

European records - Powerlifting - Women - World Powerlifting Federation

Update Dec.2018

Women 48 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
<b>Squat</b>	110,0	100,0	110,0	105,0	110,0	105,0	0,0	0,0	0,0	0,0	0,0	0,0
<b>Bench</b>	65,0	50,0	62,5	65,0	42,5	65,0	0,0	0,0	0,0	0,0	0,0	0,0
<b>Deadlift</b>	135,0	90,0	105,0	115,0	110,0	115,0	0,0	0,0	0,0	0,0	0,0	0,0
<b>Total</b>	305,0	240,0	277,5	277,5	262,5	277,5	0,0	0,0	0,0	0,0	0,0	0,0

Women 52 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
<b>Squat</b>	150,0	95,0	70,0	97,5	90,0	97,5	0,0	0,0	0,0	0,0	0,0	0,0
<b>Bench</b>	87,5	52,5	42,5	67,5	50,0	67,5	0,0	0,0	0,0	0,0	0,0	0,0
<b>Deadlift</b>	162,5	120,0	95,0	117,5	140,0	117,5	0,0	0,0	0,0	0,0	0,0	0,0
<b>Total</b>	392,5	267,5	205,0	280,0	280,0	280,0	0,0	0,0	0,0	0,0	0,0	0,0

Women 56 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
<b>Squat</b>	210,0	105,5	135,0	140,0	130,5	110,0	0,0	0,0	0,0	0,0	0,0	0,0
<b>Bench</b>	111,0	0,0	75,0	82,5	68,0	60,0	0,0	0,0	0,0	0,0	0,0	0,0
<b>Deadlift</b>	215,0	135,0	166,0	140,0	145,5	140,0	0,0	0,0	0,0	0,0	0,0	0,0
<b>Total</b>	522,5	290,0	365,0	357,5	335,0	310,0	0,0	0,0	0,0	0,0	0,0	0,0

Women 60 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
<b>Squat</b>	200,0	160,0	135,0	145,5	150,5	0,0	90,0	100,0	0,0	0,0	0,0	0,0
<b>Bench</b>	117,5	85,0	72,5	90,0	95,0	0,0	55,0	55,0	0,0	0,0	0,0	0,0
<b>Deadlift</b>	200,0	150,0	167,5	170,0	160,0	0,0	130,0	145,0	0,0	0,0	0,0	0,0
<b>Total</b>	512,5	385,0	372,5	387,5	386,0	0,0	275,0	300,0	0,0	0,0	0,0	0,0

Women 67,5 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
<b>Squat</b>	200,0	140,0	155,0	152,5	150,0	145,0	85,0	0,0	0,0	0,0	0,0	0,0
<b>Bench</b>	120,0	90,0	90,0	110,0	100,0	85,0	48,0	0,0	0,0	0,0	0,0	0,0
<b>Deadlift</b>	200,0	182,5	145,0	187,5	142,5	165,0	125,0	0,0	0,0	0,0	0,0	0,0
<b>Total</b>	517,5	395,0	375,0	437,5	387,5	395,0	250,0	0,0	0,0	0,0	0,0	0,0

Women 75 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
<b>Squat</b>	215,0	132,5	195,5	170,0	140,0	155,0	85,0	77,5	0,0	0,0	0,0	0,0
<b>Bench</b>	132,5	80,0	115,5	120,0	90,0	95,0	40,0	45,0	0,0	0,0	0,0	0,0
<b>Deadlift</b>	225,0	175,5	210,0	183,5	150,5	175,0	122,5	127,5	0,0	0,0	0,0	0,0
<b>Total</b>	520,5	387,5	515,0	467,5	360,0	425,0	225,0	240,0	0,0	0,0	0,0	0,0

Women 82,5 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
<b>Squat</b>	180,5	131,0	180,0	180,0	0,0	90,0	0,0	0,0	0,0	0,0	0,0	0,0
<b>Bench</b>	125,0	70,0	80,0	117,5	0,0	42,5	0,0	0,0	0,0	0,0	0,0	0,0
<b>Deadlift</b>	225,0	130,0	150,0	200,0	0,0	105,0	0,0	0,0	0,0	0,0	0,0	0,0
<b>Total</b>	467,5	325,0	410,0	467,5	0,0	237,5	0,0	0,0	0,0	0,0	0,0	0,0

Women 90,0 kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
<b>Squat</b>	210,0	145,0	0,0	0,0	0,0	140,0	0,0	0,0	0,0	0,0	0,0	0,0
<b>Bench</b>	137,5	92,5	0,0	0,0	0,0	85,0	0,0	0,0	0,0	0,0	0,0	0,0
<b>Deadlift</b>	225,0	150,0	0,0	0,0	0,0	175,0	0,0	0,0	0,0	0,0	0,0	0,0
<b>Total</b>	555,0	387,5	0,0	0,0	0,0	385,0	0,0	0,0	0,0	0,0	0,0	0,0

Women 90+ kg	Open	15-19	Junior	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80+
<b>Squat</b>	272,5	165,0	125,0	168,0	147,5	162,5	190,0	0,0	0,0	0,0	0,0	0,0
<b>Bench</b>	150,0	95,0	85,0	112,5	100,0	87,5	107,5	0,0	0,0	0,0	0,0	0,0
<b>Deadlift</b>	252,5	160,0	140,0	190,5	172,5	180,0	200,0	0,0	0,0	0,0	0,0	0,0
<b>Total</b>	667,5	420,0	350,0	475,0	420,0	430,0	497,5	0,0	0,0	0,0	0,0	0,0

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<b>Women 48 kg</b>	<b>Open</b>			
<b>Squat</b>	110,0	Allen	GBR	
<b>Bench</b>	65,0	Watson	GBR	
<b>Deadlift</b>	135,0	Allen	GBR	
<b>Total</b>	305,0	Allen	GBR	

<b>Women 52 kg</b>	<b>Open</b>			
<b>Squat</b>	150,0	Barker	GBR	
<b>Bench</b>	87,5	Barker	GBR	
<b>Deadlift</b>	162,5	Barker	GBR	
<b>Total</b>	392,5	Barker	GBR	

<b>Women 56 kg</b>	<b>Open</b>			
<b>Squat</b>	210,0	Gibson	GBR	
<b>Bench</b>	111,0	Gibson	GBR	
<b>Deadlift</b>	215,0	Gibson	GBR	
<b>Total</b>	522,5	Gibson	GBR	

<b>Women 60 kg</b>	<b>Open</b>			
<b>Squat</b>	200,0	Gibson	GBR	
<b>Bench</b>	117,5	Gibson	GBR	
<b>Deadlift</b>	200,0	Gibson	GBR	
<b>Total</b>	512,5	Gibson	GBR	

<b>Women 67,5 kg</b>	<b>Open</b>			
<b>Squat</b>	200,0	Gibson	GBR	
<b>Bench</b>	120,0	Gibson	GBR	
<b>Deadlift</b>	200,0	Gibson	GBR	
<b>Total</b>	517,5	Gibson	GBR	

<b>Women 75 kg</b>	<b>Open</b>			
<b>Squat</b>	215,0	Lisa James	GBR	07.10.14
<b>Bench</b>	132,5	Zimmer	Aut	
<b>Deadlift</b>	225,0	Blair	GBR	
<b>Total</b>	520,5	Lisa James	GBR	07.10.14

<b>Women 82,5 kg</b>	<b>Open</b>			
<b>Squat</b>	180,5	Louise Price	GBR	21.04.12
<b>Bench</b>	125,0	Guldner, Nicole	Ger	26.06.05
<b>Deadlift</b>	225,0	Blair	GBR	
<b>Total</b>	467,5	Guldner, Nicole	Ger	26.06.05

<b>Women 90,0 kg</b>	<b>Open</b>			
<b>Squat</b>	210,0	Pongracz	Aut	
<b>Bench</b>	137,5	U.Herchenhein	Ger	
<b>Deadlift</b>	225,0	U.Herchenhein	Ger	
<b>Total</b>	555,0	U.Herchenhein	Ger	

<b>Women 90+ kg</b>	<b>Open</b>			
<b>Squat</b>	272,5	Shaw	GBR	
<b>Bench</b>	150,0	Shaw	GBR	
<b>Deadlift</b>	252,5	Shaw	GBR	
<b>Total</b>	667,5	Shaw	GBR	

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<b>Women 48 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	100,0 Summerfield GBR	110,0 Summerfield GBR
<b>Bench</b>	50,0 Summerfield GBR	62,5 Summerfield GBR
<b>Deadlift</b>	90,0 Summerfield GBR	105,0 Summerfield GBR
<b>Total</b>	240,0 Summerfield GBR	277,5 Summerfield GBR
<b>Women 52 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	95,0 Oster Bel	70,0 Lucie Tesnieres Fra 20.06.14
<b>Bench</b>	52,5 Oster Bel	42,5 Lucie Tesnieres Fra 20.06.14
<b>Deadlift</b>	120,0 Oster Bel	95,0 Lucie Tesnieres Fra 20.06.14
<b>Total</b>	267,5 Oster Bel	205,0 Lucie Tesnieres Fra 20.06.14
<b>Women 56 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	105,5 Picone Bel	135,0 Carr-Hill GBR
<b>Bench</b>		75,0 Carr-Hill GBR
<b>Deadlift</b>	135,0 Picone Bel	166,0 Carr-Hill GBR
<b>Total</b>	290,0 Picone Bel	365,0 Carr-Hill GBR
<b>Women 60 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	160,0 M.Berezenko Rus 15.11.08	135,0 Carr-Hill GBR
<b>Bench</b>	85,0 M.Berezenko Rus 15.11.08	72,5 Carr-Hill GBR
<b>Deadlift</b>	150,0 M.Berezenko Rus 15.11.08	167,5 Carr-Hill GBR
<b>Total</b>	385,0 M.Berezenko Rus 15.11.08	372,5 Carr-Hill GBR
<b>Women 67,5 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	140,0 Toumi Fra	155,0 T.Huizen Ned 11.11.09
<b>Bench</b>	90,0 Callan GBR	90,0 T.Huizen Ned 11.11.09
<b>Deadlift</b>	182,5 Callan GBR	145,0 Ferschneider Fra
<b>Total</b>	395,0 Callan GBR	375,0 T.Huizen Ned 11.11.09
<b>Women 75 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	132,5 Callan GBR	195,5 Papilloud Sui
<b>Bench</b>	80,0 Callan GBR	115,5 Papilloud Sui
<b>Deadlift</b>	175,5 Callan GBR	210,0 Papilloud Sui
<b>Total</b>	387,5 Callan GBR	515,0 Papilloud Sui
<b>Women 82,5 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	131,0 Reuser, Evelien Ned 26.06.05	180,0 Bentham GBR
<b>Bench</b>	70,0 Reuser, Evelien Ned 26.06.05	80,0 Bentham GBR
<b>Deadlift</b>	130,0 Morgan GBR	150,0 Bentham GBR
<b>Total</b>	325,0 Morgan GBR	410,0 Bentham GBR
<b>Women 90,0 kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	145,0 K.Buechel GBR 24.04.10	
<b>Bench</b>	92,5 K.Buechel GBR 24.04.10	
<b>Deadlift</b>	150,0 K.Buechel GBR 24.04.10	
<b>Total</b>	387,5 K.Buechel GBR 24.04.10	
<b>Women 90+ kg</b>	<b>T15-19</b>	<b>Junior</b>
<b>Squat</b>	165,0 K.Buechel GBR 11.11.09	125,0 K.Kruk Pol 20.06.03
<b>Bench</b>	95,0 K.Buechel GBR 11.11.09	85,0 K.Kruk Pol 20.06.03
<b>Deadlift</b>	160,0 K.Buechel GBR 11.11.09	140,0 K.Kruk Pol 20.06.03
<b>Total</b>	420,0 K.Buechel GBR 11.11.09	350,0 K.Kruk Pol 20.06.03

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<b>Women 48 kg</b>	<b>M40-44</b>	<b>M45-49</b>
<b>Squat</b>	105,0 Schroeder GBR	110,0 Jaqueline Challonder GBR 07.11.14
<b>Bench</b>	65,0 Watson GBR	42,5 Jaqueline Challonder GBR 07.11.14
<b>Deadlift</b>	115,0 Schroeder GBR	110,0 Milham GBR
<b>Total</b>	277,5 Schroeder GBR	262,5 Jaqueline Challonder GBR 07.11.14
<b>Women 52 kg</b>	<b>M40-44</b>	<b>M45-49</b>
<b>Squat</b>	97,5 Watson GBR	90,0 McCalmon GBR
<b>Bench</b>	67,5 Watson GBR	50,0 McCalmon GBR
<b>Deadlift</b>	117,5 Watson GBR	140,0 McCalmon GBR
<b>Total</b>	280,0 Watson GBR	280,0 McCalmon GBR
<b>Women 56 kg</b>	<b>M40-44</b>	<b>M45-49</b>
<b>Squat</b>	140,0 A.Seabright GBR 15.11.08	130,5 Allison Hough GBR 05.07.13
<b>Bench</b>	82,5 A.Seabright GBR 15.11.08	68,0 Allison Hough GBR 20.04.13
<b>Deadlift</b>	140,0 A.Seabright GBR 15.11.08	145,5 D.Hickman GBR 24.04.10
<b>Total</b>	357,5 A.Seabright GBR 15.11.08	335,0 Allison Hough GBR 05.07.13
<b>Women 60 kg</b>	<b>M40-44</b>	<b>M45-49</b>
<b>Squat</b>	145,5 A.Seabright GBR 24.04.10	150,5 Allison Hough GBR 20.06.15
<b>Bench</b>	90,0 A.Seabright GBR 24.04.10	95,0 Allison Hough GBR 20.06.15
<b>Deadlift</b>	170,0 Challacombe Linda GBR 17.04.05	160,0 Challacombe Linda GBR 13.11.05
<b>Total</b>	387,5 Challacombe Linda GBR 17.04.05	386,0 Allison Hough GBR 20.06.15
<b>Women 67,5 kg</b>	<b>M40-44</b>	<b>M45-49</b>
<b>Squat</b>	152,5 Martin GBR	150,0 Allison Hough GBR 25.04.15
<b>Bench</b>	110,0 V.D. Stoep, Yvonne Ned 28.02.04	100,0 Allison Hough GBR 25.04.15
<b>Deadlift</b>	187,5 Martin GBR	142,5 Allison Hough GBR 25.04.15
<b>Total</b>	437,5 Martin GBR	387,5 Allison Hough GBR 25.04.15
<b>Women 75 kg</b>	<b>M40-44</b>	<b>M45-49</b>
<b>Squat</b>	170,0 L.A.Krüger Ger 24.11.06	140,0 Audra Corbett GBR 12.04.14
<b>Bench</b>	120,0 S.Davies BNR 16.04.11	90,0 Audra Corbett GBR 12.04.14
<b>Deadlift</b>	183,5 S.Davies GBR 16.04.11	150,5 Audra Corbett GBR 07.11.14
<b>Total</b>	467,5 L.A.Krüger Ger 24.11.06	360,0 Audra Corbett GBR 07.11.14
<b>Women 82,5 kg</b>	<b>M40-44</b>	<b>M45-49</b>
<b>Squat</b>	180,0 Lucy-Aileen Krüger Ger 29.04.07	
<b>Bench</b>	117,5 Lucy-Aileen Krüger Ger 29.04.07	
<b>Deadlift</b>	200,0 Morgan, Jacqui GBR 27.04.03	
<b>Total</b>	467,5 Lucy-Aileen Krüger Ger 29.04.07	
<b>Women 90,0 kg</b>	<b>M40-44</b>	<b>M45-49</b>
<b>Squat</b>		
<b>Bench</b>		
<b>Deadlift</b>		
<b>Total</b>		
<b>Women 90+ kg</b>	<b>M40-44</b>	<b>M45-49</b>
<b>Squat</b>	168,0 Bates GBR	147,5 Kertelits Aut
<b>Bench</b>	112,5 Coulon Fra	100,0 Kertelits Aut
<b>Deadlift</b>	190,5 Bates GBR	172,5 Kertelits Aut
<b>Total</b>	475,0 Coulon Fra	420,0 Kertelits Aut

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<b>Women 48 kg</b>	<b>M50-54</b>	<b>M55-59</b>
Squat	105,0 Milham GBR	
Bench	65,0 Milham GBR	
Deadlift	115,0 Milham GBR	
Total	277,5 Milham GBR	
<b>Women 52 kg</b>	<b>M50-54</b>	<b>M55-59</b>
Squat	97,5 Plouviez Bel	
Bench	67,5 Plouviez Bel	
Deadlift	117,5 Plouviez Bel	
Total	280,0 Plouviez Bel	
<b>Women 56 kg</b>	<b>M50-54</b>	<b>M55-59</b>
Squat	110,0 D.Hickman GBR 03.11.10	
Bench	60,0 Plouviez Bel	
Deadlift	140,0 D.Hickman GBR 03.11.10	
Total	310,0 D.Hickman GBR 03.11.10	
<b>Women 60 kg</b>	<b>M50-54</b>	<b>M55-59</b>
Squat		90,0 McCalmon, Helen GBR 16.11.03
Bench		55,0 McCalmon, Helen GBR 16.11.03
Deadlift		130,0 McCalmon, Helen GBR 16.11.03
Total		275,0 McCalmon, Helen GBR 16.11.03
<b>Women 67,5 kg</b>	<b>M50-54</b>	<b>M55-59</b>
Squat	145,0 Dawn Morrell GBR 20.04.13	85,0 Carter GBR
Bench	85,0 Dawn Morrell GBR 20.04.13	48,0 Carter GBR
Deadlift	165,0 Dawn Morrell GBR 20.04.13	125,0 Carter GBR
Total	395,0 Dawn Morrell GBR 20.04.13	250,0 Carter GBR
<b>Women 75 kg</b>	<b>M50-54</b>	<b>M55-59</b>
Squat	155,0 Dawn Morrell GBR 05.07.13	85,0 Carter GBR
Bench	95,0 Dawn Morrell GBR 05.07.13	40,0 Carter GBR
Deadlift	175,0 Dawn Morrell GBR 05.07.13	122,5 Carter GBR
Total	425,0 Dawn Morrell GBR 05.07.13	225,0 Carter GBR
<b>Women 82,5 kg</b>	<b>M50-54</b>	<b>M55-59</b>
Squat	90,0 Ruth Drury GBR 07.11.14	
Bench	42,5 Ruth Drury GBR 07.11.14	
Deadlift	105,0 Ruth Drury GBR 07.11.14	
Total	237,5 Ruth Drury GBR 07.11.14	
<b>Women 90,0 kg</b>	<b>M50-54</b>	<b>M55-59</b>
Squat	140,0 Charlotte Wareing GBR 14.12.15	
Bench	85,0 Charlotte Wareing GBR 14.12.15	
Deadlift	175,0 Charlotte Wareing GBR 07.11.14	
Total	385,0 Charlotte Wareing GBR 14.12.15	
<b>Women 90+ kg</b>	<b>M50-54</b>	<b>M55-59</b>
Squat	162,5 Charlotte Wareing GBR 03.06.17	190,0 Charlotte Wareing GBR 21.10.18
Bench	87,5 Charlotte Wareing GBR 03.06.17	107,5 Charlotte Wareing GBR 21.10.18
Deadlift	180,0 Charlotte Wareing GBR 03.06.17	200,0 Charlotte Wareing GBR 21.10.18
Total	430,0 Charlotte Wareing GBR 03.06.17	497,5 Charlotte Wareing GBR 21.10.18

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<b>Women 48 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat		
Bench		
Deadlift		
Total		
<b>Women 52 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat		
Bench		
Deadlift		
Total		
<b>Women 56 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat		
Bench		
Deadlift		
Total		
<b>Women 60 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat	100,0      McCalmon, Helen      GBR      22.04.06	
Bench	55,0      McCalmon, Helen      GBR      22.04.06	
Deadlift	145,0      McCalmon, Helen      GBR      22.04.06	
Total	300,0      McCalmon, Helen      GBR      22.04.06	
<b>Women 67,5 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat		
Bench		
Deadlift		
Total		
<b>Women 75 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat	77,5      Carter      GBR	
Bench	45,0      Carter      GBR	
Deadlift	127,5      Carter      GBR	
Total	240,0      Carter      GBR	
<b>Women 82,5 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat		
Bench		
Deadlift		
Total		
<b>Women 90,0 kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat		
Bench		
Deadlift		
Total		
<b>Women 90+ kg</b>	<b>M60-64</b>	<b>M65-69</b>
Squat		
Bench		
Deadlift		
Total		

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<b>Women 48 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		
Bench		
Deadlift		
Total		
<b>Women 52 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		
Bench		
Deadlift		
Total		
<b>Women 56 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		
Bench		
Deadlift		
Total		
<b>Women 60 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		
Bench		
Deadlift		
Total		
<b>Women 67,5 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		
Bench		
Deadlift		
Total		
<b>Women 75 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		
Bench		
Deadlift		
Total		
<b>Women 82,5 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		
Bench		
Deadlift		
Total		
<b>Women 90,0 kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		
Bench		
Deadlift		
Total		
<b>Women 90+ kg</b>	<b>M70-74</b>	<b>M75-79</b>
Squat		
Bench		
Deadlift		
Total		

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<b>Women 48 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Women 52 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Women 56 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Women 60 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Women 67,5 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Women 75 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Women 82,5 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Women 90,0 kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	
<b>Women 90+ kg</b>	<b>M80+</b>
Squat	
Bench	
Deadlift	
Total	