

w.class	name	nation	born	bwt	result	date	location	state
SQUAT								
-47kg	Bila Tetiana	Ukraine	1996	46.60	190.0	13.11.2023	Druskininkai / Lithuania	
-52kg	Kula Zuzanna	Poland	1999	51.74	215.0	14.11.2022	Viborg / Denmark	
-57kg	Filimonova Inna	Russia	1976	56.54	222.5	05.11.2014	Aurora / U.S.America	
-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	Rusanenko Daria	Ukraine	2001	78.70	278.0	18.11.2023	Druskininkai / Lithuania	
84+kg	Gemaletdinova Olga	Russia	1986	120.62	310.0	05.05.2011	Pilsen / Czechia	
BENCH PRESS								
-47kg	Sitdikova Aigul	Russia	1989	46.85	135.0	05.11.2018	Halmstad / Sweden	
-52kg	Sitdikova Aigul	ROC	1989	51.60	165.5	08.11.2021	Stavanger / Norway	
-57kg	Kula Zuzanna	Poland	1999	54.41	161.0	16.03.2024	Birmingham / Great Britain	
-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	Krueger Sonja Stefanie	Germany	1999	76.03	210.0	08.05.2022	Pilsen / Czechia	
84+kg	Hugdal Hildeborg	Norway	1983	121.68	230.0	19.11.2022	Viborg / Denmark	
DEADLIFT								
-47kg	Szymanel Paulina	Poland	1995	46.55	175.0	13.11.2023	Druskininkai / Lithuania	
-52kg	Goodwin Emma	Great Britain	1987	51.44	193.0	06.05.2022	Pilsen / Czechia	
-57kg	Europe Standard				205.0	01.01.2011		
-63kg	Soloviova Larysa	Ukraine	1978	62.67	245.0	09.11.2011	Pilsen / Czechia	
-69kg	Horna Ivana	Slovakia	1990	76.00	235.0	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	Bila Tetiana	Ukraine	1996	46.60	460.0	13.11.2023	Druskininkai / Lithuania	
-52kg	Salnikova Natalia	Russia	1986	51.36	530.0	04.11.2014	Aurora / U.S.America	
-57kg	Ryzhkova Anna	Russia	1986	56.92	552.5	24.07.2017	Wroclaw / Poland	
-63kg	Garra Carola	Italy	1994	62.70	657.5	08.07.2022	Birmingham / U.S.America	
-69kg	Krueger Sonja Stefanie	Germany	1999	68.95	635.5	28.08.2022	Istanbul / Turkiye	
-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	Gemaletdinova Olga	Russia	1986	120.95	753.0	08.11.2013	Stavanger / Norway	
BENCH PRESS (SINGLE LIFT)								
-47kg	Sitdikova Aigul	Russia	1989	46.85	135.0	05.11.2018	Halmstad / Sweden	
-52kg	Sitdikova Aigul	ROC	1989	51.60	165.5	08.11.2021	Stavanger / Norway	
-57kg	Kotkova Larisa	Russia	1974	56.40	165.5	27.04.2018	Potchefstroom / South Africa	
-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	Sitko Agata	Poland	2002	80.34	220.0	25.09.2022	Birmingham / Great Britain	
84+kg	Hugdal Hildeborg	Norway	1983	121.80	238.0	17.03.2024	Birmingham / Great Britain	

Abbreviation: * – Pending Approval