

European Juniors Women's Equipped Records

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w.class	name	nation	born	bwt	result	date	location	state
SQUAT								
-43kg	Europe Standard				155.0	01.01.2011		
-47kg	Kula Zuzanna	Poland	1999	46.90	188.0	23.08.2021	Oradea / Romania	
-52kg	Kula Zuzanna	Poland	1999	51.74	215.0	14.11.2022	Viborg / Denmark	
-57kg	Karlysheva Victoria	Russia	1993	56.50	220.0	11.05.2016	Pilsen / Czechia	
-63kg	Lomatskaia Daria	Russia	2001	63.00	226.0	29.08.2019	Regina / Canada	
-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	77.71	278.5	12.05.2024	Hamm / Luxembourg	
84+kg	Efimtseva Daria	ROC	2000	147.95	290.0	13.11.2021	Stavanger / Norway	
BENCH PRESS								
-43kg	Europe Standard				97.5	01.01.2011		
-47kg	Kula Zuzanna	Poland	1999	46.93	110.5	04.08.2021	Pilsen / Czechia	
-52kg	Kula Zuzanna	Poland	1999	51.74	135.0	14.11.2022	Viborg / Denmark	
-57kg	Kolesnik Daniela	Russia	1999	56.97	152.5	09.05.2018	Pilsen / Czechia	
-63kg	Vilmar Matilda	Sweden	1996	62.64	153.0	29.08.2019	Regina / Canada	
-69kg	Krueger Sonja Stefanie	Germany	1999	68.50	182.5	10.11.2021	Stavanger / Norway	
-76kg	Sitko Agata	Poland	2002	76.00	195.0	09.07.2022	Birmingham / U.S.America	
-84kg	Krueger Sonja Stefanie	Germany	1999	76.03	210.0	08.05.2022	Pilsen / Czechia	
84+kg	Efimtseva Daria	ROC	2000	147.95	205.0	13.11.2021	Stavanger / Norway	
DEADLIFT								
-43kg	Europe Standard				160.0	01.01.2011		
-47kg	Europe Standard				170.0	01.01.2011		
-52kg	Europe Standard				185.0	01.01.2011		
-57kg	Europe Standard				195.0	01.01.2011		
-63kg	Europe Standard				210.0	01.01.2011		
-69kg	Krueger Sonja Stefanie	Germany	1999	68.95	205.5	28.08.2022	Istanbul / Turkiye	
-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	Europe Standard				252.5	01.01.2011		
TOTAL								
-43kg	Europe Standard				395.0	01.01.2011		
-47kg	Kula Zuzanna	Poland	1999	46.93	455.5	04.08.2021	Pilsen / Czechia	
-52kg	Kula Zuzanna	Poland	1999	51.74	520.0	14.11.2022	Viborg / Denmark	
-57kg	Kolesnik Daniela	Russia	1999	56.55	545.0	19.11.2019	Dubai / United Arab Emirates	
-63kg	Lomatskaia Daria	Russia	2001	63.00	564.0	29.08.2019	Regina / Canada	
-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	Efimtseva Daria	ROC	2000	147.95	707.5	13.11.2021	Stavanger / Norway	
BENCH PRESS (SINGLE LIFT)								
-43kg	Europe Standard				100.0	01.10.2017		
-47kg	Kula Zuzanna	Poland	1999	46.93	110.5	04.08.2021	Pilsen / Czechia	
-52kg	Kula Zuzanna	Poland	1999	51.74	135.0	14.11.2022	Viborg / Denmark	
-57kg	Kolesnik Daniela	Russia	1999	56.86	155.0	23.05.2019	Tokyo / Japan	
-63kg	Vilmar Matilda	Sweden	1996	62.56	165.0	24.05.2019	Tokyo / Japan	
-69kg	Krueger Sonja Stefanie	Germany	1999	68.50	182.5	10.11.2021	Stavanger / Norway	
-76kg	Sitko Agata	Poland	2002	76.00	195.0	09.07.2022	Birmingham / U.S.America	
-84kg	Sitko Agata	Poland	2002	80.34	220.0	25.09.2022	Birmingham / Great Britain	
84+kg	Efimtseva Daria	ROC	2000	147.95	205.0	13.11.2021	Stavanger / Norway	

Abbreviation: * – Pending Approval