

Worldrecords - Powerlifting - Women - World Powerlifting Federation

Update Nov.15.2011

Women 48 kg	Junior	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
Squat	135,0	52,0	75,0	122,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	82,5	25,0	42,5	65,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	155,0	60,0	70,0	150,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	368,5	137,0	187,5	337,5	0,0	0,0	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	130,0	125,0	145,0	0,0	102,5	100,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	80,0	80,0	87,5	0,0	70,0	72,5	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	130,0	137,5	142,5	0,0	130,0	130,5	0,0	0,0	0,0	0,0	0,0	0,0
Total	322,5	342,5	375,0	0,0	300,0	287,5	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	152,5	117,5	120,0	140,0	130,0	120,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	90,0	60,0	55,0	82,5	85,0	93,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	187,5	140,0	120,0	140,0	147,5	130,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	417,5	317,5	295,0	357,5	355,0	333,0	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	185,0	160,0	97,5	145,0	140,0	112,5	167,5	100,0	0,0	0,0	0,0	0,0
Bench	105,0	85,0	40,0	87,5	75,0	92,5	90,0	55,0	0,0	0,0	0,0	0,0
Deadlift	190,0	150,0	115,0	170,0	160,0	125,0	180,0	145,0	0,0	0,0	0,0	0,0
Total	480,0	385,0	252,5	387,5	370,0	330,0	435,0	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	175,0	137,5	155,0	140,0	100,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	95,0	70,0	90,0	110,0	90,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	200,0	125,0	140,0	170,0	120,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	447,5	330,0	375,0	410,0	310,0	0,0	0,0	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	205,0	0,0	140,0	170,0	175,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	150,0	0,0	80,5	115,0	102,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	220,0	0,0	150,0	182,5	150,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	570,0	0,0	348,0	467,5	427,5	0,0	0,0	0,0	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	217,5	131,0	85,0	212,5	182,5	107,5	0,0	80,0	0,0	0,0	0,0	0,0
Bench	125,0	70,0	62,5	117,5	142,5	75,0	0,0	70,0	0,0	0,0	0,0	0,0
Deadlift	217,5	130,0	115,0	217,5	195,0	120,0	0,0	95,0	0,0	0,0	0,0	0,0
Total	550,0	325,0	262,5	545,0	517,5	295,0	0,0	245,0	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	217,5	82,5	0,0	217,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Bench	150,0	60,0	0,0	150,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Deadlift	225,0	105,0	0,0	217,5	0,0	0,0	0,0	0,0	0,0	0,0	0,0	0,0
Total	585,0	247,5	0,0	585,0	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	185,0	157,5	165,0	177,5	0,0	60,0	150,0	0,0	0,0	0,0	0,0	0,0
Bench	115,0	75,0	95,0	115,0	0,0	67,5	72,5	0,0	0,0	0,0	0,0	0,0
Deadlift	182,5	145,0	160,0	190,5	0,0	132,5	140,5	0,0	0,0	0,0	0,0	0,0
Total	477,5	377,5	420,0	455,0	0,0	252,5	350,0	0,0	0,0	0,0	0,0	0,0

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Women 48 kg	Open			
Squat	135,0	Ana Maria Gonzalez	MEX	22.11.07
Bench	82,5	Leverett, Ann	USA	17.12.99
Deadlift	155,0	Leverett, Ann	USA	17.12.99
Total	368,5	Leverett, Ann	USA	17.12.99
Women 52 kg	Open			
Squat	130,0	Cezia de Jesus Fonseca	MEX	25.11.04
Bench	80,0	Raquel Porras Franco	MEX	11.11.05
Deadlift	130,0	Cezia de Jesus Fonseca	MEX	25.11.04
Total	322,5	Cezia de Jesus Fonseca	MEX	25.11.04
Women 56 kg	Open			
Squat	152,5	Tyree, V.	USA	17.12.99
Bench	90,0	Rich, Becky	USA	11.11.09
Deadlift	187,5	Tyree, V.	USA	17.12.99
Total	417,5	Tyree, V.	USA	17.12.99
Women 60 kg	Open			
Squat	185,0	Brenda Aguirre Terrazas	MEX	24.11.06
Bench	105,0	Brenda Aguirre Terrazas	MEX	24.11.06
Deadlift	190,0	Brenda Aguirre Terrazas	MEX	24.11.06
Total	480,0	Brenda Aguirre Terrazas	MEX	24.11.06
Women 67,5 kg	Open			
Squat	175,0	McNamara, Angie	IRE	11.11.09
Bench	95,0	McNamara, Angie	IRE	11.11.09
Deadlift	200,0	Imelda Zamora Andujo	MEX	25.11.04
Total	447,5	McNamara, Angie	IRE	11.11.09
Women 75 kg	Open			
Squat	205,0	Matus, Alexandra	MEX	24.11.06
Bench	150,0	Freel, Liz	USA	11.11.09
Deadlift	220,0	Freel, Liz	USA	11.11.09
Total	570,0	Freel, Liz	USA	11.11.09
Women 82,5 kg	Open			
Squat	217,5	Stern, Nicolai	USA	11.11.09
Bench	125,0	Gulder, Nicole	GER	26.06.05
Deadlift	217,5	Stern, Nicolai	USA	03.07.09
Total	550,0	Stern, Nicolai	USA	11.11.09
Women 90,0 kg	Open			
Squat	217,5	Loveall, Janet	USA	03.07.09
Bench	150,0	Loveall, Janet	USA	03.07.09
Deadlift	225,0	Herchenhein, Ula	GER	0
Total	585,0	Loveall, Janet	USA	03.07.09
Women 90+ kg	Open			
Squat	185,0	l'Anson, Nicki	USA	11.11.09
Bench	115,0	l'Anson, Nicki	USA	11.08.07
Deadlift	182,5	Oladottir, Ingiborg	ISL	11.11.09
Total	477,5	l'Anson, Nicki	USA	11.11.09

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Women 48 kg	T 15-19	Junior
Squat	52,0 Hsian, M. 17.12.99	75,0 Rödl, Katja GER 00.01.00
Bench	25,0 Hsian, M. 17.12.99	42,5 Rödl, Katja GER 00.01.00
Deadlift	60,0 Hsian, M. 17.12.99	70,0 Rödl, Katja GER 00.01.00
Total	137,0 Hsian, M. 17.12.99	187,5 Rödl, Katja GER 00.01.00
Women 52 kg	T 15-19	Junior
Squat	125,0 Yamashita, Ren USA 03.07.09	145,0 Yamashita, Ren USA 11.11.09
Bench	80,0 Yamashita, Ren USA 03.07.09	87,5 Yamashita, Ren USA 11.11.09
Deadlift	137,5 Yamashita, Ren USA 03.07.09	142,5 Yamashita, Ren USA 11.11.09
Total	342,5 Yamashita, Ren USA 03.07.09	375,0 Yamashita, Ren USA 11.11.09
Women 56 kg	T 15-19	Junior
Squat	117,5 Bartek, D. USA 17.12.99	120,0 Chaparro, Haidi MEX 16.11.08
Bench	60,0 Bartek, D. USA 17.12.99	55,0 Chaparro, Haidi MEX 16.11.08
Deadlift	140,0 Bartek, D. USA 17.12.99	120,0 Chaparro, Haidi MEX 16.11.08
Total	317,5 Bartek, D. USA 17.12.99	295,0 Chaparro, Haidi MEX 24.11.04
Women 60 kg	T 15-19	Junior
Squat	160,0 Berezenko Marya RUS 16.11.08	97,5 Rodriguez, Clara MEX 22.11.07
Bench	85,0 Berezenko Marya RUS 16.11.08	40,0 Rodriguez, Clara MEX 22.11.07
Deadlift	150,0 Berezenko Marya RUS 16.11.08	115,0 Rodriguez, Clara MEX 22.11.07
Total	385,0 Berezenko Marya RUS 16.11.08	252,5 Rodriguez, Clara MEX 22.11.07
Women 67,5 kg	T 15-19	Junior
Squat	137,5 Huizen, Van Tanya NED 29.04.07	155,0 Van Juizen, Tanja HOL 11.11.09
Bench	70,0 Huizen, Van Tanya NED 22.06.07	90,0 Van Huizen, Tanja HOL 11.11.09
Deadlift	125,0 Huizen, Van Tanya NED 29.04.07	140,0 Van Huizen, Tanja HOL 15.04.09
Total	330,0 Huizen, Van Tanya NED 29.04.07	375,0 Van Huizen, Tanja HOL 11.11.09
Women 75 kg	T 15-19	Junior
Squat		140,0 Espinoza, Margarita MEX 25.11.07
Bench		80,5 Price, Louise GBR 19.04.08
Deadlift		150,0 Price, Louise GBR 19.04.08
Total		348,0 Price, Louise GBR 19.04.08
Women 82,5 kg	T 15-19	Junior
Squat	131,0 Reuser, Evelien NED 26.06.05	85,0 Brown, Beth GBR 22.04.06
Bench	70,0 Reuser, Evelien NED 26.06.05	62,5 Brown, Beth GBR 22.04.06
Deadlift	130,0 Reuser, Evelien NED 26.06.05	115,0 Brown, Beth GBR 22.04.06
Total	325,0 Reuser, Evelien NED 26.06.05	262,5 Brown, Beth GBR 22.04.06
Women 90,0 kg	T 15-19	Junior
Squat	82,5 Seygried, J. 17.12.99	
Bench	60,0 Seygried, J. 17.12.99	
Deadlift	105,0 Seygried, J. 17.12.99	
Total	247,5 Seygried, J. 17.12.99	
Women 90+ kg	T 15-19	Junior
Squat	157,5 Keola, Heather USA 03.07.09	165,0 Buechel, Kaiya GRB 11.11.09
Bench	75,0 Keola, Heather USA 03.07.09	95,0 Buechel, Kaiya GRB 11.11.09
Deadlift	145,0 Keola, Heather USA 03.07.09	160,0 Buechel, Kaiya GRB 11.11.09
Total	377,5 Keola, Heather USA 03.07.09	420,0 Buechel, Kaiya GRB 11.11.09

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Women 48 kg	M 40-44	M 45-49
Squat	122,5 Gonzalez, Ana MEX 24.11.06	
Bench	65,0 Gonzalez, Ana MEX 24.11.06	
Deadlift	150,0 Gonzalez, Ana MEX 24.11.06	
Total	337,5 Gonzalez, Ana MEX 24.11.06	
Women 52 kg	M 40-44	M 45-49
Squat		102,5 Puente, Dora MEX 24.11.06
Bench		70,0 Puente, Dora MEX 25.11.04
Deadlift		130,0 Puente, Dora MEX 16.11.03
Total		300,0 Puente, Dora MEX 25.11.06
Women 56 kg	M 40-44	M 45-49
Squat	140,0 Seabright, Allison GBR 16.11.08	130,0 Hedman, Suzanne USA 11.11.09
Bench	82,5 Seabright, Allison GBR 16.11.08	85,0 Hedman, Suzanne USA 03.07.09
Deadlift	140,0 Seabright, Allison GBR 16.11.08	147,5 Hedman, Suzanne USA 11.11.09
Total	357,5 Seabright, Allison GBR 16.11.08	355,0 Hedman, Suzanne USA 11.11.09
Women 60 kg	M 40-44	M 45-49
Squat	145,0 Challacombe Linda GBR 17.04.05	140,0 Challacombe, Linda GBR 11.11.05
Bench	87,5 Seabright, Allison GBR 18.04.09	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	M 40-44	M 45-49
Squat	140,0 V.D. Stoep, Yvonne NED 28.02.04	100,0 Perez, Maria MEX 22.11.07
Bench	110,0 V.D. Stoep, Yvonne NED 28.02.04	90,0 Perez, Maria MEX 22.11.07
Deadlift	170,0 V.D. Stoep, Yvonne NED 28.02.04	120,0 Perez, Maria MEX 22.11.07
Total	410,0 V.D. Stoep, Yvonne NED 28.02.04	310,0 Perez, Maria MEX 22.11.07
Women 75 kg	M 40-44	M 45-49
Squat	170,0 Kruger, Lucy-Aileen GER 24.11.06	175,0 Blackwell, Gia USA 11.11.09
Bench	115,0 Kruger, Lucy-Aileen GER 24.11.06	102,5 Blackwell, Gia USA 11.11.09
Deadlift	182,5 Kruger, Lucy-Aileen GER 24.11.06	150,0 Blackwell, Gia USA 03.07.09
Total	467,5 Kruger, Lucy-Aileen GER 24.11.06	427,5 Blackwell, Gia USA 11.11.09
Women 82,5 kg	M 40-44	M 45-49
Squat	212,5 Stern, Nicolai USA 03.07.09	182,5 Reed, Tanya USA 11.11.09
Bench	117,5 Kruger, Lucy-Aileen GER 29.04.07	142,5 Reed, Tanya USA 03.07.09
Deadlift	217,5 Stern, Nicolai USA 03.07.09	195,0 Reed, Tanya USA 11.11.09
Total	545,0 Stern, Nicolai USA 03.07.09	517,5 Reed, Tanya USA 11.11.09
Women 90,0 kg	M 40-44	M 45-49
Squat	217,5 Loveall, Janet USA 03.07.09	
Bench	150,0 Loveall, Janet USA 03.07.09	
Deadlift	217,5 Loveall, Janet USA 03.07.09	
Total	585,0 Loveall, Janet USA 03.07.09	
Women 90+ kg	M 40-44	M 45-49
Squat	177,5 l'Anson, Nicki USA 03.07.09	
Bench	115,0 l'Anson, Nicki USA 11.08.07	
Deadlift	190,5 Bates, Jackie GBR 0	
Total	455,0 l'Anson, Nicki USA 11.08.07	

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Women 48 kg	M 50-54	M55-59
Squat		
Bench		
Deadlift		
Total		
Women 52 kg	M 50-54	M55-59
Squat	100,0 Puente, Dora MEX 22.11.07	
Bench	72,5 Puente, Dora MEX 22.11.07	
Deadlift	130,5 Aerts, Bonnie USA 11.11.09	
Total	287,5 Puente, Dora MEX 22.11.07	
Women 56 kg	M 50-54	M55-59
Squat	120,0 Callahan, Sabra USA 11.11.09	
Bench	93,0 Callahan, Sabra USA 11.11.09	
Deadlift	130,0 Callahan, Sabra USA 11.08.07	
Total	333,0 Callahan, Sabra USA 11.11.09	
Women 60 kg	M 50-54	M55-59
Squat	112,5 Callahan, Sabra USA 03.07.09	167,5 Ellen Stein USA 09.11.11
Bench	92,5 Callahan, Sabra USA 03.07.09	90,0 Ellen Stein USA 09.11.11
Deadlift	125,0 Callahan, Sabra USA 03.07.09	180,0 Ellen Stein USA 09.11.11
Total	330,0 Callahan, Sabra USA 03.07.09	435,0 Ellen Stein USA 09.11.11
Women 67,5 kg	M 50-54	M55-59
Squat		
Bench		
Deadlift		
Total		
Women 75 kg	M 50-54	M55-59
Squat		
Bench		
Deadlift		
Total		
Women 82,5 kg	M 50-54	M55-59
Squat	107,5 Parnow, Karen USA 11.11.09	
Bench	75,0 Parnow, Karen USA 03.07.09	
Deadlift	120,0 Parnow, Karen USA 11.11.09	
Total	295,0 Parnow, Karen USA 11.11.09	
Women 90,0 kg	M 50-54	M55-59
Squat		
Bench		
Deadlift		
Total		
Women 90+ kg	M 50-54	M55-59
Squat	60,0 Rubcic-Tawzer, Mary USA 03.07.09	150,0 Van-Camp Bel
Bench	67,5 Rubcic-Tawzer, Mary USA 03.07.09	72,5 Van-Camp Bel
Deadlift	132,5 Rubcic-Tawzer, Mary USA 03.07.09	140,5 Van-Camp Bel
Total	252,5 Rubcic-Tawzer, Mary USA 03.07.09	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		
Bench		
Deadlift		
Total		
Women 82,5 kg	M60-64	M65-69
Squat	80,0 Maria Uribe MEX 40128	
Bench	70,0 Maria Uribe MEX 40128	
Deadlift	95,0 Maria Uribe MEX 40128	
Total	245,0 Maria Uribe MEX 40128	
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	