

ALL TIME HISTORICAL WOMEN'S POWERLIFTING WORLD RECORDS IN POUNDS/KILOGRAMS

Asterisk (*) indicates *exact* bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.

Women	Squat	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
97 (44)	378.1 (171.5)	*3.92X	Wei-Ling Chen (Chinese Taipei/82) 5/27/05 (171.5 kg. @ 43.8 kg.) (Ylitoriolla, Finland) (IPF)
105 (48)	490.5 (222.5)	*4.67X	Marianne Kosonen (Finland/93) 5/27/17 (222.5 kg. @ 105.0 lb.) (Savonlinna, Finland) (IPA)
114 (52)	523.6 (237.5)	*4.58X	Marianne Kosonen (Finland/93) 5/26/18 (237.5 kg. @ 114.4 lb.) (Kerimaki, Finland) (IPA)
123 (56)	530.0 (240.4)	*4.31X	Natalie Carr-Harrington (US/83) 4/14/12 (530.0 lb. @ 123.0 lb.) (Cincinnati, Ohio) (SPF)
132 (60)	600.0 (272.2)	*4.54X	Heidi Howar (US/88) 4/22/18 (600.0 lb. @ 132.2 lb.) (Cincinnati, Ohio) (APF)
148 (67.5)	675.0 (306.2)	*4.67X	Rheta West (US/74) 8/16/14 (675.0 lb. @ 144.4 lb.) (York, Pennsylvania) (IPA)
165 (75)	775.0 (351.5)	*4.70X	Laura Phelps-Sweatt (US/80) 3/11/12 (775.0 lb. @ 164.8 lb.) (Knoxville, Tennessee) (SPF)
181 (82.5)	770.0 (349.3)	*4.56X	Laura Phelps-Sweatt (US/80) 1/27/07 (770.0 lb. @ 169.0 lb.) (Columbus, Ohio) (APF)
198 (90)	804.7 (365.0)	*4.08X	Becca Swanson (US/73) 3/3/06 (365.0 kg. @ 89.45 kg. Heaviest female quadruple bodyweight squat of all time.) (Columbus, Ohio) (WPO)
SHW	854.3 (387.5)	*3.46X	Becca Swanson (US/73) 10/29/05 (387.5 kg. @ 112.1 kg. First woman to squat 700 pounds. Only woman to squat over 800 pounds.) (Chicago, Illinois) (WPO)
Women	Bench Press	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
97 (44)	264.6 (120.0)	*2.76X	Justyna Kozdryk (Poland/80) 3/5/11 (120.0 kg. @ 43.4 kg.) (Cleveland, Ohio) (IPF)
105 (48)	308.6 (140.0)	*2.92X	Cosette Fernandez-Neely (US/78) 12/9/17 (140.0 kg. @ 105.8 lb.) (Roy, Utah) (UPA)
114 (52)	330.7 (150.0)	*2.89X	Maria Dominguez (Venezuela/95) 7/24/17 (150.0 kg. @ 51.99 kg.) (Wroclaw, Poland) (IPF)
123 (56)	347.0 (157.4)	*2.84X	Janet Faraone (US/67) 12/15/07 (347.0 lb. @ 122.0 lb.) (Lake George, New York) (APF)
132 (60)	402.3 (182.5)	*3.04X	Tina Rinehart (US/68) 3/6/04 (182.5 kg. @ 60.0 kg. First woman to bench press triple bodyweight.) (Columbus, Ohio) (WPO)
148 (67.5)	440.0 (199.6)	*3.01X	Laura Phelps-Sweatt (US/80) 8/16/14 (440.0 lb. @ 146.1 lb.) (York, Pennsylvania) (IPA)
165 (75)	530.0 (240.4)	*3.25X	Laura Phelps-Sweatt (US/80) 8/21/11 (530.0 lb. @ 163.2 lb.) (Covington, Kentucky) (SPF)
181 (82.5)	540.0 (244.9)	*3.13X	Laura Phelps-Sweatt (US/80) 2/4/12 (540.0 lb. @ 172.6 lb.) (Cincinnati, Ohio) (SPF)
198 (90)	540.0 (244.9)	*2.97X	Laura Phelps-Sweatt (US/80) 8/17/13 (540.0 lb. @ 181.95 lb.) (York, Pennsylvania) (IPA)
SHW	600.8 (272.5)	*2.50X	Becca Swanson (US/73) 3/8/08 (272.5 kg. @ 240.0 lb.) (Omaha, Nebraska) (APF)
Women	Deadlift	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
97 (44)	385.8 (175.0)	*4.00X	Wei-Ling Chen (Chinese Taipei/82) 5/23/03 (175.0 kg. @ 43.7 kg.) (Chicago, Illinois) (IPF)
105 (48)	429.9 (195.0)	*4.17X	Wei-Ling Chen (Chinese Taipei/82) 7/25/09 (195.0 kg. @ 46.75 kg.) (Kaohsiung, Chinese Taipei) (IPF)
114 (52)	446.4 (202.5)	*4.01X	Yi-Ju Chou (Chinese Taipei/80) 7/25/09 (202.5 kg. @ 50.45 kg.) (Kaohsiung, Chinese Taipei) (IPF)
123 (56)	518.1 (235.0)	*4.34X	Stefanie Cohen (US/92) 5/12/18 (235.0 kg. @ 54.2 kg. Highest female deadlift bodyweight coefficient of all time.) (San Diego, California) (USPA)
132 (60)	535.0 (242.7)	*4.05X	Heidi Howar (US/88) 4/22/18 (535.0 lb. @ 132.2 lb.) (Cincinnati, Ohio) (APF)
148 (67.5)	557.0 (252.7)	*3.77X	Jenny Milliron-O'Neil (US/Ireland/75) 4/13/13 (557.0 lb. @ 147.6 lb.) (Cincinnati, Ohio) (SPF)
165 (75)	584.2 (265.0)	*3.64X	Elana Zhukova-Soukhorouk (Ukraine/72) 5/22/99 (265.0 kg. @ 72.8 kg.) (Thisted, Denmark) (IPF)
181 (82.5)	622.8 (282.5)	*3.47X	Chakera Holcomb (US/95) 6/2/18 (282.5 kg. @ 81.5 kg.) (Houston, Texas) (USPA)
198 (90)	655.9 (297.5)	*3.33X	Crystal Tate (US/87) 3/4/18 (297.5 kg. @ 196.8 lb.) (Columbus, Ohio) (XPC)
SHW	683.4 (310.0)	*2.80X	Becca Swanson (US/73) 11/5/05 (310.0 kg. @ 110.8 kg.) (Helsinki, Finland) (WPO)
Women	Total	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
97 (44)	937.0 (425.0)	*9.84X	Svetlana Tesleva (Russia/75) 5/25/00 (162.5+95.0+167.5=425.0 kg. @ 43.2 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
105 (48)	1124.4 (510.0)	*10.71X	Marianne Kosonen (Finland/93) 5/27/17 (222.5+122.5+165.0=510.0 kg. @ 105.0 lb.) (Savonlinna, Finland) (IPA)
114 (52)	1207.0 (547.5)	*10.55X	Marianne Kosonen (Finland/93) 5/26/18 (237.5+135.0+175.0=547.5 kg. @ 114.4 lb.) (Kerimaki, Finland) (IPA)
123 (56)	1265.0 (573.8)	*10.28X	Natalie Carr-Harrington (US/83) 4/14/12 (530.0+315.0+420.0=1265.0 lb. @ 123.0 lb.) (Cincinnati, Ohio) (SPF)
132 (60)	1500.0 (680.4)	*11.35X	Heidi Howar (US/88) 4/22/18 (600.0+365.0+535.0=1500.0 lb. @ 132.2 lb.) (Cincinnati, Ohio) (APF)
148 (67.5)	1570.0 (712.1)	*10.78X	Rheta West (US/74) 3/5/16 (665.0+395.0+510.0=1570.0 lb. @ 145.6 lb.) (Columbus, Ohio) (XPC)
165 (75)	1800.0 (816.5)	*11.03X	Laura Phelps-Sweatt (US/80) 8/21/11 (745.0+530.0+525.0=1800.0 lb. @ 163.2 lb. First woman to Total 11X bodyweight.) (Covington, Kentucky) (SPF)
181 (82.5)	1770.0 (802.9)	9.73X	Laura Phelps-Sweatt (US/80) 5/23/09 (745.0+500.0+525.0=1770.0 lb.) (Nashville, Tennessee) (SPF)
198 (90)	1885.0 (855.0)	*9.56X	Becca Swanson (US/73) 3/3/06 (365.0+217.5+272.5=855.0 kg. @ 89.45 kg. Heaviest 9X bodyweight female Total of all time.) (Columbus, Ohio) (WPO)
SHW	2050.3 (930.0)	*8.30X	Becca Swanson (US/73) 10/29/05 (387.5+237.5+305.0=930.0 kg. @ 112.1 kg. First woman to Total 1600 pounds. First woman to Total 1700 pounds. First woman to Total 1800 pounds. Only woman to Total 1900 pounds.) (Chicago, Illinois) (WPO)