	87,5 Dawn Morrell GBR 02.06.11	40,0 Carter GBR
Deadlift	152,5 Dawn Morrell GBR 02.06.11	122,5 Carter GBR
Total	365,0 Dawn Morrell GBR 02.06.11	225,0 Carter GBR
Women 82,5 kg	M50-54	M55-59
Squat		
Bench		
Deadlift		
Total		
Women 90,0 kg	M50-54	M55-59
Squat		
Bench		
Deadlift		
Total		
Women 90+ kg	M50-54	M55-59
Squat	120,0 Van Camp Bel	150,0 Van-Camp Bel
Bench	57,5 Van Camp Bel	72,5 Van-Camp Bel
Deadlift	132,5 B.Czech Ger 07.03.09	140,5 Van-Camp Bel
Total	312,5 Van Camp Bel	355,0 Van-Camp Bel

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Women 48 kg	M60-64	M65-69
Squat		
Bench		
Deadlift		
Total		
Women 52 kg	M60-64	M65-69
Squat		
Bench		
Deadlift		
Total		
Women 56 kg	M60-64	M65-69
Squat		
Bench		
Deadlift		
Total		
Women 60 kg	M60-64	M65-69
Squat	100,0 McCalmon, Helen GBR 22.04.06	
Bench	55,0 McCalmon, Helen GBR 22.04.06	
Deadlift	145,0 McCalmon, Helen GBR 22.04.06	
Total	300,0 McCalmon, Helen GBR 22.04.06	
Women 67,5 kg	M60-64	M65-69
Squat		
Bench		
Deadlift		
Total		
Women 75 kg	M60-64	M65-69
Squat	77,5 Carter GBR	
Bench	45,0 Carter GBR	
Deadlift	127,5 Carter GBR	
Total	240,0 Carter GBR	
Women 82,5 kg	M60-64	M65-69
Squat		
Bench		
Deadlift		
Total		
Women 90,0 kg	M60-64	M65-69
Squat		
Bench		
Deadlift		
Total		
Women 90+ kg	M60-64	M65-69
Squat		
Bench		
Deadlift		
Total		

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Women 48 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 52 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 56 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 60 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 67,5 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 75 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 82,5 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 90,0 kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		
Women 90+ kg	M70-74	M75-79
Squat		
Bench		
Deadlift		
Total		

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Women 48 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 52 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 56 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 60 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 67,5 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 75 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 82,5 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 90,0 kg	M80+
Squat	
Bench	
Deadlift	
Total	
Women 90+ kg	M80+
Squat	
Bench	
Deadlift	
Total	