

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