| w.class | name | nation | born | bwt | result | date | location | state |
|---|---|---|---|---|---|---|---|---|
| **SQUAT** | | | | | | | | |
| -47kg | Legard Stephanie | France | 1981 | 46.61 | **125.0** | 01.12.2022 | Skierniewice / Poland | |
| -52kg | Hartwig-Gary Suzanne | U.S.America | 1968 | 51.55 | **156.5** | 21.06.2017 | Minsk / Belarus | |
| -57kg | Filimonova Inna | Russia | 1976 | 56.30 | **174.0** | 24.06.2016 | Killeen / U.S.America | |
| -63kg | Kankus-Mikkola Johanna | Finland | 1984 | 62.74 | **180.5** | 16.02.2024 | Malaga / Spain | |
| -69kg | Tavares Cicera | Brazil | 1976 | 68.32 | **187.5** | 12.10.2022 | St. John's / Canada | |
| -76kg | Walford Kimberly | US Virgin Islands | 1978 | 73.00 | **192.5** | 30.01.2022 | Reykjavik / Iceland | |
| -84kg | Strik Ielja | Netherlands | 1973 | 83.71 | **206.0** | 27.03.2015 | Pilzen / Czechia | |
| 84+kg | Coggle Rebecca | Great Britain | 1983 | 144.96 | **218.0** | 17.02.2024 | Malaga / Spain | |
| **BENCH PRESS** | | | | | | | | |
| -47kg | Golubeva Olga | Russia | 1970 | 46.90 | **91.0** | 04.06.2014 | Potchefstroom / South Africa | |
| -52kg | Golubeva Olga | Russia | 1970 | 51.44 | **102.5** | 16.03.2017 | Thisted / Denmark | |
| -57kg | Zaroviene Daiva | Lithuania | 1965 | 56.07 | **102.5** | 05.06.2015 | Salo / Finland | |
| -63kg | Thompson Jennifer | U.S.America | 1973 | 61.98 | **142.5** | 14.06.2018 | Calgary / Canada | |
| -69kg | Thompson Jennifer | U.S.America | 1973 | 63.15 | **144.0** | 29.01.2017 | Reykjavik / Iceland | |
| -76kg | Iannotta Joah | U.S.America | 1973 | 75.65 | **118.0** | 10.08.2023 | Grand Cayman / Cayman Islands | |
| -84kg | Strik Ielja | Netherlands | 1973 | 83.65 | **136.5** | 11.03.2016 | Tartu / Estonia | |
| 84+kg | Lombosi Melinda | Hungary | 1978 | 132.36 | **144.0** | 10.03.2020 | Albi / France | |
| **DEADLIFT** | | | | | | | | |
| -47kg | Legard Stephanie | France | 1981 | 46.60 | **155.5** | 09.09.2022 | Aulnat / France | |
| -52kg | Gapp Barbara | Austria | 1981 | 51.86 | **190.0** | 29.09.2021 | Halmstad / Sweden | |
| -57kg | Gapp Barbara | Austria | 1981 | 56.46 | **200.0** | 05.12.2023 | Tartu / Estonia | |
| -63kg | Zhukovska Nataliia | Ukraine | 1981 | 62.88 | **205.5** | 04.03.2023 | Budapest / Hungary | |
| -69kg | Walford Kimberly | US Virgin Islands | 1978 | 67.60 | **230.0** | 01.10.2021 | Halmstad / Sweden | |
| -76kg | Walford Kimberly | US Virgin Islands | 1978 | 74.56 | **244.5** | 12.10.2022 | St. John's / Canada | |
| -84kg | Mampikin Lapanda | Netherlands | 1967 | 83.10 | **218.0** | 14.02.2024 | Malaga / Spain | |
| 84+kg | Johnson Patricia | U.S.America | 1970 | 101.60 | **255.0** | 10.10.2023 | Ulaanbaatar / Mongolia | |
| **TOTAL** | | | | | | | | |
| -47kg | Legard Stephanie | France | 1981 | 46.61 | **355.0** | 01.12.2022 | Skierniewice / Poland | |
| -52kg | Inda Marisa | U.S.America | 1976 | 51.75 | **430.0** | 04.03.2017 | Colombus / U.S.America | |
| -57kg | Filimonova Inna | Russia | 1976 | 56.30 | **444.0** | 24.06.2016 | Killeen / U.S.America | |
| -63kg | Thompson Jennifer | U.S.America | 1973 | 61.20 | **499.5** | 03.03.2018 | Columbus / U.S.America | |
| -69kg | Campbell Tasmin | Great Britain | 1984 | 68.99 | **527.5** | 15.03.2024 | Velika Gorica / Croatia | |
| -76kg | Walford Kimberly | US Virgin Islands | 1978 | 73.00 | **547.5** | 30.01.2022 | Reykjavik / Iceland | |
| -84kg | Strik Ielja | Netherlands | 1973 | 83.74 | **537.5** | 18.03.2017 | Thisted / Denmark | |
| 84+kg | Boddie Monique | US Virgin Islands | 1982 | 116.10 | **582.5** | 12.10.2023 | Ulaanbaatar / Mongolia | |
| **BENCH PRESS (SINGLE LIFT)** | | | | | | | | |
| -47kg | Kobayashi Naoko | Japan | 1970 | 46.32 | **103.0** | 20.05.2019 | Tokyo / Japan | |
| -52kg | Nyers Monika | Hungary | 1978 | 51.80 | **105.0** | 29.10.2021 | Vilnius / Lithuania | |
| -57kg | Iwamoto Sachiko | Japan | 1973 | 54.10 | **105.0** | 20.05.2023 | Sun City / South Africa | |
| -63kg | Thompson Jennifer | U.S.America | 1973 | 62.65 | **144.0** | 18.05.2018 | Vantaa / Finland | |
| -69kg | Thompson Jennifer | U.S.America | 1973 | 63.15 | **144.0** | 29.01.2017 | Reykjavik / Iceland | |
| -76kg | World Standard | | | | **125.0** | 01.01.2021 | | |
| -84kg | Strik Ielja | Netherlands | 1973 | 83.65 | **136.5** | 11.03.2016 | Tartu / Estonia | |

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 84+kg | Lombosi Melinda | Hungary | 1978 | 137.73 | **150.0** | 10.08.2019 | Hamm / Luxembourg |

Abbreviation: * − Pending Approval