

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)	705.5 (320.0)	5.33X	Magnus Karlsson (Sweden/67) 10/2/99 (320.0 kg.) (Malmo, Sweden) (IPF)
148 (67.5)	804.7 (365.0)	*5.50X	Thomas James "T.J." Hoerner (US/77) 4/1/06 (365.0 kg. @ 146.2 lb.) (Houston, Texas) (APF)
165 (75)	887.4 (402.5)	*5.37X	Al Caslow (US/80) 3/22/09 (397.5 kg. @ 75.0 kg., which was accidentally misloaded to 402.5 kg.) (Omaha, Nebraska) (APF)
181 (82.5)	935.0 (424.1)	*5.17X	Derek Wilcox (US/87) 4/16/11 (935.0 lb. @ 181.0 lb.) (Asheville, North Carolina) (SPF)
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)	1140.0 (517.1)	*4.75X	Chuck Vogelpohl (US/65) 8/23/09 (1140.0 lb. @ 239.8 lb.) (Sharonville, Ohio) (SPF)
275 (125)	1185.0 (537.5)	*4.31X	Brian Carroll (US/81) 8/21/11 (1185.0 lb. @ 275.0 lb.) (Covington, Kentucky) (SPF)
308 (140)	1267.7 (575.0)	*4.18X	Jonas Rantanen (Finland/82) 10/8/11 (575.0 kg. @ 137.4 kg. Heaviest quadruple bodyweight squat of all time.) (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)	605.0 (274.4)	*4.07X	Kevin Harmon (US/75) 6/19/10 (605.0 lb. @ 148.5 lb.) (Hot Springs, Arkansas) (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)	850.0 (385.6)	*4.29X	Shawn Frankl (US/77) 8/23/08 (850.0 lb. @ 198.0 lb.) (Sharonville, Ohio) (IPA)
220 (100)	903.9 (410.0)	*4.11X	Jason Coker (US/75) 1/23/10 (410.0 kg. @ 220.0 lb.) (Los Angeles, California) (APF)
242 (110)	920.4 (417.5)	*3.86X	Jake Prazak (US/77) 7/15/11 (417.5 kg. @ 238.5 lb.) (Dubuque, Iowa) (UPA)
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	1074.8 (487.5)	*3.21X	Ryan Kennelly (US/74) 7/13/08 (487.5 kg. @ 152.0 kg.) (Dubuque, Iowa) (UPA)
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)	793.7 (360.0)	*4.43X	Giovanni Brunazzi (Italy) 6/24/95 (360.0 kg. @ 179 lb.) (Landshut, Germany) (IPF)
198 (90)	859.8 (390.0)	*4.35X	Ed Coan (US/63) 7/7/85 (390.0 kg. @ 89.7 kg.) (Chicago, Illinois) (USPF)
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)	892.9 (405.0)	*3.70X	Yuriy Fedorenko (Russia/74) 3/4/06 (405.0 kg. @ 109.6 kg.) (Ufa, Russia) (IPF)
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)	1653.5 (750.0)	*12.51X	Ayrat Zakiyev (Russia/81) 3/1/06 (310.0+220.0+220.0=750.0 kg. @ 59.95 kg.) (Ufa, 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)	2300.0 (1043.3)	*12.66X	Michael Cartinian (US/76) 8/21/11 (2300.0 lb. @ 181.7 lb.) (Covington, Kentucky) (SPF)
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)	2910.0 (1320.0)	*10.67X	Dave "Neutron" Hoff (US/88) 8/21/11 (2910.0 lb. @ 272.6 lb.) (Covington, Kentucky) (SPF)
308 (140)	2954.2 (1340.0)	*9.75X	Jonas Rantanen (Finland/82) 10/8/11 (1340.0 kg. @ 137.4 kg.) (Helsinki, Finland) (GPC)
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)