

WORLD RECORDS Powerlifting Men

Last update: September 2008

MEN 52 kg		Open		Junior		Submaster			
squat	240,0	A. Degovets	GB	187,5	Hartman	USA	185,0	R. Karkusche	GER
bench	142,5	C. Ikei	USA	105,0	M. Sabarovs	LAT	125,0	R. Karkusche	GER
deadlift	220,0	Morris	USA	195,0	M. Sabarovs	LAT	180,0	Mellor	GB
totaal	575,0	A. Degovets	GB	467,5	M. Sabarovs	LAT	477,5	R. Karkusche	GER
MEN 56 kg		Open		Junior		Submaster			
squat	250,0	D. Butterbough	USA	232,5	DeSousa	RSA	196,0	R. Karkuschke	GER
bench	168,0	A. Clark	USA	125,5	Tronke	GER	127,5	R. Karkuschke	GER
deadlift	252,5	D. Pattaway	USA	225,0	Hartman	USA	202,5	Mitchell	GB
totaal	590,0	D. Pattaway	USA	550,0	Holzbauer	USA	485,0	R. Karkuschke	GER
MEN 60 kg		Open		Junior		Submaster			
squat	267,5	R. Cabrico	USA	230,0	H. Mushfig	AZN	230,0	Heath	USA
bench	185,0	D. Heath	USA	147,5	H. Mushfig	AZN	162,5	Heath	USA
deadlift	281,0	J.D. Carr	USA	215,0	Oster	BEL	215,0	Heath	USA
totaal	657,5	D. Heath	USA	570,0	H. Mushfig	AZN	607,5	Heath	USA
MEN 67,5 kg		Open		Junior		Submaster			
squat	335,0	G. McNamara	IRE	280,0	Downing	RSA	275,0	V. Morozovs	LAT
bench	210,0	G. Warr	USA	180,0	N. Primich	RSA	190,0	D. Mannering	GB
deadlift	315,0	D. Austin	USA	272,5	Shackelford	USA	260,5	V. Morozovs	LAT
totaal	802,5	A. Conyers	USA	705,0	N. Primich	RSA	710,0	V. Morozovs	LAT
MEN 75 kg		Open		Junior		Submaster			
squat	360,0	McNamarra	IRE	327,5	V. Tsvetkov	RUS	352,5	Berardinelli	USA
bench	235,0	A. Kutcher	UKR	200,0	Downing	RSA	208,0	D. Mannering	GB
deadlift	332,5	Rosciglione	USA	277,5	N. Primich	RSA	287,5	Manca	USA
totaal	907,5	A. Kutcher	UKR	800,0	N. Primich	RSA	780,0	D. Mannering	GB
MEN 82,5 kg		Open		Junior		Submaster			
squat	387,5	I. Shestakov	RUS	347,5	Cartinian	USA	387,5	I. Shestakov	RUS
bench	255,0	Confessore	USA	217,5	McCoy	USA	250,0	C. Evans	CAN
deadlift	358,5	E. Coan	USA	330,0	Coan	USA	317,5	I. Shestakov	RUS
totaal	957,5	G. Bell	USA	845,0	Kellum	USA	890,0	N. Primich	RSA
MEN 90 kg		Open		Junior		Submaster			
squat	397,5	J. Kellum	USA	355,0	N. Bezuglov	RUS	380,0	H. Selsam	GER
bench	277,5	J. Kellum	USA	250,0	S. Perälä	FIN	230,0	Tracey	USA
deadlift	390,0	E. Coan	USA	331,0	C. Jenkins	GB	317,5	Smith	AUS
totaal	1000,0	E. Coan	USA	885,0	S. Perälä	FIN	900,0	H. Selsam	GER
MEN 100 kg		Open		Junior		Submaster			
squat	437,5	E. Coan	USA	380,5	B. Schwab	AUT	410,5	H. Selsam	GER
bench	305,0	Patterson	USA	275,0	S. Perälä	FIN	255,0	E. Bitek	IRE
deadlift	392,5	E. Coan	USA	345,0	I. Cirulis	LAT	350,5	G. Depner	AUT
totaal	1075,0	E. Coan	USA	957,5	S. Perälä	FIN	945,0	H. Selsam	GER
MEN 110 kg		Open		Junior		Submaster			
squat	468,0	S. Goggins	USA	410,5	S. Benzler	GER	417,5	M. Weiler	AUT
bench	300,0	W. Wessels	USA	272,5	Patterson	USA	252,5	S. Middleton	GB
deadlift	390,0	B. Russell	USA	345,0	Koenig	RSA	350,0	G. Bakhtiyar	AZR
totaal	1090,0	W. Wessels	USA	950,0	I. HaGBjörvi	FIN	977,5	Urchick	USA
MEN 125 kg		Open		Junior		Submaster			
squat	500,0	C. Bailey	USA	410,0	Trevizo	USA	450,0	M. Weiler	AUT
bench	319,0	C. Tokarski	USA	270,5	K. Konstantinovs	LAT	255,0	M. Schrott	GER
deadlift	407,5	K. Konstantinovs	LAT	390,5	K. Konstantinovs	LAT	350,0	C. Gonner	AUT
totaal	1127,5	C. Bailey	USA	1040,0	K. Konstantinovs	LAT	1015,0	R. Aghayev	AZR
MEN 140 kg		Open		Junior		Submaster			
squat	500,0	J. Rantanen	FIN	455,0	J. Rantanen	FIN	459,0	H. Kuttroff	GER
bench	360,0	J. Rantanen	FIN	310,0	J. Rantanen	FIN	325,0	M. Piatelli	CAN
deadlift	407,5	A. Bolton	GB	377,5	A. Bolton	GB	345,0	Holleitner	AUT
totaal	1187,5	J. Rantanen	FIN	1075,0	J. Rantanen	FIN	1067,5	Coates	USA
MEN 140+ kg		Open		Junior		Submaster			
squat	475,0	K. Kalliola	FIN	431,0	Clark	USA	470,0	A. Bolton	GB
bench	355,0	K. Kalliola	FIN	301,0	Clark	USA	300,0	D. Zindt	GB
deadlift	425,0	A. Bolton	GB	342,5	Rannais	USA	425,0	A. Bolton	GB
totaal	1127,5	K. Kalliola	FIN	1047,5	Clark	USA	1067,5	P. Tregloan	GB

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MEN 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	
totaal	377,5 Frantz USA	465,0 Hartman USA	
MEN 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
totaal	402,5 Edwards USA	447,5 Simpson USA	550,0 DesSousa RSA
MEN 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
totaal	447,5 Edwards USA	560,0 Ramokgadi RSA	540,0 Muchfig AZN
MEN 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
totaal	507,5 L. Sargsyan RUS	580,0 Franklin USA	627,5 Primich RSA
MEN 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
totaal	600,0 Duplessis RSA	647,5 Smith USA	660,0 Mombert BEL
MEN 82,5 kg	13-15	16-17	18-19
squat	260,0 Duplessis RSA	250,0 Schiff USA	317,5 Coan USA
bench	150,5 J. Fujdiak SVK	165,0 Faradjov RSA	195,0 Coan USA
deadlift	250,0 Bishop USA	265,0 Faradjov RSA	330,0 Coan USA
totaal	637,5 Bishop USA	675,0 Faradjov RSA	840,0 Coan USA
MEN 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
totaal	700,0 Duplessis RSA	720,0 A. Garmashov RUS	822,5 Smith USA
MEN 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
totaal	720,0 Duplessis RSA	750,0 J. Stoll HUN	837,5 B.Schwab AUT
MEN 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
totaal	697,5 R. Bulmash USA	785,0 Duplessis RSA	815,0 Rowland USA
MEN 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
totaal	487,5 Rauch AUT	872,5 M. Skujinieks LAT	882,5 Clary USA
MEN 140 kg	13-15	16-17	18-19
squat		365,0 Tosaw USA	377,5 Tosaw USA
bench		192,5 Tosaw USA	230,0 Sasenbury USA
deadlift		272,5 Tosaw USA	290,0 Sasenbury USA
totaal		830,0 Tosaw USA	840,0 Sasenbury USA
MEN 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
totaal	497,5 Hatfield USA	757,5 J. Havelka CZR	867,5 Wigner USA

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MEN 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	
totaal	497,5 Snell USA	355,0 Cross USA	
MEN 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
totaal	575,0 Milian PR	560,0 Milian PR	510,0 Milian USA
MEN 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
totaal	592,5 Paterniti USA	545,0 Philander RSA	500,0 G. Bobrovitz CAN
MEN 67,5 kg	40-44	45-49	50-54
squat	335,0 G. McNamara IRE	240,0 Van Zyl RSA	232,5 Charles USA
bench	191,0 G. McNamara IRE	150,0 Andrade USA	142,5 J. Steinbergs LAT
deadlift	291,5 Dangerfield USA	250,0 Van Zyl RSA	220,0 Charles USA
totaal	767,5 G. McNamara IRE	627,5 Van Zyl RSA	570,0 J. Steinbergs LAT
MEN 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. Mannerling GB	156,0 M. Mastrapasqua ITA
deadlift	300,0 Crain USA	288,0 Dangerfield USA	272,5 G. Olson USA
totaal	830,0 Crain USA	772,5 McNamarra IRE	665,0 G. Olson USA
MEN 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
totaal	802,5 Ferreira RSA	847,5 Ferreira RSA	780,0 Ferreira RSA
MEN 90 kg	40-44	45-49	50-54
squat	336,0 P. Kelly IRE	352,5 M. Caplan USA	342,0 Butler AUS
bench	234,0 Adams USA	230,0 M. Caplan USA	195,0 Butler AUS
deadlift	332,5 Jardine AUS	347,5 Butler AUS	337,5 Frantz USA
totaal	845,0 P. Kelly IRE	892,5 Butler AUS	857,5 Frantz USA
MEN 100 kg	40-44	45-49	50-54
squat	400,5 S. Kaipio FIN	385,0 B. West GB	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
totaal	955,0 Depner AUT	942,5 Depner AUT	907,5 Frantz USA
MEN 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
totaal	925,0 Seno USA	962,5 A. Rajala FIN	910,0 B. West GB
MEN 125 kg	40-44	45-49	50-54
squat	500,0 C. Bailey USA	440,0 L. Marshall GB	373,5 D. Carter GB
bench	290,0 Bentley USA	240,0 O. Rintanen FIN	232,5 Bentley USA
deadlift	388,0 D. Carter GB	365,5 L. Marshall GB	380,0 D. Carter GB
totaal	1127,5 C. Bailey USA	980,0 L. Marshall GB	902,5 D. Carter GB
MEN 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
totaal	980,0 Niemandt RSA	977,5 B. Greig CAN	965,0 B. Greig CAN
MEN 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	260,0 Niemandt RSA	192,5 Browning USA
deadlift	380,0 P. Tregloan GB	390,0 P. Tregloan GB	340,0 Braxton USA
totaal	1127,5 K. Kalliola FIN	1070,0 P. Tregloan GB	870,0 Braxton USA

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MEN 52 kg	55-59	60-64	65-69
squat			
bench			
deadlift			
totaal			
MEN 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		
totaal	340,0 P. Spodniak SVK		
MEN 60 kg	55-59	60-64	65-69
squat	182,5 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
totaal	492,5 G. Bobrovitz CAN	437,5 Kawasaki USA	435,0 Kawasaki USA
MEN 67,5 kg	55-59	60-64	65-69
squat	182,5 G. Bobrovitz CAN	187,5 Glass USA	165,0 Richey USA
bench	135,0 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
totaal	495,0 G. Bobrovitz CAN	470,0 B. Mullan GB	465,0 Richey USA
MEN 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
totaal	640,0 G. Olson USA	625,0 Y. Chepetz RUS	555,0 Philips USA
MEN 82,5 kg	55-59	60-64	65-69
squat	300,0 J. Ferreira SA	228,0 Baker IRE	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	250,0 Ramsrud USA	240,5 Phillips USA
totaal	765,0 J. Ferreira SA	597,5 Ramsrud USA	560,0 D. Martin USA
MEN 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
totaal	737,5 J. Atkinson USA	740,0 Frantz USA	645,0 McCauley USA
MEN 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
totaal	855,0 A. Luker GB	807,5 Frantz USA	697,5 Frantz USA
MEN 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	152,5 Austin USA
deadlift	315,0 B. West GB	282,5 Sandberg USA	227,5 Austin USA
totaal	900,0 B. West GB	760,0 Sandberg USA	630,0 Austin USA
MEN 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	
totaal	930,0 B. Meek USA	850,0 B. Meek USA	
MEN 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	
totaal	922,5 B. Meek USA	835,0 B. Meek USA	
MEN 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	
totaal	630,0 James USA	590,5 Mackenzie USA	

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MEN 52 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
totaal			
MEN 56 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
totaal			
MEN 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	
totaal	427,5 Kawasaki USA	250,0 D. Gellman CAN	
MEN 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
totaal	462,5 F. Richey USA		317,5 V. Younger AUS
MEN 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
totaal	482,5 F. Richey USA	345,0 P. Pothee FRA	320,0 V. Younger AUS
MEN 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
totaal	500,0 Ramsrud USA	400,0 G. Martin USA	275,0 P. Pothee FRA
MEN 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
totaal	572,5 Richards USA	425,0 Kurpiel USA	285,0 P. Pothee FRA
MEN 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	
totaal	497,5 Miller USA	425,0 Souders USA	
MEN 110 kg	70-74	75-79	80-84
squat	240,0 Austin USA		
bench	162,5 Brousseau USA		
deadlift	230,0 Stupp USA		
totaal	542,5 Stupp USA		
MEN 125 kg	70-74	75-79	80-84
squat	115,0 Davis USA		
bench	150,0 Davis USA		
deadlift	137,5 Davis USA		
totaal	402,5 Davis USA		
MEN 140 kg	70-74	75-79	80-84
squat			
bench			
deadlift			
totaal			
MEN 140+ kg	70-74	75-79	80-84
squat			
bench			
deadlift			
totaal			

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MEN 52 kg	85+
squat	
bench	
deadlift	
totaal	
MEN 56 kg	85+
squat	
bench	
deadlift	
totaal	
MEN 60 kg	85+
squat	
bench	
deadlift	
totaal	
MEN 67,5 kg	85+
squat	85,0 V. Younger AUS
bench	70,0 V. Younger AUS
deadlift	135,0 V. Younger AUS
totaal	280,0 V. Younger AUS
MEN 75 kg	85+
squat	
bench	
deadlift	
totaal	
MEN 82,5 kg	85+
squat	45,0 St. Montrose USA
bench	60,0 St. Montrose USA
deadlift	100,0 St. Montrose USA
totaal	205,0 St. Montrose USA
MEN 90 kg	85+
squat	
bench	
deadlift	
totaal	
MEN 100 kg	85+
squat	
bench	
deadlift	
totaal	
MEN 110 kg	85+
squat	
bench	
deadlift	
totaal	
MEN 125 kg	85+
squat	
bench	
deadlift	
totaal	
MEN 140 kg	85+
squat	
bench	
deadlift	
totaal	
MEN 140+ kg	85+
squat	
bench	
deadlift	
totaal	