

w.class	name	nation	born	bwt	result	date	location	state
SQUAT								
-47kg	Kumpuniemi Eila	Finland	1942	46.48	90.5	02.10.2018	Ulaanbaatar / Mongolia	
-52kg	Kumpuniemi Eila	Finland	1942	48.68	98.5	12.07.2016	Pilsen / Czechia	
-57kg	Fernstrom Britten	Sweden	1949	55.84	100.5	05.07.2023	Pilsen / Czechia	
-63kg	Fomina Tatyana	Russia	1946	60.35	115.5	02.10.2018	Ulaanbaatar / Mongolia	
-69kg	Europe Standard				100.0	01.01.2021		
-76kg	Europe Standard				105.0	01.01.2021		
-84kg	Europe Standard				122.5	01.01.2011		
84+kg	Europe Standard				132.5	01.01.2011		
BENCH PRESS								
-47kg	Kumpuniemi Eila	Finland	1942	45.56	50.0	09.07.2013	Hamm / Luxembourg	
-52kg	Kumpuniemi Eila	Finland	1942	47.96	57.5	17.07.2012	Pilsen / Czechia	
-57kg	Fernstrom Britten	Sweden	1949	55.84	68.0	05.07.2023	Pilsen / Czechia	
-63kg	Hykova Adina	Czechia	1943	60.47	72.5	12.07.2016	Pilsen / Czechia	
-69kg	Europe Standard				65.0	01.01.2021		
-76kg	Europe Standard				67.5	01.01.2021		
-84kg	Europe Standard				85.0	01.01.2011		
84+kg	Europe Standard				90.0	01.01.2011		
DEADLIFT								
-47kg	Kumpuniemi Eila	Finland	1942	46.31	111.0	03.10.2016	Tallinn / Estonia	
-52kg	Kumpuniemi Eila	Finland	1942	49.43	120.5	21.09.2014	Pilsen / Czechia	
-57kg	Fernstrom Britten	Sweden	1949	55.84	123.0	05.07.2023	Pilsen / Czechia	
-63kg	Fomina Tatyana	Russia	1946	61.72	132.5	03.10.2016	Tallinn / Estonia	
-69kg	Europe Standard				105.0	01.01.2021		
-76kg	Europe Standard				107.5	01.01.2021		
-84kg	Europe Standard				122.5	01.01.2011		
84+kg	Europe Standard				132.5	01.01.2011		
TOTAL								
-47kg	Kumpuniemi Eila	Finland	1942	45.56	247.5	09.07.2013	Hamm / Luxembourg	
-52kg	Kumpuniemi Eila	Finland	1942	49.53	270.5	08.07.2014	Pilsen / Czechia	
-57kg	Fernstrom Britten	Sweden	1949	55.84	291.5	05.07.2023	Pilsen / Czechia	
-63kg	Fomina Tatyana	Russia	1946	61.72	300.0	03.10.2016	Tallinn / Estonia	
-69kg	Europe Standard				270.0	01.01.2021		
-76kg	Europe Standard				290.0	01.01.2021		
-84kg	Europe Standard				312.5	01.01.2011		
84+kg	Europe Standard				337.5	01.01.2011		
BENCH PRESS (SINGLE LIFT)								
-47kg	Kumpuniemi Eila	Finland	1942	46.25	52.5	22.05.2017	Kaunas / Lithuania	
-52kg	Heligon Francoise	France	1943	51.26	64.5	11.10.2017	La Manga / Spain	
-57kg	Heligon Francoise	France	1943	55.07	71.0	16.10.2019	Tampere / Finland	
-63kg	Hykova Adina	Czechia	1943	62.40	78.0	15.10.2015	Tallinn / Estonia	
-69kg	Europe Standard				67.5	01.01.2021		
-76kg	Europe Standard				72.5	01.01.2021		
-84kg	Europe Standard				85.0	01.01.2011		
84+kg	Europe Standard				90.0	01.01.2011		

Abbreviation: * – Pending Approval