

## World Masters 3 Women's Classic Records

Last update: 30 May 2024, 20:06 UTC

w.class	name	nation	born	bwt	result	date	location	state
<b>SQUAT</b>								
-47kg	Kokuzawa Shizue	Japan	1961	46.50	<b>95.0</b>	15.12.2023	Johor Bahru / Malaysia	
-52kg	Viitasaari Vuokko	Finland	1954	51.99	<b>115.5</b>	06.06.2018	Calgary / Canada	
-57kg	Jokitalo Leena	Finland	1961	55.08	<b>120.0</b>	12.02.2024	Malaga / Spain	
-63kg	Hayashi Hisako	Japan	1951	61.69	<b>120.0</b>	12.06.2015	Salo / Finland	
-69kg	Loken Kirsti	Norway	1954	68.10	<b>116.0</b>	28.02.2023	Budapest / Hungary	
-76kg	Palsdottir Elsa	Iceland	1960	74.62	<b>145.0</b>	12.02.2024	Malaga / Spain	
-84kg	Takacova Hana	Czechia	1954	83.82	<b>142.0</b>	09.03.2020	Albi / France	
84+kg	Day Peta	Australia	1959	90.30	<b>141.0</b>	12.12.2023	Johor Bahru / Malaysia	
<b>BENCH PRESS</b>								
-47kg	Muldrock Patricia	New Zealand	1954	45.85	<b>63.0</b>	09.12.2014	Melbourn / Australia	
-52kg	Hunter Jennifer	Great Britain	1958	51.80	<b>67.5</b>	06.03.2018	Helsingborg / Sweden	
-57kg	Justice Dora	U.S.America	1957	55.92	<b>77.5</b>	08.10.2022	St. John's / Canada	
-63kg	Kosztin Flora	Hungary	1955	60.20	<b>90.0</b>	05.03.2019	Gyor / Hungary	
-69kg	Gustafsson Carin	Sweden	1963	66.70	<b>82.5</b>	28.02.2023	Budapest / Hungary	
-76kg	Del Duca Sara	Italy	1954	71.48	<b>76.0</b>	09.03.2020	Albi / France	
-84kg	Blikra Inger	Norway	1961	82.42	<b>102.5</b>	23.09.2021	Halmstad / Sweden	
84+kg	Takacova Hana	Czechia	1954	91.60	<b>92.5</b>	12.02.2024	Malaga / Spain	
<b>DEADLIFT</b>								
-47kg	Pascoe Pranee	Thailand	1958	46.80	<b>125.5</b>	12.12.2023	Johor Bahru / Malaysia	
-52kg	Girardi Marzia	Italy	1963	48.92	<b>150.5</b>	28.02.2023	Budapest / Hungary	
-57kg	Guenec Edith	France	1956	56.06	<b>155.5</b>	15.06.2017	Minsk / Belarus	
-63kg	LaForge Suzanne	U.S.America	1959	61.98	<b>167.5</b>	08.10.2022	St. John's / Canada	
-69kg	Jensen Ulla Nancy	Denmark	1964	68.38	<b>153.5</b>	12.02.2024	Malaga / Spain	
-76kg	Nurmilaukas Outi	Finland	1964	74.00	<b>178.5</b>	12.02.2024	Malaga / Spain	
-84kg	Chipping Tracy	New Zealand	1961	83.55	<b>160.5</b>	08.10.2023	Ulaanbaatar / Mongolia	
84+kg	Beremark Katarina	Sweden	1964	103.24	<b>173.5</b>	12.02.2024	Malaga / Spain	
<b>TOTAL</b>								
-47kg	Pascoe Pranee	Thailand	1958	46.80	<b>261.0</b>	12.12.2023	Johor Bahru / Malaysia	
-52kg	Viitasaari Vuokko	Finland	1954	51.37	<b>322.5</b>	15.06.2017	Minsk / Belarus	
-57kg	Presutti Glenda	Australia	1956	56.54	<b>322.5</b>	19.06.2016	Killeen / U.S.America	
-63kg	LaForge Suzanne	U.S.America	1959	61.98	<b>352.5</b>	08.10.2022	St. John's / Canada	
-69kg	Gustafsson Carin	Sweden	1963	66.70	<b>337.5</b>	28.02.2023	Budapest / Hungary	
-76kg	Palsdottir Elsa	Iceland	1960	73.94	<b>375.5</b>	28.02.2023	Budapest / Hungary	
-84kg	Blikra Inger	Norway	1961	82.30	<b>390.0</b>	08.10.2022	St. John's / Canada	
84+kg	Beremark Katarina	Sweden	1964	103.24	<b>394.0</b>	12.02.2024	Malaga / Spain	
<b>BENCH PRESS (SINGLE LIFT)</b>								
-47kg	Arai Hiroko	Japan	1963	46.60	<b>73.5</b>	12.09.2023	Toyako-cho Abuta-gun / Japan	
-52kg	Kiba Emiko	Japan	1962	48.60	<b>80.0</b>	12.09.2023	Toyako-cho Abuta-gun / Japan	
-57kg	Yamasaki Yoriko	Japan	1959	55.95	<b>82.5</b>	18.05.2019	Tokyo / Japan	
-63kg	Kosztin Flora	Hungary	1955	60.20	<b>90.0</b>	05.03.2019	Gyor / Hungary	
-69kg	Maciejewski Patricia	France	1961	68.40	<b>83.0</b>	21.05.2023	Sun City / South Africa	
-76kg	Haas Regina	Germany	1962	73.75	<b>95.5</b>	21.05.2023	Sun City / South Africa	
-84kg	Blikra Inger	Norway	1961	82.42	<b>102.5</b>	23.09.2021	Halmstad / Sweden	
84+kg	Gransard Nathalie	France	1964	97.00	<b>96.0</b>	27.05.2024	Austin, TX / U.S.America	

Abbreviation: \* – Pending Approval