

Western European Championships Records (updated 07.11.2017)

WOMEN

Squat

Cat.	Result	Name	Nat	Place / Year
47	147,5	<i>Standard</i>		
52	158.0	Fornaciari Munira	ITA	Hamm/LUX 2017
57	175.0	Vinante Elisa	ITA	Borgaro Torinese/ITA 2016
63	205.0	Silberzahn Cathrin	GER	Borgaro Torinese/ITA 2016
72	222.5	Timmers Ankie	NED	Hamm/LUX 2017
84	247,5	Ielja Strik	NED	Cuijk/NED 2011
84+	280,0	Hugdalen Hildeborg	NOR	Borgaro Torinese/ITA 2014

Bench

Cat.	Result	Name	Nat	Place / Year
47	102,5	<i>Standard</i>		
52	110,0	<i>Standard</i>		
57	117,5	Steel Ellie	GBR	Borgaro Torinese/ITA 2016
63	140.0	Hanssen Tutta Kristine	NOR	La Manga/ESP 2015
72	162.5	Timmers Ankie	NED	Hamm/LUX 2017
84	160,0	Ielja Strik	NED	Cuijk/NED 2011
84+	225.0	Hugdalen Hildeborg	NOR	Borgaro Torinese/ITA 2016

Deadlift

Cat.	Result	Name	Nat	Place / Year
47	152,5	<i>Standard</i>		
52	162,5	<i>Standard</i>		
57	175,0	Linda Hoiland	NOR	Cuijk/NED 2011
63	192.5	Hanssen Tutta Kristine	NOR	La Manga/ESP 2015
72	223.5	Timmers Ankie	NED	Hamm/LUX 2017
84	225,0	Ielja Strik	NED	Cuijk/NED 2011
84+	220,0	<i>Standard</i>		

Total

Cat.	Result	Name	Nat	Place / Year
47	380,0	<i>Standard</i>		
52	405,0	<i>Standard</i>		
57	450.0	Steel Ellie	GBR	Borgaro Torinese/ITA 2016
63	530.0	Hanssen Tutta Kristine	NOR	La Manga/ESP 2015
72	608.5	Timmers Ankie	NED	Hamm/LUX 2017
84	632,5	Ielja Strik	NED	Cuijk/NED 2011
84+	705,0	Hugdalen Hildeborg	NOR	Borgaro Torinese/ITA 2014

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MEN

Squat

Cat.	Result	Name	Nat	Place / Year
59	240.0	El Boujaoudi Mouhcine	ITA	Hamm/LUX 2017
66	250,0	<i>Standard</i>		
74	310,0	Richard Philip	GBR	Hamm/LUX 2012
83	320,0	Bakkelund Kjell Egil	NOR	Hamm/LUX 2012
93	345.5	Lindseth Joachim	NOR	Hamm/LUX 2017
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	<i>Standard</i>		
66	200.0	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	<i>Standard</i>		
66	261.0	Zaino Andrea	ITA	Hamm/LUX 2017
74	280,0	Kailey Pardeep	NED	Borgaro Torinese/ITA 2016
83	305,0	Bakkelund Kjell Egil	NOR	Hamm/LUX 2012
93	329.5	Lindseth Joachim	NOR	Hamm/LUX 2017
105	360,0	Anibal Coimbra	LUX	Hamm/LUX 2012
120	352,5	<i>Standard</i>		
120+	360,0	Baardtvvet Hans Magne	NOR	Blanquefort/FRA 2013

Total

Cat.	Result	Name	Nat	Place / Year
59	615,0	<i>Standard</i>		
66	687,5	<i>Standard</i>		
74	812.5	Roelvaag Kim-Raino	NOR	La Manga/ESP 2015
83	870,0	Bakkelund Kjell Egil	NOR	Hamm/LUX 2012
93	900.0	Lindseth Joachim	NOR	Hamm/LUX 2017
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