

# POWERLIFTING (in wraps)

## men

Weight class	Record	First & last name	Place and date of competition
52	490		
56	530		
60	567,5		
67,5	630		
75	702,5	Sunny Sehrawat	Spain, Madrid, 13.10-15.10.2023
82,5	727,5		
90	815	Jacob L Anderson	USA-GA, Atlanta, 09.12..2023
100	805	Geoff Laney	USA-NC, Charlotte, 21.10-22.10.2023
110	850	Vusal Aghalarov	Spain, Madrid, 13.10-15.10.2023
125	940	Mohamed Bouafia	USA-NC, Charlotte, 21.10-22.10.2023
140	1000,5	Sergey Zelyanin	Belarus, Vitebsk, 19.06.2021
140+	932,5		

## women

Weight class	Record	First & last name	Place and date of competition
44	305		
48	332,5		
52	395	Marina Gorbacheva	Belarus, Senno, 25.12.2022
56	390		
60	410		
67,5	492,5	Aleksandra Szymczykowska	Poland, Katowice, 06.09-10.09.2023
75	470		
82,5	537,5	Julia Blackman	USA-NC, Charlotte, 21.10-22.10.2023
90	515		
90+	522,5		

# POWERLIFTING (without equipment)

## men

Weight class	Record	First & last name	Place and date of competition
52	465		
56	505		
60	542,5		
67,5	605		
75	720	Dawid Kawka	Poland, Jaworzno, 06.03-10.03.2024
82,5	737,5	Jakub Mical	Poland, Jaworzno, 06.03-10.03.2024
90	850	Jan Spais	Spain, Madrid, 13.10-15.10.2023
100	802,5	Edward Maisey	USA-ND, Dickinson, 20.04.2024
110	832,5	Casey Woodie	USA-NC, Charlotte, 21.10-22.10.2023
125	935	Konrad Blewazka	Poland, Jaworzno, 06.03-10.03.2024
140	930	Marcin Gierczak	Poland, Jaworzno, 06.03-10.03.2024
140+	950	Bartłomiej Jaruga	Poland, Jaworzno, 06.03-10.03.2024

## women

Weight class	Record	First & last name	Place and date of competition
44	297,5		
48	325		
52	352,5		
56	380		
60	400		
67,5	515	Aleksandra Szymczykowska	Poland, Jaworzno, 06.03-10.03.2024
75	457,5		
82,5	572,5	Brittany Gagne	USA-GA, Atlanta, 09.12..2023
90	502,5		
90+	510		

# PUSH PULL (BP & DL)

men

Weight class	Record	First & last name	Place and date of competition
52	340		
56	360		
60	377,5		
67,5	417,5		
75	442,5		
82,5	472,5		
90	492,5		
100	517,5		
110	537,5		
125	560		
140	580		
140+	595		

## women

Weight class	Record	First & last name	Place and date of competition
44	190		
48	205		
52	260	Marina Gorbacheva	Belarus, Senno, 25.12.2022
56	232,5		
60	245		
67,5	267,5		
75	290		
82,5	310		
90	327,5		
90+	345		

# BENCH PRESS

men

Weight class	Record	First & last name	Place and date of competition
52	130		
56	140		
60	150		
67,5	167,5		
75	230	Roma Eremashvili	Spain, Madrid, 13.10-15.10.2023
82,5	210	Laurynas Lukosevicius	Spain, Madrid, 13.10-15.10.2023
90	230	Vjaceslavs Letlans	Spain, Madrid, 13.10-15.10.2023
100	232,5	Pawel Przybylowicz	Spain, Madrid, 13.10-15.10.2023
110	255	George Beroshvili	Spain, Madrid, 13.10-15.10.2023
125	250	Vlastimil Kuzel	Spain, Madrid, 13.10-15.10.2023
140	270	Laszlo Meszaros	Spain, Madrid, 13.10-15.10.2023
140+	252,5		

## women

Weight class	Record	First & last name	Place and date of competition
44	65		
48	70	Tatyana Polstyanova	Kazakhstan, Almaty, 07.07.2024
52	77,5		
56	90	Daria Tsygankova	Belarus, Senno, 26.12.2022
60	90	Daria Tsygankova	Belarus, Baran, 16.10.2021
67,5	130	Aleksandra Szymczykowska	Poland, Jaworzno, 06.03-10.03.2024
75	130	Lyubov Maleeva	Kazakhstan, Almaty, 07.07.2024
82,5	125	Evelyn Eisensehr	Poland, Jaworzno, 06.03-10.03.2024
90	175	Malgorzata Kopiec	Poland, Jaworzno, 06.03-10.03.2024
90+	125		

# DEADLIFT

## men

Weight class	Record	First & last name	Place and date of competition
52	212,5		
56	217,5		
60	242,5		
67,5	265		
75	297,5	Sunny Sehrawat	Spain, Madrid, 13.10-15.10.2023
82,5	300	Dominik Safranek	Spain, Madrid, 13.10-15.10.2023
90	330	Radoslaw Zarzycki	Poland, Katowice, 02.03-05.03.2023
100	322,5		
110	342,5	Radostaw Kozdrach	Poland, Jaworzno, 06.03-10.03.2024
125	355	Evgeny Shavchenko	Belarus, Alexandria 10.07.2021
140	357,5		
140+	360		

## women

Weight class	Record	First & last name	Place and date of competition
44	132,5		
48	145		
52	200	Marina Gorbacheva	Belarus, Baran, 06.03.2022
56	170	Marina Gorbacheva	Belarus, Gomel, 02.09.2023
60	172,5		
67,5	200	Aleksandra Szymczykowska	Poland, Katowice, 06.09-10.09.2023
75	220	Tatiana Cavagnoli	Brazil, Igrejinha, 09.03.2024
82,5	206	Monika Barzso	Poland, Katowice, 06.09-10.09.2023
90	207,5		
90+	235	Ekaterina Efremova	Belarus, Vitebsk, 19.06.2021

# EXTREME BENCH PRESS

## men

Barbell weight	Record	First & last name	Place and date of competition
55	80		
75	64		
100	44		
125	30		
150	22		

## women

Barbell weight	Record	First & last name	Place and date of competition
25	60		
35	50		
45	30		
55	25		

# BENCH PRESS FOR MANY REPS OWN BW

men

Weight class	Record	First & last name	Place and date of competition
52	48		
56	47		
60	46		
67,5	45		
75	57	Almas Dosanaev	Kazakhstan, Almaty, 07.07.2024
82,5	40		
90	39		
100	37		
110	35		
125	33		
140	31		
140+	28		

## women

Weight class	Record	First & last name	Place and date of competition
44	24		
48	23		
52	22		
56	21		
60	20		
67,5	19		
75	18		
82,5	17		
90	16		
90+	15		

# STRICT BICEPS CURL

men

Weight class	Record	First & last name	Place and date of competition
52	50		
56	55		
60	60	Evgeny Novoselov	Kazakhstan, Almaty, 07.07.2024
67,5	67,5		
75	72,5	Timofey Kovalevsky	Belarus, Vitebsk, 19.06.2021
82,5	82,5	Gladkii Vitaly	Ukraine, Globino, 27.06.2021
90	85		
100	87,5		
110	90		
125	95	Bolat Rakhmalin	Kazakhstan, Almaty, 07.07.2024
140	100		
140+	107,5		

## women

Weight class	Record	First & last name	Place and date of competition
44	37,5		
48	40		
52	42,5		
56	45		
60	47,5		
67,5	50		
75	52,5		
82,5	55		
90	57,5		
90+	60		

# BENCH PRESS SOFT-EQUIPMENT 1 LOOP

men

Weight class	Record	First & last name	Place and date of competition
52	145		
56	157,5		
60	172,5		
67,5	195		
75	217,5		
82,5	237,5		
90	255		
100	272,5		
110	290		
125	307,5		
140	322,5		
140+	332,5		

## women

Weight class	Record	First & last name	Place and date of competition
44	80		
48	87,5		
52	97,5		
56	105		
60	112,5		
67,5	125		
75	170	Aleksandra Szymczykowska	Poland, Katowice, 06.09-10.09.2023
82,5	145		
90	152,5		
90+	157,5		

# BENCH PRESS SOFT-EQUIPMENT 2-3 LOOPS

men

Weight class	Record	First & last name	Place and date of competition
52	162,5		
56	177,5		
60	192,5		
67,5	217,5		
75	247,5		
82,5	267,5		
90	350	Belokhonov Sergey	Russian Federation, Bryansk 30.10.2021
100	355	Sebastian Dabrowski	Poland, Katowice, 06.09-10.09.2023
110	380	Alexey Stasevich	Belarus, Alexandria 10.07.2021
125	380	Vladimir Cheredin	Belarus, Alexandria 10.07.2021
140	365		
140+	375		

## women

Weight class	Record	First & last name	Place and date of competition
44	92,5		
48	100		
52	110		
56	122,5		
60	127,5		
67,5	140		
75	155		
82,5	180	Monika Barzso	Poland, Katowice, 06.09-10.09.2023
90	175		
90+	180		