

European Standard Records as of 2011/01/01

Women Open

| | 47 | 52 | 57 | 63 | 72 | 84 | 84+ |
|--------------|-------|-------|-------|-------|-------|-------|-------|
| Total | 450,0 | 485,0 | 522,5 | 562,5 | 612,5 | 655,0 | 695,0 |
| Squat | 175,0 | 190,0 | 205,0 | 220,0 | 240,0 | 257,5 | 277,5 |
| Bench | 117,5 | 125,0 | 135,0 | 145,0 | 160,0 | 175,0 | 185,0 |
| Deadlift | 175,0 | 190,0 | 205,0 | 225,0 | 235,0 | 245,0 | 252,5 |
| Bench Single | 117,5 | 125,0 | 135,0 | 145,0 | 160,0 | 175,0 | 185,0 |

Men Open

| | 59 | 66 | 74 | 83 | 93 | 105 | 120 | 120+ |
|--------------|-------|-------|-------|-------|-------|--------|--------|--------|
| Total | 705,0 | 777,5 | 847,5 | 905,0 | 965,0 | 1012,5 | 1047,5 | 1077,5 |
| Squat | 282,5 | 307,5 | 337,5 | 362,5 | 385,0 | 405,0 | 415,0 | 430,0 |
| Bench | 195,0 | 215,0 | 235,0 | 247,5 | 267,5 | 287,5 | 302,5 | 322,5 |
| Deadlift | 267,5 | 292,5 | 312,5 | 337,5 | 352,5 | 367,5 | 380,0 | 385,0 |
| Bench Single | 200,0 | 220,0 | 240,0 | 252,5 | 272,5 | 297,5 | 312,5 | 332,5 |

Sub-Junior Women

| | 43 | 47 | 52 | 57 | 63 | 72 | 84 | 84+ |
|----------|-------|-------|-------|-------|-------|-------|-------|-------|
| Total | 327,5 | 362,5 | 390,0 | 415,0 | 455,0 | 497,5 | 542,5 | 577,5 |
| Squat | 130,0 | 145,0 | 155,0 | 165,0 | 185,0 | 200,0 | 215,0 | 230,0 |
| Bench | 77,5 | 87,5 | 92,5 | 97,5 | 112,5 | 122,5 | 130,0 | 135,0 |
| Deadlift | 130,0 | 145,0 | 155,0 | 165,0 | 180,0 | 200,0 | 215,0 | 225,0 |

Sub-Junior Men

| | 53 | 59 | 66 | 74 | 83 | 93 | 105 | 120 | 120+ |
|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Total | 522,5 | 577,5 | 640,0 | 695,0 | 752,5 | 797,5 | 827,5 | 857,5 | 870,0 |
| Squat | 205,0 | 230,0 | 247,5 | 272,5 | 292,5 | 307,5 | 317,5 | 327,5 | 337,5 |
| Bench | 125,0 | 140,0 | 165,0 | 180,0 | 200,0 | 215,0 | 225,0 | 235,0 | 245,0 |
| Deadlift | 210,0 | 230,0 | 247,5 | 267,5 | 287,5 | 302,5 | 312,5 | 322,5 | 332,5 |

Junior Women

| | 43 | 47 | 52 | 57 | 63 | 72 | 84 | 84+ |
|----------|-------|-------|-------|-------|-------|-------|-------|-------|
| Total | 395,0 | 420,0 | 455,0 | 490,0 | 527,5 | 582,5 | 635,0 | 675,0 |
| Squat | 155,0 | 165,0 | 180,0 | 195,0 | 210,0 | 235,0 | 252,5 | 267,5 |
| Bench | 97,5 | 107,5 | 117,5 | 125,0 | 135,0 | 145,0 | 160,0 | 175,0 |
| Deadlift | 160,0 | 170,0 | 185,0 | 195,0 | 210,0 | 230,0 | 245,0 | 252,5 |

Junior Men

| | 53 | 59 | 66 | 74 | 83 | 93 | 105 | 120 | 120+ |
|----------|-------|-------|-------|-------|-------|-------|-------|--------|--------|
| Total | 607,5 | 675,0 | 742,5 | 812,5 | 875,0 | 935,0 | 980,0 | 1017,5 | 1047,5 |
| Squat | 245,0 | 267,5 | 297,5 | 322,5 | 347,5 | 367,5 | 380,0 | 405,0 | 420,0 |
| Bench | 170,0 | 185,0 | 205,0 | 225,0 | 247,5 | 267,5 | 287,5 | 302,5 | 317,5 |
| Deadlift | 235,0 | 252,5 | 277,5 | 307,5 | 332,5 | 352,5 | 362,5 | 370,0 | 380,0 |

Women M1

| | 47 | 52 | 57 | 63 | 72 | 84 | 84+ |
|--------------|-------|-------|-------|-------|-------|-------|-------|
| Total | 400,0 | 425,0 | 460,0 | 497,5 | 547,5 | 597,5 | 645,0 |
| Squat | 155,0 | 165,0 | 180,0 | 195,0 | 215,0 | 235,0 | 252,5 |
| Bench | 107,5 | 117,5 | 125,0 | 135,0 | 145,0 | 160,0 | 175,0 |
| Deadlift | 160,0 | 170,0 | 180,0 | 190,0 | 205,0 | 220,0 | 230,0 |
| Bench Single | 107,5 | 117,5 | 125,0 | 135,0 | 145,0 | 160,0 | 175,0 |

Men MI

| | 59 | 66 | 74 | 83 | 93 | 105 | 120 | 120+ |
|--------------|-------|-------|-------|-------|-------|-------|-------|-------|
| Total | 630,0 | 705,0 | 767,5 | 827,5 | 880,0 | 925,0 | 960,0 | 987,5 |
| Squat | 230,0 | 257,5 | 287,5 | 327,5 | 352,5 | 375,0 | 400,0 | 415,0 |
| Bench | 185,0 | 200,0 | 220,0 | 240,0 | 257,5 | 267,5 | 282,5 | 292,5 |
| Deadlift | 240,0 | 262,5 | 287,5 | 312,5 | 332,5 | 347,5 | 362,5 | 370,0 |
| Bench Single | 190,0 | 205,0 | 225,0 | 247,5 | 267,5 | 277,5 | 292,5 | 307,5 |

Women MII

| | 47 | 52 | 57 | 63 | 72 | 84 | 84+ |
|--------------|-------|-------|-------|-------|-------|-------|-------|
| Total | 337,5 | 362,5 | 390,0 | 425,0 | 465,0 | 490,0 | 517,5 |
| Squat | 135,0 | 145,0 | 155,0 | 165,0 | 175,0 | 185,0 | 195,0 |
| Bench | 82,5 | 87,5 | 97,5 | 107,5 | 117,5 | 125,0 | 135,0 |
| Deadlift | 135,0 | 145,0 | 155,0 | 170,0 | 180,0 | 190,0 | 205,0 |
| Bench Single | 82,5 | 87,5 | 97,5 | 107,5 | 117,5 | 125,0 | 135,0 |

Men MII

| | 59 | 66 | 74 | 83 | 93 | 105 | 120 | 120+ |
|--------------|-------|-------|-------|-------|-------|-------|-------|-------|
| Total | 577,5 | 630,0 | 690,0 | 742,5 | 792,5 | 832,5 | 865,0 | 890,0 |
| Squat | 225,0 | 245,0 | 267,5 | 292,5 | 317,5 | 332,5 | 347,5 | 357,5 |
| Bench | 160,0 | 175,0 | 190,0 | 205,0 | 220,0 | 235,0 | 247,5 | 262,5 |
| Deadlift | 220,0 | 240,0 | 257,5 | 277,5 | 297,5 | 312,5 | 322,5 | 332,5 |
| Bench Single | 165,0 | 180,0 | 200,0 | 215,0 | 230,0 | 245,0 | 257,5 | 272,5 |

Women MIII

| | 47 | 52 | 57 | 63 | 72 | 84 | 84+ |
|--------------|-------|-------|-------|-------|-------|-------|-------|
| Total | 287,5 | 312,5 | 337,5 | 362,5 | 395,0 | 435,0 | 470,0 |
| Squat | 112,5 | 122,5 | 130,0 | 140,0 | 155,0 | 170,0 | 185,0 |
| Bench | 72,5 | 77,5 | 82,5 | 92,5 | 102,5 | 117,5 | 125,0 |
| Deadlift | 112,5 | 122,5 | 130,0 | 140,0 | 155,0 | 170,0 | 185,0 |
| Bench Single | 72,5 | 77,5 | 82,5 | 92,5 | 102,5 | 117,5 | 125,0 |

Men MIII

| | 59 | 66 | 74 | 83 | 93 | 105 | 120 | 120+ |
|--------------|-------|-------|-------|-------|-------|-------|-------|-------|
| Total | 480,0 | 527,5 | 577,5 | 620,0 | 660,0 | 695,0 | 720,0 | 737,5 |
| Squat | 180,0 | 200,0 | 220,0 | 235,0 | 247,5 | 262,5 | 272,5 | 282,5 |
| Bench | 130,0 | 145,0 | 160,0 | 170,0 | 180,0 | 195,0 | 205,0 | 215,0 |
| Deadlift | 185,0 | 205,0 | 225,0 | 240,0 | 252,5 | 267,5 | 277,5 | 287,5 |
| Bench Single | 135,0 | 150,0 | 165,0 | 180,0 | 190,0 | 205,0 | 215,0 | 230,0 |

Men MIV

| | 59 | 66 | 74 | 83 | 93 | 105 | 120 | 120+ |
|--------------|-------|-------|-------|-------|-------|-------|-------|-------|
| Total | 405,0 | 445,0 | 490,0 | 522,5 | 557,5 | 587,5 | 602,5 | 615,0 |
| Squat | 160,0 | 175,0 | 195,0 | 205,0 | 215,0 | 225,0 | 235,0 | 245,0 |
| Bench | 107,5 | 117,5 | 125,0 | 140,0 | 150,0 | 160,0 | 170,0 | 175,0 |
| Deadlift | 150,0 | 165,0 | 185,0 | 200,0 | 210,0 | 220,0 | 230,0 | 235,0 |
| Bench Single | 112,5 | 122,5 | 130,0 | 145,0 | 155,0 | 165,0 | 175,0 | 180,0 |