

## Western European Equipped Championships Records (updated 09.10.2019)

### WOMEN

#### Squat

Cat.	Result	Name	Nat	Place / Year
47	147,5	<i>Standard</i>		
52	158,0	Fornaciari Munira	ITA	Hamm/LUX 2017
57	208,0	Hesthammer Karen	NOR	Hammar/NOR 2018
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	Hugdall Hildeborg	NOR	BorganoTorinese/ITA 2014

#### Bench

Cat.	Result	Name	Nat	Place / Year
47	102,5	<i>Standard</i>		
52	110,0	<i>Standard</i>		
57	141,0	Steel Ellie	GBR	Hammar/NOR 2018
63	140,0	Hanssen Tutta Kristine	NOR	La Manga/ESP 2015
72	162,5	Timmers Ankie	NED	Hamm/LUX 2017
84	178,0	Timmers Ankie	NED	San Zenone al Lambro/ITA 2019
84+	225,0	Hugdall 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	184,0	Hesthammer Karen	NOR	Hammar/NOR 2018
63	193,0	Elder Lauren	GBR	San Zenone al Lambro/ITA 2019
72	223,5	Timmers Ankie	NED	Hamm/LUX 2017
84	245,0	Kensenhuis Iris	NED	San Zenone al Lambro/ITA 2019
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	523,5	Steel Ellie	GBR	Hammar/NOR 2018
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	Hugdall Hildeborg	NOR	BorganoTorinese/ITA 2014

## Western European Equipped Championships Records (updated 09.10.2019)

### MEN

#### Squat

Cat.	Result	Name	Nat	Place / Year
59	240,0	El Boujaoudi Mouhcine	ITA	Hamm/LUX 2017
66	252,5	Gliebe Nikolas	AUT	San Zenone al Lambro/ITA 2019
74	310,0	Richard Philip	GBR	Hamm/LUX 2012
83	320,0	Bakkelund Kjell Egil	NOR	Hamm/LUX 2012
93	346,0	Schweda Philipp	GER	Hammar/NOR 2018
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	300,0	Eikeland Kristoffer	NOR	Hammar/NOR 2018
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