

Western European Championships Records (updated 16.10.2016)

WOMEN

Squat

Cat.	Result	Name	Nat	Place / Year
47	147,5	Standard		
52	157,5	Standard		
57	175,0	Vinante Elisa	ITA	Borgaro Torinese/ITA 2016
63	205,0	Silberzahn Cathrin	GER	Borgaro Torinese/ITA 2016
72	210,5	Timmers Ankie	NED	Borgaro Torinese/ITA 2016
84	247,5	Ielja Strik	NED	Cuijk/NED 2011
84+	280,0	Hugdal Hildeborg	NOR	BorganoTorineso/ITA 2014

Bench

Cat.	Result	Name	Nat	Place / Year
47	102,5	Standard		
52	110,0	Standard		
57	117,5	Steel Ellie	GBR	Borgaro Torinese/ITA 2016
63	140,0	Hanssen Tutta Kristine	NOR	La Manga/ESP 2015
72	160,5	Timmers Ankie	NED	Borgaro Torinese/ITA 2016
84	160,0	Ielja Strik	NED	Cuijk/NED 2011
84+	225	Hugdal Hildeborg	NOR	Borgaro Torinese/ITA 2016

Deadlift

Cat.	Result	Name	Nat	Place / Year
47	152,5	Standard		
52	162,5	Standard		
57	175,0	Linda Hoiland	NOR	Cuijk/NED 2011
63	192,5	Hanssen Tutta Kristine	NOR	La Manga/ESP 2015
72	215,0	Timmers Ankie	NED	Borgaro Torinese/ITA 2016
84	225,0	Ielja Strik	NED	Cuijk/NED 2011
84+	220,0	Standard		

Total

Cat.	Result	Name	Nat	Place / Year
47	380,0	Standard		
52	405,0	Standard		
57	450,0	Steel Ellie	GBR	Borgaro Torinese/ITA 2016
63	530,0	Hanssen Tutta Kristine	NOR	La Manga/ESP 2015
72	586,0	Timmers Ankie	NED	Borgaro Torinese/ITA 2016
84	632,5	Ielja Strik	NED	Cuijk/NED 2011
84+	705,0	Hugdal Hildeborg	NOR	BorganoTorineso/ITA 2014

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MEN

Squat

Cat.	Result	Name	Nat	Place / Year
59	225,0	El Boujaoudi Mouhcine	ITA	Borgaro Torinese/ITA 2016
66	250,0	Standard		
74	310,0	Richard Philip	GBR	Hamm/LUX 2012
83	320,0	Bakkeland Kjell Egil	NOR	Hamm/LUX 2012
93	345,0	Pjotr van der Hoek	NED	Cuijk/NED 2011
105	395,0	Anibal Coimbra	LUX	Hamm/LUX 2012
120	415,0	Bilican Orhan	BEL	Borgaro Torinese/ITA 2016
120+	420,0	Baardtvvet Hans Magne	NOR	Blanquefort/FRA 2013

Benchpress

Cat.	Result	Name	Nat	Place / Year
59	180,0	Standard		
66	200	Signani Nicola	ITA	La Manga/ESP 2015
74	237,5	Roelvaag Kim-Raino	NOR	La Manga/ESP 2015
83	247,5	Roelvaag Kim-Raino	NOR	Borgaro Torinese/ITA 2016
93	260,0	Pjotr van der Hoek	NED	Cuijk/NED 2011
105	277,5	Fredriksen Erik	NOR	Borgaro Torinese/ITA 2016
120	333,5	Bilican Orhan	BEL	La Manga/ESP 2015
120+	361,0	Svensson Fredrik	SWE	Blanquefort/FRA 2013

Deadlift

Cat.	Result	Name	Nat	Place / Year
59	235,0	Standard		
66	257,5	Standard		
74	280,0	Kailey Pardeep	NED	Borgaro Torinese/ITA 2016
83	305,0	Bakkeland Kjell Egil	NOR	Hamm/LUX 2012
93	325,0	Standard		
105	360,0	Anibal Coimbra	LUX	Hamm/LUX 2012
120	352,5	Standard		
120+	360,0	Baardtvvet Hans Magne	NOR	Blanquefort/FRA 2013

Total

Cat.	Result	Name	Nat	Place / Year
59	615,0	Standard		
66	687,5	Standard		
74	812,5	Roelvaag Kim-Raino	NOR	La Manga/ESP 2015
83	870,0	Bakkeland Kjell Egil	NOR	Hamm/LUX 2012
93	895,0	Pjotr van der Hoek	NED	Cuijk/NED 2011
105	1010,0	Anibal Coimbra	LUX	Hamm/LUX 2012
120	1040,0	Bilican Orhan	BEL	Borgaro Torinese/ITA 2016
120+	1100,0	Baardtvvet Hans Magne	NOR	Blanquefort/FRA 2013