

# Western European Equipped Championships Records (updated 15.09.2025)

## WOMEN

### Squat

Cat.	Result	Name	Nat	Place / Year
47	165.0	Schreiner Anja	GER	Hamm / LUX 2021
52	158.0	Fornaciari Munira	ITA	Hamm / LUX 2017
57	208.0	Hesthammer Karen	NOR	Hammar / NOR 2018
63	213.0	Silvennoinen Janika	FIN	Pornainen / FIN 2025
69	221.0	Caravaggio Caterina	ITA	Pornainen / FIN 2025
76	208.0	Cowell Kimberley	GBR	Pornainen / FIN 2025
84	247.5	Ielja Strik	NED	Cuijk / NED 2011
84+	280.0	Hugdall Hildeborg	NOR	BorganoTorinese / ITA 2014

### Bench Press

Cat.	Result	Name	Nat	Place / Year
47	112.5	Schreiner Anja	GER	Hamm / LUX 2021
52	107.5	Maepea Gerlyn	EST	Hamm / LUX 2021
57	141.0	Steel Ellie	GBR	Hammar / NOR 2018
63	140.0	Hanssen Tutta Kristine	NOR	La Manga / ESP 2015
69	125.5	Paulsen Emilie	NOR	St Paul's Bay / MLT 2024
76	156.0	Cowell Kimberley	GBR	Pornainen / FIN 2025
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	157.5	Motta Valentina	ITA	Aulnat / FRA 2022
52	163.0	Glionna Giulia	ITA	Reykjanesbaer / ISL 2023
57	192.5	Goodwin Emma	GBR	Reykjanesbaer / ISL 2023
63	195.5	Elder Lauren	GBR	St Paul's Bay / MLT 2024
69	209.0	Caravaggio Caterina	ITA	Pornainen / FIN 2025
76	186.0	Cowell Kimberley	GBR	Pornainen / FIN 2025
84	245.0	Kensenhuis Iris	NED	San Zenone al Lambro / ITA 2019
84+	205.0	Hugdall Hildeborg	NOR	Borgaro Torinese / ITA 2016

### Total

Cat.	Result	Name	Nat	Place / Year
47	412.5	Schreiner Anja	GER	Hamm / LUX 2021
52	407.5	Maepea Gerlyn	EST	Hamm / LUX 2021
57	523.5	Steel Ellie	GBR	Hammar / NOR 2018
63	530.0	Hanssen Tutta Kristine	NOR	La Manga / ESP 2015
69	540.0	Caravaggio Caterina	ITA	Pornainen / FIN 2025
76	550.0	Cowell Kimberley	GBR	Pornainen / FIN 2025
84	632.5	Ielja Strik	NED	Cuijk / NED 2011
84+	705.0	Hugdall Hildeborg	NOR	BorganoTorinese / ITA 2014

## Western European Equipped Championships Records (updated 15.09.2025)

### 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	347.5	Orrason Alex Cambray	ISL	Aulnat / FRA 2022
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

#### Bench Press

Cat.	Result	Name	Nat	Place / Year
59	152.5	El Boujaoudi Mouhcine	ITA	Hamm / LUX 2017
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	215.0	El Boujaoudi Mouhcine	ITA	Hamm / LUX 2017
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	330.0	Hansen Joergen	NOR	Hamm / LUX 2012
120+	360.0	Baardtvvet Hans Magne	NOR	Blanquefort/FRA 2013

#### Total

Cat.	Result	Name	Nat	Place / Year
59	607.5	El Boujaoudi Mouhcine	ITA	Hamm / LUX 2017
66	667.5	Signani Nicola	ITA	La Manga / ESP 2015
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