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

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

Men	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
114 (52)	662.5 (300.5)	***6.01X**	Andrzej Stanaszek (Poland/71) 11/5/03 (300.5 kg. @ 50.0 kg.) (Vejle, Denmark) (IPF)
123 (56)	644.9 (292.5)	*5.61X	Andrzej Stanaszek (Poland/71) 3/22/03 (292.5 kg. @ 52.1 kg.) (Landshut, Germany) (IPF)
132 (60)	749.6 (340.0)	*5.73X	Gerry McNamara (Ireland/63) 4/23/16 (340.0 kg. @ 59.3 kg.) (Limerick, Ireland) (GPC)
148 (67.5)	806.9 (366.0)	*5.43X	Gerry McNamara (Ireland/63) 3/23/13 (366.0 kg. @ 67.4 kg.) (Limerick, Ireland) (GPC)
165 (75)	890.0 (403.7)	*5.43X	Wes McCormick (US/89) 7/16/16 (890.0 lb. @ 164.0 lb.) (Nashville, Tennessee) (IPA)
181 (82.5)	992.1 (450.0)	*5.45X	Kalle Rasanen (Finland/90) 10/15/16 (450.0 kg. @ 82.5 kg.) (Savonlinna, Finland) (IPA)
198 (90)	1055.0 (478.5)	*5.32X	Shawn Frankl (US/77) 8/22/09 (1055.0 lb. @ 198.2 lb.) (Sharonville, Ohio) (SPF)
220 (100)	1100.0 (499.0)	*5.02X	Sam Byrd (US/81) 6/7/08 (1100.0 lb. @ 219.0 lb.) (Gatlinburg, Tennessee) (SPF)
242 (110)	1150.0 (521.6)	*4.76X	Jim Benson (US/86) 9/10/16 (1150.0 lb. @ 241.8 lb.) (Gray, Georgia) (SPF)
275 (125)	1210.0 (548.8)	*4.46X	Dave Hoff (US/87) 8/17/13 (1210.0 lb. @ 271.1 lb.) (York, Pennsylvania) (IPA)
308 (140)	**1267.7 (575.0)**	*4.18X	Jonas Rantanen (Finland/84) 10/8/11 (575.0 kg. @ 137.4 kg.) (Helsinki, Finland) (GPC)
SHW	1265.0 (573.8)	*3.28X	Donnie Thompson (US/64) 8/21/11 (1265.0 lb. @ 385.4 lb.) (Covington, Kentucky) (SPF)

Men	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
114 (52)	402.3 (182.5)	*3.65X	Andrzej Stanaszek (Poland/71) 11/5/03 (182.5 kg. @ 50.0 kg.) (Vejle, Denmark) (IPF)
123 (56)	463.0 (210.0)	*3.75X	Anton Kraft (Denmark/64) 4/18/09 (210.0 kg. @ 56.0 kg.) (Orlando, Florida) (IPF)
132 (60)	501.6 (227.5)	3.79X	Eric Head (US/86) 7/9/11 (227.5 kg.) (Nashville, Tennessee) (WABDL)
148 (67.5)	610.0 (276.7)	*4.12X	Kevin Harmon (US/75) 8/10/13 (610.0 lb. @ 148.0 lb.) (Peppertown, Mississippi) (APA)
165 (75)	705.0 (319.8)	*4.27X	Joe Mazza (US/66) 12/5/09 (705.0 lb. @ 165.0 lb.) (Boyertown, Pennsylvania) (IPA)
181 (82.5)	750.0 (340.2)	*4.13X	Jason Fry (US/79) 4/18/09 (750.0 lb. @ 181.5 lb.) (Columbus, Ohio) (IPA)
198 (90)	900.0 (408.2)	***4.60X**	Jason Coker (US/75) 8/16/14 (900.0 lb. @ 195.45 lb.) (York, Pennsylvania) (IPA)
220 (100)	909.4 (412.5)	*4.14X	Jake Prazak (US/77) 11/18/11 (412.5 kg. @ 99.6 kg.) (Dubuque, Iowa) (UPA)
242 (110)	950.0 (430.9)	*4.04X	Jimmy Kolb (US/90) 3/2/14 (950.0 lb. @ 235.0 lb.) (Columbus, Ohio) (XPC)
275 (125)	1030.7 (467.5)	*3.75X	Scot Mendelson (US/69) 12/12/09 (467.5 kg. @ 275.0 lb.) (Camarillo, California) (APF)
308 (140)	1075.0 (487.6)	*3.52X	Ryan Kennelly (US/74) 11/8/08 (1075.0 lb. @ 305.0 lb.) (Kennewick, Washington) (Pride)
SHW	**1077.0 (488.5)**	*3.27X	Tiny Meeker (US/71) 4/13/13 (488.5 kg. @ 329.0 lb.) (Corpus Christi, Texas) (SPF)

Men	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
114 (52)	573.2 (260.0)	5.00X	E. Sajeeva Bhaskaran (India/62) 1993 (260.0 kg.) (India Nationals) (IPF)
123 (56)	639.3 (290.0)	***5.18X**	Lamar Gant (US/57) 7/10/82 (290.0 kg. @ 56.0 kg.) (Dayton, Ohio) (USPF/IPF)
132 (60)	683.4 (310.0)	*5.17X	Lamar Gant (US/57) 11/11/88 (310.0 kg. @ 60.0 kg.) (Perth, Australia) (USPF/IPF)
148 (67.5)	705.5 (320.0)	*4.74X	Dan Austin (US/58) 8/1/92 (320.0 kg. @ 67.5 kg.) (Raleigh, North Carolina) (USPF)
165 (75)	793.7 (360.0)	*4.80X	Oleksandr Kutcher (Ukraine/80) 3/3/06 (360.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
181 (82.5)	795.0 (360.6)	*4.39X	Micah Marino (US/90) 10/24/15 (795.0 lb. @ 181.0 lb.) (Columbus, Ohio) (IPA)
198 (90)	870.8 (395.0)	*4.39X	Andrey Belyaev (Russia/83) 6/21/14 (395.0 kg. @ 89.9 kg.) (Arkhangelsk, Russia) (SPSS)
220 (100)	901.7 (409.0)	*4.10X	Ed Coan (US/63) 7/28/91 (407.5 kg. @ 99.8 kg., with the actual value of the overweight plates being 409.0 kg.) (Dallas, Texas) (USPF)
242 (110)	921.5 (418.0)	*4.11X	Yuriy Belkin (Russia/90) 6/4/16 (418.0 kg. @ 101.6 kg., without a belt. Heaviest sumo deadlift of all time.) (Moscow, Russia) (WRPF)
275 (125)	948.0 (430.0)	*3.45X	Konstantin Konstantinovs (Latvia/79) 4/2/06 (430.0 kg. @ 124.8 kg.) (Riga, Latvia) (IPF)
308 (140)	939.2 (426.0)	*3.33X	Konstantin Konstantinovs (Latvia/79) 7/4/09 (426.0 kg. @ 127.9 kg., without a belt.) (Dobele, Latvia) (AWPC)
SHW	**1015.0 (460.4)**	*2.66X	Benedikt Magnusson (Iceland/84) 4/2/11 (1015.0 lb. @ 381.0 lb.) (Dallas, Texas) (HPL)

Men	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
114 (52)	1515.7 (687.5)	*13.25X	Sergey Fedosienko (Russia/82) 3/3/05 (270.0+160.0+257.5=687.5 kg. @ 51.9 kg.) (Kazan, Russia) (IPF)
123 (56)	1598.4 (725.0)	*13.12X	Sergey Fedosienko (Russia/82) 1/26/08 (725.0 kg. @ 55.25 kg.) (Novosibirsk, Russia) (IPF)
132 (60)	1686.5 (765.0)	*13.16X	Sergey Fedosienko (Russia/82) 2/27/15 (295.0+200.0+270.0=765.0 kg. @ 58.15 kg.) (Vladivostok, Russia) (IPF)
148 (67.5)	1930.0 (875.4)	*12.97X	Brian Schwab (US/74) 1/20/08 (765.0+565.0+600.0=1930.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA)
165 (75)	2171.6 (985.0)	*13.13X	Oleksandr Kutcher (Ukraine/80) 3/3/06 (985.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
181 (82.5)	2425.1 (1100.0)	***13.33X**	Kalle Rasanen (Finland/90) 10/15/16 (1100.0 kg. @ 82.5 kg.) (Savonlinna, Finland) (IPA)
198 (90)	2630.0 (1192.9)	*13.27X	Shawn Frankl (US/77) 8/22/09 (1055.0+825.0+750.0=2630.0 lb. @ 198.2 lb.) (Sharonville, Ohio) (SPF)
220 (100)	2715.0 (1231.5)	*12.57X	Shawn Frankl (US/77) 8/21/10 (1060.0+875.0+780.0=2715.0 lb. @ 216.0 lb.) (Cincinnati, Ohio) (SPF)
242 (110)	2695.2 (1222.5)	*11.27X	Juha Someroja (Finland/75) 10/8/11 (1222.5 kg. @ 108.5 kg.) (Helsinki, Finland) (GPC)
275 (125)	**3005.0 (1363.0)**	*11.08X	Dave Hoff (US/87) 8/17/13 (1210.0+975.0+820.0=3005.0 lb. @ 271.1 lb. Heaviest 11X bodyweight male Total of all time.) (York, Pennsylvania) (IPA)
308 (140)	2960.0 (1342.6)	*10.61X	Dave Hoff (US/87) 12/4/11 (2960.0 lb. @ 279.0 lb.) (Cincinnati, Ohio) (SPF)
SHW	3000.0 (1360.8)	*7.78X	Donnie Thompson (US/64) 8/21/11 (1265.0+950.0+785.0=3000.0 lb. @ 385.4 lb. First man to Total 2900 pounds. First man to Total 3000 pounds.) (Covington, Kentucky) (SPF)