

World Open Women's Equipped Records

Last update: 01 Jun 2024, 15:35 UTC

w.class	name	nation	born	bwt	result	date	location	state
SQUAT								
-47kg	Chen Wei-Ling	Chinese Taipei	1982	46.75	210.0	15.11.2016	Orlando / U.S.America	
-52kg	Ochoa Vargas Vilma	Ecuador	1980	51.88	220.0	18.11.2019	Dubai / United Arab Emirates	
-57kg	Monserate Kenia	Ecuador	1991	55.95	227.5	14.11.2023	Druskininkai / Lithuania	
-63kg	Garra Carola	Italy	1994	62.70	260.0	08.07.2022	Birmingham / U.S.America	
-69kg	Krueger Sonja Stefanie	Germany	1999	68.95	260.0	28.08.2022	Istanbul / Turkiye	
-76kg	Krueger Sonja Stefanie	Germany	1999	74.25	280.5	18.11.2022	Viborg / Denmark	
-84kg	Andersen Karen Thrige	Denmark	2000	83.21	279.0	12.05.2024	Hamm / Luxembourg	
84+kg	Brown Bonica	U.S.America	1988	135.55	322.5	10.07.2022	Birmingham / U.S.America	
BENCH PRESS								
-47kg	Widari Widari	Indonesia	1991	46.55	141.0	05.11.2018	Halmstad / Sweden	
-52kg	Sitdikova Aigul	ROC	1989	51.60	165.5	08.11.2021	Stavanger / Norway	
-57kg	Kula Zuzanna	Poland	1999	54.77	166.0	10.05.2024	Hamm / Luxembourg	
-63kg	Soloviova Larysa	Ukraine	1978	62.50	181.5	20.11.2019	Dubai / United Arab Emirates	
-69kg	Krueger Sonja Stefanie	Germany	1999	68.50	182.5	10.11.2021	Stavanger / Norway	
-76kg	Krueger Sonja Stefanie	Germany	1999	76.00	195.5	17.11.2023	Druskininkai / Lithuania	
-84kg	Stinn Rhaea	Canada	1988	83.55	228.0	19.11.2022	Viborg / Denmark	
84+kg	Hugdall Hildeborg	Norway	1983	121.68	230.0	19.11.2022	Viborg / Denmark	
DEADLIFT								
-47kg	Chen Wei-Ling	Chinese Taipei	1982	45.60	186.0	04.11.2014	Aurora / U.S.America	
-52kg	Najera Juanita	U.S.America	1981	51.46	195.0	08.08.2019	San Jose / Costa Rica	
-57kg	Hung Hsiu-Ching	Chinese Taipei	1995	56.50	210.5	19.11.2019	Dubai / United Arab Emirates	
-63kg	Soloviova Larysa	Ukraine	1978	62.67	245.0	09.11.2011	Pilsen / Czechia	
-69kg	Tavares Cicera	Brazil	1976	67.70	242.5	09.07.2022	Birmingham / U.S.America	
-76kg	Sitko Agata	Poland	2002	76.00	261.0	09.07.2022	Birmingham / U.S.America	
-84kg	Sitko Agata	Poland	2002	77.90	251.5	04.05.2022	Pilsen / Czechia	
84+kg	Gemaletdinova Olga	Russia	1986	120.95	270.5	08.11.2013	Stavanger / Norway	
TOTAL								
-47kg	Chen Wei-Ling	Chinese Taipei	1982	46.75	500.0	15.11.2016	Orlando / U.S.America	
-52kg	Salnikova Natalia	Russia	1986	51.36	530.0	04.11.2014	Aurora / U.S.America	
-57kg	Hartati Sri	Indonesia	1984	56.15	565.0	06.11.2018	Halmstad / Sweden	
-63kg	Garra Carola	Italy	1994	62.70	657.5	08.07.2022	Birmingham / U.S.America	
-69kg	McCarthy Kelsey	US Virgin Islands	1992	67.94	637.5	17.11.2022	Viborg / Denmark	
-76kg	Sitko Agata	Poland	2002	76.00	726.0	09.07.2022	Birmingham / U.S.America	
-84kg	Sitko Agata	Poland	2002	77.90	704.5	04.05.2022	Pilsen / Czechia	
84+kg	Brown Bonica	U.S.America	1988	132.51	791.0	23.11.2019	Dubai / United Arab Emirates	
BENCH PRESS (SINGLE LIFT)								
-47kg	Widari Widari	Indonesia	1991	46.55	141.0	05.11.2018	Halmstad / Sweden	
-52kg	Sitdikova Aigul	ROC	1989	51.60	165.5	08.11.2021	Stavanger / Norway	
-57kg	Kula Zuzanna	Poland	1999	54.85	168.0	30.05.2024	Austin, TX / U.S.America	
-63kg	Birzhevaia Anna	Russia	1992	62.32	185.0	24.05.2019	Tokyo / Japan	
-69kg	Krueger Sonja Stefanie	Germany	1999	68.50	182.5	10.11.2021	Stavanger / Norway	
-76kg	Krueger Sonja Stefanie	Germany	1999	76.00	195.5	17.11.2023	Druskininkai / Lithuania	
-84kg	Stinn Rhaea	Canada	1988	83.55	228.0	19.11.2022	Viborg / Denmark	
84+kg	Hugdall Hildeborg	Norway	1983	121.80	238.0	17.03.2024	Birmingham / Great Britain	

Abbreviation: * – Pending Approval