

European Standards - Classic Bench Press Single Lift

w.class	name	nation	born	bwt	result	date	location
Men Senior							
Bench Press Single Lift							
59kg	European Standard				150,0	1.1.2016	
66kg	European Standard				165,0	1.1.2016	
74kg	European Standard				177,5	1.1.2016	
83kg	European Standard				187,5	1.1.2016	
93kg	European Standard				202,5	1.1.2016	
105kg	European Standard				220,0	1.1.2016	
120kg	European Standard				235,0	1.1.2016	
120+kg	European Standard				250,0	1.1.2016	

Men Junior

Bench Press Single Lift							
53kg	European Standard				130,0	1.1.2016	
59kg	European Standard				140,0	1.1.2016	
66kg	European Standard				150,0	1.1.2016	
74kg	European Standard				162,5	1.1.2016	
83kg	European Standard				177,5	1.1.2016	
93kg	European Standard				192,5	1.1.2016	
105kg	European Standard				210,0	1.1.2016	
120kg	European Standard				225,0	1.1.2016	
120+kg	European Standard				235,0	1.1.2016	

Men Master 1

Bench Press Single Lift							
59kg	European Standard				140,0	1.1.2016	
66kg	European Standard				150,0	1.1.2016	
74kg	European Standard				162,5	1.1.2016	
83kg	European Standard				177,5	1.1.2016	
93kg	European Standard				192,5	1.1.2016	
105kg	European Standard				210,0	1.1.2016	
120kg	European Standard				225,0	1.1.2016	
120+kg	European Standard				235,0	1.1.2016	

Men Master 2

Bench Press Single Lift							
59kg	European Standard				115,0	1.1.2016	
66kg	European Standard				125,0	1.1.2016	
74kg	European Standard				140,0	1.1.2016	
83kg	European Standard				150,0	1.1.2016	
93kg	European Standard				160,0	1.1.2016	
105kg	European Standard				167,5	1.1.2016	
120kg	European Standard				177,5	1.1.2016	
120+kg	European Standard				187,5	1.1.2016	

Men Master 3

Bench Press Single Lift							
59kg	European Standard				92,5	1.1.2016	
66kg	European Standard				102,5	1.1.2016	
74kg	European Standard				115,0	1.1.2016	
83kg	European Standard				125,0	1.1.2016	
93kg	European Standard				135,0	1.1.2016	
105kg	European Standard				145,0	1.1.2016	
120kg	European Standard				150,0	1.1.2016	
120+kg	European Standard				155,0	1.1.2016	

Men Master 4

Bench Press Single Lift

59kg	European Standard	75,0	1.1.2016
66kg	European Standard	82,5	1.1.2016
74kg	European Standard	87,5	1.1.2016
83kg	European Standard	97,5	1.1.2016
93kg	European Standard	110,0	1.1.2016
105kg	European Standard	115,0	1.1.2016
120kg	European Standard	120,0	1.1.2016
120+kg	European Standard	125,0	1.1.2016