

ALL TIME HISTORICAL
MEN AND WOMEN'S
POWERLIFTING
TOP 20 WORLD RANKINGS

Listing Compiled by Michael Soong

TABLE OF CONTENTS

MEN'S WORLD RANKINGS

114 Pound (52 Kilogram) Men's Weight Division -- Squat	5
114 Pound (52 Kilogram) Men's Weight Division -- Bench Press	5
114 Pound (52 Kilogram) Men's Weight Division -- Deadlift	6
114 Pound (52 Kilogram) Men's Weight Division -- Total	6
123 Pound (56 Kilogram) Men's Weight Division -- Squat	7
123 Pound (56 Kilogram) Men's Weight Division -- Bench Press	7
123 Pound (56 Kilogram) Men's Weight Division -- Deadlift	8
123 Pound (56 Kilogram) Men's Weight Division -- Total	8
132 Pound (60 Kilogram) Men's Weight Division -- Squat	9
132 Pound (60 Kilogram) Men's Weight Division -- Bench Press	9
132 Pound (60 Kilogram) Men's Weight Division -- Deadlift	10
132 Pound (60 Kilogram) Men's Weight Division -- Total	10
148 Pound (67.5 Kilogram) Men's Weight Division -- Squat	11
148 Pound (67.5 Kilogram) Men's Weight Division -- Bench Press	11
148 Pound (67.5 Kilogram) Men's Weight Division -- Deadlift	12
148 Pound (67.5 Kilogram) Men's Weight Division -- Total	12
165 Pound (75 Kilogram) Men's Weight Division -- Squat	13
165 Pound (75 Kilogram) Men's Weight Division -- Bench Press	13
165 Pound (75 Kilogram) Men's Weight Division -- Deadlift	14
165 Pound (75 Kilogram) Men's Weight Division -- Total	14
181 Pound (82.5 Kilogram) Men's Weight Division -- Squat	15
181 Pound (82.5 Kilogram) Men's Weight Division -- Bench Press	15
181 Pound (82.5 Kilogram) Men's Weight Division -- Deadlift	16
181 Pound (82.5 Kilogram) Men's Weight Division -- Total	16
198 Pound (90 Kilogram) Men's Weight Division -- Squat	17
198 Pound (90 Kilogram) Men's Weight Division -- Bench Press	17
198 Pound (90 Kilogram) Men's Weight Division -- Deadlift	18
198 Pound (90 Kilogram) Men's Weight Division -- Total	18
220 Pound (100 Kilogram) Men's Weight Division -- Squat	19
220 Pound (100 Kilogram) Men's Weight Division -- Bench Press	19
220 Pound (100 Kilogram) Men's Weight Division -- Deadlift	20
220 Pound (100 Kilogram) Men's Weight Division -- Total	21
242 Pound (110 Kilogram) Men's Weight Division -- Squat	22
242 Pound (110 Kilogram) Men's Weight Division -- Bench Press	22
242 Pound (110 Kilogram) Men's Weight Division -- Deadlift	23
242 Pound (110 Kilogram) Men's Weight Division -- Total	23
275 Pound (125 Kilogram) Men's Weight Division -- Squat	24
275 Pound (125 Kilogram) Men's Weight Division -- Bench Press	24
275 Pound (125 Kilogram) Men's Weight Division -- Deadlift	25
275 Pound (125 Kilogram) Men's Weight Division -- Total	26
308 Pound (140 Kilogram) Men's Weight Division -- Squat	27
308 Pound (140 Kilogram) Men's Weight Division -- Bench Press	27
308 Pound (140 Kilogram) Men's Weight Division -- Deadlift	28
308 Pound (140 Kilogram) Men's Weight Division -- Total	29
SHW (308+ Pound/ 140+ Kilogram) Men's Weight Division -- Squat	30
SHW (308+ Pound/ 140+ Kilogram) Men's Weight Division -- Bench Press	30

TABLE OF CONTENTS

SHW (308+ Pound/ 140+ Kilogram) Men's Weight Division -- Deadlift _____	31
SHW (308+ Pound/ 140+ Kilogram) Men's Weight Division -- Total _____	32
All Time Historical Greatest Male Squatters By Formula _____	33
All Time Historical Greatest Male Bench Pressers By Formula _____	34
All Time Historical Greatest Male Deadlifters By Formula _____	35
All Time Historical Greatest Male Powerlifters By Formula _____	36
All Time Historical Greatest Male Unequipped Squatters By Formula _____	37
All Time Historical Greatest Male Unequipped Bench Pressers By Formula _____	38
All Time Historical Greatest Male Unequipped Powerlifters By Formula _____	39
All Time Historical Greatest Male Squat/Bodyweight Coefficients _____	40
All Time Historical Greatest Male Bench-Press/Bodyweight Coefficients _____	40
All Time Historical Greatest Male Deadlift/Bodyweight Coefficients _____	41
All Time Historical Greatest Male Total/Bodyweight Coefficients _____	42
All Time Historical Greatest Male Unequipped Squat/Bodyweight Coefficients _____	43
All Time Historical Greatest Male Unequipped Bench-Press/Bodyweight Coefficients _____	44
All Time Historical Greatest Male Unequipped Total/Bodyweight Coefficients _____	45

WOMEN'S WORLD RANKINGS

97 Pound (44 Kilogram) Women's Weight Division -- Squat _____	46
97 Pound (44 Kilogram) Women's Weight Division -- Bench Press _____	46
97 Pound (44 Kilogram) Women's Weight Division -- Deadlift _____	47
97 Pound (44 Kilogram) Women's Weight Division -- Total _____	48
105 Pound (48 Kilogram) Women's Weight Division -- Squat _____	49
105 Pound (48 Kilogram) Women's Weight Division -- Bench Press _____	49
105 Pound (48 Kilogram) Women's Weight Division -- Deadlift _____	50
105 Pound (48 Kilogram) Women's Weight Division -- Total _____	50
114 Pound (52 Kilogram) Women's Weight Division -- Squat _____	51
114 Pound (52 Kilogram) Women's Weight Division -- Bench Press _____	51
114 Pound (52 Kilogram) Women's Weight Division -- Deadlift _____	52
114 Pound (52 Kilogram) Women's Weight Division -- Total _____	52
123 Pound (56 Kilogram) Women's Weight Division -- Squat _____	53
123 Pound (56 Kilogram) Women's Weight Division -- Bench Press _____	53
123 Pound (56 Kilogram) Women's Weight Division -- Deadlift _____	54
123 Pound (56 Kilogram) Women's Weight Division -- Total _____	55
132 Pound (60 Kilogram) Women's Weight Division -- Squat _____	56
132 Pound (60 Kilogram) Women's Weight Division -- Bench Press _____	56
132 Pound (60 Kilogram) Women's Weight Division -- Deadlift _____	57
132 Pound (60 Kilogram) Women's Weight Division -- Total _____	58
148 Pound (67.5 Kilogram) Women's Weight Division -- Squat _____	59
148 Pound (67.5 Kilogram) Women's Weight Division -- Bench Press _____	59
148 Pound (67.5 Kilogram) Women's Weight Division -- Deadlift _____	60
148 Pound (67.5 Kilogram) Women's Weight Division -- Total _____	60
165 Pound (75 Kilogram) Women's Weight Division -- Squat _____	61

TABLE OF CONTENTS

165 Pound (75 Kilogram) Women's Weight Division -- Bench Press	61
165 Pound (75 Kilogram) Women's Weight Division -- Deadlift	62
165 Pound (75 Kilogram) Women's Weight Division -- Total	63
181 Pound (82.5 Kilogram) Women's Weight Division -- Squat	64
181 Pound (82.5 Kilogram) Women's Weight Division -- Bench Press	64
181 Pound (82.5 Kilogram) Women's Weight Division -- Deadlift	65
181 Pound (82.5 Kilogram) Women's Weight Division -- Total	66
198 Pound (90 Kilogram) Women's Weight Division -- Squat	67
198 Pound (90 Kilogram) Women's Weight Division -- Bench Press	67
198 Pound (90 Kilogram) Women's Weight Division -- Deadlift	68
198 Pound (90 Kilogram) Women's Weight Division -- Total	68
SHW (198+ Pound/ 90+ Kilogram) Women's Weight Division -- Squat	69
SHW (198+ Pound/ 90+ Kilogram) Women's Weight Division -- Bench Press	69
SHW (198+ Pound/ 90+ Kilogram) Women's Weight Division -- Deadlift	70
SHW (198+ Pound/ 90+ Kilogram) Women's Weight Division -- Total	71
All Time Historical Greatest Female Squatters By Formula	72
All Time Historical Greatest Female Bench Pressers By Formula	73
All Time Historical Greatest Female Deadlifters By Formula	74
All Time Historical Greatest Female Unequipped Powerlifters By Formula	78
All Time Historical Greatest Female Unequipped Squatters By Formula	76
All Time Historical Greatest Female Unequipped Bench Pressers By Formula	77
All Time Historical Greatest Female Unequipped Powerlifters By Formula	78
All Time Historical Greatest Female Squat/Bodyweight Coefficients	79
All Time Historical Greatest Female Bench-Press/Bodyweight Coefficients	79
All Time Historical Greatest Female Deadlift/Bodyweight Coefficients	80
All Time Historical Greatest Female Total/Bodyweight Coefficients	81
All Time Historical Greatest Female Unequipped Squat/Bodyweight Coefficients	82
All Time Historical Greatest Female Unequipped Bench-Press/Bodyweight Coefficients	83
All Time Historical Greatest Female Unequipped Total/Bodyweight Coefficients	84

TOP 20 WORLD RANKINGS QUALIFICATIONS

Top 20 World Rankings Qualifications	85
--------------------------------------	----

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

114 Pound (52 Kilogram) Men's Weight Division -- Squat

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	662.5 (300.5)	*6.01X	Andrzej Stanaszek (Poland/71) 11/5/03 (300.5 kg. @ 50.0 kg. First man to squat quintuple bodyweight. Only man to squat sextuple bodyweight.) (Vejle, Denmark) (IPF) <TOP20C> <TOP20F>
2.	639.3 (290.0)	*5.65X	Andrzej Stanaszek (Poland/71) 5/9/02 (290.0 kg. @ 51.3 kg., without a squat suit or knee wraps.) (Eskilstuna, Sweden) (IPF) <TOP20C> <TOP20F> <TOP20UC> <TOP20UF>
3.	595.2 (270.0)	*5.20X	Sergey Fedosienko (Russia/82) 3/3/05 (270.0 kg. @ 51.9 kg.) (Kazan, Russia) (IPF) <TOP20C>
4.	551.2 (250.0)	*4.92X	Peter Kemp (Great Britain/71) 8/15/99 (250.0 kg. @ 50.8 kg.) (Gateshead, Great Britain) (IPF)
5.	535.7 (243.0)	4.67X	Joe Cunha (US/59) 10/17/81 (243.0 kg.) (San Luis Obispo, California) (USPF/IPF)
6.	535.7 (243.0)	4.67X	Hideaki Inaba (Japan/44) 6/15/86 (243.0 kg. First man to squat quadruple bodyweight.) (Urawa City, Japan) (IPF)
7.	534.6 (242.5)	*4.68X	Ravil Kazakov (Russia/82) 11/14/02 (242.5 kg. @ 51.8 kg.) (Trencin, Slovakia) (IPF)
8.	529.1 (240.0)	4.62X	Aleksandr Degovets (Ukraine/66) 6/26/93 (240.0 kg.) (Birmingham, England) (WPC)
9.	518.1 (235.0)	4.52X	Sergey Zhuravliev (Russia/60) 2/29/92 (235.0 kg.) (Moscow, Russia) (IPF)
10.	512.6 (232.5)	*4.51X	Dariusz Wszola (Poland/78) 11/6/06 (232.5 kg. @ 51.55 kg.) (Stavanger, Norway) (IPF)
11.	507.1 (230.0)	*4.42X	Chuck Dunbar (US/57) 11/7/80 (230.0 kg. @ 51.2 kg.) (Arlington, Texas) (USPF/IPF)
12.	507.1 (230.0)	4.42X	Rochman (Indonesia) 11/8/92 (230.0 kg.) (Semarang, Indonesia) (IPF)
13.	507.1 (230.0)	*4.46X	Shih-Wu Lu (Chinese Taipei/75) 11/18/99 (230.0 kg. @ 51.6 kg.) (Trento, Italy) (IPF)
14.	507.1 (230.0)	*4.43X	Aleksey Romanov (Russia/81) 6/18/04 (230.0 kg. @ 51.9 kg.) (Sofia, Bulgaria) (IPF)
15.	501.6 (227.5)	4.38X	Jim Caldwell (US) 11/22/87 (227.5 kg.) (Dayton, Ohio) (APF/WPC)
16.	501.6 (227.5)	4.38X	Mike Nelson (US) 5/28/88 (227.5 kg.) (Kansas City, Missouri) (USPF)
17.	501.6 (227.5)	*4.64X	Mike Booker (US/81) 11/3/00 (227.5 kg. @ 108.0 lb., without a squat suit) (Mesquite, Nevada) (AAU) <TOP20UC> <TOP20UF>
18.	501.6 (227.5)	*4.38X	Chun-Hsiung Hu (Chinese Taipei/74) 11/5/03 (227.5 kg. @ 51.9 kg.) (Vejle, Denmark) (IPF)
19.	501.6 (227.5)	*4.82X	Vladimir Balnetz (Russia/85) 2/28/06 (227.5 kg. @ 47.2 kg.) (Ufa, Russia) (IPF)
20.	496.0 (225.0)	*4.33X	Roy Brandtzaeg (Norway/71) 5/16/96 (225.0 kg. @ 52.0 kg.) (Siofok, Hungary) (IPF)

114 Pound (52 Kilogram) Men's Weight Division -- Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	402.3 (182.5)	*3.65X	Andrzej Stanaszek (Poland/71) 11/5/03 (182.5 kg. @ 50.0 kg.) (Vejle, Denmark) (IPF)
2.	391.3 (177.5)	*3.51X	Andrzej Stanaszek (Poland/71) 11/18/94 (177.5 kg. @ 50.6 kg., without a bench press shirt) (Johannesburg, South Africa) (IPF) <TOP20UC> <TOP20UF> <UWR>
3.	381.4 (173.0)	*3.38X	Naoya Ikeda (Japan/70) 6/29/02 (173.0 kg. @ 51.25 kg.) (Nikko, Japan) (IPF)
4.	374.8 (170.0)	*3.29X	Andris Rudulis (Latvia/77) 12/5/03 (170.0 kg. @ 51.6 kg.) (Trencin, Slovakia) (IPF)
5.	374.8 (170.0)	*3.29X	Sergey Fedosienko (Russia/82) 3/11/04 (170.0 kg. @ 51.75 kg.) (Krasnoyarsk, Russia) (IPF)
6.	360.5 (163.5)	3.14X	Mike Booker (US/81) 12/1/01 (163.5 kg., without a bench press shirt) (Laughlin, Nevada) (AAU) <TOP20UC> <TOP20UF>
7.	347.2 (157.5)	*3.15X	Krzysztof Wrona (Poland/75) 12/2/05 (157.5 kg. @ 49.95 kg.) (Stockholm, Sweden) (IPF)
8.	341.7 (155.0)	2.98X	Dustin Cichon (US/88) 8/5/06 (155.0 kg.) (Oklahoma City, Oklahoma) (NASA)
9.	341.7 (155.0)	*2.99X	Aleksey Romanov (Russia/81) 9/19/06 (155.0 kg. @ 51.9 kg.) (Syktyfkar, Russia) (IPF)
10.	338.4 (153.5)	*2.98X	Hiroyuki Ishiwatari (Japan/59) 9/1/01 (153.5 kg. @ 51.46 kg.) (Takamatsu, Japan) (IPF)
11.	336.2 (152.5)	*2.96X	Kazuya Yanagida (Japan/63) 12/12/99 (152.5 kg. @ 51.5 kg.) (Vaasa, Finland) (IPF)
12.	336.2 (152.5)	*2.94X	Ravil Kazakov (Russia/82) 11/14/02 (152.5 kg. @ 51.8 kg.) (Trencin, Slovakia) (IPF)
13.	336.2 (152.5)	*2.93X	Dariusz Wszola (Poland/78) 8/12/06 (152.5 kg. @ 52.0 kg.) (Bordeaux, France) (IPF)
14.	330.7 (150.0)	2.88X	Mustapha Khadroui (Sweden) 6/2/00 (150.0 kg.) (Haninge, Sweden) (IPF)
15.	330.7 (150.0)	*2.90X	Yauhen Kuliashou (Belorussia/82) 9/24/05 (150.0 kg. @ 51.7 kg.) (Mosonmagyaróvár, Hungary) (IPF)
16.	330.7 (150.0)	*2.90X	Christian Klein (Germany/70) 11/4/06 (150.0 kg. @ 51.7 kg.) (Russelsheim, Germany) (IPF)
17.	330.0 (149.7)	2.88X	Chris Hollyfield (US) 10/16/92 (330.0 lb.) (Lakeland, Florida) (APF)
18.	325.2 (147.5)	*2.88X	Chuck Dunbar (US/57) 7/7/84 (147.5 kg. @ 51.2 kg., without a bench press shirt) (Dayton, Ohio) (USPF)
19.	325.2 (147.5)	*2.89X	Shin "Yakan Nabe" Watanabe (Japan/70) 11/18/99 (147.5 kg. @ 51.1 kg.) (Trento, Italy) (IPF)
20.	325.2 (147.5)	2.84X	Lyle Culp (US) 9/23/00 (147.5 kg.) (Bend, Oregon) (WABDL)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #5 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

114 Pound (52 Kilogram) Men's Weight Division -- Deadlift

Rank	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	573.2 (260.0)	5.00X	E. Sajeeva Bhaskaran (India/62) 1993 (260.0 kg.) (India Nationals) (IPF) <TOP20C> <TOP20F>
2.	567.7 (257.5)	*4.96X	Sergey Fedosienko (Russia/82) 3/3/05 (257.5 kg. @ 51.9 kg.) (Kazan, Russia) (IPF) <TOP20C> <TOP20F>
3.	545.6 (247.5)	*4.76X	Shih-Wu Lu (Chinese Taipei/75) 4/13/98 (247.5 kg. @ 52.0 kg.) (Sam-Chuk, Korea) (IPF) <TOP20C> <TOP20F>
4.	540.1 (245.0)	*4.72X	Chun-Hsiung Hu (Chinese Taipei/74) 11/15/01 (245.0 kg. @ 51.9 kg.) (Sotkamo, Finland) (IPF) <TOP20F>
5.	540.1 (245.0)	*4.73X	N. Ambu (India/78) 11/16/00 (245.0 kg. @ 51.8 kg.) (Akita City, Japan) (IPF) <TOP20F>
6.	534.6 (242.5)	4.66X	Denny Thios (Indonesia/69) 9/1/90 (242.5 kg) (Kaoshiung, Taiwan) (IPF)
7.	523.6 (237.5)	4.57X	Hideaki Inaba (Japan/44) 6/17/84 (237.5 kg.) (Nagoya City, Japan) (IPF)
8.	518.1 (235.0)	*4.57X	Vyacheslav Gorbunov (Russia/75) 6/20/98 (235.0 kg. @ 51.4 kg.) (Vladimir, Russia) (IPF)
9.	518.1 (235.0)	*4.54X	Erwin Gainer (US/66) 7/9/04 (235.0 kg. @ 51.72 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
10.	512.6 (232.5)	4.47X	Haruji Watanabe-Saikachi (Japan) 9/21/80 (232.5 kg.) (Tokyo, Japan) (IPF)
11.	512.6 (232.5)	4.47X	Brandon Green (US/72) 7/12/97 (232.5 kg.) (Philadelphia, Pennsylvania) (USPF/IPF)
12.	512.6 (232.5)	*4.47X	Garje Prakasha (India/76) 11/18/99 (232.5 kg. @ 52.0 kg.) (Trento, Italy) (IPF)
13.	507.1 (230.0)	4.42X	Sergey Zhuravliev (Russia/60) 2/29/92 (230.0 kg.) (Moscow, Russia) (IPF)
14.	507.1 (230.0)	4.42X	Wijaya (Indonesia) 11/8/92 (230.0 kg.) (Semarang, Indonesia) (IPF)
15.	507.1 (230.0)	4.42X	Roger Thompson (US) 7/26/97 (230.0 kg.) (Chicago, Illinois) (USAPL/IPF)
16.	507.1 (230.0)	*4.42X	Vadamalai Loganathan (India/76) 11/12/98 (230.0 kg. @ 52.0 kg.) (Cherkasy, Ukraine) (IPF)
17.	507.1 (230.0)	*4.44X	Pat Constantine (Great Britain/69) 11/10/04 (230.0 kg. @ 51.76 kg.) (Cape Town, South Africa) (IPF)
18.	501.6 (227.5)	4.38X	Jeff Madsen (New Zealand) 8/18/84 (227.5 kg.) (Wanganii, New Zealand) (IPF)
19.	501.6 (227.5)	*4.46X	W. Andi (Indonesia) 1/13/96 (227.5 kg. @ 51.0 kg.) (Jakarta, Indonesia) (IPF)
20.	501.6 (227.5)	*4.40X	John Maxwell (Great Britain/64) 6/26/04 (227.5 kg. @ 51.75 kg.) (Birmingham, England) (IPF)

114 Pound (52 Kilogram) Men's Weight Division -- Total

Rank	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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. First man to total 13X bodyweight.) (Kazan, Russia) (IPF) <TOP20C> <TOP20F>
2.	1384.5 (628.0)	*12.56X	Andrzej Stanaszek (Poland/71) 11/5/03 (300.5+182.5+145.0=628.0 kg. @ 50.0 kg.) (Vejle, Denmark) (IPF) <TOP20C>
3.	1322.8 (600.0)	*11.70X	Andrzej Stanaszek (Poland/71) 5/9/02 (290.0+170.0+140.0=600.0 kg. @ 51.3 kg. Lifts done without a squat suit or bench press shirt.) (Eskilstuna, Sweden) (IPF) <TOP20UC>
4.	1300.7 (590.0)	*11.39X	Ravil Kazakov (Russia/82) 11/14/02 (242.5+152.5+195.0=590.0 kg. @ 51.8 kg.) (Trencin, Slovakia) (IPF)
5.	1295.2 (587.5)	*11.36X	Hideaki Inaba (Japan/44) 11/13/87 (235.0+115.0+237.5=587.5 kg. @ 51.7 kg. First man to total 10X bodyweight.) (Fredrikstad, Norway) (IPF)
6.	1284.2 (582.5)	*11.30X	Dariusz Wszola (Poland/78) 11/6/06 (232.5+145.0+205.0=582.5 kg. @ 51.55 kg.) (Stavanger, Norway) (IPF)
7.	1278.7 (580.0)	*11.15X	Shih-Wu Lu (Chinese Taipei/75) 4/13/98 (225.0+107.5+247.5=580.0 kg. @ 52.0 kg.) (Sam-Chuk, Korea) (IPF)
8.	1278.7 (580.0)	*11.20X	Chun-Hsiung Hu (Chinese Taipei/74) 11/14/02 (215.0+120.0+245.0=580.0 kg. @ 51.8 kg.) (Trencin, Slovakia) (IPF)
9.	1273.2 (577.5)	11.11X	Denny Thios (Indonesia/69) 9/1/90 (210.0+125.0+242.5=577.5 kg.) (Kaoshiung, Taiwan) (IPF)
10.	1273.2 (577.5)	11.11X	Sergey Zhuravliev (Russia/60) 2/29/92 (235.0+112.5+230.0=577.5 kg.) (Moscow, Russia) (IPF)
11.	1267.7 (575.0)	11.06X	Aleksandr Degovets (Ukraine/66) 6/26/93 (240.0+135.0+200.0=575.0 kg.) (Birmingham, England) (WPC)
12.	1256.6 (570.0)	*11.09X	Vyacheslav Gorbunov (Russia/75) 6/20/98 (200.0+135.0+235.0=570.0 kg. @ 51.4 kg.) (Vladimir, Russia) (IPF)
13.	1256.6 (570.0)	*10.98X	Aleksey Romanov (Russia/81) 6/18/04 (230.0+145.0+195.0=570.0 kg. @ 51.9 kg.) (Sofia, Bulgaria) (IPF)
14.	1251.1 (567.5)	*10.97X	Erwin Gainer (US/66) 7/9/04 (192.5+140.0+235.0=567.5 kg. @ 51.72 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
15.	1245.6 (565.0)	*11.04X	Chuck Dunbar (US/57) 7/7/84 (230.0+147.5+187.5=565.0 kg. @ 51.2 kg.) (Dayton, Ohio) (USPF)
16.	1245.6 (565.0)	*10.91X	N. Ambu (India/78) 11/18/99 (225.0+97.5+242.5=565.0 kg. @ 51.8 kg.) (Trento, Italy) (IPF)
17.	1234.6 (560.0)	*10.77X	Alexander Kolbin (Russia/87) 9/9/05 (210.0+125.0+225.0=560.0 kg. @ 51.99 kg.) (Fort Wayne, Indiana) (IPF)
18.	1229.1 (557.5)	*10.93X	W. Andi (Indonesia) 1/13/96 (217.5+105.0+227.5=550/557.5 kg.?) (557.5 kg. @ 51.0 kg.) (Jakarta, Indonesia) (IPF)
19.	1229.1 (557.5)	*10.74X	Garje Prakasha (India/76) 5/4/01 (220.0+105.0+232.5=557.5 kg. @ 51.9 kg.) (New Delhi, India) (IPF)
20.	1224.7 (555.5)	*11.02X	Patar (Indonesia/75) 1/13/96 (210.0+135.5+210.0=555.5 kg. @ 50.4 kg.) (Jakarta, Indonesia) (IPF)

Listing compiled by Michael Soong (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #6 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

123 Pound (56 Kilogram) Men's Weight Division -- Squat

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	644.9 (292.5)	*5.61X	Andrzej Stanaszek (Poland/71) 3/22/03 (292.5 kg. @ 52.1 kg., without a squat suit or knee wraps.) (Landshut, Germany) (IPF) <TOP20C> <TOP20F> <TOP20UC> <TOP20UF>
2.	633.8 (287.5)	*5.16X	Magnus Karlsson (Sweden/67) 11/14/96 (287.5 kg. @ 55.7 kg.) (Salzburg, Austria) (IPF) <TOP20C>
3.	628.3 (285.0)	*5.19X	Sergey Fedosienko (Russia/82) 11/2/09 (285.0 kg. @ 54.94 kg.) (New Delhi, India) (IPF) <TOP20C>
4.	595.2 (270.0)	*4.83X	Ravil Kazakov (Russia/82) 11/5/03 (270.0 kg. @ 55.85 kg.) (Vejle, Denmark) (IPF)
5.	595.2 (270.0)	*4.82X	Konstantin Pavlov (Russia/73) 8/26/04 (270.0 kg. @ 56.0 kg.) (Voronezh, Russia) (IPF)
6.	584.2 (265.0)	4.73X	Richard Hawthorne (US/84) 4/17/04 (265.0 kg.) (Baton Rouge, Louisiana) (APF)
7.	575.4 (261.0)	*4.69X	Chun-Hsiung Hu (Chinese Taipei/74) 11/1/97 (261.0 kg. @ 55.6 kg.) (Chanhua, Taiwan) (IPF)
8.	562.2 (255.0)	*4.62X	Shih-Wu Lu (Chinese Taipei/75) 10/15/07 (255.0 kg. @ 55.2 kg.) (Soelden, Austria) (IPF)
9.	562.2 (255.0)	*4.63X	Suresh Puthiyandi (India/81) 11/2/09 (255.0 kg. @ 55.1 kg.) (New Delhi, India) (IPF)
10.	556.7 (252.5)	*4.52X	Dariusz Wszola (Poland/78) 11/8/10 (252.5 kg. @ 55.84 kg.) (Potchefstroom, South Africa) (IPF)
11.	551.2 (250.0)	4.46X	Dave Buterbaugh (US) 8/10/96 (250.0 kg.) (Las Vegas, Nevada) (APF/WPC)
12.	551.2 (250.0)	*4.67X	Mike Booker (US/81) 3/9/02 (250.0 kg. @ 118.0 lb., without a squat suit or knee wraps.) (Moreno Valley, California) (AAU) <TOP20UC> <TOP20UF>
13.	551.2 (250.0)	*4.47X	Fanil Mukhamatyanov (Russia/72) 2/27/03 (250.0 kg. @ 55.96 kg.) (Kazan, Russia) (IPF)
14.	551.2 (250.0)	*4.48X	Konstantin Danilov (Russia/86) 6/17/05 (250.0 kg. @ 55.8 kg.) (Mariupol, Ukraine) (IPF)
15.	540.1 (245.0)	4.38X	Joe Cunha (US/59) 5/5/84 (245.0 kg.) (Mission San Jose, California) (USPF/ADFP)
16.	540.1 (245.0)	*4.39X	Ivalin Petrov (Bulgaria/65) 5/13/94 (245.0 kg. @ 55.8 kg.) (Pitea, Sweden) (IPF)
17.	540.1 (245.0)	*4.43X	Pawel Osmialowski (Poland/78) 5/6/09 (245.0 kg. @ 55.3 kg.) (Ylitornio, Finland) (IPF)
18.	534.6 (242.5)	4.33X	Hideaki Inaba (Japan/44) 6/19/88 (242.5 kg.) (Tokyo, Japan) (IPF)
19.	530.2 (240.5)	*4.37X	Peter Kemp (Great Britain/71) 6/28/03 (240.5 kg. @ 55.0 kg.) (Birmingham, England) (IPF)
20.	529.1 (240.0)	4.29X	Jose DeSousa (South Africa) 11/24/91 (240.0 kg.) (Las Vegas, Nevada) (WPC)

123 Pound (56 Kilogram) Men's Weight Division -- Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	463.0 (210.0)	*3.75X	Anton Kraft (Denmark/64) 4/18/09 (210.0 kg. @ 56.0 kg.) (Orlando, Florida) (IPF)
2.	424.4 (192.5)	*3.44X	Konstantin Pavlov (Russia/73) 8/25/05 (192.5 kg. @ 56.0 kg.) (Oriol, Russia) (IPF)
3.	418.9 (190.0)	*3.44X	Makoto Ohtsubo (Japan/68) 6/3/00 (190.0 kg. @ 55.2 kg.) (Osaka, Japan) (IPF)
4.	414.5 (188.0)	*3.36X	Hiroyaki Isagawa (Japan/53) 11/5/03 (188.0 kg. @ 55.9 kg.) (Vejle, Denmark) (IPF)
5.	413.4 (187.5)	*3.37X	Magnus Karlsson (Sweden/67) 11/14/96 (187.5 kg. @ 55.7 kg.) (Salzburg, Austria) (IPF)
6.	413.4 (187.5)	*3.36X	Naoya Ikeda (Japan/70) 5/28/09 (187.5 kg. @ 55.88 kg.) (Hamm, Luxembourg) (IPF)
7.	413.4 (187.5)	3.35X	Eric Head (US/86) 10/31/09 (187.5 kg.) (Reno, Nevada) (WABDL)
8.	407.9 (185.0)	*3.36X	Yuji Miyazaki (Japan/68) 12/6/02 (185.0 kg. @ 55.1 kg.) (Hamm, Luxembourg) (IPF)
9.	407.9 (185.0)	*3.31X	Fanil Mukhamatyanov (Russia/72) 12/5/03 (185.0 kg. @ 55.9 kg.) (Trencin, Slovakia) (IPF)
10.	402.3 (182.5)	*3.35X	Mike Booker (US/81) 6/20/04 (182.5 kg. @ 120.0 lb.) (Vista, California) (AAU)
11.	396.8 (180.0)	*3.24X	Ravil Kazakov (Russia/82) 6/13/03 (180.0 kg. @ 55.5 kg.) (Nymburk, Czech Republic) (IPF)
12.	396.8 (180.0)	*3.28X	Sergey Fedosienko (Russia/82) 11/8/10 (180.0 kg. @ 54.92 kg.) (Potchefstroom, South Africa) (IPF)
13.	391.3 (177.5)	*3.23X	Mike Booker (US/81) 6/21/03 (177.5 kg. @ 121.0 lb., without a bench press shirt) (Vista, California) (AAU) <TOP20UC> <TOP20UF> <UWR>
14.	391.3 (177.5)	*3.22X	Tagy Parnian (Netherlands/68) 12/3/04 (177.5 kg. @ 55.1 kg.) (Cleveland, Ohio) (IPF)
15.	385.8 (175.0)	*3.31X	Andrzej Stanaszek (Poland/71) 5/20/00 (175.0 kg. @ 52.8 kg., without a bench press shirt) (Landshut, Germany) (IPF) <TOP20UC> <TOP20UF>
16.	385.8 (175.0)	*3.15X	Kazuo Nakata (Japan/67) 8/13/10 (175.0 kg. @ 55.6 kg.) (Manila, Philippines) (IPF)
17.	380.3 (172.5)	*3.09X	Tomoyuki Kondo (Japan/78) 8/19/06 (172.5 kg. @ 55.8 kg.) (Manila, Philippines) (IPF)
18.	380.3 (172.5)	*3.10X	Dariusz Wszola (Poland/78) 8/8/08 (172.5 kg. @ 55.7 kg.) (Bratislava, Slovakia) (IPF)
19.	377.5 (171.2)	*3.06X	Rick "Taz" Couch (US) 4/10/93 (377.5 lb. @ 123.25 lb., without a bench press shirt) (Fresno, California) (APA/WPA/UBPF) <TOP20UC> <TOP20UF>
20.	374.8 (170.0)	3.04X	Dave Buterbaugh (US) 11/11/95 (170.0 kg.) (Chicago, Illinois) (APF/WPC)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of **4/24/11**.

<http://www.powerliftingusa.com>

Page #7 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

123 Pound (56 Kilogram) Men's Weight Division -- Deadlift

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	639.3 (290.0)	*5.18X	Lamar Gant (US/57) 7/10/82 (290.0 kg. @ 56.0 kg. First man to deadlift quintuple bodyweight.) (Dayton, Ohio) (USPF/IPF) <TOP20C> <TOP20F>
2.	600.0 (272.2)	4.86X	Chris Smith (US) 3/13/10 (600.0 lb.) (Houston, Texas) (THSPA) <TOP20C> <TOP20F>
3.	595.2 (270.0)	*4.84X	Chun-Hsiung Hu (Chinese Taipei/74) 11/13/97 (270.0 kg. @ 55.8 kg.) (Prague, Czech Republic) (IPF) <TOP20C> <TOP20F>
4.	587.5 (266.5)	*4.78X	N. Ambu (India/78) 5/16/02 (266.5 kg. @ 55.7 kg.) (Dong Hae City, Korea) (IPF) <TOP20C> <TOP20F>
5.	578.7 (262.5)	*4.80X	Komarudin (Indonesia/71) 6/24/94 (262.5 kg. @ 54.7 kg.) (Bali, Indonesia) (IPF) <TOP20C> <TOP20F>
6.	578.7 (262.5)	*4.69X	Damarrio "Doc" Holloway (US/80) 4/30/06 (262.5 kg. @ 56.0 kg.) (Duluth, Georgia) (USAPL)
7.	578.7 (262.5)	*4.77X	Shih-Wu Lu (Chinese Taipei/75) 11/2/09 (262.5 kg. @ 55.04 kg.) (New Delhi, India) (IPF) <TOP20C> <TOP20F>
8.	575.4 (261.0)	*4.75X	Sergey Fedosienko (Russia/82) 2/16/10 (261.0 kg. @ 54.9 kg.) (Chelyabinsk, Russia) (IPF) <TOP20C> <TOP20F>
9.	573.2 (260.0)	*4.65X	Richard Hawthorne (US/84) 5/17/03 (260.0 kg. @ 123.4 lb.) (Gadsden, Alabama) (WABDL)
10.	573.2 (260.0)	*4.68X	Mike Ewoldsen (US/65) 2/13/05 (260.0 kg. @ 122.5 lb.) (Oklahoma City, Oklahoma) (NASA)
11.	573.2 (260.0)	*4.66X	Sheng-Nan Yang (Chinese Taipei/82) 11/2/09 (260.0 kg. @ 55.82 kg.) (New Delhi, India) (IPF)
12.	562.2 (255.0)	4.55X	Nanda Talambanua (Indonesia/66) 9/17/87 (255.0 kg.) (Lima, Peru) (IPF)
13.	562.2 (255.0)	4.55X	Tim Taylor (US/66) 10/28/89 (255.0 kg.) (Hills Air Force Base, Utah) (NSM)
14.	562.2 (255.0)	*4.60X	Tsung-Ting Hsieh (Chinese Taipei/82) 11/14/02 (255.0 kg. @ 55.4 kg.) (Trencin, Slovakia) (IPF)
15.	556.7 (252.5)	4.51X	Dave Pattaway (US/59) 7/28/90 (252.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
16.	551.2 (250.0)	4.46X	Precious McKenzie (New Zealand/36) 11/2/79 (250.0 kg.) (Dayton, Ohio) (IPF)
17.	551.2 (250.0)	4.46X	Alfonso DeVega (Columbia/66) 8/3/90 (250.0 kg.) (National Record) (IPF)
18.	551.2 (250.0)	4.46X	Denny Thios (Indonesia/69) 11/8/92 (250.0 kg.) (Semarang, Indonesia) (IPF)
19.	551.2 (250.0)	*4.47X	Azat Rakhmankulov (Uzbekistan/76) 5/16/02 (250.0 kg. @ 55.9 kg.) (Dong Hae City, Korea) (IPF)
20.	551.2 (250.0)	4.46X	Eric Kupperstein (US/66) 3/6/04 (250.0 kg.) (Plymouth, Massachusetts) (USAPL)

123 Pound (56 Kilogram) Men's Weight Division -- Total

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1598.4 (725.0)	*13.12X	Sergey Fedosienko (Russia/82) 1/26/08 (285.0+180.0+260.0=725.0 kg. @ 55.25 kg.) (Novosibirsk, Russia) (IPF) <TOP20C> <TOP20F>
2.	1515.7 (687.5)	*12.28X	Konstantin Pavlov (Russia/73) 8/25/05 (267.5+192.5+227.5=687.5 kg. @ 56.0 kg.) (Oriol, Russia)
3.	1455.1 (660.0)	11.79X	Richard Hawthorne (US/84) 4/17/04 (265.0+135.0+260.0=660.0 kg.) (Baton Rouge, Louisiana) (APF)
4.	1422.0 (645.0)	*11.55X	Ravil Kazakov (Russia/82) 11/5/03 (270.0+170.0+205.0=645.0 kg. @ 55.85 kg.) (Vejle, Denmark) (IPF)
5.	1411.0 (640.0)	*11.71X	Mike Ewoldsen (US/65) 8/7/10 (235.0+150.0+255.0=640.0 kg. @ 120.5 lb.) (Denver, Colorado) (NASA)
6.	1409.9 (639.5)	*11.50X	Chun-Hsiung Hu (Chinese Taipei/74) 11/1/97 (261.0+112.5+266.0=639.5 kg. @ 55.6 kg.) (Chanhua, Taiwan) (IPF)
7.	1399.9 (635.0)	*11.34X	Nikolay Asabin (Russia/79) 8/26/04 (240.0+160.0+235.0=635.0 kg. @ 56.0 kg.) (Voronezh, Russia) (IPF)
8.	1388.9 (630.0)	*11.41X	Shih-Wu Lu (Chinese Taipei/75) 10/15/07 (255.0+120.0+255.0=630.0 kg. @ 55.2 kg.) (Soelden, Austria) (IPF)
9.	1388.9 (630.0)	*11.28X	Dariusz Wszola (Poland/78) 11/8/10 (252.5+167.5+210.0=630.0 kg. @ 55.84 kg.) (Potchefstroom, South Africa) (IPF)
10.	1384.5 (628.0)	*11.23X	Hiroaki Isagawa (Japan/53) 11/5/03 (210.0+188.0+230.0=628.0 kg. @ 55.9 kg.) (Vejle, Denmark) (IPF)
11.	1383.4 (627.5)	*11.21X	Lamar Gant (US/57) 7/10/82 (200.0+137.5+290.0=627.5 kg. @ 56.0 kg.) (Dayton, Ohio) (USPF/IPF)
12.	1383.4 (627.5)	*11.21X	Famil Mukhamatyanov (Russia/72) 3/11/04 (245.0+182.5+200.0=627.5 kg. @ 56.0 kg.) (Krasnoyarsk, Russia) (IPF)
13.	1383.4 (627.5)	*11.39X	Suresh Puthiyandi (India/81) 11/2/09 (255.0+160.0+212.5=627.5 kg. @ 55.1 kg.) (New Delhi, India) (IPF)
14.	1377.9 (625.0)	11.16X	Denny Thios (Indonesia/69) 11/8/92 (225.0+150.0+250.0=625.0 kg.) (Semarang, Indonesia) (IPF)
15.	1375.0 (623.7)	11.14X	Chris Smith (US) 3/13/10 (500.0+275.0+600.0=1375.0 lb.) (Houston, Texas) (THSPA)
16.	1366.9 (620.0)	*11.09X	Tsung-Ting Hsieh (Chinese Taipei/82) 9/14/01 (220.0+150.0+250.0=620.0 kg. @ 55.9 kg.) (Sofia, Bulgaria) (IPF)
17.	1366.9 (620.0)	*11.11X	Konstantin Danilov (Russia/86) 6/17/05 (250.0+130.0+240.0=620.0 kg. @ 55.8 kg.) (Mariupol, Ukraine) (IPF)
18.	1366.9 (620.0)	*11.07X	Damarrio "Doc" Holloway (US/80) 4/30/06 (220.0+137.5+262.5=620.0 kg. @ 56.0 kg.) (Duluth, Georgia) (USAPL)
19.	1366.9 (620.0)	*11.07X	Sergey Levin (Russia/87) 9/7/09 (240.0+160.0+220.0=620.0 kg. @ 56.0 kg.) (Ribeirao Preto, Sao Paulo, Brazil) (IPF)
20.	1344.8 (610.0)	10.89X	Precious McKenzie (New Zealand/36) 11/2/79 (230.0+130.0+250.0=610.0 kg.) (Dayton, Ohio) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

<http://www.powerliftingusa.com>

Records accurate (as to my knowledge) as of **4/24/11.**

Page #8 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

132 Pound (60 Kilogram) Men's Weight Division -- Squat

Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 705.5 (320.0)	5.33X	Magnus Karlsson (Sweden/67) 10/2/99 (320.0 kg.) (Malmö, Sweden) (IPF) <TOP20C>
2. 683.4 (310.0)	*5.17X	Ayrat Zakiyev (Russia/81) 3/1/06 (310.0 kg. @ 59.95 kg.) (Ufa, Russia) (IPF) <TOP20C>
3. 661.4 (300.0)	*5.03X	Ravil Kazakov (Russia/82) 11/10/04 (300.0 kg. @ 59.7 kg.) (Cape Town, South Africa) (IPF)
4. 650.4 (295.0)	4.92X	Joe Bradley (US/56) 11/7/80 (295.0 kg.) (Arlington, Texas) (USPF/IPF)
5. 650.4 (295.0)	*4.96X	Richard Hawthorne (US/84) 10/8/04 (295.0 kg. @ 59.5 kg.) (Atlanta, Georgia) (WPO)
6. 644.9 (292.5)	*4.89X	Konstantin Danilov (Russia/86) 2/16/10 (292.5 kg. @ 59.8 kg.) (Chelyabinsk, Russia) (IPF)
7. 630.5 (286.0)	*4.78X	Darimin Sutrisno (Indonesia/75) 5/2/07 (286.0 kg. @ 59.85 kg.) (Kaohsiung, Chinese Taipei) (IPF)
8. 628.3 (285.0)	*4.76X	Anton Krasilnikov (Russia/86) 3/1/06 (285.0 kg. @ 59.85 kg.) (Ufa, Russia) (IPF)
9. 622.8 (282.5)	*4.72X	Gerry McNamara (Ireland/63) 9/9/00 (282.5 kg. @ 59.8 kg.) (Coppeen, Ireland) (IPF)
10. 622.8 (282.5)	*4.71X	Mikhail Andrushin (Russia/70) 8/25/05 (282.5 kg. @ 59.95 kg.) (Oriol, Russia) (IPF)
11. 617.3 (280.0)	*4.91X	Sergey Fedosienko (Russia/82) 2/19/11 (280.0 kg. @ 57.0 kg.) (Berds, Russia) (IPF)
12. 615.0 (279.0)	4.65X	Caleb Williams (US/84) 6/24/04 (615.0 lb.) (Duluth, Georgia) (USAPL)
13. 611.8 (277.5)	*4.63X	Hennis Washington (US/70) 6/19/04 (277.5 kg. @ 59.95 kg.) (Fort Lauderdale, Florida) (APF)
14. 611.8 (277.5)	*4.64X	Mike Kuhns (US/86) 6/18/10 (277.5 kg. @ 59.8 kg.) (Palm Springs, California) (USAPL/IPF)
15. 605.0 (274.4)	*4.58X	Doug Heath (US/55) 3/7/98 (605.0 lb. @ 132.0 lb.) (Avon Lake, Ohio) (IPA)
16. 603.0 (273.5)	*4.63X	Judd Biasiotto (US/46) 3/1/89 (600.0 lb. @ 130.25 lb., which later weighed out at 603.0 lb.) (Albany, Georgia) (ADFPA)
17. 600.8 (272.5)	*4.59X	Tsung-Ting Hsieh (Chinese Taipei/82) 5/3/10 (272.5 kg. @ 59.4 kg.) (Ulan Bator, Mongolia) (IPF)
18. 595.2 (270.0)	4.50X	Lamar Gant (US/57) 4/8/88 (270.0 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
19. 595.2 (270.0)	*4.53X	Nanda Talambanua (Indonesia/66) 1/13/96 (270.0 kg. @ 59.55 kg.) (Jakarta, Indonesia) (IPF)
20. 595.2 (270.0)	*4.64X	Konstantin Pavlov (Russia/73) 2/27/03 (270.0 kg. @ 58.15 kg.) (Kazan, Russia) (IPF)

132 Pound (60 Kilogram) Men's Weight Division -- Bench Press

Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 490.5 (222.5)	*3.73X	Ayrat Zakiyev (Russia/81) 5/25/06 (222.5 kg. @ 59.6 kg.) (Miskolc, Hungary) (IPF)
2. 474.0 (215.0)	*3.68X	Anton Kraft (Denmark/64) 10/10/09 (215.0 kg. @ 58.5 kg.) (Acapulco, Mexico) (IPF)
3. 468.5 (212.5)	*3.54X	Mike Kuhns (US/86) 9/12/09 (212.5 kg. @ 59.95 kg.) (Cleveland, Ohio) (USAPL/IPF)
4. 463.0 (210.0)	3.50X	Kenichiro Matsumoto (Japan/75) 10/2/04 (210.0 kg.) (Tokyo, Japan) (IPF)
5. 463.0 (210.0)	3.50X	Kerwin Unten (US/68) 6/17/06 (210.0 kg.) (Honolulu, Hawaii) (WABDL)
6. 457.5 (207.5)	*3.48X	Ravil Kazakov (Russia/82) 11/10/04 (207.5 kg. @ 59.7 kg.) (Cape Town, South Africa) (IPF)
7. 457.5 (207.5)	*3.51X	Hisayuki Nakayama (Japan/63) 6/26/08 (207.5 kg. @ 59.1 kg.) (Prague, Czech Republic) (IPF)
8. 453.0 (205.5)	*3.43X	Hiroyaki Isagawa (Japan/53) 12/7/01 (205.5 kg. @ 59.88 kg.) (Christchurch, New Zealand) (IPF)
9. 451.9 (205.0)	*3.42X	Toshihir Kawakami (Japan/63) 9/1/01 (205.0 kg. @ 59.86 kg.) (Takamatsu, Japan) (IPF)
10. 451.9 (205.0)	*3.42X	August Clark (US/62) 11/8/02 (205.0 kg. @ 60.0 kg.) (New Orleans, Louisiana) (WPO)
11. 440.9 (200.0)	*3.36X	Tagy Parnian (Netherlands/68) 8/8/03 (200.0 kg. @ 59.6 kg.) (Lviv, Ukraine) (IPF)
12. 440.9 (200.0)	*3.35X	Fanil Mukhamatyanov (Russia/72) 3/4/05 (200.0 kg. @ 59.7 kg.) (Kazan, Russia) (IPF)
13. 429.9 (195.0)	*3.27X	Roy Fokken (US/70) 9/16/00 (205.0 kg. @ 131.5 lb.) (Ocean City, Maryland) (NSM)
14. 426.6 (193.5)	*3.27X	Tsung-Ting Hsieh (Chinese Taipei/82) 5/3/06 (193.5 kg. @ 59.25 kg.) (Taebaek, Korea) (IPF)
15. 425.0 (192.8)	*3.21X	Doug Heath (US/55) 2/27/99 (425.0 lb. @ 132.25 lb.) (Elyria, Ohio) (IPA)
16. 424.4 (192.5)	3.21X	Greg Warr (US/69) 5/9/98 (192.5 kg.) (Dallas-Irving, Texas) (WABDL)
17. 418.9 (190.0)	*3.18X	Markus Schick (Germany/76) 4/27/96 (190.0 kg. @ 59.7 kg.) (Essen, Germany) (FIBO)
18. 418.9 (190.0)	*3.22X	Magnus Karlsson (Sweden/67) 12/1/96 (190.0 kg. @ 59.0 kg.) (Silkeborg, Denmark) (IPF)
19. 418.9 (190.0)	*3.18X	Darimin Sutrisno (Indonesia/75) 11/9/05 (190.0 kg. @ 59.8 kg.) (Miami, Florida) (IPF)
20. 418.9 (190.0)	*3.18X	Luis Miguel Jimenez Villalba (Spain/78) 5/26/10 (190.0 kg. @ 59.7 kg.) (Killeen, Texas) (IPF)

Listing compiled by Michael Soong (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #9 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

132 Pound (60 Kilogram) Men's Weight Division -- Deadlift

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	683.4 (310.0)	*5.17X	Lamar Gant (US/57) 11/11/88 (310.0 kg. @ 60.0 kg.) (Perth, Australia) (USPF/IPF) <TOP20C> <TOP20F>
2.	633.8 (287.5)	4.79X	Lucien De Faria (France/42) 5/20/90 (287.5 kg.) (Boulogne, France) (IPF) <TOP20C> <TOP20F>
3.	628.3 (285.0)	*4.75X	Mikhail Andruchin (Russia/70) 8/25/05 (285.0 kg. @ 59.95 kg.) (Oriol, Russia) (IPF) <TOP20C>
4.	628.3 (285.0)	*4.82X	Tsung-Ting Hsieh (Chinese Taipei/82) 11/7/06 (285.0 kg. @ 59.15 kg.) (Stavanger, Norway) (IPF) <TOP20C> <TOP20F>
5.	623.9 (283.0)	*4.77X	Darimin Sutrisno (Indonesia/75) 5/17/02 (283.0 kg. @ 59.28 kg.) (Dong Hae City, Korea) (IPF) <TOP20C>
6.	622.8 (282.5)	*4.79X	Sheng-Nan Yang (Chinese Taipei/82) 11/18/99 (282.5 kg. @ 59.0 kg.) (Trento, Italy) (IPF) <TOP20C> <TOP20F>
7.	620.6 (281.5)	*4.70X	Yung-Chang Lee (Chinese Taipei/60) 11/3/97 (281.5 kg. @ 59.9 kg.) (Chanhua, Taiwan) (IPF) <TOP20F>
8.	620.0 (281.2)	4.69X	John D. "J.D." Carr (US/57) 11/15/86 (620.0 lb.) (Maui, Hawaii) (APF/WPC)
9.	619.5 (281.0)	4.68X	Sandeep Sawant (India/66) 8/17/92 (281.0 kg.) (Jamshedpur, India) (IPF)
10.	611.8 (277.5)	4.63X	Kullervo Lampela (Finland/44) 3/7/79 (277.5 kg.) (Hummppila, Finland) (IPF)
11.	611.8 (277.5)	*4.78X	Richard Hawthorne (US/84) 2/21/09 (277.5 kg. @ 128 lb.) (Humble, Texas) (WABDL) <TOP20C> <TOP20F>
12.	610.0 (276.7)	4.61X	E. Montgomery (US) 5/24/98 (610.0 lb.) (Peoria, Arizona) (AAU)
13.	607.4 (275.5)	*4.59X	Marcus Williams (US/83) 5/31/03 (275.5 kg. @ 60.0 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
14.	606.3 (275.0)	*4.58X	Eddie Pengelly (Great Britain/49-94) 4/24/77 (275.0 kg. @ 60.0 kg.) (Hatchford Brook, Great Britain) (IPF)
15.	606.3 (275.0)	*4.58X	Frankie Vedro (US) 1/9/82 (275.0 kg. @ 132.25 lb.) (Columbus, Ohio) (USPF/IPF)
16.	606.3 (275.0)	4.58X	Nanda Talambanua (Indonesia/66) 10/9/88 (275.0 kg.) (Takamatsu City, Kagawa Prefecture, Japan) (IPF)
17.	606.3 (275.0)	*4.67X	Tim Taylor (US/66) 8/12/01 (275.0 kg. @ 58.85 kg.) (Orlando, Florida) (WPO)
18.	600.0 (272.2)	*4.65X	Joe Bradley (US/56) 4/7/79 (600.0 lb. @ 129.0 lb.) (Wisconsin Rapids, Michigan) (USPF/IPF)
19.	595.2 (270.0)	*4.52X	Gerry McNamara (Ireland/63) 9/9/00 (270.0 kg. @ 59.8 kg.) (Coppeen, Ireland) (IPF)
20.	589.7 (267.5)	*4.47X	Genady Chetin (Russia/43) 5/1/92 (267.5 kg. @ 59.9 kg.) (Horsens, Denmark) (IPF)

132 Pound (60 Kilogram) Men's Weight Division -- Total

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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) <TOP20C>
2.	1639.1 (743.5)	*12.42X	Darimin Sutrisno (Indonesia/75) 5/2/07 (286.0+190.0+267.5=743.5 kg. @ 59.85 kg.) (Kaohsiung, Chinese Taipei) (IPF) <TOP20C>
3.	1631.4 (740.0)	*12.40X	Ravil Kazakov (Russia/82) 11/10/04 (300.0+207.5+232.5=740.0 kg. @ 59.7 kg.) (Cape Town, South Africa) (IPF) <TOP20C>
4.	1625.9 (737.5)	*12.30X	Mikhail Andruchin (Russia/70) 8/25/05 (282.5+170.0+285.0=737.5 kg. @ 59.95 kg.) (Oriol, Russia) (IPF)
5.	1614.9 (732.5)	*12.33X	Tsung-Ting Hsieh (Chinese Taipei/82) 5/3/10 (272.5+190.0+270.0=732.5 kg. @ 59.4 kg.) (Ulan Bator, Mongolia) (IPF)
6.	1587.3 (720.0)	12.00X	Lamar Gant (US/57) 4/8/88 (270.0+145.0+305.0=720.0 kg. First man to total 12X bodyweight.) (Honolulu, Hawaii) (USPF/APF/WPC)
7.	1587.3 (720.0)	*12.04X	Gerry McNamara (Ireland/63) 9/9/00 (282.5+167.5+270.0=720.0 kg. @ 59.8 kg.) (Coppeen, Ireland) (IPF)
8.	1587.3 (720.0)	*12.63X	Sergey Fedosienko (Russia/82) 2/19/11 (280.0+180.0+260.0=720.0 kg. @ 57.0 kg.) (BerdsK, Russia) (IPF) <TOP20C>
9.	1581.8 (717.5)	*12.06X	Konstantin Danilov (Russia/86) 11/2/09 (277.5+175.0+265.0=717.5 kg. @ 59.5 kg.) (New Delhi, India) (IPF)
10.	1559.8 (707.5)	11.79X	Joe Bradley (US/56) 3/27/82 (275.0+170.0+262.5=707.5 kg.) (Monroe, Louisiana) (USPF/IPF)
11.	1554.3 (705.0)	*11.79X	Sergey Skochek (Russia/83) 6/17/05 (260.0+185.0+260.0=705.0 kg. @ 59.8 kg.) (Mariupol, Ukraine) (IPF)
12.	1526.7 (692.5)	*11.70X	Richard Hawthorne (US/84) 3/4/05 (295.0+142.5+255.0=692.5 kg. @ 59.2 kg.) (Columbus, Ohio) (WPO)
13.	1525.0 (691.7)	*11.55X	Doug Heath (US/55) 3/7/98 (605.0+410.0+510.0=1525.0 lb. @ 132.0 lb.) (Avon Lake, Ohio) (IPA)
14.	1522.3 (690.5)	*11.52X	Aleksander Zolov (Russia/80) 9/11/03 (260.5+180.0+250.0=690.5 kg. @ 59.95 kg.) (Koscian, Poland) (IPF)
15.	1515.7 (687.5)	*11.49X	Anton Krasilnikov (Russia/86) 3/1/06 (285.0+162.5+240.0=687.5 kg. @ 59.85 kg.) (Ufa, Russia) (IPF)
16.	1499.1 (680.0)	*11.41X	Damarrio "Doc" Holloway (US/80) 4/21/07 (257.5+155.0+267.5=680.0 kg. @ 59.6 kg.) (Duluth, Georgia) (USAPL)
17.	1493.6 (677.5)	*11.29X	August Clark (US/62) 11/8/02 (237.5+205.0+235.0=677.5 kg. @ 60.0 kg.) (New Orleans, Louisiana) (WPO)
18.	1493.6 (677.5)	*11.29X	Hennis Washington (US/70) 11/8/02 (275.0+152.5+250.0=677.5 kg. @ 60.0 kg.) (New Orleans, Louisiana) (WPO)
19.	1488.1 (675.0)	*11.34X	Alexander Kolbin (Russia/87) 9/8/09 (260.0+155.0+260.0=675.0 kg. @ 59.5 kg.) (Ribeirao Preto, Sao Paulo, Brazil) (IPF)
20.	1477.1 (670.0)	*11.38X	Konstantin Pavlov (Russia/73) 10/15/07 (267.5+187.5+215.0=670.0 kg. @ 58.9 kg.) (Soelden, Austria) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

<http://www.powerliftingusa.com>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #10 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

148 Pound (67.5 Kilogram) Men's Weight Division -- Squat

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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) <TOP20C> <TOP20F>
2.	788.2 (357.5)	*5.30X	Nick Hatch (US/85) 3/4/05 (357.5 kg. @ 67.5 kg.) (Columbus, Ohio) (WPO) <TOP20C>
3.	765.0 (347.0)	*5.14X	Brian Schwab (US/74) 1/20/08 (765.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA) <TOP20C>
4.	755.1 (342.5)	*5.10X	Jaroslaw Olech (Poland/74) 11/9/10 (342.5 kg. @ 67.2 kg.) (Potchefstroom, South Africa) (IPF)
5.	738.5 (335.0)	*4.97X	Gerry McNamara (Ireland/63) 10/24/07 (335.0 kg. @ 67.35 kg.) (Calgary, Alberta, Canada) (GPC)
6.	725.0 (328.9)	*4.90X	Doug Heath (US/55) 10/31/09 (725.0 lb. @ 148.0 lb.) (Columbus, Ohio) (APF)
7.	722.0 (327.5)	*4.87X	Caleb Williams (US/84) 11/7/06 (327.5 kg. @ 67.3 kg.) (Stavanger, Norway) (USAPL/IPF)
8.	720.0 (326.6)	*4.86X	Toni Haaparanta (Finland/73) 8/19/07 (720.0 lb. @ 148.2 lb.) (Franklin, Ohio) (IPA)
9.	716.5 (325.0)	*4.84X	Alexander Gromov (Russia/81) 8/25/05 (325.0 kg. @ 67.2 kg.) (Oriol, Russia) (IPF)
10.	716.5 (325.0)	*4.84X	Ravil Kazakov (Russia/82) 11/10/05 (325.0 kg. @ 67.2 kg.) (Miami, Florida) (IPF)
11.	711.0 (322.5)	*4.78X	Jesse Jackson (US) 7/28/90 (322.5 kg. @ 67.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
12.	700.0 (317.5)	4.70X	Larry Luckett (US/58) 2/24/88 (700.0 lb.) (East Moline, Illinois) (FCI)
13.	700.0 (317.5)	*4.70X	Aleksander Zolov (Russia/80) 8/25/05 (317.5 kg. @ 67.5 kg.) (Oriol, Russia) (IPF)
14.	696.7 (316.0)	*4.70X	Alexei Sivokon (Kazakhstan/73) 11/17/00 (316.0 kg. @ 67.3 kg.) (Akita City, Japan) (IPF)
15.	688.9 (312.5)	*4.65X	Nikolay Sokolov (Russia/79) 1/16/04 (312.5 kg. @ 67.25 kg.) (Moscow, Russia) (IPF)
16.	685.0 (310.7)	4.60X	Tony Conyers (US/59) 12/12/92 (685.0 lb.) (Port Charlotte, Florida) (APA)
17.	683.4 (310.0)	*4.64X	Maxim Lapshin (Kazakhstan/79) 10/2/03 (310.0 kg. @ 66.8 kg.) (Syktyvkar, Russia) (IPF)
18.	683.4 (310.0)	*4.75X	Mikhail Speransky (Russia/76) 10/31/07 (310.0 kg. @ 65.2 kg.) (Togliatti, Russia) (WPC)
19.	683.4 (310.0)	*4.61X	Sergey Gladkih (Russia/89) 11/9/10 (310.0 kg. @ 67.26 kg.) (Potchefstroom, South Africa) (IPF)
20.	682.3 (309.5)	4.59X	Jose Perez (US/60) 3/5/90 (309.5 kg.) (Honolulu, Hawaii) (APF/WPC)

148 Pound (67.5 Kilogram) Men's Weight Division -- Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	605.0 (274.4)	*4.07X	Kevin Harmon (US/75) 6/19/10 (605.0 lb. @ 148.5 lb.) (Hot Springs, Arkansas) (APA) <TOP20C>
2.	600.0 (272.2)	4.03X	Joe Ceklovsky (US/74) 1/20/08 (600.0 lb.) (Carteret, New Jersey) (IPA) <TOP20C>
3.	565.0 (256.3)	*3.80X	Brian Schwab (US/74) 1/20/08 (565.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA) <TOP20C>
4.	524.7 (238.0)	*3.53X	Alexander Rode (Russia/81) 8/22/10 (238.0 kg. @ 67.5 kg.) (Moscow, Russia) (WPC)
5.	523.6 (237.5)	*3.57X	Alexei Sivokon (Kazakhstan/73) 5/25/06 (237.5 kg. @ 66.5 kg.) (Miskolc, Hungary) (IPF)
6.	519.2 (235.5)	*3.49X	Toshihiko Noda (Japan/79) 3/8/09 (235.5 kg. @ 67.4 kg.) (Columbus, Ohio) (IPF)
7.	518.1 (235.0)	*3.53X	Markus Schick (Germany/76) 5/24/03 (235.0 kg. @ 66.5 kg.) (Giessen, Germany) (IPF)
8.	518.1 (235.0)	3.48X	Kerwin Unten (US/68) 7/5/09 (235.0 kg.) (Honolulu, Hawaii) (WABDL)
9.	512.6 (232.5)	*3.46X	Ravil Kazakov (Russia/82) 11/10/05 (232.5 kg. @ 67.2 kg.) (Miami, Florida) (IPF)
10.	510.0 (231.3)	*3.51X	Greg Warr (US/69) 6/4/94 (510.0 lb. @ 145.5 lb.) (Eufala, Alabama) (NSM)
11.	509.3 (231.0)	*3.44X	Keisuke Takahashi (Japan/73) 3/2/08 (231.0 kg. @ 67.2 kg.) (Columbus, Ohio) (IPF)
12.	507.1 (230.0)	*3.41X	Alexander Gromov (Russia/81) 12/2/05 (230.0 kg. @ 67.5 kg.) (Stockholm, Sweden) (IPF)
13.	501.6 (227.5)	*3.42X	August Clark (US/62) 3/1/03 (227.5 kg. @ 66.6 kg.) (Columbus, Ohio) (WPO)
14.	496.0 (225.0)	*3.33X	Kimihisa Itoh (Japan/72) 6/29/02 (225.0 kg. @ 67.5 kg.) (Nikko, Japan) (IPF)
15.	485.0 (220.0)	*3.26X	Nick Hatch (US/85) 10/8/04 (220.0 kg. @ 67.5 kg.) (Atlanta, Georgia) (WPO)
16.	485.0 (220.0)	*3.26X	Kenichiro Matsumoto (Japan/75) 12/2/05 (220.0 kg. @ 67.5 kg.) (Stockholm, Sweden) (IPF)
17.	485.0 (220.0)	*3.32X	Mikhail Speransky (Russia/76) 11/3/07 (220.0 kg. @ 66.3 kg.) (Togliatti, Russia) (WPC)
18.	485.0 (220.0)	*3.28X	Ivan Chuprinko (Ukraine/86) 8/12/10 (220.0 kg. @ 67.0 kg.) (Bratislava, Slovakia) (IPF)
19.	479.5 (217.5)	*3.26X	Raman Yeremashvili (Belorussia/81) 8/12/10 (217.5 kg. @ 66.7 kg.) (Bratislava, Slovakia) (IPF)
20.	475.0 (215.5)	3.19X	Joe Smith (US/76) 3/31/07 (475.0 lb.) (Cleveland, Ohio) (USAPL)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #11 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

148 Pound (67.5 Kilogram) Men's Weight Division -- Deadlift

Rank	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	705.5 (320.0)	*4.74X	Dan Austin (US/58) 8/1/92 (320.0 kg. @ 67.5 kg.) (Raleigh, North Carolina) (USPF) <TOP20C> <TOP20F>
2.	702.2 (318.5)	*4.76X	Jaroslaw Olech (Poland/74) 11/10/05 (318.5 kg. @ 66.9 kg.) (Miami, Florida) (IPF) <TOP20C> <TOP20F>
3.	700.0 (317.5)	4.70X	Tony Conyers (US/59) 5/20/00 (317.5 kg.) (Daytona Beach, Florida) (WPO) <TOP20F>
4.	697.8 (316.5)	*4.70X	Alexei Sivokon (Kazakhstan/73) 11/12/98 (316.5 kg. @ 67.3 kg.) (Cherkasy, Ukraine) (IPF)
5.	694.5 (315.0)	*4.69X	Hassan El Beghiti (France/75) 11/9/10 (315.0 kg. @ 67.18 kg.) (Potchefstroom, South Africa) (IPF)
6.	688.9 (312.5)	4.63X	Raimo Valineva (Finland/45) 12/19/81 (312.5 kg.) (Seinajoki, Finland) (IPF)
7.	683.4 (310.0)	*4.59X	Bob Bridges (US/64) 7/6/85 (310.0 kg. @ 67.5 kg.) (Chicago, Illinois) (USPF)
8.	677.9 (307.5)	4.56X	Ausby Alexander (US/56) 3/23/87 (307.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
9.	662.5 (300.5)	*4.47X	Vladimir Pak (Russia/82) 8/25/05 (300.5 kg. @ 67.3 kg.) (Oriol, Russia) (IPF)
10.	661.4 (300.0)	*4.45X	Rickey Dale Crain (US/53) 11/7/80 (300.0 kg. @ 67.4 kg.) (Arlington, Texas) (USPF/IPF)
11.	661.4 (300.0)	4.44X	Nikolaiy Podosony (Ukraine) 10/4/92 (300.0 kg.) (Kirovograd, Ukraine) (IPF)
12.	661.4 (300.0)	*4.49X	Roberto Sacco (Italy/75) 5/10/02 (300.0 kg. @ 66.8 kg.) (Eskilstuna, Sweden) (IPF)
13.	655.9 (297.5)	*4.44X	Sami Nieminen (Finland/75) 3/9/03 (297.5 kg. @ 67.05 kg.) (Dickursby, Finland) (IPF)
14.	650.4 (295.0)	*4.37X	Eddie Pengelly (Great Britain/49-94) 6/27/82 (295.0 kg. @ 67.5 kg.) (Birmingham, England) (IPF)
15.	650.4 (295.0)	*4.42X	Rodney Hypolite (Great Britain/69) 5/18/95 (295.0 kg. @ 66.7 kg.) (Moscow, Russia) (IPF)
16.	650.4 (295.0)	4.37X	Serik Kuzkhametov (Kazakhstan/62) 9/20/94 (295.0 kg.) (Quezon City, Phillipines) (IPF)
17.	650.4 (295.0)	*4.38X	Balinder Singh (India/87) 5/1/05 (295.0 kg. @ 67.4 kg.) (Alleppey, India) (IPF)
18.	650.4 (295.0)	*4.42X	Mikhail Andruchin (Russia/70) 3/15/07 (295.0 kg. @ 66.75 kg.) (Berdsk, Russia) (IPF)
19.	650.4 (295.0)	*4.37X	Abdelkader Aissa (Algeria/69) 11/9/10 (295.0 kg. @ 67.44 kg.) (Potchefstroom, South Africa) (IPF)
20.	650.0 (294.8)	4.37X	Mark Sigala (US) 9/12/99 (650.0 lb.) (Denver, Colorado) (NSM)

148 Pound (67.5 Kilogram) Men's Weight Division -- Total

Rank	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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) <TOP20C> <TOP20F>
2.	1835.3 (832.5)	*12.33X	Jaroslaw Olech (Poland/74) 11/11/04 (340.0+190.0+302.5=832.5 kg. @ 67.5 kg.) (Cape Town, South Africa) (IPF)
3.	1832.0 (831.0)	*12.35X	Alexei Sivokon (Kazakhstan/73) 11/17/00 (316.0+215.0+300.0=831.0 kg. @ 67.3 kg.) (Akita City, Japan) (IPF) <TOP20C>
4.	1785.7 (810.0)	*12.00X	Nick Hatch (US/85) 3/4/05 (357.5+217.5+235.0=810.0 kg. @ 67.5 kg.) (Columbus, Ohio) (WPO)
5.	1785.7 (810.0)	*12.05X	Ravil Kazakov (Russia/82) 11/10/05 (325.0+232.5+252.5=810.0 kg. @ 67.2 kg.) (Miami, Florida) (IPF) <TOP20C>
6.	1774.7 (805.0)	*12.35X	Sergey Gladkih (Russia/89) 2/19/11 (310.0+205.0+290.0=805.0 kg. @ 65.2 kg.) (Berdsk, Russia) (IPF) <TOP20C>
7.	1769.2 (802.5)	*11.91X	Tony Conyers (US/59) 5/31/96 (310.0+192.5+300.0=802.5 kg. @ 67.4 kg.) (Atlanta, Georgia) (APF/WPC)
8.	1769.2 (802.5)	*11.89X	Aleksander Zolov (Russia/80) 8/25/05 (317.5+215.0+270.0=802.5 kg. @ 67.5 kg.) (Oriol, Russia) (IPF)
9.	1769.2 (802.5)	*11.92X	Caleb Williams (US/84) 11/7/06 (327.5+205.0+270.0=802.5 kg. @ 67.3 kg.) (Stavanger, Norway) (USAPL/IPF)
10.	1752.7 (795.0)	*11.83X	Alexander Gromov (Russia/81) 8/25/05 (325.0+220.0+250.0=795.0 kg. @ 67.2 kg.) (Oriol, Russia) (IPF)
11.	1747.2 (792.5)	*11.75X	Nikolay Sokolov (Russia/79) 3/4/05 (300.0+207.5+285.0=792.5 kg. @ 67.45 kg.) (Kazan, Russia) (IPF)
12.	1720.7 (780.5)	*11.65X	Ilya Kokorev (Russia/73) 11/3/05 (300.0+210.5+270.0=780.5 kg. @ 67.0 kg.) (Helsinki, Finland) (WPC)
13.	1719.6 (780.0)	*11.68X	Maxim Lapshin (Kazakhstan/79) 10/2/03 (310.0+200.0+270.0=780.0 kg. @ 66.8 kg.) (Syktyvkar, Russia) (IPF)
14.	1719.6 (780.0)	*11.59X	Evgeny Dolgov (Russia/76) 3/12/04 (300.0+190.0+290.0=780.0 kg. @ 67.3 kg.) (Krasnoyarsk, Russia) (IPF)
15.	1716.3 (778.5)	*11.69X	Gerry McNamara (Ireland/63) 5/6/00 (312.5+185.0+281.0=778.5 kg. @ 66.6 kg.) (Limerick, Ireland) (IPF)
16.	1714.1 (777.5)	11.52X	Dan Austin (US/58) 4/8/88 (297.5+165.0+315.0=777.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
17.	1703.1 (772.5)	11.44X	Ausby Alexander (US/56) 3/23/87 (292.5+172.5+307.5=772.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
18.	1703.1 (772.5)	11.44X	Thomas James "T.J." Hoerner (US/77) 4/23/05 (342.5+155.0+275.0=772.5 kg.) (Baton Rouge, Louisiana) (APF)
19.	1697.6 (770.0)	*11.44X	Arthur Mashinsky (Russia/87) 9/8/09 (280.0+205.0+285.0=770.0 kg. @ 67.3 kg.) (Ribeirao Preto, Sao Paulo, Brazil) (IPF)
20.	1697.6 (770.0)	*11.42X	Hassan El Beghiti (France/75) 5/4/10 (300.0+160.0+310.0=770.0 kg. @ 67.4 kg.) (Koping, Sweden) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

<http://www.powerliftingusa.com>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #12 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

165 Pound (75 Kilogram) Men's Weight Division -- Squat

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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) <TOP20C> <TOP20F>
2.	870.8 (395.0)	*5.27X	Oleksandr Kutcher (Ukraine/80) 11/3/06 (395.0 kg. @ 75.0 kg.) (Lake George, New York) (WPO) <TOP20C>
3.	854.3 (387.5)	*5.18X	Tony Conyers (US/59) 9/24/05 (387.5 kg. @ 74.84 kg.) (New Port Richey, Florida) (APF) <TOP20C>
4.	837.8 (380.0)	*5.08X	Nick Hatch (US/85) 6/2/06 (380.0 kg. @ 74.8 kg.) (Las Vegas, Nevada) (APF/WPC) <TOP20C>
5.	825.0 (374.2)	*5.00X	Angelo Berardinelli (US/65) 7/9/04 (825.0 lb. @ 165.0 lb.) (Shamokin Dam, Pennsylvania) (IPA)
6.	825.0 (374.2)	*5.16X	Brian Schwab (US/74) 8/23/08 (825.0 lb. @ 159.8 lb.) (Sharonville, Ohio) (IPA) <TOP20C>
7.	815.7 (370.0)	*4.99X	Igor Shestakov (Russia/Canada/69) 11/29/03 (370.0 kg. @ 74.1 kg.) (Calgary, Alberta, Canada) (WPC)
8.	804.7 (365.0)	*4.92X	Jaroslaw Olech (Poland/74) 11/4/09 (365.0 kg. @ 74.2 kg.) (New Delhi, India) (IPF)
9.	800.0 (362.9)	*4.85X	Rickey Dale Crain (US/53) 11/22/96 (800.0 lb. @ 165.0 lb.) (New Carrollton, Maryland) (IPA)
10.	799.2 (362.5)	*4.85X	Ron "Lionheart" Palmer (US/73) 3/4/05 (362.5 kg. @ 74.8 kg.) (Columbus, Ohio) (WPO)
11.	782.6 (355.0)	*4.73X	Dan Petrillo (US/79) 3/2/07 (355.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
12.	777.1 (352.5)	*4.70X	Wade Hooper (US/70) 3/2/08 (352.5 kg. @ 75.0 kg.) (Columbus, Ohio) (USAPL/IPF)
13.	775.0 (351.5)	*4.70X	Charlie Conner (US/89) 4/10/10 (775.0 lb. @ 165.0 lb.) (Ashville, North Carolina) (SPF)
14.	771.6 (350.0)	*4.67X	Jarmo Laine (Finland/66) 2/24/02 (350.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
15.	771.6 (350.0)	*4.68X	Brian Tincer (US/70) 3/2/07 (350.0 kg. @ 74.8 kg.) (Columbus, Ohio) (WPO)
16.	771.6 (350.0)	*4.70X	Sergey Ayvazov (Russia/77) 11/3/07 (350.0 kg. @ 74.4 kg.) (Togliatty, Russia) (WPO)
17.	771.6 (350.0)	*4.73X	Ilya Khariton (Russia/87) 2/19/11 (350.0 kg. @ 74.0 kg.) (Berdsk, Russia) (IPF)
18.	766.1 (347.5)	*4.65X	Jay Rosciglione (US/56) 5/31/96 (347.5 kg. @ 74.7 kg.) (Atlanta, Georgia) (APF/WPC)
19.	765.0 (347.0)	4.63X	Jose Perez (US/60) 11/20/94 (765.0 lb) (Brick, New Jersey) (APF/WPC)
20.	760.6 (345.0)	*4.62X	Vasily Tsvetkov (Russia/83) 11/3/05 (345.0 kg. @ 74.6 kg.) (Helsinki, Finland) (WPC)

165 Pound (75 Kilogram) Men's Weight Division -- Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	705.0 (319.8)	*4.27X	Joe Mazza (US/66) 12/5/09 (705.0 lb. @ 165.0 lb.) (Boyertown, Pennsylvania) (IPA) <TOP20C> <TOP20F>
2.	650.4 (295.0)	*4.00X	Markus Schick (Germany/76) 3/5/05 (295.0 kg. @ 73.7 kg. First man to bench press quadruple bodyweight.) (Columbus, Ohio) (WPO) <TOP20C>
3.	622.8 (282.5)	*3.84X	Brian Schwab (US/74) 6/13/09 (282.5 kg. @ 73.65 kg.) (Palm Beach Gardens, Florida) (APF/WPC) <TOP20C>
4.	619.5 (281.0)	*3.76X	Daiki Kodama (Japan/79) 9/17/05 (281.0 kg. @ 74.75 kg.) (Saitama, Japan) (IPF) <TOP20C>
5.	578.7 (262.5)	*3.51X	Brad Heck (US/81) 11/29/05 (262.5 kg. @ 165.0 lb.) (Omaha, Nebraska) (APF)
6.	575.0 (260.8)	*3.48X	Kalin Chester (US/84) 8/22/08 (575.0 lb. @ 165.1 lb.) (Sharonville, Ohio) (IPA)
7.	562.2 (255.0)	*3.42X	Mike Hara (US/60) 11/17/07 (255.0 kg. @ 74.56 kg.) (Denver, Colorado) (USAPL/IPF)
8.	557.8 (253.0)	3.37X	Ray Hickman (US/71) 10/31/09 (253.0 kg.) (Reno, Nevada) (WABDL)
9.	556.7 (252.5)	*3.37X	Dan Petrillo (US/79) 3/2/07 (252.5 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
10.	555.0 (251.7)	*3.38X	Diego Salafia (US/90) 10/16/10 (555.0 lb. @ 164.2 lb.) (Tribes Hill, New York) (SSA)
11.	551.2 (250.0)	*3.36X	Fred Boldt (US/76) 3/1/03 (250.0 kg. @ 74.4 kg.) (Columbus, Ohio) (WPO)
12.	551.2 (250.0)	*3.33X	Oleksandr Kutcher (Ukraine/80) 3/3/06 (250.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
13.	551.2 (250.0)	*3.40X	Roman Zuzuk (Ukraine/71) 3/18/09 (250.0 kg. @ 73.6 kg.) (Krivoy Rog, Ukraine) (WPC)
14.	551.2 (250.0)	*3.36X	Akbar Abdollahighafoori (Iran/76) 8/14/10 (250.0 kg. @ 74.5 kg.) (Manila, Philippines) (IPF)
15.	551.2 (250.0)	*3.48X	Joe Smith (US/76) 3/6/11 (250.0 kg. @ 71.8 kg.) (Cleveland, Ohio) (USAPL/IPF)
16.	550.0 (249.5)	*3.35X	Greg Warr (US/69) 9/16/95 (550.0 lb. @ 164 lb.) (Dallas, Texas) (NSM)
17.	550.0 (249.5)	*3.50X	Kevin Harmon (US/75) 12/19/09 (550.0 lb. @ 157.25 lb.) (Fulton, Mississippi) (APA)
18.	545.6 (247.5)	*3.34X	Ryan Wagner (US/87) 7/30/10 (247.5 kg. @ 74.2 kg.) (Dubuque, Iowa) (UPA)
19.	542.3 (246.0)	*3.31X	Andrey Tchesnokov (Russia/74) 11/26/03 (246.0 kg. @ 74.3 kg.) (Calgary, Alberta, Canada) (WPC)
20.	540.1 (245.0)	*3.28X	Nick Hatch (US/85) 6/2/06 (245.0 kg. @ 74.8 kg.) (Las Vegas, Nevada) (APF/WPC)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #13 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

165 Pound (75 Kilogram) Men's Weight Division -- Deadlift

Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 793.7 (360.0)	*4.80X	Oleksandr Kutcher (Ukraine/80) 3/3/06 (360.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO) <TOP20C> <TOP20F>
2. 780.0 (353.8)	*4.73X	John Inzer (US/62) 9/16/95 (780.0 lb. @ 164.75 lb.) (Dallas, Texas) (NSM) <TOP20F>
3. 749.6 (340.0)	*4.55X	Ismo Lappi (Finland/73) 11/16/01 (340.0 kg. @ 74.7 kg.) (Sotkamo, Finland) (IPF)
4. 744.1 (337.5)	4.50X	Dan Austin (US/58) 7/30/94 (337.5 kg.) (Houston, Texas) (USPF/IPF)
5. 740.0 (335.7)	4.48X	Al "Pit Bull" Trice (US) 12/97 (740.0 lb.) (Waymart, Pennsylvania) (FCI)
6. 739.7 (335.5)	4.47X	Sahroni (Indonesia/75) 9/20/94 (335.5 kg.) (Quezon City, Philippines) (IPF)
7. 735.2 (333.5)	4.45X	Troy Culberson (US) 8/24/96 (333.5 kg.) (Seguin, Texas) (USPF)
8. 734.1 (333.0)	*4.44X	Jarmo Virtanen (Finland/63) 5/14/88 (333.0 kg. @ 75.0 kg.) (Murnau, West Germany) (IPF)
9. 728.6 (330.5)	*4.42X	Vladimir Pak (Russia/82) 3/2/06 (330.5 kg. @ 74.8 kg.) (Ufa, Russia) (IPF)
10. 727.5 (330.0)	*4.43X	Ivan Kallya (Russia/62) 10/3/03 (330.0 kg. @ 74.45 kg.) (Syktyvkar, Russia) (IPF)
11. 722.0 (327.5)	*4.43X	Ausby Alexander (US/56) 4/2/89 (327.5 kg. @ 163.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)
12. 717.6 (325.5)	*4.36X	Eddie Coppin (Belgium/60-01) 5/11/85 (325.5 kg. @ 74.6 kg.) (Hague, Netherlands) (IPF)
13. 716.5 (325.0)	*4.43X	Raimo Valineva (Finland/45) 3/13/82 (325.0 kg. @ 73.4 kg.) (Varkaus, Finland) (IPF)
14. 716.5 (325.0)	*4.33X	Rick Gaugler (US/54) 3/13/82 (325.0 kg. @ 75.0 kg.) (Hacienda Heights, California) (USPF)
15. 716.5 (325.0)	*4.35X	Rickey Dale Crain (US/53) 7/23/83 (325.0 kg. @ 74.7 kg.) (Austin, Texas) (USPF)
16. 716.5 (325.0)	*4.39X	Andrey Belyaev (Russia/83) 2/28/03 (325.0 kg. @ 73.95 kg.) (Kazan, Russia) (IPF)
17. 716.5 (325.0)	*4.37X	Alexander Govorin (Russia/85) 3/2/06 (325.0 kg. @ 74.4 kg.) (Ufa, Russia) (IPF)
18. 716.5 (325.0)	4.33X	Eriek Nickson (US/76) 11/20/10 (325.0 kg.) (Las Vegas, Nevada) (WABDL)
19. 711.0 (322.5)	4.30X	Bob Bridges (US/64) 10/30/93 (322.5 kg.) (Saint Louis, Missouri) (ADFFPA)
20. 711.0 (322.5)	*4.33X	Viktor Baranov (Russia/67) 9/29/00 (322.5 kg. @ 74.4 kg.) (Sochi, Russia) (IPF)

165 Pound (75 Kilogram) Men's Weight Division -- Total

Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 2171.6 (985.0)	*13.13X	Oleksandr Kutcher (Ukraine/80) 3/3/06 (375.0+250.0+360.0=985.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO) <TOP20C> <TOP20F>
2. 2099.9 (952.5)	*12.72X	Al Caslow (US/80) 6/13/09 (395.0+245.0+312.5=952.5 kg. @ 74.9 kg.) (Palm Beach Gardens, Florida) (APF/WPC) <TOP20C> <TOP20F>
3. 2045.0 (927.6)	*12.80X	Brian Schwab (US/74) 8/23/08 (825.0+605.0+615.0=2045.0 lb. @ 159.8 lb.) (Sharonville, Ohio) (IPA) <TOP20C> <TOP20F>
4. 2022.7 (917.5)	*12.26X	Tony Conyers (US/59) 9/24/05 (387.5+220.0+310.0=917.5 kg. @ 74.84 kg.) (New Port Richey, Florida) (APF)
5. 1973.1 (895.0)	*11.93X	Dan Petrillo (US/79) 3/2/07 (355.0+252.5+287.5=895.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
6. 1962.1 (890.0)	*11.90X	Ron "Lionheart" Palmer (US/73) 3/4/05 (362.5+222.5+305.0=890.0 kg. @ 74.8 kg.) (Columbus, Ohio) (WPO)
7. 1956.6 (887.5)	*11.96X	Jaroslav Olech (Poland/74) 11/4/09 (365.0+217.5+305.0=887.5 kg. @ 74.2 kg.) (New Delhi, India) (IPF)
8. 1955.0 (886.8)	*11.85X	Angelo Berardinelli (US/65) 7/9/04 (825.0+500.0+630.0=1955.0 lb. @ 165.0 lb.) (Shamokin Dam, Pennsylvania) (IPA)
9. 1929.0 (875.0)	*11.70X	Nick Hatch (US/85) 6/2/06 (380.0+245.0+250.0=875.0 kg. @ 74.8 kg.) (Las Vegas, Nevada) (APF/WPC)
10. 1912.5 (867.5)	*11.60X	Brian Tincher (US/70) 3/2/07 (350.0+235.0+282.5=867.5 kg. @ 74.8 kg.) (Columbus, Ohio) (WPO)
11. 1907.0 (865.0)	*11.60X	Viktor Furashkin (Russia/69) 11/10/05 (325.0+220.0+320.0=865.0 kg. @ 74.6 kg.) (Miami, Florida) (IPF)
12. 1898.2 (861.0)	*11.78X	Alexei Sivokon (Kazakhstan/73) 4/6/02 (320.5+220.0+320.5=861.0 kg. @ 73.1 kg.) (Shymkent, Kazakhstan) (IPF)
13. 1890.0 (857.3)	*11.45X	Rickey Dale Crain (US/53) 11/22/96 (800.0+430.0+660.0=1890.0 lb. @ 165.0 lb.) (New Carrollton, Maryland) (IPA)
14. 1890.5 (857.5)	*11.43X	Wade Hooper (US/70) 7/8/06 (342.5+242.5+272.5=857.5 kg. @ 75.0 kg.) (Miami, Florida) (USAPL/IPF)
15. 1887.2 (856.0)	*11.58X	Ausby Alexander (US/56) 4/2/89 (341.0+187.5+327.5=856.0 kg. @ 163.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)
16. 1885.0 (855.0)	*11.55X	Ilya Kokorev (Russia/73) 11/20/09 (335.0+230.0+290.0=855.0 kg. @ 74.0 kg.) (Bournemouth, England) (WPC)
17. 1885.0 (855.0)	*11.55X	Ilya Khariton (Russia/87) 2/19/11 (350.0+215.0+290.0=855.0 kg. @ 74.0 kg.) (Berds, Russia) (IPF)
18. 1879.4 (852.5)	*11.37X	Rick Gaugler (US/54) 3/13/82 (322.5+205.0+325.0=852.5 kg. @ 75.0 kg.) (Hacienda Heights, California) (USPF)
19. 1873.9 (850.0)	*11.37X	Artyom Korotygin (Russia/80) 9/20/06 (330.0+232.5+287.5=850.0 kg. @ 74.75 kg.) (Syktyfkar, Russia) (IPF)
20. 1873.9 (850.0)	*11.35X	Alexander Gromov (Russia/81) 11/4/09 (345.0+245.0+260.0=850.0 kg. @ 74.88 kg.) (New Delhi, India) (IPF)

Listing compiled by Michael Soong (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #14 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

181 Pound (82.5 Kilogram) Men's Weight Division -- Squat

Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 930.0 (421.8)	*5.13X	Michael Cartinian (US/76) 8/22/09 (930.0 lb. @ 181.4 lb.) (Sharonville, Ohio) (SPF) <TOP20C>
2. 910.0 (412.8)	*5.14X	Al Caslow (US/80) 8/21/10 (910.0 lb. @ 177.2 lb.) (Cincinnati, Ohio) (SPF) <TOP20C>
3. 905.0 (410.5)	*4.99X	Phil Harrington (US/73) 7/29/06 (905.0 lb. @ 181.5 lb.) (Middletown, Ohio) (APF)
4. 859.8 (390.0)	*5.06X	Oleksandr Kutcher (Ukraine/80) 10/22/06 (390.0 kg. @ 77.1 kg.) (Stuttgart, Germany) (WPC)
5. 855.0 (387.8)	*4.76X	Brad Vargason (US/76) 4/29/06 (855.0 lb. @ 179.5 lb.) (New Castle, Delaware) (APF)
6. 854.3 (387.5)	*4.75X	Igor Shestakov (Russia/Canada/69) 3/22/03 (387.5 kg. @ 81.5 kg.) (Red Deer, Alberta, Canada) (WPC)
7. 854.3 (387.5)	*4.75X	Thomas Krawiec (US/82) 3/19/11 (387.5 kg. @ 81.6 kg.) (Dekalb, Illinois) (APF)
8. 848.8 (385.0)	*4.82X	Greg "Spanky" Fields (US/75) 12/2/06 (385.0 kg. @ 79.8 kg.) (Lake City, Florida) (APF)
9. 845.0 (383.3)	*4.67X	Tony Kamand (US/61) 3/28/93 (845.0 lb. @ 180.75 lb.) (Lancaster, Pennsylvania) (APA/WPA)
10. 844.4 (383.0)	*4.66X	Arnold Coleman (US/65) 3/4/05 (383.0 kg. @ 82.2 kg.) (Columbus, Ohio) (WPO)
11. 843.3 (382.5)	4.64X	Gene Bell (US/56) 4/8/88 (382.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
12. 837.8 (380.0)	*4.63X	Alexey Sorokin (Russia/85) 11/10/10 (380.0 kg. @ 82.02 kg.) (Potchefstroom, South Africa) (IPF)
13. 836.7 (379.5)	*4.60X	Mike Bridges (US/57) 7/10/82 (380.0 kg. @ 82.5 kg., which later weighed out at 379.5 kg.) (Dayton, Ohio) (USPF/IPF)
14. 815.7 (370.0)	4.48X	Neville Primich (South Africa/67) 6/22/01 (370.0 kg.) (Pretoria, South Africa) (WPC)
15. 815.7 (370.0)	*4.56X	Wade Hooper (US/70) 6/14/08 (370.0 kg. @ 81.1 kg.) (Killeen, Texas) (USAPL/IPF)
16. 810.0 (367.4)	*4.48X	Tony Ramos (US/71) 8/23/08 (810.0 lb. @ 181.0 lb.) (Sharonville, Ohio) (IPA)
17. 805.0 (365.1)	*4.50X	Brian Tincer (US/70) 8/21/10 (805.0 lb. @ 178.8 lb.) (Cincinnati, Ohio) (SPF)
18. 805.0 (365.1)	*4.63X	Brian Schwab (US/74) 12/11/10 (805.0 lb. @ 174.0 lb.) (Tampa, Florida) (APF)
19. 804.7 (365.0)	*4.52X	Ron "Lionheart" Palmer (US/73) 5/10/03 (365.0 kg. @ 80.7 kg.) (Daytona Beach, Florida) (APF)
20. 804.7 (365.0)	*4.42X	Mike Danforth (US/69) 3/5/04 (365.0 kg. @ 82.5 kg.) (Columbus, Ohio) (WPO)

181 Pound (82.5 Kilogram) Men's Weight Division -- Bench Press

Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 750.0 (340.2)	*4.13X	Jason Fry (US/79) 4/18/09 (750.0 lb. @ 181.5 lb.) (Columbus, Ohio) (IPA) <TOP20C> <TOP20F>
2. 705.5 (320.0)	*3.88X	Brad Heck (US/81) 6/15/07 (320.0 kg. @ 82.45 kg.) (Daytona Beach, Florida) (APF/WPC) <TOP20C>
3. 705.0 (319.8)	*3.89X	Michael Cartinian (US/76) 8/22/09 (705.0 lb. @ 181.4 lb.) (Sharonville, Ohio) (SPF) <TOP20C>
4. 683.4 (310.0)	*3.76X	Oleg Bazilevich (Ukraine/82) 7/28/07 (310.0 kg. @ 82.5 kg.) (Krivoy Rog, Ukraine) (WPO)
5. 677.9 (307.5)	*3.75X	Jason Coker (US/75) 3/3/07 (307.5 kg. @ 81.9 kg.) (Columbus, Ohio) (WPO)
6. 677.9 (307.5)	*3.74X	Johnny May (US/67) 5/31/08 (307.5 kg. @ 181.5 lb.) (Omaha, Nebraska) (APF/WPC)
7. 665.0 (301.6)	*3.72X	Jim Kilts (US/72) 2/19/05 (665.0 lb. @ 179.0 lb.) (Tribes Hill, New York) (APF)
8. 663.6 (301.0)	*3.87X	Markus Schick (Germany/76) 12/11/04 (301.0 kg. @ 77.7 kg.) (Mainz, Germany) (IPF) <TOP20C>
9. 661.4 (300.0)	*3.73X	Sergey Koshkin (Russia/71) 11/3/07 (300.0 kg. @ 80.5 kg.) (Togliatti, Russia) (WPC)
10. 655.0 (297.1)	*3.60X	Fred Boldt (US/76) 1/27/07 (655.0 lb. @ 181.75 lb.) (Columbus, Ohio) (APF)
11. 650.4 (295.0)	*3.67X	Ryan Wagner (US/87) 3/4/11 (295.0 kg. @ 177.2 lb.) (Dubuque, Iowa) (UPA)
12. 633.8 (287.5)	*3.50X	Joe Mazza (US/66) 3/3/07 (287.5 kg. @ 82.25 kg.) (Columbus, Ohio) (WPO)
13. 633.8 (287.5)	*3.52X	Tim "Sherman" Hensley (US/81) 7/12/08 (287.5 kg. @ 81.6 kg.) (Dubuque, Iowa) (UPA)
14. 625.0 (283.5)	*3.48X	Brad Vargason (US/76) 4/29/06 (625.0 lb. @ 179.5 lb.) (New Castle, Delaware) (APF)
15. 625.0 (283.5)	3.44X	Daniel Tinajero (US/87) 4/18/09 (625.0 lb.) (Orlando, Florida) (APF)
16. 619.5 (281.0)	*3.49X	Daiki Kodama (Japan/79) 3/2/08 (281.0 kg. @ 80.6 kg.) (Columbus, Ohio) (IPF)
17. 617.3 (280.0)	*3.40X	Vladimir Chadkov (Russia/73) 3/3/07 (280.0 kg. @ 82.4 kg.) (Columbus, Ohio) (WPO)
18. 617.3 (280.0)	*3.46X	Dave Nelson (US/88) 7/11/09 (280.0 kg. @ 81.0 kg.) (Dubuque, Iowa) (UPA)
19. 611.8 (277.5)	*3.36X	James "Priest" Burdette (US/73) 3/4/06 (277.5 kg. @ 82.5 kg.) (Columbus, Ohio) (WPO)
20. 606.3 (275.0)	3.33X	Don Linerud (US/78) 3/19/11 (275.0 kg.) (Missoula, Montana) (WABDL)

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

181 Pound (82.5 Kilogram) Men's Weight Division -- Deadlift

Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 793.7 (360.0)	*4.43X	Giovanni Brunazzi (Italy/57) 6/24/95 (360.0 kg. @ 179 lb.) (Landshut, Germany) (IPF)
2. 791.5 (359.0)	*4.37X	Ed Coan (US/63) 7/7/84 (360.0 kg. @ 82.2 kg., which later weighed out at 359.0 kg.) (Dayton, Ohio) (USPF)
3. 788.2 (357.5)	*4.34X	Veli Kumpuniemi (Finland/34) 5/17/80 (357.5 kg. @ 82.4 kg.) (Zurich, Switzerland) (IPF)
4. 782.6 (355.0)	*4.32X	Ron Collins (Great Britain/34) 5/17/80 (355.0 kg. @ 82.1 kg.) (Zurich, Switzerland) (IPF)
5. 771.6 (350.0)	4.24X	Mike Bridges (US/57) 2/22/81 (350.0 kg.) (Findlay, Ohio) (USPF)
6. 771.6 (350.0)	*4.27X	Daniele Ghilardi (Italy/71) 11/19/99 (350.0 kg. @ 82.0 kg.) (Trento, Italy) (IPF)
7. 766.1 (347.5)	4.21X	Rick Gaugler (US/54) 12/1/84 (347.5 kg.) (Irving, Texas) (USPF)
8. 766.1 (347.5)	4.21X	Tom Eiseman (US/58) 5/10/86 (347.5 kg.) (Philadelphia, Pennsylvania) (APF/WPC)
9. 760.6 (345.0)	*4.20X	Ivan Shliakhta (Ukraine/81) 6/16/01 (345.0 kg. @ 82.1 kg.) (Pontrieux, France) (IPF)
10. 760.6 (345.0)	*4.47X	Oleksandr Kutcher (Ukraine/80) 10/22/06 (345.0 kg. @ 77.1 kg.) (Stuttgart, Germany) (WPC)
11. 755.1 (342.5)	4.15X	Vladimir Schkirman (Kazakhstan) 3/1/92 (342.5 kg.) (Moscow, Russia) (IPF)
12. 755.1 (342.5)	*4.19X	Roman Szymkowiak (Poland/59) 5/19/95 (342.5 kg. @ 81.7 kg.) (Moscow, Russia) (IPF)
13. 750.5 (340.4)	*4.22X	Vince Anello (US/47) 12/16/73 (750.0 lb. @ ~178.0 lb., which later weighed out at 750.5 lb.) (Bedford, Ohio) (IPF)
14. 750.0 (340.2)	*4.18X	Brad Vargason (US/76) 4/29/06 (750.0 lb. @ 179.5 lb.) (New Castle, Delaware) (APF)
15. 749.6 (340.0)	*4.15X	Eddie Coppin (Belgium/60-01) 5/3/87 (340.0 kg. @ 82.0 kg.) (Birmingham, England) (IPF)
16. 749.6 (340.0)	*4.14X	Bill Cavalier (US/45) 3/24/90 (340.0 kg. @ 181.0 lb.) (Hacienda Heights, California) (USPF)
17. 749.6 (340.0)	*4.13X	Jarmo Virtanen (Finland/63) 11/9/85 (340.0 kg. @ 82.35 kg.) (Espoo, Finland) (IPF)
18. 749.6 (340.0)	*4.18X	Dave Carter (Great Britain/63) 12/2/93 (340.0 kg. @ 81.4 kg.) (Jonkoping, Sweden) (IPF)
19. 749.6 (340.0)	*4.13X	Ismo Lappi (Finland/73) 2/28/99 (340.0 kg. @ 82.4 kg.) (Savonlinnaasa, Finland) (IPF)
20. 749.6 (340.0)	*4.17X	Oleg Tchvanov (Russia/79) 3/16/07 (340.0 kg. @ 81.5 kg.) (Berdsk, Russia) (IPF)

181 Pound (82.5 Kilogram) Men's Weight Division -- Total

Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 2265.2 (1027.5)	*12.47X	Michael Cartinian (US/76) 3/22/09 (1022.5 kg. @ 82.4 kg., which was accidentally misloaded to 1027.5 kg.; FV: 412.5+310.0+300.0=1022.5 kg.; AW: 417.5+310.0+300.0=1027.5 kg.) (Omaha, Nebraska) (APF) <TOP20C> <TOP20F>
2. 2230.0 (1011.5)	*12.42X	Brad Vargason (US/76) 4/29/06 (855.0+625.0+750.0=2230.0 lb. @ 179.5 lb.) (New Castle, Delaware) (APF) <TOP20C>
3. 2149.5 (975.0)	*12.65X	Oleksandr Kutcher (Ukraine/80) 10/22/06 (390.0+240.0+345.0=975.0 kg. @ 77.1 kg.) (Stuttgart, Germany) (WPC) <TOP20C> <TOP20F>
4. 2125.0 (963.9)	*11.99X	Al Caslow (US/80) 8/21/10 (910.0+540.0+675.0=2125.0 lb. @ 177.2 lb.) (Cincinnati, Ohio) (SPF)
5. 2117.5 (960.5)	*11.68X	Arnold Coleman (US/65) 3/4/05 (383.0+260.0+317.5=960.5 kg. @ 82.2 kg.) (Columbus, Ohio) (WPO)
6. 2110.9 (957.5)	11.61X	Gene Bell (US/56) 4/8/88 (382.5+237.5+337.5=957.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
7. 2104.3 (954.5)	*11.57X	Mike Bridges (US/57) 7/10/82 (955.0 kg. @ 82.5 kg., which later weighed out at 954.5 kg.) (FV: 380.0+232.5+342.5=955.0 kg.) (AW: 379.5+232.5+342.5=954.5 kg.) (Dayton, Ohio) (USPF/IPF)
8. 2072.3 (940.0)	*11.41X	Phil Harrington (US/73) 10/29/05 (400.0+237.5+302.5=940.0 kg. @ 82.4 kg.) (Chicago, Illinois) (WPO)
9. 2060.0 (934.4)	*11.38X	Tony Ramos (US/71) 8/23/08 (810.0+570.0+680.0=2060.0 lb. @ 181.0 lb.) (Sharonville, Ohio) (IPA)
10. 2026.0 (919.0)	*11.18X	Ed Coan (US/63) 7/7/84 (920.0 kg. @ 82.2 kg., which later weighed out at 919.0 kg.) (FV: 355.0+205.0+360.0=920.0 kg.) (AW: 355.0+205.0+359.0=919.0 kg.) (Dayton, Ohio) (USPF)
11. 2025.0 (918.5)	*11.33X	Brian Tincher (US/70) 8/21/10 (805.0+575.0+645.0=2025.0 lb. @ 178.8 lb.) (Cincinnati, Ohio) (SPF)
12. 2022.7 (917.5)	*11.14X	Evgenie Vasyukov (Russia/85) 9/23/10 (355.0+230.0+332.5=917.5 kg. @ 82.35 kg.) (Izhevsk, Russia) (IPF)
13. 2017.2 (915.0)	11.09X	Rick Gaugler (US/54) 12/14/85 (355.0+227.5+332.5=915.0 kg.) (Arlington, Texas) (USPF)
14. 2017.2 (915.0)	*11.12X	Sergey Bogdanov (Russia/85) 5/12/06 (340.0+252.5+322.5=915.0 kg. @ 82.3 kg.) (Prostějov, Czech Republic) (IPF)
15. 2006.2 (910.0)	*11.09X	Alexey Sorokin (Russia/85) 11/10/10 (380.0+220.0+310.0=910.0 kg. @ 82.02 kg.) (Potchefstroom, South Africa) (IPF)
16. 2000.7 (907.5)	*11.25X	Ron "Lionheart" Palmer (US/73) 5/10/03 (365.0+227.5+315.0=907.5 kg. @ 80.7 kg.) (Daytona Beach, Florida) (APF)
17. 2000.0 (907.2)	*11.01X	Dan Petrillo (US/79) 6/28/09 (800.0+530.0+670.0=2000.0 lb. @ 181.6 lb.) (York, Pennsylvania) (IPA)
18. 1984.2 (900.0)	*11.02X	Andrey Belyaev (Russia/83) 11/7/03 (340.0+225.0+335.0=900.0 kg. @ 81.65 kg.) (Vejle, Denmark) (IPF)
19. 1975.0 (895.8)	*10.87X	Abe Harrod (US/86) 12/18/10 (780.0+570.0+625.0=1975.0 lb. @ 181.7 lb.) (Westerville, Ohio) (APF)
20. 1970.0 (893.6)	*10.88X	Joe Dougherty (US/65) 11/18/01 (730.0+540.0+700.0=1970.0 lb. @ 82.1 kg.) (Columbus, Ohio) (IPA)

Listing compiled by Michael Soong (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #16 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

198 Pound (90 Kilogram) Men's Weight Division -- Squat

Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 1055.0 (478.5)	*5.32X	Shawn Frankl (US/77) 8/22/09 (1055.0 lb. @ 198.2 lb.) (Sharonville, Ohio) (SPF) <TOP20C> <TOP20F>
2. 1050.0 (476.3)	*5.30X	Sam Byrd (US/81) 8/19/07 (1050.0 lb. @ 198.2 lb.) (Franklin, Ohio) (IPA) <TOP20C> <TOP20F>
3. 1005.0 (455.9)	*5.08X	Michael Cartinian (US/76) 3/6/11 (1005.0 lb. @ 198.0 lb.) (Knoxville, Tennessee) (SPF) <TOP20F>
4. 990.0 (449.1)	*5.02X	Sergiy Naleykin (Ukraine/81) 1/20/08 (990.0 lb. @ 89.5 kg.) (Columbus, Ohio) (IPA)
5. 945.0 (428.6)	*4.78X	Phil Harrington (US/73) 1/20/08 (945.0 lb. @ 89.7 kg.) (Columbus, Ohio) (IPA)
6. 925.9 (420.0)	*4.70X	Adam Driggers (US/72) 1/26/08 (420.0 kg. @ 89.34 kg.) (Clayton, North Carolina) (APF)
7. 920.0 (417.3)	4.64X	Jason Coker (US/75) 11/20/10 (920.0 lb.) (Elkhorn, Nebraska) (SPF)
8. 909.4 (412.5)	*4.58X	Jesse Kellum (US/65) 11/8/02 (412.5 kg. @ 90.0 kg.) (New Orleans, Louisiana) (WPO)
9. 903.9 (410.0)	*4.59X	Andrey Sharapov (Russia/78) 11/22/08 (410.0 kg. @ 89.375 kg.) (Palm Beach, Florida) (WPC)
10. 900.0 (408.2)	4.54X	Tony Kamand (US/61) 12/13/03 (900.0 lb.) (Avon Lake, Ohio) (IPA)
11. 900.0 (408.2)	*4.61X	Derek Wilcox (US/87) 6/5/10 (900.0 lb. @ 195.2 lb.) (Nashville, Tennessee) (SPF)
12. 887.4 (402.5)	*4.47X	Matthew Zweng (US/72) 2/24/02 (402.5 kg. @ 90.0 kg.) (Columbus, Ohio) (WPO)
13. 881.8 (400.0)	4.44X	Corey Akers (US/76) 1/6/07 (400.0 kg.) (Dekalb, Illinois) (APF)
14. 871.0 (395.1)	4.39X	Gene Bell (US/56) 4/7/91 (392.5 kg., which later weighed out at 871.0 lb.) (Honolulu, Hawaii) (APF/WPC)
15. 870.8 (395.0)	*4.44X	Arkadiy Bukhtiyuchuk (Ukraine/75) 2/4/07 (395.0 kg. @ 88.9 kg.) (Melitopol, Ukraine) (IPF)
16. 860.0 (390.1)	4.33X	Phillip DelMonti (US/82) 1/13/07 (860.0 lb.) (Grove City, Ohio) (APF)
17. 860.0 (390.1)	*4.36X	Mike Maxwell (US/74) 12/5/10 (860.0 lb. @ 197.2 lb.) (Cincinnati, Ohio) (SPF)
18. 859.8 (390.0)	*4.35X	Ed Coan (US/63) 7/7/85 (390.0 kg. @ 89.7 kg.) (Chicago, Illinois) (USPF)
19. 859.8 (390.0)	*4.39X	Tatu Avola (Finland/73) 10/8/04 (390.0 kg. @ 88.9 kg.) (Atlanta, Georgia) (WPO)
20. 859.8 (390.0)	*4.37X	Maksim Piskunov (Russia/82) 6/12/10 (390.0 kg. @ 89.3 kg.) (Mosonmagyaróvár, Hungary) (WPC)

198 Pound (90 Kilogram) Men's Weight Division -- Bench Press

Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 850.0 (385.6)	*4.29X	Shawn Frankl (US/77) 8/23/08 (850.0 lb. @ 198.0 lb.) (Sharonville, Ohio) (IPA) <TOP20C> <TOP20F>
2. 840.0 (381.0)	*4.44X	Jason Coker (US/75) 3/20/10 (840.0 lb. @ 189.4 lb.) (Plano, Texas) (SPF) <TOP20C> <TOP20F>
3. 770.0 (349.3)	*3.89X	Jason Fry (US/79) 5/30/09 (770.0 lb. @ 197.8 lb.) (Circleville, Ohio) (UPA) <TOP20C>
4. 766.1 (347.5)	*3.87X	George Halbert (US/71) 4/19/08 (347.5 kg. @ 89.8 kg.) (Columbus, Ohio) (UPA) <TOP20C>
5. 745.0 (337.9)	*3.76X	Gary Larson (US/82) 8/1/09 (745.0 lb. @ 198.0 lb.) (Rochester, New York) (IPA)
6. 740.0 (335.7)	*3.75X	Scott Sceppe (US/78) 5/26/07 (740.0 lb. @ 197.2 lb.) (West Hempstead, New York) (APF)
7. 738.5 (335.0)	*3.73X	Mike Wolfley (US/77) 3/3/07 (335.0 kg. @ 89.8 kg.) (Columbus, Ohio) (WPO)
8. 733.0 (332.5)	3.69X	Jesse Kellum (US/65) 2/16/08 (332.5 kg.) (Los Angeles, California) (APF)
9. 730.0 (331.1)	*3.69X	Sergiy Naleykin (Ukraine/81) 8/23/08 (730.0 lb. @ 198.0 lb.) (Sharonville, Ohio) (IPA)
10. 725.0 (328.9)	*3.66X	Michael Cartinian (US/76) 3/6/11 (725.0 lb. @ 198.0 lb.) (Knoxville, Tennessee) (SPF)
11. 716.5 (325.0)	*3.65X	Chris Dejongh (US/84) 3/4/11 (325.0 kg. @ 196.2 lb.) (Dubuque, Iowa) (UPA)
12. 712.1 (323.0)	*3.60X	Evgenie Nechaev (Russia/78) 3/20/10 (323.0 kg. @ 89.65 kg.) (Kursk, Russia) (WPC)
13. 711.0 (322.5)	*3.58X	Tim "Sherman" Hensley (US/81) 10/23/10 (322.5 kg. @ 90.0 kg.) (Kalamazoo, Michigan) (AAPF)
14. 705.5 (320.0)	*3.56X	Jeff McVicar (US/68) 1/20/07 (320.0 kg. @ 90.0 kg.) (Dubuque, Iowa) (APF)
15. 705.5 (320.0)	3.56X	Matt Lamarque (US/74) 3/17/07 (320.0 kg.) (Chico, California) (WABDL)
16. 705.5 (320.0)	3.56X	Anthony "Frank" Caminita (US/70) 6/24/07 (320.0 kg.) (Marietta, Georgia) (APC/GPC)
17. 705.5 (320.0)	*3.57X	James "Priest" Burdette (US/73) 10/11/08 (320.0 kg. @ 197.8 lb.) (Los Angeles, California) (AFPF)
18. 685.6 (311.0)	*3.46X	Scott Rabine (US/71) 9/25/04 (311.0 kg. @ 89.8 kg.) (Orlando, Florida) (WPO)
19. 672.4 (305.0)	*3.42X	Neil Deighton (Great Britain) 4/5/09 (305.0 kg. @ 89.3 kg.) (Eton, England) (WPC)
20. 665.0 (301.6)	3.35X	Fred Boldt (US/76) 12/5/09 (665.0 lb.) (Nashville, Tennessee) (SPF)

Listing compiled by Michael Soong (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #17 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

198 Pound (90 Kilogram) Men's Weight Division -- Deadlift

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	859.8 (390.0)	*4.35X	Ed Coan (US/63) 7/7/85 (390.0 kg. @ 89.7 kg.) (Chicago, Illinois) (USPF) <TOP20F>
2.	837.8 (380.0)	*4.25X	Andrey Belyaev (Russia/83) 9/21/06 (380.0 kg. @ 89.35 kg.) (Syktyfkar, Russia) (IPF)
3.	823.4 (373.5)	*4.43X	Eddie Coppin (Belgium/60-01) 11/14/87 (373.5 kg. @ 84.35 kg.) (Fredrikstad, Norway) (IPF) <TOP20F>
4.	822.3 (373.0)	4.14X	Veli Kumpuniemi (Finland/34) 10/16/82 (373.0 kg.) (Rovaniemi, Finland) (IPF)
5.	821.2 (372.5)	*4.19X	Vince Anello (US/47) 2/7/82 (372.5 kg. @ 196.0 lb.) (Cleveland, Ohio) (USPF)
6.	821.2 (372.5)	4.14X	Walter Thomas (US/45) 2/28/82 (372.5 kg.) (Shawnee, Oklahoma) (USPF/IPF)
7.	815.7 (370.0)	*4.13X	Sergey Gushin (Russia/74) 1/17/04 (370.0 kg. @ 89.5 kg.) (Moscow, Russia) (IPF)
8.	815.7 (370.0)	*4.12X	Alexey Zvarykin (Russia/79) 3/3/06 (370.0 kg. @ 89.9 kg.) (Ufa, Russia) (IPF)
9.	804.7 (365.0)	*4.06X	Vadim Zamornikov (Russia/82) 4/3/05 (365.0 kg. @ 90.0 kg.) (Kemerovo, Russia) (IPF)
10.	800.3 (363.0)	*4.04X	Chris Duffin (US/77) 3/14/09 (363.0 kg. @ 198.0 lb.) (Oregon City, Oregon) (AAPF)
11.	800.0 (362.9)	4.03X	Steve Scialpi (US/66) 6/14/92 (800.0 lb.) (New Rochelle, New York) (WNPF)
12.	799.2 (362.5)	4.03X	Chip McCain (US/?-91) 12/15/79 (362.5 kg.) (Arlington, Texas) (USPF)
13.	799.2 (362.5)	*4.08X	Ivan Shliakhta (Ukraine/81) 3/5/04 (362.5 kg. @ 88.8 kg.) (Kolomya, Ukraine) (IPF)
14.	793.7 (360.0)	4.00X	Jim Cash (US/49) 3/1/80 (360.0 kg.) (Memphis, Tennessee) (USPF/IPF)
15.	793.7 (360.0)	*4.02X	Daniele Ghilardi (Italy/71) 4/7/02 (360.0 kg. @ 89.6 kg.) (Marina Di Carrara, Italy) (IPF)
16.	793.7 (360.0)	*4.02X	Konstantin Pozdeev (Russia/84) 11/22/03 (360.0 kg. @ 89.5 kg.) (Moscow, Russia) (IPF)
17.	790.0 (358.3)	3.98X	John "Omega Crush" Brookins (US) 10/27/01 (790.0 lb.) (Graterford, Pennsylvania) (FCI)
18.	788.2 (357.5)	*3.99X	Buddy Duke (US/56) 7/8/84 (357.5 kg. @ 89.5 kg.) (Dayton, Ohio) (USPF)
19.	788.2 (357.5)	*3.98X	Ian Bell (US/93) 3/5/11 (357.5 kg. @ 89.8 kg.) (Cleveland, Ohio) (USAPL/IPF)
20.	782.6 (355.0)	*3.95X	Alexander Matveev (Kazakhstan/74) 11/3/05 (355.0 kg. @ 89.8 kg.) (Helsinki, Finland) (WPC)

198 Pound (90 Kilogram) Men's Weight Division -- Total

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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. Heaviest 13X bodyweight male total of all time.) (Sharonville, Ohio) (SPF) <TOP20C> <TOP20F>
2.	2460.0 (1115.8)	*12.42X	Sergiy Naleykin (Ukraine/81) 8/23/08 (970.0+730.0+760.0=2460.0 lb. @ 198.0 lb.) (Sharonville, Ohio) (IPA) <TOP20C> <TOP20F>
3.	2400.0 (1088.6)	*12.12X	Michael Cartinian (US/76) 3/6/11 (1005.0+725.0+670.0=2400.0 lb. @ 198.0 lb.) (Knoxville, Tennessee) (SPF) <TOP20F>
4.	2345.0 (1063.7)	11.82X	Jason Coker (US/75) 11/20/10 (920.0+825.0+600.0=2345.0 lb.) (Elkhorn, Nebraska) (SPF)
5.	2240.0 (1016.0)	*11.33X	Phil Harrington (US/73) 1/20/08 (945.0+605.0+690.0=2240.0 lb. @ 89.7 kg.) (Columbus, Ohio) (IPA)
6.	2234.4 (1013.5)	*11.26X	Jesse Kellum (US/65) 11/8/02 (412.5+296.0+305.0=1013.5 kg. @ 90.0 kg.) (New Orleans, Louisiana) (WPO)
7.	2232.2 (1012.5)	*11.33X	Andrey Belyaev (Russia/83) 9/21/06 (375.0+257.5+380.0=1012.5 kg. @ 89.35 kg.) (Syktyfkar, Russia) (IPF)
8.	2205.0 (1000.2)	*11.19X	Adam Driggers (US/72) 8/23/08 (925.0+600.0+680.0=2205.0 lb. @ 197.0 lb.) (Sharonville, Ohio) (IPA)
9.	2204.6 (1000.0)	*11.30X	Ed Coan (US/63) 3/3/85 (385.0+227.5+387.5=1000.0 kg. @ 88.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
10.	2149.5 (975.0)	*10.91X	Sam Byrd (US/81) 9/10/05 (415.0+250.0+310.0=975.0 kg. @ 197.0 lb.) (Woodstock, Georgia) (APF)
11.	2145.1 (973.0)	*11.05X	Ivan Shliakhta (Ukraine/81) 11/12/04 (375.5+242.5+355.0=973.0 kg. @ 88.06 kg.) (Cape Town, South Africa) (IPF)
12.	2144.0 (972.5)	*10.85X	Andrey Tarasenko (Russia/75) 11/12/04 (362.5+262.5+347.5=972.5 kg. @ 89.66 kg.) (Cape Town, South Africa) (IPF)
13.	2144.0 (972.5)	*10.81X	Konstantin Lebedenko (Russia/81) 3/3/06 (375.0+247.5+350.0=972.5 kg. @ 90.0 kg.) (Ufa, Russia) (IPF)
14.	2144.0 (972.5)	*10.88X	Andrey Sharapov (Russia/78) 11/22/08 (410.0+235.0+327.5=972.5 kg. @ 89.375 kg.) (Palm Beach, Florida) (WPC)
15.	2135.0 (968.4)	10.76X	Phillip DelMonti (US/82) 1/13/07 (860.0+555.0+720.0=2135.0 lb.) (Grove City, Ohio) (APF)
16.	2133.0 (967.5)	10.75X	Gene Bell (US/56) 2/12/87 (372.5+247.5+347.5=967.5 kg.) (Hill Air Force Base, Utah) (USPF)
17.	2133.0 (967.5)	*10.75X	Matthew Zweng (US/72) 2/24/02 (402.5+252.5+312.5=967.5 kg. @ 90.0 kg.) (Columbus, Ohio) (WPO)
18.	2116.4 (960.0)	*10.68X	Alexey Zvarykin (Russia/79) 3/3/06 (360.0+230.0+370.0=960.0 kg. @ 89.9 kg.) (Ufa, Russia) (IPF)
19.	2110.9 (957.5)	*10.64X	Tony Caprari (US/80) 2/28/03 (377.5+235.0+345.0=957.5 kg. @ 90.0 kg.) (Columbus, Ohio) (WPO)
20.	2110.9 (957.5)	*10.64X	Ivan Freydund (Ukraine/81) 11/7/03 (352.5+257.5+347.5=957.5 kg. @ 89.95 kg.) (Vejle, Denmark) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

<http://www.powerliftingusa.com>

Records accurate (as to my knowledge) as of 4/24/11.

Page #18 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

220 Pound (100 Kilogram) Men's Weight Division -- Squat

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1100.0 (499.0)	*5.02X	Sam Byrd (US/81) 6/7/08 (1100.0 lb. @ 219.0 lb. Heaviest men's quintuple bodyweight squat of all time.) (Gatlinburg, Tennessee) (SPF) <TOP20F>
2.	1060.0 (480.8)	*4.91X	Shawn Frankl (US/77) 8/21/10 (1060.0 lb. @ 216.0 lb.) (Cincinnati, Ohio) (SPF) <TOP20F>
3.	1050.0 (476.3)	*4.78X	Dondell Blue (US/75) 10/28/06 (1050.0 lb. @ 219.5 lb.) (Indianapolis, Indiana) (MPF)
4.	1035.0 (469.5)	*4.77X	Jared Skinner (US/87) 6/5/10 (1035.0 lb. @ 217.2 lb.) (Nashville, Tennessee) (SPF)
5.	1030.7 (467.5)	*4.68X	Brian Carroll (US/81) 11/4/06 (467.5 kg. @ 100.0 kg.) (Lake George, New York) (WPO)
6.	1025.0 (464.9)	*4.66X	Chuck Vogelpohl (US/65) 3/30/02 (1025.0 lb. @ 220.0 lb.) (Charleston, West Virginia) (IPA)
7.	1008.6 (457.5)	*4.60X	Christian Simmons (US/80) 6/17/07 (457.5 kg. @ 99.55 kg.) (Daytona Beach, Florida) (APF/WPC)
8.	1003.1 (455.0)	*4.56X	Joe "Ironman" Norman (US/68) 12/3/06 (455.0 kg. @ 99.8 kg.) (Lake City, Florida) (APF)
9.	1003.1 (455.0)	*4.56X	Michael Schwanke (US/78) 6/14/08 (455.0 kg. @ 220.0 lb.) (Kennesaw, Georgia) (APF)
10.	1003.1 (455.0)	*4.55X	Matt Kroczaleski (US/73) 4/25/09 (455.0 kg. @ 100.0 kg.) (Dubuque, Iowa) (UPA)
11.	981.1 (445.0)	*4.49X	Larry Hook (US/69) 3/2/07 (445.0 kg. @ 99.0 kg.) (Columbus, Ohio) (WPO)
12.	981.1 (445.0)	*4.45X	Vadim Dovganyuk (Ukraine/87) 3/2/07 (445.0 kg. @ 100.0 kg.) (Columbus, Ohio) (WPO)
13.	976.6 (443.0)	*4.47X	Jesse Kellum (US/65) 11/7/03 (443.0 kg. @ 99.2 kg.) (Atlanta, Georgia) (WPO)
14.	970.0 (440.0)	*4.40X	Travis Mash (US/73) 3/4/05 (440.0 kg. @ 100.0 kg.) (Columbus, Ohio) (WPO)
15.	970.0 (440.0)	4.40X	Glenn Baggett (US/73) 12/5/09 (970.0 lb.) (Nashville, Tennessee) (SPF)
16.	965.0 (437.7)	*4.57X	Adam Driggers (US/72) 12/11/10 (965.0 lb. @ 211.0 lb.) (Tampa, Florida) (APF)
17.	964.5 (437.5)	*4.49X	Ed Coan (US/63) 11/22/87 (437.5 kg. @ 215.0 lb.) (Dayton, Ohio) (APF/WPC)
18.	960.0 (435.4)	*4.49X	Phil Harrington (US/73) 4/12/08 (960.0 lb. @ 214.0 lb.) (Columbus, Ohio) (IPA)
19.	953.5 (432.5)	*4.33X	Corey Akers (US/76) 6/6/10 (432.5 kg. @ 99.9 kg.) (Chicago, Illinois) (APF/WPC)
20.	950.0 (430.9)	*4.31X	Jason Cox (US/72) 11/20/04 (950.0 lb. @ 100.0 kg.) (Shamokin Dam, Pennsylvania) (IPA)

220 Pound (100 Kilogram) Men's Weight Division -- Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	903.9 (410.0)	*4.11X	Jason Coker (US/75) 1/23/10 (410.0 kg. @ 220.0 lb. Heaviest quadruple bodyweight bench press of all time.) (Los Angeles, California) (APF) <TOP20C> <TOP20F>
2.	875.0 (396.9)	*4.05X	Shawn Frankl (US/77) 8/21/10 (875.0 lb. @ 216.0 lb.) (Cincinnati, Ohio) (SPF) <TOP20C> <TOP20F>
3.	843.3 (382.5)	*3.84X	Jake Prazak (US/77) 7/11/09 (382.5 kg. @ 99.6 kg.) (Dubuque, Iowa) (UPA) <TOP20C> <TOP20F>
4.	832.2 (377.5)	*3.78X	Rob Luyando (US/70) 1/20/07 (377.5 kg. @ 100.0 kg.) (Dubuque, Iowa) (APF) <TOP20C> <TOP20F>
5.	810.0 (367.4)	3.67X	Jimmy Kolb (US/90) 2/20/11 (810.0 lb.) (West Lafayette, Ohio) (APF)
6.	788.2 (357.5)	*3.60X	Clint Smith (US/79) 6/14/09 (357.5 kg. @ 99.35 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
7.	782.6 (355.0)	*3.56X	Vitaliy Ponomarenko (Ukraine/74-08) 11/5/05 (355.0 kg. @ 99.6 kg.) (Helsinki, Finland) (WPO)
8.	771.6 (350.0)	*3.54X	Matt Lamarque (US/74) 11/13/04 (350.0 kg. @ 218.0 lb.) (Reno, Nevada) (WABDL)
9.	766.1 (347.5)	*3.49X	Dondell Blue (US/75) 3/2/07 (347.5 kg. @ 99.6 kg.) (Columbus, Ohio) (WPO)
10.	766.1 (347.5)	*3.49X	Matt Minuth (US/80) 11/22/08 (347.5 kg. @ 99.5 kg.) (Palm Beach, Florida) (APF/WPC)
11.	755.1 (342.5)	*3.44X	Juha Someroja (Finland/75) 3/13/10 (342.5 kg. @ 99.5 kg.) (Lahti, Finland) (GPC)
12.	750.0 (340.2)	3.40X	Scott Sceppe (US/78) 2/16/08 (750.0 lb.) (Tribes Hill, New York) (SSA)
13.	740.0 (335.7)	*3.66X	Jason Fry (US/79) 11/9/08 (740.0 lb. @ 91.8 kg.) (Circleville, Ohio) (UPA)
14.	740.0 (335.7)	*3.37X	Kris Herbert (US/84) 5/1/10 (740.0 lb. @ 219.9 lb.) (Tribes Hill, New York) (SSA)
15.	738.5 (335.0)	*3.35X	Matt Kroczaleski (US/73) 4/25/09 (335.0 kg. @ 100.0 kg.) (Dubuque, Iowa) (UPA)
16.	735.0 (333.4)	*3.52X	Jesse Kellum (US/65) 4/26/03 (735.0 lb. @ 209.0 lb.) (New Roads, Louisiana) (NSM)
17.	735.0 (333.4)	3.33X	Gary Larson (US/82) 6/28/09 (735.0 lb.) (York, Pennsylvania) (IPA)
18.	733.0 (332.5)	*3.40X	George Halbert (US/71) 9/8/01 (332.5 kg. @ 97.8 kg.) (Daytona Beach, Florida) (WPO)
19.	733.0 (332.5)	*3.34X	Christian Simmons (US/80) 6/17/07 (332.5 kg. @ 99.55 kg.) (Daytona Beach, Florida) (APF/WPC)
20.	733.0 (332.5)	*3.34X	Tony Acome (US/72) 6/17/07 (332.5 kg. @ 99.55 kg.) (Daytona Beach, Florida) (APF/WPC)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #19 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

220 Pound (100 Kilogram) Men's Weight Division -- Deadlift

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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) <TOP20F>
2.	837.8 (380.0)	*3.80X	Jim Cash (US/49) 7/8/84 (380.0 kg. @ 100.0 kg.) (Dayton, Ohio) (USPF)
3.	837.8 (380.0)	*4.11X	Andrey Belyaev (Russia/83) 6/26/10 (380.0 kg. @ 92.5 kg.) (Arkhangelsk, Russia) (WPC)
4.	832.2 (377.5)	*3.91X	Alexey Zvarykin (Russia/79) 9/22/06 (377.5 kg. @ 96.55 kg.) (Syktyfkar, Russia) (IPF)
5.	830.0 (376.5)	*3.86X	Chad Holmes (US/71) 2/24/96 (830.0 lb. @ 215.0 lb.) (Tuscola, Illinois) (SLP)
6.	826.7 (375.0)	*3.81X	Aleksei Vishnitskiy (Ukraine/79) 11/17/01 (375.0 kg. @ 98.4 kg.) (Sotkamo, Finland) (IPF)
7.	821.2 (372.5)	*3.77X	Steve Goggins (US/63) 12/6/87 (372.5 kg. @ 218.0 lb.) (Dallas, Texas) (USPF)
8.	821.2 (372.5)	3.73X	Robert Washington (US) 10/28/89 (372.5 kg.) (Greensboro, North Carolina) (USPF)
9.	821.2 (372.5)	*3.87X	Konstantin Pozdeev (Russia/84) 8/27/05 (372.5 kg. @ 96.15 kg.) (Oriol, Russia) (IPF)
10.	821.2 (372.5)	*3.77X	Mikhail Kim (Russia/80) 1/22/06 (372.5 kg. @ 98.9 kg.) (Moscow, Russia) (IPF)
11.	815.7 (370.0)	3.70X	Johnny Jackson (US) 6/16/01 (370.0 kg.) (Plano, Texas) (INSA)
12.	815.7 (370.0)	*3.70X	Yuriy Fedorenko (Russia/74) 10/4/03 (370.0 kg. @ 99.95 kg.) (Syktyvkar, Russia) (IPF)
13.	815.7 (370.0)	*3.70X	Chuck Vogelpohl (US/65) 3/5/04 (370.0 kg. @ 100.0 kg.) (Columbus, Ohio) (WPO)
14.	815.7 (370.0)	*3.71X	Maxim Barkhatov (Russia/81) 11/13/04 (370.0 kg. @ 99.64 kg.) (Cape Town, South Africa) (IPF)
15.	815.7 (370.0)	*3.71X	Ivan Freydun (Ukraine/81) 11/12/05 (370.0 kg. @ 99.6 kg.) (Miami, Florida) (IPF)
16.	811.3 (368.0)	*3.83X	Vince Anello (US/47) 3/29/77 (810.0 lb. @ 212.0 lb., which later weighed out at 811.25 lb.) (Culver City, California) (AAU)
17.	810.2 (367.5)	*3.68X	Oleksiy Nazarenko (Ukraine/77) 3/6/05 (367.5 kg. @ 100.0 kg.) (Mariupol, Ukraine) (IPF)
18.	810.2 (367.5)	*3.68X	Matt Kroczaleski (US/73) 4/25/09 (367.5 kg. @ 100.0 kg.) (Dubuque, Iowa) (UPA)
19.	810.2 (367.5)	*3.68X	Konstantin Lebedko (Russia/81) 11/5/09 (367.5 kg. @ 99.84 kg.) (New Delhi, India) (IPF)
20.	810.2 (367.5)	*3.72X	Brandon "C4" Cass (US/74) 9/25/10 (367.5 kg. @ 217.6 lb.) (Las Vegas, Nevada) (USPF)

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

220 Pound (100 Kilogram) Men's Weight Division -- Total

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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. Heaviest 12X bodyweight male Total of all time.) (Cincinnati, Ohio) (SPF) <TOP20C> <TOP20F>
2.	2551.9 (1157.5)	*11.58X	Matt Kroczaleski (US/73) 4/25/09 (455.0+335.0+367.5=1157.5 kg. @ 100.0 kg.) (Dubuque, Iowa) (UPA) <TOP20F>
3.	2502.2 (1135.0)	*11.37X	Michael Schwanke (US/78) 6/14/08 (455.0+315.0+365.0=1135.0 kg. @ 220.0 lb.) (Kennesaw, Georgia) (APF) <TOP20F>
4.	2500.0 (1134.0)	*11.39X	Dondell Blue (US/75) 10/28/06 (1050.0+700.0+750.0=2500.0 lb. @ 219.5 lb.) (Indianapolis, Indiana) (MPF) <TOP20F>
5.	2447.1 (1110.0)	*11.53X	Andrey Belyaev (Russia/83) 11/6/10 (410.0+330.0+370.0=1110.0 kg. @ 96.3 kg.) (Mikkeli, Finland) (WPC)
6.	2430.6 (1102.5)	*11.08X	Juha Someroja (Finland/75) 3/13/10 (420.0+342.5+340.0=1102.5 kg. @ 99.5 kg.) (Lahti, Finland) (GPC)
7.	2414.1 (1095.0)	*10.95X	Travis Mash (US/73) 3/4/05 (440.0+320.0+335.0=1095.0 kg. @ 100.0 kg.) (Columbus, Ohio) (WPO)
8.	2410.0 (1093.2)	10.93X	Jimmy Kolb (US/90) 2/20/11 (900.0+810.0+700.0=2410.0 lb.) (West Lafayette, Ohio) (APF)
9.	2408.6 (1092.5)	*10.95X	Ed Coan (US/63) 7/28/91 (1090.0 kg. @ 99.8 kg., with the actual value of the overweight plates being 1092.5 kg.) (FV: 435.0+247.5+407.5=1090.0 kg.) (AW: 436.0+247.5+409.0=1092.5 kg.) (Dallas, Texas) (USPF)
10.	2408.6 (1092.5)	*11.05X	Sam Byrd (US/81) 9/15/07 (482.5+277.5+332.5=1092.5 kg. @ 218.0 lb.) (Woodstock, Georgia) (APF)
11.	2403.0 (1090.0)	*10.97X	Clint Smith (US/79) 6/14/09 (400.0+357.5+332.5=1090.0 kg. @ 99.35 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
12.	2392.0 (1085.0)	*10.90X	Christian Simmons (US/80) 6/17/07 (457.5+332.5+295.0=1085.0 kg. @ 99.55 kg.) (Daytona Beach, Florida) (APF/WPC)
13.	2375.5 (1077.5)	*10.78X	Brian Carroll (US/81) 11/4/06 (467.5+287.5+322.5=1077.5 kg. @ 100.0 kg.) (Lake George, New York) (WPO)
14.	2367.8 (1074.0)	*10.83X	Jesse Kellum (US/65) 11/7/03 (443.0+313.5+317.5=1074.0 kg. @ 99.2 kg.) (Atlanta, Georgia) (WPO)
15.	2347.9 (1065.0)	*10.76X	Larry Hook (US/69) 3/2/07 (445.0+275.0+345.0=1065.0 kg. @ 99.0 kg.) (Columbus, Ohio) (WPO)
16.	2320.4 (1052.5)	*10.53X	Chuck Vogelpohl (US/65) 11/7/03 (442.5+262.5+347.5=1052.5 kg. @ 100.0 kg.) (Atlanta, Georgia) (WPO)
17.	2315.0 (1050.1)	*10.66X	Jared Skinner (US/87) 6/5/10 (1035.0+600.0+680.0=2315.0 lb. @ 217.2 lb.) (Nashville, Tennessee) (SPF)
18.	2309.3 (1047.5)	*10.53X	Ivan Freyduin (Ukraine/81) 11/11/10 (385.0+295.0+367.5=1047.5 kg. @ 99.48 kg.) (Potchefstroom, South Africa) (IPF)
19.	2303.8 (1045.0)	*10.47X	Joe "Ironman" Norman (US/68) 12/3/06 (455.0+255.0+335.0=1045.0 kg. @ 99.8 kg.) (Lake City, Florida) (APF)
20.	2300.0 (1043.3)	*10.50X	Jimmie Pacifico (US/88) 3/6/11 (945.0+660.0+695.0=2300.0 lb. @ 219.0 lb.) (Knoxville, Tennessee) (SPF)

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

242 Pound (110 Kilogram) Men's Weight Division -- Squat

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1140.0 (517.1)	*4.75X	Chuck Vogelpohl (US/65) 8/23/09 (1140.0 lb. @ 239.8 lb.) (Sharonville, Ohio) (SPF) <TOP20F>
2.	1107.8 (502.5)	*4.86X	Sam Byrd (US/81) 6/14/08 (502.5 kg. @ 228.0 lb.) (Kennesaw, Georgia) (APF) <TOP20F>
3.	1085.0 (492.1)	*4.50X	Justin Graalfs (US/79) 7/23/06 (1085.0 lb. @ 109.4 kg.) (York, Pennsylvania) (IPA)
4.	1055.0 (478.5)	*4.36X	Greg Panora (US/80) 8/24/08 (1055.0 lb. @ 242.0 lb.) (Sharonville, Ohio) (IPA)
5.	1052.7 (477.5)	*4.37X	Brian Carroll (US/81) 1/26/08 (477.5 kg. @ 109.3 kg.) (Clayton, North Carolina) (APF)
6.	1050.0 (476.3)	*4.36X	Jason Cox (US/72) 11/18/07 (1050.0 lb. @ 240.6 lb.) (York, Pennsylvania) (IPA)
7.	1045.0 (474.0)	*4.32X	Steve Goggins (US/63) 3/5/05 (474.0 kg. @ 109.65 kg.) (Columbus, Ohio) (WPO)
8.	1041.7 (472.5)	*4.32X	Corey Akers (US/76) 3/19/11 (472.5 kg. @ 109.5 kg.) (DeKalb, Illinois) (APF)
9.	1038.4 (471.0)	*4.38X	Ed Coan (US/63) 8/12/01 (471.0 kg. @ 107.6 kg.) (Orlando, Florida) (WPO)
10.	1036.2 (470.0)	*4.31X	Jason Ehlert (US/78) 3/19/11 (470.0 kg. @ 240.4 lb.) (Rosemount, Minnesota) (APF)
11.	1030.0 (467.2)	*4.32X	Brian Hopper (US/83) 2/27/10 (1030.0 lb. @ 238.5 lb.) (Orlando, Florida) (APF)
12.	1025.0 (464.9)	*4.27X	Luke Edwards (US/81) 12/5/09 (1025.0 lb. @ 240.0 lb.) (Nashville, Tennessee) (SPF)
13.	1025.0 (464.9)	*4.25X	Dave "Neutron" Hoff (US/88) 12/5/09 (1025.0 lb. @ 241.0 lb.) (Nashville, Tennessee) (SPF)
14.	1015.0 (460.4)	*4.19X	James Grandick (US/68) 8/24/08 (1015.0 lb. @ 242.4 lb.) (Sharonville, Ohio) (IPA)
15.	1014.1 (460.0)	*4.43X	Matt Kroczaleski (US/73) 7/13/08 (460.0 kg. @ 103.8 kg.) (Dubuque, Iowa) (UPA)
16.	1014.1 (460.0)	*4.21X	Joe "Ironman" Norman (US/68) 5/9/10 (460.0 kg. @ 109.3 kg.) (West Palm Beach, Florida) (APF/WPC)
17.	1008.6 (457.5)	*4.19X	Toby Irby (US/74) 5/4/08 (457.5 kg. @ 109.2 kg.) (Baton Rouge, Louisiana) (APF/WPC)
18.	1004.2 (455.5)	*4.29X	Willie Wessels (US/63) 11/11/95 (455.5 kg. @ 106.1 kg.) (Chicago, Illinois) (APF/WPC)
19.	1003.1 (455.0)	*4.14X	Jason Patrick (US/72) 6/26/04 (455.0 kg. @ 109.8 kg.) (Waukegan, Illinois) (APF)
20.	1003.1 (455.0)	4.14X	Christian Simmons (US/80) 4/23/05 (455.0 kg.) (Baton Rouge, Louisiana) (APF)

242 Pound (110 Kilogram) Men's Weight Division -- Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	905.0 (410.5)	*3.78X	Rob Luyando (US/70) 9/1/07 (410.5 kg. @ 108.6 kg.) (Dubuque, Iowa) (UPA) <TOP20C> <TOP20F>
2.	854.3 (387.5)	*3.63X	Jake Prazak (US/77) 7/30/10 (387.5 kg. @ 106.8 kg.) (Dubuque, Iowa) (UPA) <TOP20F>
3.	848.8 (385.0)	*3.51X	Richie Briggs (US/84) 11/10/07 (385.0 kg. @ 242.0 lb.) (Omaha, Nebraska) (APF)
4.	832.2 (377.5)	*3.56X	Matt Minuth (US/80) 7/11/09 (377.5 kg. @ 106.0 kg.) (Dubuque, Iowa) (UPA)
5.	815.7 (370.0)	*3.45X	Vitaliy Ponomarenko (Ukraine/74-08) 7/28/07 (370.0 kg. @ 107.2 kg.) (Krivoy Rog, Ukraine) (WPO)
6.	805.0 (365.1)	*3.32X	James Grandick (US/68) 8/24/08 (805.0 lb. @ 242.4 lb.) (Sharonville, Ohio) (IPA)
7.	805.0 (365.1)	*3.33X	Harley Timbs (US/70) 6/6/10 (805.0 lb. @ 242.0 lb.) (Nashville, Tennessee) (SPF)
8.	810.0 (367.4)	*3.40X	Clint Smith (US/79) 2/19/11 (810.0 lb. @ 238.0 lb.) (Orlando, Florida) (APF)
9.	804.7 (365.0)	*3.37X	Chip Stewart (US/75) 7/29/06 (365.0 kg. @ 108.4 kg.) (Clayton, North Carolina) (APF)
10.	804.7 (365.0)	*3.35X	Jason "Action" Jackson (US/64) 11/16/06 (365.0 kg. @ 240.2 lb.) (Las Vegas, Nevada) (WABDL)
11.	804.7 (365.0)	*3.35X	Brad Hein (US/80) 5/30/08 (365.0 kg. @ 240.0 lb.) (Omaha, Nebraska) (APF/WPC)
12.	801.4 (363.5)	*3.51X	Matt Lamarque (US/74) 6/11/05 (363.5 kg. @ 228.0 lb.) (Honolulu, Hawaii) (WABDL)
13.	800.0 (362.9)	*3.30X	Greg Panora (US/80) 12/6/08 (800.0 lb. @ 110.0 kg.) (Murfreesboro, Tennessee) (SPF)
14.	785.0 (356.1)	*3.26X	Brian Carroll (US/81) 8/24/08 (785.0 lb. @ 241.0 lb.) (Sharonville, Ohio) (IPA)
15.	785.0 (356.1)	*3.26X	Dave "Neutron" Hoff (US/88) 12/5/09 (785.0 lb. @ 241.0 lb.) (Nashville, Tennessee) (SPF)
16.	782.6 (355.0)	*3.23X	Juha Someroja (Finland/75) 4/3/11 (355.0 kg. @ 110.0 kg.) (Rovaniemi, Finland) (GPC)
17.	772.5 (350.4)	*3.25X	Brad Kelley (US/71) 3/5/05 (772.5 lb. @ 238.0 lb.) (Williamston, South Carolina) (APA)
18.	771.6 (350.0)	*3.26X	Tony Acome (US/72) 3/3/07 (350.0 kg. @ 107.3 kg.) (Columbus, Ohio) (WPO)
19.	771.6 (350.0)	*3.18X	Jeremiah Frey (US/81) 1/31/09 (350.0 kg. @ 110.0 kg.) (Dubuque, Iowa) (UPA)
20.	766.1 (347.5)	*3.18X	George Halbert (US/71) 9/25/04 (347.5 kg. @ 109.4 kg.) (Orlando, Florida) (WPO)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of **4/24/11**.

<http://www.powerliftingusa.com>

Page #22 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

242 Pound (110 Kilogram) Men's Weight Division -- Deadlift

Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 892.9 (405.0)	*3.70X	Yuriy Fedorenko (Russia/74) 3/4/06 (405.0 kg. @ 109.6 kg.) (Ufa, Russia) (IPF)
2. 887.4 (402.5)	*3.70X	Ed Coan (US/63) 12/20/98 (402.5 kg. @ 108.8 kg.) (Las Vegas, Nevada) (USPF/WPL)
3. 871.9 (395.5)	*3.60X	Steve Goggins (US/63) 3/6/04 (395.5 kg. @ 109.9 kg.) (Columbus, Ohio) (WPO)
4. 870.8 (395.0)	*3.59X	John Kuc (US/47) 11/9/80 (395.0 kg. @ 110.0 kg.) (Arlington, Texas) (USPF/IPF)
5. 865.0 (392.4)	*3.75X	Orlando Green (US/77) 4/2/11 (865.0 lb. @ 230.8 lb.) (Dallas, Texas) (HPL)
6. 859.8 (390.0)	3.55X	Bret Russell (US/60) 11/2/86 (390.0 kg.) (Parkersburg, West Virginia) (APF/WPC)
7. 859.8 (390.0)	*3.60X	Nikolay Ilychev (Russia/77) 1/22/06 (390.0 kg. @ 108.4 kg.) (Cherepovets, Russia) (IPF)
8. 854.3 (387.5)	*3.53X	John Kuc (US/47) 5/4/79 (387.5 kg. @ 109.75 kg., without a belt.) (Honolulu, Hawaii) (USPF/IPF)
9. 854.3 (387.5)	3.52X	Charlie Driscoll (US) 6/8/86 (387.5 kg.) (Dallas, Texas) (USPF)
10. 848.8 (385.0)	*3.51X	Aarre Kapyla (Finland/64) 11/18/90 (385.0 kg. @ 109.8 kg.) (The Hague, Netherlands) (IPF)
11. 845.0 (383.3)	*3.60X	Jim Cash (US/49) 12/14/85 (845.0 lb. @ 234.5 lb.) (Longmont, Colorado) (NSM)
12. 843.3 (382.5)	*3.53X	Alexey Gankov (Russia/70) 11/14/98 (382.5 kg. @ 108.5 kg.) (Cherkasy, Ukraine) (IPF)
13. 837.8 (380.0)	*3.47X	Arthur White (Great Britain/51) 4/17/82 (380.0 kg. @ 109.4 kg.) (Munich, West Germany) (IPF)
14. 837.8 (380.0)	*3.48X	Dave Carter (Great Britain) 4/18/82 (380.0 kg. @ 109.1 kg.) (Featherstone Prison, Great Britain) (IPF)
15. 837.8 (380.0)	3.45X	Mike Poretta (US) 7/10/88 (380.0 kg.) (Las Vegas, Nevada) (USPF/IPF)
16. 837.8 (380.0)	*3.45X	Roman Voroshilin (Ukraine/83) 3/6/05 (380.0 kg. @ 110.0 kg.) (Mariupol, Ukraine) (IPF)
17. 837.8 (380.0)	*3.47X	Maxim Barkhatov (Russia/81) 10/19/07 (380.0 kg. @ 109.4 kg.) (Soelden, Austria) (IPF)
18. 832.2 (377.5)	3.43X	Terry McCormick (US/46) 7/13/80 (377.5 kg.) (Madison, Wisconsin) (USPF/IPF)
19. 832.2 (377.5)	3.43X	Steve Wilson (US/54) 6/29/86 (377.5 kg.) (Dayton, Ohio) (APF/WPC)
20. 832.2 (377.5)	3.43X	Willie Bell (US) 12/3/88 (377.5 kg.) (Adel, Georgia) (USPF)

242 Pound (110 Kilogram) Men's Weight Division -- Total

Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 2630.0 (1192.9)	*10.84X	Greg Panora (US/80) 12/6/08 (1015.0+800.0+815.0=2630.0 lb. @ 110.0 kg.) (Murfreesboro, Tennessee) (SPF) <TOP20F>
2. 2600.0 (1179.3)	*10.79X	Dave "Neutron" Hoff (US/88) 12/5/09 (1025.0+785.0+790.0=2600.0 lb. @ 241.0 lb.) (Nashville, Tennessee) (SPF) <TOP20F>
3. 2590.4 (1175.0)	*10.68X	Juha Someroja (Finland/75) 4/3/11 (450.0+355.0+370.0=1175.0 kg. @ 110.0 kg.) (Rovaniemi, Finland) (GPC) <TOP20F>
4. 2579.4 (1170.0)	*10.64X	Jeremiah Frey (US/81) 1/31/09 (455.0+350.0+365.0=1170.0 kg. @ 110.0 kg.) (Dubuque, Iowa) (UPA)
5. 2570.0 (1165.7)	*10.66X	Brian Carroll (US/81) 8/24/08 (1050.0+785.0+735.0=2570.0 lb. @ 241.0 lb.) (Sharonville, Ohio) (IPA)
6. 2565.0 (1163.5)	*10.58X	James Grandick (US/68) 8/24/08 (1015.0+805.0+745.0=2565.0 lb. @ 242.4 lb.) (Sharonville, Ohio) (IPA)
7. 2502.2 (1135.0)	*10.93X	Matt Kroczaleski (US/73) 7/13/08 (460.0+320.0+355.0=1135.0 kg. @ 103.8 kg.) (Dubuque, Iowa) (UPA)
8. 2485.0 (1127.2)	*10.69X	Clint Smith (US/79) 12/11/10 (935.0+805.0+745.0=2485.0 lb. @ 232.4 lb.) (Tampa, Florida) (APF)
9. 2481.3 (1125.5)	*10.24X	Steve Goggins (US/63) 3/6/04 (472.5+257.5+395.5=1125.5 kg. @ 109.9 kg.) (Columbus, Ohio) (WPO)
10. 2463.7 (1117.5)	*10.27X	Ed Coan (US/63) 12/20/98 (455.0+260.0+402.5=1117.5 kg. @ 108.8 kg.) (Las Vegas, Nevada) (USPF/WPL)
11. 2447.1 (1110.0)	*10.73X	Sam Byrd (US/81) 6/14/08 (502.5+290.0+317.5=1110.0 kg. @ 228.0 lb.) (Kennesaw, Georgia) (APF)
12. 2441.6 (1107.5)	*10.09X	Justin Graalfs (US/79) 3/24/07 (487.5+282.5+337.5=1107.5 kg. @ 242.0 lb.) (Omaha, Nebraska) (APF)
13. 2441.6 (1107.5)	*10.14X	Toby Irby (US/74) 5/4/08 (457.5+320.0+330.0=1107.5 kg. @ 109.2 kg.) (Baton Rouge, Louisiana) (APF/WPC)
14. 2430.6 (1102.5)	*10.27X	Dondell Blue (US/75) 12/3/06 (427.5+347.5+327.5=1102.5 kg. @ 107.4 kg.) (Lake City, Florida) (APF)
15. 2419.6 (1097.5)	*9.99X	Jason Patrick (US/72) 6/6/10 (442.5+307.5+347.5=1097.5 kg. @ 109.9 kg.) (Chicago, Illinois) (APF/WPC)
16. 2405.0 (1090.9)	*9.98X	Luke Edwards (US/81) 4/24/10 (950.0+685.0+770.0=2405.0 lb. @ 241.0 lb.) (Columbus, Ohio) (SPF)
17. 2403.0 (1090.0)	*10.05X	Willie Wessels (US/63) 4/6/97 (432.5+295.0+362.5=1090.0 kg. @ 239.0 lb.) (Peoria, Illinois) (APF/WPC)
18. 2403.0 (1090.0)	*10.47X	Christian Simmons (US/80) 6/17/06 (455.0+332.5+302.5=1090.0 kg. @ 104.15 kg.) (Fort Lauderdale, Florida) (APF)
19. 2403.0 (1090.0)	*9.95X	Corey Akers (US/76) 3/19/11 (472.5+300.0+317.5=1090.0 kg. @ 109.5 kg.) (DeKalb, Illinois) (APF)
20. 2397.5 (1087.5)	*9.92X	Yuriy Fedorenko (Russia/74) 3/4/06 (400.0+282.5+405.0=1087.5 kg. @ 109.6 kg.) (Ufa, Russia) (IPF)

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

275 Pound (125 Kilogram) Men's Weight Division -- Squat

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1180.0 (535.2)	*4.45X	Chuck Vogelpohl (US/65) 3/5/11 (1180.0 lb. @ 265.0 lb.) (Columbus, Ohio) (IPA) <TOP20F>
2.	1168.4 (530.0)	*4.31X	Yevgen Yarymbash (Ukraine/83) 10/11/08 (530.0 kg. @ 123.0 kg.) (Mangush, Ukraine) (IPA) <TOP20F>
3.	1145.0 (519.4)	*4.16X	Brian Carroll (US/81) 10/30/10 (1145.0 lb. @ 275.5 lb.) (Orlando, Florida) (APF) <TOP20F>
4.	1115.0 (505.8)	*4.20X	Dave "Neutron" Hoff (US/88) 3/6/11 (1115.0 lb. @ 265.2 lb.) (Knoxville, Tennessee) (SPF)
5.	1107.8 (502.5)	*4.04X	Marc "Spuds" Bartley (US/68) 3/4/06 (502.5 kg. @ 124.4 kg.) (Columbus, Ohio) (WPO)
6.	1105.0 (501.2)	*4.43X	Joe "Ironman" Norman (US/68) 2/27/10 (1105.0 lb. @ 249.5 lb.) (Orlando, Florida) (APF) <TOP20F>
7.	1102.3 (500.0)	*4.15X	Steve Goggins (US/63) 3/1/03 (500.0 kg. @ 120.45 kg. First man to squat 1100 pounds.) (Columbus, Ohio) (WPO)
8.	1102.3 (500.0)	*4.01X	Ano Turtiainen (Finland/67) 3/25/07 (500.0 kg. @ 124.8 kg.) (Juva, Finland) (WPC)
9.	1102.3 (500.0)	4.00X	Charles Bailey (US/63) 6/24/07 (500.0 kg.) (Marietta, Georgia) (APC/GPC)
10.	1102.3 (500.0)	4.00X	Al Mehan (Canada/74) 9/22/07 (500.0 kg.) (Saint Francisville, Louisiana) (APF)
11.	1080.3 (490.0)	*4.06X	Jose Garcia (US/77) 6/14/09 (490.0 kg. @ 120.6 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
12.	1080.3 (490.0)	*3.98X	Michael Griffin (US/75) 11/7/09 (490.0 kg. @ 123.1 kg.) (Plano, Texas) (APF)
13.	1069.2 (485.0)	*4.00X	Sergey Moser (Germany/77) 10/22/06 (485.0 kg. @ 121.1 kg.) (Stuttgart, Germany) (WPC)
14.	1058.2 (480.0)	*3.84X	Charles "Chas" Fay (US/80) 6/17/07 (480.0 kg. @ 124.9 kg.) (Daytona Beach, Florida) (APF/WPC)
15.	1058.2 (480.0)	*4.01X	James Grandick (US/68) 9/6/08 (480.0 kg. @ 264.0 lb.) (Omaha, Nebraska) (APF)
16.	1058.2 (480.0)	*3.85X	Sergiy Karnaukhov (Ukraine/78) 11/22/08 (480.0 kg. @ 124.7 kg.) (Palm Beach, Florida) (WPC)
17.	1047.2 (475.0)	*3.93X	Jeremiah Frey (US/81) 3/22/09 (470.0 kg. @ 121.0 kg., which was accidentally misloaded to 475.0 kg.) (Omaha, Nebraska) (APF)
18.	1050.0 (476.3)	*3.83X	Ron "Scott" Yard (US/82) 9/30/06 (1050.0 lb. @ 274.5 lb.) (New Castle, Delaware) (APF)
19.	1041.7 (472.5)	*3.79X	Oan Basson (US/78) 3/4/06 (472.5 kg. @ 124.8 kg.) (Columbus, Ohio) (WPO)
20.	1040.0 (471.7)	*3.96X	Greg Panora (US/80) 1/20/08 (1040.0 lb. @ 119.1 kg.) (Columbus, Ohio) (IPA)

275 Pound (125 Kilogram) Men's Weight Division -- Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1030.7 (467.5)	*3.75X	Scot Mendelson (US/69) 12/12/09 (467.5 kg. @ 275.0 lb.) (Camarillo, California) (APF) <TOP20F>
2.	948.0 (430.0)	*3.69X	Rob Luyando (US/70) 7/13/08 (430.0 kg. @ 116.6 kg.) (Dubuque, Iowa) (UPA) <TOP20F>
3.	900.0 (408.2)	*3.50X	Dave "Neutron" Hoff (US/88) 12/5/10 (900.0 lb. @ 257.0 lb.) (Cincinnati, Ohio) (SPF) <TOP20F>
4.	865.3 (392.5)	*3.16X	Richie Briggs (US/84) 9/6/08 (392.5 kg. @ 274.0 lb.) (Omaha, Nebraska) (APF)
5.	859.8 (390.0)	*3.22X	Alberto Franco (US/73) 11/5/06 (390.0 kg. @ 121.0 kg.) (Lake George, New York) (APF/WPC)
6.	854.3 (387.5)	*3.11X	Mark "JackAss" Bell (US/76) 5/23/10 (387.5 kg. @ 275.0 lb.) (Sacramento, California) (SPF)
7.	845.0 (383.3)	*3.07X	Bill Crawford (US/71) 6/25/05 (845.0 lb. @ 275.0 lb.) (Glens Falls, New York) (APF)
8.	843.3 (382.5)	*3.23X	John Zemmin (US/69) 1/20/07 (382.5 kg. @ 118.6 kg.) (Dubuque, Iowa) (APF)
9.	840.0 (381.0)	*3.06X	Ron "Scott" Yard (US/82) 9/30/06 (840.0 lb. @ 274.5 lb.) (New Castle, Delaware) (APF)
10.	832.2 (377.5)	3.02X	John Stewart (US/64) 8/9/08 (377.5 kg.) (Dallas, Texas) (WABDL)
11.	830.0 (376.5)	*3.02X	Vincent Dizenzo (US/69) 10/23/10 (830.0 lb. @ 274.6 lb.) (Cranston, Rhode Island) (IPA)
12.	826.7 (375.0)	*3.07X	Andy Fiedler (US/66) 8/7/04 (375.0 kg. @ 269.0 lb.) (Dubuque, Iowa) (APF)
13.	826.7 (375.0)	*3.08X	Tommy Harrison (US/74) 11/17/07 (375.0 kg. @ 268.2 lb.) (Anaheim, California) (WABDL)
14.	820.0 (371.9)	*3.18X	Greg Panora (US/80) 6/28/09 (820.0 lb. @ 258.0 lb.) (York, Pennsylvania) (IPA)
15.	815.7 (370.0)	*2.96X	David Lewis (US/72) 6/6/10 (370.0 kg. @ 125.0 kg.) (Chicago, Illinois) (APF/WPC)
16.	815.7 (370.0)	*2.99X	Vladimir Maximov (Russia/66) 11/6/10 (370.0 kg. @ 123.7 kg.) (Mikkeli, Finland) (WPC)
17.	815.0 (369.7)	*3.26X	Jeremiah Frey (US/81) 8/23/09 (815.0 lb. @ 249.8 lb.) (Sharonville, Ohio) (SPF)
18.	815.0 (369.7)	*3.08X	Harley Timbs (US/80) 2/13/10 (815.0 lb. @ 265.0 lb.) (Nashville, Tennessee) (SPF)
19.	806.9 (366.0)	*3.18X	Viktor Naydenov (Russia/87) 8/22/10 (366.0 kg. @ 115.2 kg.) (Moscow, Russia) (WPC)
20.	804.7 (365.0)	*2.92X	Sebastian Burns (US/72) 6/21/08 (365.0 kg. @ 125.0 kg.) (Vaudreuil-Dorion, Quebec, Canada) (WPC)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

<http://www.powerliftingusa.com>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #24 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

275 Pound (125 Kilogram) Men's Weight Division -- Deadlift

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	948.0 (430.0)	*3.45X	Konstantin Konstantinovs (Latvia/79) 4/2/06 (430.0 kg. @ 124.8 kg.) (Riga, Latvia) (IPF) <TOP20F>
2.	904.0 (410.0)	*3.37X	Dan Wohleber (US/61) 12/12/82 (900.0 lb. @ 268.0 lb., which later weighed out at 904.0 lb. First man to deadlift 900 pounds.) (Sandusky, Ohio) (NSM)
3.	894.0 (405.5)	*3.29X	Ano Turtiainen (Finland/67) 2/24/02 (405.5 kg. @ 123.3 kg.) (Columbus, Ohio) (WPO)
4.	888.5 (403.0)	*3.24X	Andrey Malanichev (Russia/77) 8/28/05 (403.0 kg. @ 124.35 kg.) (Oriol, Russia) (IPF)
5.	887.4 (402.5)	*3.23X	Maxim Podtynny (Russia/72) 3/3/02 (402.5 kg. @ 124.7 kg.) (Syktyvkar, Russia) (IPF)
6.	881.8 (400.0)	*3.32X	Steve Goggins (US/63) 3/1/03 (400.0 kg. @ 120.45 kg.) (Columbus, Ohio) (WPO)
7.	881.8 (400.0)	3.20X	Mika Hiltunen (Finland) 8/27/05 (400.0 kg.) (Tampere, Finland) (WABDL)
8.	881.8 (400.0)	*3.21X	Istvan Arvai (Hungary/74) 3/4/06 (400.0 kg. @ 124.7 kg.) (Columbus, Ohio) (WPO)
9.	881.8 (400.0)	*3.21X	Konstantin Konstantinovs (Latvia/79) 12/20/09 (400.0 kg. @ 124.9 kg., without a belt.) (Dobele, Latvia) (AWPC)
10.	876.3 (397.5)	*3.22X	Istvan Arvai (Hungary/74) 11/14/04 (397.5 kg. @ 123.32 kg., without a belt) (Cape Town, South Africa) (IPF)
11.	865.3 (392.5)	*3.55X	Ed Coan (US/63) 6/25/00 (392.5 kg. @ 110.8 kg.) (Chester, West Virginia) (USPF/WPL)
12.	859.8 (390.0)	3.12X	Scott Warman (US/56) 3/2/86 (390.0 kg.) (El Dorado, Arkansas) (USPF)
13.	859.8 (390.0)	*3.21X	Alexey Pankov (Russia/83) 6/21/04 (390.0 kg. @ 121.4 kg.) (Sofia, Bulgaria) (IPF)
14.	859.8 (390.0)	*3.20X	Mikhail Glazunov (Russia/74) 8/21/10 (390.0 kg. @ 121.8 kg.) (Moscow, Russia) (WPC)
15.	857.6 (389.0)	*3.16X	Andy Bolton (Great Britain/70) 6/92 (389.0 kg. @ 123.0 kg.) (Macclesfield, England) (WPC)
16.	856.0 (388.3)	3.11X	John Kuc (US/47) 5/11/85 (387.5 kg., which later weighed out at 856.0 lb.) (Clifton Heights, Pennsylvania) (ADFPA/WDFPF)
17.	855.4 (388.0)	3.10X	Dave Carter (Great Britain) 12/2/90 (388.0 kg.) (Stone, England) (WPC)
18.	855.4 (388.0)	3.10X	Michael Bruegger (Germany/62-09) 3/94 (388.0 kg.) (Krefeld, Germany) (WPC)
19.	854.3 (387.5)	*3.11X	Lars Noren (Sweden/61) 5/4/87 (387.5 kg. @ 124.4 kg.) (Birmingham, England) (IPF)
20.	854.3 (387.5)	*3.10X	Dave Pasanella (US/62-90) 5/28/89 (387.5 kg. @ 124.8 kg.) (Rosemont, Illinois) (APF/WPC)

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

275 Pound (125 Kilogram) Men's Weight Division -- Total

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2805.0 (1272.3)	*10.58X	Dave "Neutron" Hoff (US/88) 3/6/11 (1115.0+880.0+810.0=2805.0 lb. @ 265.2 lb. Heaviest men's 10X bodyweight total of all time.) (Knoxville, Tennessee) (SPF) <TOP20F>
2.	2799.9 (1270.0)	*10.33X	Yevgen Yarymbash (Ukraine/83) 10/11/08 (530.0+365.0+375.0=1270.0 kg. @ 123.0 kg.) (Mangush, Ukraine) (IPA) <TOP20F>
3.	2700.0 (1224.7)	*9.80X	Brian Carroll (US/81) 10/30/10 (1145.0+780.0+775.0=2700.0 lb. @ 275.5 lb.) (Orlando, Florida) (APF) <TOP20F>
4.	2667.6 (1210.0)	*10.00X	Jeremiah Frey (US/81) 3/22/09 (1205.0 kg. @ 121.0 kg., which was accidentally misloaded to 1210.0 kg.; FV: 470.0+367.5+367.5=1205.0 kg.; AW: 475.0+367.5+367.5=1210.0 kg.) (Omaha, Nebraska) (APF) <TOP20F>
5.	2620.0 (1188.4)	*9.98X	Greg Panora (US/80) 1/20/08 (1040.0+775.0+805.0=2620.0 lb. @ 119.1 kg.) (Columbus, Ohio) (IPA)
6.	2612.5 (1185.0)	*9.50X	Ano Turtiainen (Finland/67) 3/25/07 (500.0+285.0+400.0=1185.0 kg. @ 124.8 kg.) (Juva, Finland) (WPC)
7.	2612.5 (1185.0)	*9.90X	James Grandick (US/68) 9/6/08 (480.0+365.0+340.0=1185.0 kg. @ 264.0 lb.) (Omaha, Nebraska) (APF)
8.	2605.0 (1181.6)	*9.49X	Ron "Scott" Yard (US/82) 9/30/06 (1050.0+840.0+715.0=2605.0 lb. @ 274.5 lb.) (New Castle, Delaware) (APF)
9.	2605.0 (1181.6)	*9.87X	Chuck Vogelpohl (US/65) 4/1/07 (1150.0+635.0+820.0=2605.0 lb. @ 264.0 lb.) (Newark, Ohio) (IPA)
10.	2601.5 (1180.0)	*9.48X	Mark "JackAss" Bell (US/76) 4/9/11 (455.0+380.0+345.0=1180.0 kg. @ 274.5 lb.) (Lynnwood, Washington) (SPF)
11.	2579.4 (1170.0)	*10.12X	Jose Garcia (US/77) 6/6/10 (477.5+310.0+382.5=1170.0 kg. @ 115.6 kg.) (Chicago, Illinois) (APF/WPC)
12.	2562.9 (1162.5)	*9.34X	Marc "Spuds" Bartley (US/68) 3/4/06 (502.5+337.5+322.5=1162.5 kg. @ 124.4 kg.) (Columbus, Ohio) (WPO)
13.	2551.9 (1157.5)	*9.46X	Charles Bailey (US/63) 6/17/07 (482.5+320.0+355.0=1157.5 kg. @ 122.3 kg.) (Daytona Beach, Florida) (APF/WPC)
14.	2535.3 (1150.0)	*9.55X	Steve Goggins (US/63) 3/1/03 (500.0+250.0+400.0=1150.0 kg. @ 120.45 kg.) (Columbus, Ohio) (WPO)
15.	2524.3 (1145.0)	*9.45X	Sergey Moser (Germany/77) 10/22/06 (485.0+290.0+370.0=1145.0 kg. @ 121.1 kg.) (Stuttgart, Germany) (WPC)
16.	2513.3 (1140.0)	*9.88X	Ivars Cirulis (Latvia/80) 3/3/07 (460.0+320.0+360.0=1140.0 kg. @ 115.4 kg.) (Columbus, Ohio) (WPO)
17.	2503.3 (1135.5)	*9.13X	John "Chester" Stafford (US/76) 10/30/05 (425.0+333.0+377.5=1135.5 kg. @ 124.4 kg.) (Chicago, Illinois) (WPO)
18.	2491.2 (1130.0)	*9.06X	Istvan Arvai (Hungary/74) 3/4/06 (450.0+280.0+400.0=1130.0 kg. @ 124.7 kg.) (Columbus, Ohio) (WPO)
19.	2491.2 (1130.0)	*9.18X	Michael Griffin (US/75) 11/7/09 (490.0+272.5+367.5=1130.0 kg. @ 123.1 kg.) (Plano, Texas) (APF)
20.	2485.7 (1127.5)	*9.04X	Sergiy Karnaukhov (Ukraine/78) 11/22/08 (480.0+280.0+367.5=1127.5 kg. @ 124.7 kg.) (Palm Beach, Florida) (WPC)

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

308 Pound (140 Kilogram) Men's Weight Division -- Squat

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1223.6 (555.0)	*4.07X	Jonas Rantanen (Finland/82) 4/3/11 (555.0 kg. @ 136.3 kg. Heaviest quadruple bodyweight squat of all time.) (Rovaniemi, Finland) (GPC) <TOP20F>
2.	1157.4 (525.0)	*3.93X	Al Mehan (Canada/74) 1/29/11 (525.0 kg. @ 133.7 kg.) (Montreal, Canada) (WPC) <TOP20F>
3.	1150.0 (521.6)	*3.82X	Anthony Bolognone (US/76) 12/5/10 (1150 lb. @ 300.8 lb.) (Cincinnati, Ohio) (SPF) <TOP20F>
4.	1147.5 (520.5)	*3.75X	Paul Childress (US/71) 3/3/07 (520.5 kg. @ 138.7 kg.) (Columbus, Ohio) (WPO)
5.	1140.0 (517.1)	*3.74X	Ashley "A.J." Roberts (US/Great Britain/85) 3/6/11 (1140.0 lb. @ 304.6 lb.) (Knoxville, Tennessee) (SPF)
6.	1135.0 (514.8)	*3.79X	Henry Thomason (US/79) 11/6/10 (1135.0 lb. @ 299.6 lb.) (Dallas, Texas) (SPF)
7.	1124.4 (510.0)	*3.77X	Marc "Spuds" Bartley (US/68) 11/4/06 (510.0 kg. @ 135.4 kg.) (Lake George, New York) (WPO)
8.	1110.0 (503.5)	*3.61X	Jonathan Bernor (US/75) 2/17/07 (1110.0 lb. @ 307.5 lb.) (Tribes Hill, New York) (APF)
9.	1110.0 (503.5)	3.60X	Matt Wenning (US/79) 12/11/10 (1110.0 lb.) (Lake George, New York) (UPA)
10.	1107.8 (502.5)	*3.61X	Jim Hoskinson (US/65) 3/16/08 (502.5 kg. @ 139.25 kg.) (Rainbow City, Alabama) (APF)
11.	1105.0 (501.2)	3.58X	Matt Wilson (US/79) 11/7/09 (1105.0 lb.) (New Castle, Delaware) (APA)
12.	1104.5 (501.0)	*3.91X	Sergiy Karnaukhov (Ukraine/78) 2/14/09 (501.0 kg. @ 128.2 kg.) (Krivoy Rog, Ukraine) (WPC)
13.	1102.3 (500.0)	*3.58X	Vladislav Alhazov (Israel/77) 3/27/05 (500.0 kg. @ 139.5 kg.) (Okotoks, Alberta, Canada) (WPC)
14.	1102.3 (500.0)	*3.63X	Scott Weech (US/85) 12/4/05 (500.0 kg. @ 137.85 kg.) (Jacksonville, Florida) (APF)
15.	1102.3 (500.0)	*3.75X	Ano Turtiainen (Finland/67) 11/4/07 (500.0 kg. @ 133.3 kg.) (Togliatty, Russia) (WPO)
16.	1102.3 (500.0)	*3.58X	Scott "Hoss" Cartwright (US/69) 6/1/08 (500.0 kg. @ 308.0 lb.) (Omaha, Nebraska) (APF/WPC)
17.	1085.8 (492.5)	*3.52X	Chris Janek (US/77) 9/10/10 (492.5 kg. @ 139.8 kg.) (Prague, Czech Republic) (GPC)
18.	1085.0 (492.1)	*3.56X	Chuck Fought (US/85) 1/18/09 (1085.0 lb. @ 304.5 lb.) (Columbus, Ohio) (IPA)
19.	1085.0 (492.1)	*3.74X	Matthew "Shane" Hammock (US/87) 3/6/11 (1085.0 lb. @ 290.4 lb.) (Knoxville, Tennessee) (SPF)
20.	1080.0 (489.9)	*3.50X	Jake Anderson (US/86) 12/5/10 (1080.0 lb. @ 308.4 lb.) (Cincinnati, Ohio) (SPF)

308 Pound (140 Kilogram) Men's Weight Division -- Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1075.0 (487.6)	*3.52X	Ryan Kennelly (US/74) 11/8/08 (1075.0 lb. @ 305.0 lb. Heaviest male triple bodyweight bench press of all time.) (Kennewick, Washington) (Pride) <TOP20F>
2.	942.5 (427.5)	*3.06X	Paul "Tiny" Meeker (US/71) 2/18/06 (427.5 kg. @ 307.5 lb.) (Pasadena, California) (APF) <TOP20F>
3.	930.0 (421.8)	*3.12X	Glenn Russo (US/70) 5/26/07 (930.0 lb. @ 298.5 lb.) (West Hempstead, New York) (APF) <TOP20F>
4.	914.9 (415.0)	*3.02X	Scot Mendelson (US/69) 8/7/05 (415.0 kg. @ 302.5 lb.) (Sherman Oaks, California) (APF) <TOP20F>
5.	914.9 (415.0)	*3.31X	Rob Luyando (US/70) 11/10/07 (415.0 kg. @ 276.0 lb.) (Omaha, Nebraska) (APF) <TOP20F>
6.	913.8 (414.5)	*3.10X	Vladimir Maximov (Russia/66) 3/20/11 (414.5 kg. @ 133.5 kg.) (Ufa, Russia) (IPA) <TOP20F>
7.	881.8 (400.0)	*2.92X	Steve Wong (US/68) 11/17/06 (400.0 kg. @ 301.6 lb.) (Las Vegas, Nevada) (WABDL)
8.	881.8 (400.0)	*2.86X	Richard Ligier (France/74) 11/22/09 (400.0 kg. @ 140.0 kg.) (Bournemouth, England) (WPC)
9.	881.8 (400.0)	*2.99X	Bill Crawford (US/71) 6/26/10 (400.0 kg. @ 134.0 kg.) (Montreal, Canada) (WPC)
10.	870.0 (394.6)	*2.86X	Ashley "A.J." Roberts (US/Great Britain/85) 3/6/11 (870.0 lb. @ 304.6 lb.) (Knoxville, Tennessee) (SPF)
11.	865.3 (392.5)	*2.85X	Tommy Harrison (US/74) 7/10/10 (392.5 kg. @ 303.8 lb.) (Batavia, Illinois) (UPA)
12.	855.4 (388.0)	2.77X	Mike Womack (US/83) 7/8/06 (388.0 kg.) (Rancho Cardova, California) (WABDL)
13.	840.0 (381.0)	*2.73X	Seth Coker (US/86) 9/5/09 (840.0 lb. @ 308.0 lb.) (Fulton, Mississippi) (APA)
14.	840.0 (381.0)	2.72X	Paul Key (US/74) 12/5/09 (840.0 lb.) (Nashville, Tennessee) (SPF)
15.	837.8 (380.0)	*2.87X	Jonas Rantanen (Finland/82) 10/9/10 (380.0 kg. @ 132.2 kg.) (Helsinki, Finland) (GPC)
16.	826.7 (375.0)	*2.69X	Mark "JackAss" Bell (US/76) 10/25/08 (375.0 kg. @ 139.2 kg.) (Sacramento, California) (UPA)
17.	825.0 (374.2)	*2.74X	James Williams (US/73) 6/6/10 (825.0 lb. @ 301.0 lb.) (Nashville, Tennessee) (SPF)
18.	820.0 (371.9)	*2.74X	Vincent Dizenzo (US/69) 1/30/10 (820.0 lb. @ 299.0 lb.) (Newark, New Jersey) (IPA)
19.	815.7 (370.0)	*2.64X	Mike Mitchell (US/77) 7/31/09 (370.0 kg. @ 140.0 kg.) (Burr Ridge, Illinois) (AAPF/AWPC)
20.	815.0 (369.7)	*2.68X	Matt Wenning (US/79) 8/24/08 (815.0 lb. @ 304.0 lb.) (Sharonville, Ohio) (IPA)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

<http://www.powerliftingusa.com>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #27 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

308 Pound (140 Kilogram) Men's Weight Division -- Deadlift

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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)
2.	909.4 (412.5)	*3.17X	Maxim Podtynny (Russia/72) 12/10/01 (412.5 kg. @ 130.0 kg. Heaviest sumo deadlift of all time.) (Nyagan, Russia) (IPF)
3.	903.9 (410.0)	*2.96X	Doyle Kenady (US/48-99) 4/6/86 (410.0 kg. @ 305.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)
4.	900.0 (408.2)	*2.96X	Chuck Fought (US/85) 1/18/09 (900.0 lb. @ 304.5 lb.) (Columbus, Ohio) (IPA)
5.	898.4 (407.5)	*2.99X	Andy Bolton (Great Britain/70) 11/19/00 (407.5 kg. @ 136.5 kg.) (Las Vegas, Nevada) (WPC)
6.	892.9 (405.0)	2.89X	Mikhail Koklyaev (Russia/78) 12/20/08 (405.0 kg.) (Chelyabinsk, Russia) (IPF)
7.	889.6 (403.5)	*3.05X	Lars Noren (Sweden/61) 4/4/87 (403.5 kg. @ 132.3 kg.) (Jarfalla, Sweden) (IPF)
8.	887.4 (402.5)	*2.90X	Gerrit Badenhorst (South Africa/62) 10/14/90 (402.5 kg. @ 138.8 kg.) (Pescara, Italy) (WPC)
9.	883.0 (400.5)	*2.90X	Alexander Klyushev (Russia/83) 3/5/06 (400.5 kg. @ 138.3 kg.) (Ufa, Russia) (IPF)
10.	882.5 (400.3)	*3.12X	Jon Cole (US/43) 10/28/72 (885.0 lb. @ 283.0 lb., which later weighed out at 882.5 lb.) (Phoenix, Arizona) (AAU)
11.	881.8 (400.0)	*3.04X	Rudi Kuester (Germany/55) 8/27/88 (400.0 kg. @ 290.0 lb.) (Mannheim, Germany) (IPF)
12.	865.3 (392.5)	*2.89X	Terry Long (US/59-05) 3/6/83 (392.5 kg. @ 299.0 lb.) (Greensboro, North Carolina) (USPF)
13.	865.0 (392.4)	*3.05X	Jean-Francois Caron (Canada/82) 4/24/10 (865.0 lb. @ 284.0 lb.) (Mascouche, Quebec, Canada) (WPA)
14.	859.8 (390.0)	*3.08X	Bruce Greig (Canada/52-08) 12/10/94 (390.0 kg. @ 279.4 lb.) (Lethbridge, Alberta, Canada) (WPC)
15.	859.8 (390.0)	*2.93X	Maxim Gurianov (Russia/75) 9/20/98 (390.0 kg. @ 132.95 kg.) (Kaluga, Russia) (IPF)
16.	859.8 (390.0)	*2.98X	Ano Turtiainen (Finland/67) 3/1/03 (390.0 kg. @ 130.7 kg.) (Columbus, Ohio) (WPO)
17.	848.8 (385.0)	2.75X	Dan Wohleber (US/61) 11/11/84 (385.0 kg.) (Huntington, West Virginia) (USPF)
18.	848.8 (385.0)	*2.75X	Yuriy Spinov (Ukraine/62) 10/17/93 (385.0 kg. @ 139.9 kg.) (Kiev, Ukraine) (IPF)
19.	848.8 (385.0)	*2.80X	Audunn Jonsson (Iceland/72) 4/16/05 (385.0 kg. @ 137.7 kg.) (Reykjavik, Iceland) (IPF)
20.	845.0 (383.3)	*2.74X	Jake Anderson (US/86) 12/5/10 (845.0 lb. @ 308.4 lb.) (Cincinnati, Ohio) (SPF)

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

308 Pound (140 Kilogram) Men's Weight Division -- Total

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2825.0 (1281.4)	*9.27X	Ashley "A.J." Roberts (US/Great Britain/85) 3/6/11 (1140.0+870.0+815.0=2825.0 lb. @ 304.6 lb. Heaviest 9X bodyweight male total of all time.) (Knoxville, Tennessee) (SPF) <TOP20F>
2.	2799.9 (1270.0)	*9.33X	Jonas Rantanen (Finland/82) 10/3/09 (540.0+360.0+370.0=1270.0 kg. @ 300.0 lb.) (Lahti, Finland) (GPC) <TOP20F>
3.	2700.0 (1224.7)	*8.75X	Jake Anderson (US/86) 12/5/10 (1080.0+775.0+845.0=2700.0 lb. @ 308.4 lb.) (Cincinnati, Ohio) (SPF)
4.	2670.0 (1211.1)	*8.75X	Chuck Fought (US/85) 8/24/08 (1080.0+715.0+875.0=2670.0 lb. @ 305.0 lb.) (Sharonville, Ohio) (IPA)
5.	2665.0 (1208.8)	*8.77X	Matt Wenning (US/79) 8/24/08 (1085.0+815.0+765.0=2665.0 lb. @ 304.0 lb.) (Sharonville, Ohio) (IPA)
6.	2662.1 (1207.5)	*8.66X	Paul Childress (US/71) 10/30/05 (520.0+315.0+372.5=1207.5 kg. @ 139.5 kg.) (Chicago, Illinois) (WPO)
7.	2660.0 (1206.6)	*9.16X	Matthew "Shane" Hammock (US/87) 3/6/11 (1085.0+800.0+775.0=2660.0 lb. @ 290.4 lb.) (Knoxville, Tennessee) (SPF)
8.	2656.6 (1205.0)	*9.01X	Al Mehan (Canada/74) 1/29/11 (525.0+350.0+330.0=1205.0 kg. @ 133.7 kg.) (Montreal, Canada) (WPC)
9.	2607.0 (1182.5)	*8.46X	Chris Janek (US/77) 9/10/10 (492.5+330.0+360.0=1182.5 kg. @ 139.8 kg.) (Prague, Czech Republic) (GPC)
10.	2600.0 (1179.3)	*8.44X	Aaron Lawrence (US/70) 6/10/06 (1030.0+730.0+840.0=2600.0 lb. @ 308.0 lb.) (Stevensville, Maryland) (NPA)
11.	2600.0 (1179.3)	*8.46X	Jonathan Bernor (US/75) 2/17/07 (1110.0+780.0+710.0=2600.0 lb. @ 307.5 lb.) (Tribes Hill, New York) (APF)
12.	2562.9 (1162.5)	*8.59X	Marc "Spuds" Bartley (US/68) 11/4/06 (510.0+325.0+327.5=1162.5 kg. @ 135.4 kg.) (Lake George, New York) (WPO)
13.	2557.4 (1160.0)	*8.70X	Ano Turtiainen (Finland/67) 11/4/07 (500.0+290.0+370.0=1160.0 kg. @ 133.3 kg.) (Togliatti, Russia) (WPO)
14.	2557.4 (1160.0)	*8.62X	Greg Theriot (US/83) 11/22/08 (455.0+340.0+365.0=1160.0 kg. @ 134.62 kg.) (Palm Beach, Florida) (APF/WPC)
15.	2550.0 (1156.7)	*8.33X	Anthony Bolognone (US/76) 4/19/09 (1025.0+815.0+710.0=2550.0 lb. @ 306.0 lb.) (Columbus, Ohio) (IPA)
16.	2550.0 (1156.7)	8.26X	Matt Wilson (US/79) 11/7/09 (1105.0+725.0+720.0=2550.0 lb.) (New Castle, Delaware) (APA)
17.	2537.5 (1151.0)	*8.98X	Sergiy Karnaukhov (Ukraine/78) 2/14/09 (501.0+270.0+380.0=1151.0 kg. @ 128.2 kg.) (Krivoy Rog, Ukraine) (WPC)
18.	2529.8 (1147.5)	*9.07X	Yevgen Yarymbash (Ukraine/83) 2/4/07 (455.0+332.5+360.0=1147.5 kg. @ 126.5 kg.) (Melitopol, Ukraine) (IPF)
19.	2525.0 (1145.3)	*8.31X	Jim Hoskinson (US/65) 8/16/08 (1075.0+745.0+705.0=2525.0 lb. @ 304.0 lb.) (Tempe, Arizona) (APF)
20.	2520.0 (1143.1)	*8.17X	John Manly (US/63) 2/23/08 (1020.0+730.0+770.0=2520.0 lb. @ 308.5 lb.) (Orlando, Florida) (APF)

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

SHW (308+ Pound/ 140+ Kilogram) Men's Weight Division -- Squat

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1260.0 (571.5)	*3.28X	Donnie Thompson (US/64) 4/9/11 (1260.0 lb. @ 384.0 lb.) (North Myrtle Beach, South Carolina) (SPF) <TOP20F>
2.	1250.0 (567.0)	*3.71X	Vladislav Alhazov (Israel/77) 1/20/08 (1250.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA) <TOP20F>
3.	1220.0 (553.4)	*3.32X	Mike "Mule" Miller (US/68) 4/9/06 (1220.0 lb. @ 367.0 lb. First man to squat 1200 pounds.) (Leesport, Pennsylvania) (IPA) <TOP20F>
4.	1213.6 (550.5)	*3.52X	Andy Bolton (Great Britain/70) 3/3/07 (550.5 kg. @ 156.6 kg.) (Columbus, Ohio) (WPO) <TOP20F>
5.	1212.5 (550.0)	*2.29X	Jeff Lewis (US/70) 3/4/06 (550.0 kg. @ 240.0 kg.) (Columbus, Ohio) (WPO)
6.	1075.0 (487.6)	*2.98X	Ben Brand (US/80) 8/23/09 (1075.0 lb. @ 360.6 lb.) (Sharonville, Ohio) (SPF)
7.	1174.0 (532.5)	*3.20X	Chad Aichs (US/72) 3/3/07 (532.5 kg. @ 166.55 kg.) (Columbus, Ohio) (WPO)
8.	1165.0 (528.4)	*3.77X	Henry Thomason (US/79) 8/22/10 (1165.0 lb. @ 308.7 lb.) (Cincinnati, Ohio) (SPF) <TOP20F>
9.	1160.0 (526.2)	*3.07X	Matt Smith (US/74) 8/19/07 (1160.0 lb. @ 378.0 lb.) (Franklin, Ohio) (IPA)
10.	1160.0 (526.2)	*3.71X	Scott "Hoss" Cartwright (US/69) 8/23/09 (1160.0 lb. @ 313.0 lb.) (Sharonville, Ohio) (SPF) <TOP20F>
11.	1151.9 (522.5)	*3.47X	Mat Court (Canada/84) 5/8/10 (522.5 kg. @ 150.4 kg.) (Vaudreuil-Dorion, Quebec, Canada) (WPC)
12.	1140.9 (517.5)	*3.57X	Brent Mikesell (US/67) 11/30/03 (517.5 kg. @ 145.0 kg.) (Calgary, Alberta, Canada) (APF/WPC)
13.	1125.5 (510.5)	*3.38X	Beau Moore (US/66) 3/5/05 (510.5 kg. @ 151.1 kg.) (Columbus, Ohio) (WPO)
14.	1125.0 (510.3)	*3.40X	Anthony Bolognone (US/76) 12/5/09 (1125.0 lb. @ 331.0 lb.) (Nashville, Tennessee) (SPF)
15.	1115.0 (505.8)	*3.46X	Paul Childress (US/71) 8/22/10 (1115.0 lb. @ 322.2 lb.) (Cincinnati, Ohio) (SPF)
16.	1102.3 (500.0)	*3.00X	Garry Frank (US/64) 9/24/05 (500.0 kg. @ 166.5 kg.) (New Port Richey, Florida) (APF)
17.	1102.3 (500.0)	*3.24X	Jonathan Bernor (US/75) 10/30/05 (500.0 kg. @ 154.5 kg.) (Chicago, Illinois) (WPO)
18.	1102.3 (500.0)	*3.15X	Kari Kalliola (Finland/63) 11/22/08 (500.0 kg. @ 158.7 kg.) (Palm Beach, Florida) (WPC)
19.	1102.3 (500.0)	*3.41X	John Ewing (US/80) 6/14/09 (500.0 kg. @ 146.7 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
20.	1100.0 (499.0)	*3.37X	Matt Wilson (US/79) 11/12/06 (1100.0 lb. @ 326.3 lb.) (York, Pennsylvania) (IPA)

SHW (308+ Pound/ 140+ Kilogram) Men's Weight Division -- Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1074.8 (487.5)	*3.207X	Ryan Kennelly (US/74) 7/13/08 (487.5 kg. @ 152.0 kg.) (Dubuque, Iowa) (UPA) <TOP20F>
2.	1025.1 (465.0)	*3.209X	Scot Mendelson (US/69) 11/22/08 (465.0 kg. @ 144.9 kg.) (Palm Beach, Florida) (APF/WPC) <TOP20F>
3.	1010.0 (458.1)	*2.85X	Gene Rychlak (US/68) 12/16/06 (1010.0 lb. @ 355.0 lb. First man to bench press 900 pounds. First man to bench press 1000 pounds.) (Lake George, New York) (APF) <TOP20F>
4.	942.5 (427.5)		Mike Womack (US/83) 3/28/09 (427.5 kg.) (Dallas, Texas) (WABDL)
5.	931.5 (422.5)	*2.33X	Harlan "Clay" Brandenburg (US/74) 10/27/07 (422.5 kg. @ 181.7 kg.) (Kalamazoo, Michigan) (APF)
6.	925.9 (420.0)	*2.47X	Garry Frank (US/64) 11/18/06 (420.0 kg. @ 170.2 kg.) (Lake City, Florida) (APF)
7.	910.0 (412.8)	*2.46X	Donnie Thompson (US/64) 11/23/08 (910.0 lb. @ 369.7 lb.) (York, Pennsylvania) (IPA)
8.	910.0 (412.8)	*2.44X	Robert "Tee" McCray (US/72) 11/23/08 (910.0 lb. @ 373.7 lb.) (York, Pennsylvania) (IPA)
9.	909.4 (412.5)	*2.42X	Robert Vick (US/74) 5/17/08 (412.5 kg. @ 375.2 lb.) (Wisconsin Dells, Wisconsin) (WABDL)
10.	905.0 (410.5)	*2.38X	Shawn T. Lattimer (US/76) 5/12/07 (905.0 lb. @ 380.2 lb.) (Tribes Hill, New York) (APF)
11.	903.9 (410.0)	*2.00X	Roy Bradshaw (US/67) 2/7/10 (410.0 kg. @ 452.0 lb.) (Sacramento, California) (SPF)
12.	903.9 (410.0)	*2.75X	Jani Murtomaki (Finland/81) 10/9/10 (410.0 kg. @ 148.9 kg.) (Helsinki, Finland) (GPC)
13.	900.6 (408.5)	*2.90X	Paul "Tiny" Meeker (US/71) 11/17/07 (408.5 kg. @ 311.0 lb.) (Anaheim, California) (WABDL)
14.	860.0 (390.1)	*2.61X	Anthony Bolognone (US/76) 6/28/09 (860.0 lb. @ 329.6 lb.) (York, Pennsylvania) (IPA)
15.	859.8 (390.0)	*2.51X	Mike Wolfe (US/75) 3/3/07 (390.0 kg. @ 155.55 kg.) (Columbus, Ohio) (WPO)
16.	854.3 (387.5)	*2.76X	Steve Wong (US/68) 2/16/08 (387.5 kg. @ 310.0 lb.) (Los Angeles, California) (APF)
17.	848.8 (385.0)	*2.38X	Kari Kalliola (Finland/63) 6/18/08 (385.0 kg. @ 162.0 kg.) (Riga, Latvia) (WPC)
18.	845.0 (383.3)	*2.41X	John Robinson (US/67) 11/13/10 (845.0 lb. @ 350.0 lb.) (Piedmont, South Carolina) (UPA)
19.	841.1 (381.5)	*2.39X	James Crawford (US/74) 7/17/10 (381.5 kg. @ 351.4 lb.) (Olympia, Washington) (WABDL)
20.	837.8 (380.0)	*2.64X	Richard Ligier (France/74) 4/26/08 (380.0 kg. @ 143.8 kg.) (Montbeliard, France) (WPC)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

<http://www.powerliftingusa.com>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #30 of 85

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

SHW (308+ Pound/ 140+ Kilogram) Men's Weight Division -- Deadlift

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1015.0 (460.4)	*2.66X	Benedikt Magnusson (Iceland/84) 4/2/11 (1015.0 lb. @ 381.0 lb.) (Dallas, Texas) (HPL) <TOP20F>
2.	1008.6 (457.5)	*2.90X	Andy Bolton (Great Britain/70) 4/5/09 (457.5 kg. @ 157.6 kg. Only man to deadlift over 1000 pounds.) (Eton, England) (WPC) <TOP20F>
3.	931.5 (422.5)	*2.54X	Garry Frank (US/64) 11/9/02 (422.5 kg. @ 166.05 kg.) (New Orleans, Louisiana) (WPO)
4.	927.0 (420.5)	*2.91X	Tibor Meszaros (Hungary/67) 11/27/04 (420.5 kg. @ 144.55 kg., without a belt) (Trnava, Slovakia) (GPC)
5.	925.0 (419.6)	*2.58X	Gary Heisey (US/57) 3/15/92 (925.0 lb. @ 358.0 lb.) (Lancaster, Pennsylvania) (APA/WPA)
6.	925.0 (419.6)	*2.75X	Vladislav Alhazov (Israel/77) 1/20/08 (925.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA)
7.	914.9 (415.0)	*2.62X	Mikhail Koklyaev (Russia/78) 6/26/10 (415.0 kg. @ 158.3 kg.) (Arkhangelsk, Russia) (WPC)
8.	903.9 (410.0)	*2.23X	Marc Henry (US/71) 7/16/95 (410.0 kg. @ 405.8 lb.) (Wilkes-Barre, Pennsylvania) (ADFPA/WDFPF)
9.	895.1 (406.0)	*2.86X	Lars Noren (Sweden/61) 4/10/88 (406.0 kg. @ 142.2 kg.) (Gothenburg, Sweden) (IPF)
10.	887.4 (402.5)	*2.52X	Peter Tregloan (Great Britain/57) 7/6/97 (402.5 kg. @ ~352.0 lb.) (Derby, England) (WPC)
11.	886.7 (402.0)	*2.73X	Bill Kazmaier (US/53) 11/29/81 (886.69 lb. @ ~325.0 lb.) (Atlanta, Georgia) (USPF/IPF)
12.	885.5 (401.7)	*2.48X	Don Reinholdt (US/45) 5/3/75 (895.0 lb. @ 357.0 lb., which later weighed out at 885.5 lb.) (Chattanooga, Tennessee) (AAU/IPF)
13.	881.8 (400.0)	*2.74X	Vladimir Bondarenko (Russia/78) 1/18/04 (400.0 kg. @ 146.0 kg.) (Blagoveshchensk, Russia) (IPF)
14.	881.8 (400.0)	*2.72X	Brad Gillingham (US/63) 3/7/09 (400.0 kg. @ 146.8 kg.) (Columbus, Ohio) (USAPL/IPF)
15.	876.3 (397.5)	*2.31X	O.D. Wilson (US/55-91) 2/16/89 (397.5 kg. @ 380.0 lb.) (Long Beach, California) (USPF)
16.	876.3 (397.5)	*2.69X	Vladimir Kalinichenko (Russia/72) 8/28/05 (397.5 kg. @ 147.8 kg.) (Orjol, Russia) (IPF)
17.	865.3 (392.5)	*2.57X	Brian Siders (US/78) 12/1/07 (392.5 kg. @ 152.5 kg.) (Scranton, Pennsylvania) (USAPL/IPF)
18.	865.0 (392.4)	*2.52X	Gus Rethwisch (US/47) 1/25/86 (865.0 lb. @ 343.0 lb.) (Bend, Oregon) (APF)
19.	859.8 (390.0)	*2.73X	Doyle Kenady (US/48-99) 5/4/79 (390.0 kg. @ 142.75 kg.) (Honolulu, Hawaii) (USPF/IPF)
20.	855.0 (387.8)	*2.48X	Paul Wrenn (US/47) 8/15/76 (855.0 lb. @ 345.0 lb.) (Arlington, Texas) (AAU)

ALL TIME HISTORICAL MEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

SHW (308+ Pound/ 140+ Kilogram) Men's Weight Division -- Total

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2905.0 (1317.7)	*7.86X	Donnie Thompson (US/64) 11/23/08 (1235.0+910.0+760.0=2905.0 lb. @ 369.7 lb. First man to total 2900 pounds.) (York, Pennsylvania) (IPA) <TOP20F>
2.	2806.5 (1273.0)	*8.13X	Andy Bolton (Great Britain/70) 3/3/07 (550.5+305.0+417.5=1273.0 kg. @ 156.6 kg.) (Columbus, Ohio) (WPO) <TOP20F>
3.	2805.4 (1272.5)	*7.46X	Garry Frank (US/64) 4/3/04 (492.5+380.0+400.0=1272.5 kg. @ 170.5 kg. First man to total 2500 pounds. First man to total 2600 pounds. First man to total 2700 pounds. First man to total 2800 pounds.) (Jacksonville, Florida) (APF)
4.	2805.0 (1272.3)	*8.33X	Vladislav Alhazov (Israel/77) 1/20/08 (1250.0+630.0+925.0=2805.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA) <TOP20F>
5.	2799.9 (1270.0)	*5.29X	Jeff Lewis (US/70) 3/4/06 (550.0+370.0+350.0=1270.0 kg. @ 240.0 kg.) (Columbus, Ohio) (WPO)
6.	2733.7 (1240.0)	*7.45X	Chad Aichs (US/72) 3/3/07 (532.5+365.0+342.5=1240.0 kg. @ 166.55 kg.) (Columbus, Ohio) (WPO)
7.	2705.0 (1227.0)	*8.17X	Anthony Bolognone (US/76) 12/5/09 (1125.0+825.0+755.0=2705.0 lb. @ 331.0 lb.) (Nashville, Tennessee) (SPF)
8.	2673.1 (1212.5)	*7.23X	Matt Smith (US/74) 6/4/06 (517.5+330.0+365.0=1212.5 kg. @ 167.6 kg.) (Las Vegas, Nevada) (APF/WPC)
9.	2656.6 (1205.0)	*8.03X	Jani Murtomaki (Finland/81) 10/3/09 (480.0+385.0+340.0=1205.0 kg. @ 150.0 kg.) (Lahti, Finland) (GPC)
10.	2651.1 (1202.5)	*7.89X	Brian Siders (US/78) 5/15/10 (462.5+362.5+377.5=1202.5 kg. @ 336.0 lb.) (Charleston, West Virginia) (USAPL)
11.	2625.0 (1190.7)	*7.15X	Mike "Mule" Miller (US/68) 4/9/06 (1220.0+700.0+705.0=2625.0 lb. @ 367.0 lb.) (Leesport, Pennsylvania) (IPA)
12.	2625.0 (1190.7)	*8.39X	Scott "Hoss" Cartwright (US/69) 8/23/09 (1160.0+710.0+755.0=2625.0 lb. @ 313.0 lb.) (Sharonville, Ohio) (SPF)
13.	2620.0 (1188.4)	*8.13X	Paul Childress (US/71) 8/22/10 (1115.0+735.0+770.0=2620.0 lb. @ 322.2 lb.) (Cincinnati, Ohio) (SPF)
14.	2570.0 (1165.7)	*7.13X	Ben Brand (US/80) 8/23/09 (1075.0+775.0+720.0=2570.0 lb. @ 360.6 lb.) (Sharonville, Ohio) (SPF)
15.	2568.4 (1165.0)	*7.34X	Kari Kalliola (Finland/63) 11/22/08 (500.0+370.0+295.0=1165.0 kg. @ 158.7 kg.) (Palm Beach, Florida) (WPC)
16.	2568.4 (1165.0)	*7.75X	Mat Court (Canada/84) 5/8/10 (522.5+320.0+322.5=1165.0 kg. @ 150.4 kg.) (Vaudreuil-Dorion, Quebec, Canada) (WPC)
17.	2565.0 (1163.5)	*7.86X	Matt Wilson (US/79) 11/12/06 (1100.0+730.0+735.0=2565.0 lb. @ 326.3 lb.) (York, Pennsylvania) (IPA)
18.	2560.0 (1161.2)	*6.46X	Tim Harold (US/84) 2/4/06 (1005.0+700.0+855.0=2560.0 lb. @ 396.2 lb.) (Fremont, Ohio) (APF)
19.	2560.0 (1161.2)	*7.71X	Chad Walker (US/82) 10/30/10 (1015.0+720.0+825.0=2560.0 lb. @ 332.0 lb.) (Orlando, Florida) (APF)
20.	2557.4 (1160.0)	*7.77X	Beau Moore (US/66) 3/6/04 (455.0+340.0+365.0=1160.0 kg. @ 149.2 kg.) (Columbus, Ohio) (WPO)

ALL TIME HISTORICAL GREATEST MALE SQUATTERS BY FORMULA

Criteria For Membership: "Top 20" Squat Ranking on either the Wilks or Schwartz formula

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

	Squat	Wt. Div.	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Schwartz	Sum	Rank
1.	1223.6 *4.07X	308	Jonas Rantanen (Finland/82) 4/3/11 (555.0 kg. @ 136.3 kg. Heaviest quadruple bodyweight squat of all time.) (Rovaniemi, Finland) (GPC)	*686.54 #2	*620.96 #3	#5	—#1—
2.	1175.0 *4.59X	275	Chuck Vogelpohl (US/65) 8/20/10 (1175.0 lb. @ 255.8 lb.) (Cincinnati, Ohio) (SPF)	*681.17 #4	*623.31 #2	=6	=2
3.	662.5 * 6.01X	114	Andrzej Staszek (Poland/71) 11/5/03 (300.5 kg. @ 50.0 kg. First man to squat quintuple bodyweight. Only man to squat sextuple bodyweight.) (Vejle, Denmark) (IPF)	*677.86 #5	*660.24 #1	=6	=2
4.	1250.0 *3.71X	SHW	Vladislav Alhazov (Israel/77) 1/20/08 (1250.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA)	*689.88 #1	*612.75 #8	#9	#4
5.	1055.0 *5.32X	198	Shawn Frankl (US/77) 8/22/09 (1055.0 lb. @ 198.2 lb.) (Sharonville, Ohio) (SPF)	*673.89 #6	*617.96 #5	#11	#5
6.	1140.0 *4.75X	242	Chuck Vogelpohl (US/65) 8/23/09 (1140.0 lb. @ 239.8 lb.) (Sharonville, Ohio) (SPF)	*673.24 #7	*613.34 #7	#14	#6
7.	1050.0 *5.30X	198	Sam Byrd (US/81) 8/19/07 (1050.0 lb. @ 198.2 lb.) (Franklin, Ohio) (IPA)	*670.70 #9	*615.03 #6	#15	#7
8.	1260.0 *3.28X	SHW	Donnie Thompson (US/64) 4/9/11 (1260.0 lb. @ 384.0 lb.) (North Myrtle Beach, South Carolina) (SPF)	*681.66 #3	*593.13 #15	#18	#8
9.	1100.0 *5.02X	220	Sam Byrd (US/81) 6/7/08 (1100.0 lb. @ 219.0 lb. Heaviest men's quintuple bodyweight squat of all time.) (Gatlinburg, Tennessee) (SPF)	*671.22 #8	*611.16 #11	#19	#9
10.	1168.4 *4.31X	275	Yevgen Yarymbash (Ukraine/83) 10/11/08 (530.0 kg. @ 123.0 kg.) (Mangush, Ukraine) (IPA)	*668.12 #10	*611.92 #10	#20	#10
11.	1107.8 *4.86X	242	Sam Byrd (US/81) 6/14/08 (502.5 kg. @ 228.0 lb.) (Kennesaw, Georgia) (APF)	*665.58 #12	*605.65 #12	#24	#11
12.	639.3 *5.65X	114	Andrzej Staszek (Poland/71) 5/9/02 (290.0 kg. @ 51.3 kg., without a squat suit or knee wraps.) (Eskilstuna, Sweden) (IPF)	*636.40 #22	*618.05 #4	#26	#12
13.	1145.0 *4.16X	275	Brian Carroll (US/81) 10/30/10 (1145.0 lb. @ 275.5 lb.) (Orlando, Florida) (APF)	*652.42 #14	*596.66 #13	#27	#13
14.	1213.6 *3.52X	SHW	Andy Bolton (Great Britain/70) 3/3/07 (550.5 kg. @ 156.6 kg.) (Columbus, Ohio) (WPO)	*667.38 #11	*590.44 #18	#29	#14
15.	1157.4 *3.93X	308	Al Mehan (Canada/74) 1/29/11 (525.0 kg. @ 133.7 kg.) (Montreal, Canada) (WPC)	*651.52 #15	*590.98 #17	#32	#15
16.	1060.0 *4.91X	220	Shawn Frankl (US/77) 8/21/10 (1060.0 lb. @ 216.0 lb.) (Cincinnati, Ohio) (SPF)	*650.52 #17	*592.75 #16	=33	=16
17.	644.9 *5.61X	123	Andrzej Staszek (Poland/71) 3/22/03 (292.5 kg. @ 52.1 kg., without a squat suit or knee wraps) (Landshut, Germany) (IPF)	*631.50 #24	*612.22 #9	=33	=16
18.	1220.0 *3.32X	SHW	Mike "Mule" Miller (US/68) 4/9/06 (1220.0 lb. @ 367.0 lb. First man to squat 1200 pounds.) (Leesport, Pennsylvania) (IPA)	*664.78 #13	*582.77 #24	#37	#18
19.	1165.0 *3.77X	SHW	Henry Thomason (US/79) 8/22/10 (1165.0 lb. @ 308.7 lb.) (Cincinnati, Ohio) (SPF)	*650.99 #16	*586.40 #22	#38	#19
20.	804.7 *5.50X	148	Thomas James "T.J." Hoerner (US/77) 4/1/06 (365.0 kg. @ 146.2 lb.) (Houston, Texas) (APF)	*629.31 #25	*593.52 #14	#39	#20
21.	1105.0 *4.43X	275	Joe "Ironman" Norman (US/68) 2/27/10 (1105.0 lb. @ 249.5 lb.) (Orlando, Florida) (APF)	*644.93 #20	*589.02 #21	=41	=21
22.	1005.0 *5.08X	198	Michael Cartinian (US/76) 3/6/11 (1005.0 lb. @ 198.0 lb.) (Knoxville, Tennessee) (SPF)	*642.30 #21	*589.03 #20	=41	=21
23.	1150.0 *3.82X	308	Anthony Bolognone (US/76) 12/5/10 (1150 lb. @ 300.8 lb.) (Cincinnati, Ohio) (SPF)	*645.20 #19	*583.40 #23	=42	=23
24.	887.4 *5.37X	165	Al Caslow (US/80) 3/22/09 (397.5 kg. @ 75.0 kg., which was accidentally misloaded to 402.5 kg.) (Omaha, Nebraska) (APF)	*632.33 #23	*589.65 #19	=42	=23
25.	1160.0 *3.71X	SHW	Scott "Hoss" Cartwright (US/69) 8/23/09 (1160.0 lb. @ 313.0 lb.) (Sharonville, Ohio) (SPF)	*646.82 #18	*581.51 #25	#43	#25

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; Email address-- soongm@comcast.net).

Records-- <http://www.powerliftingusa.com>

<http://www.powerliftingwatch.com/records>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #33 of 85

ALL TIME HISTORICAL GREATEST MALE BENCH PRESSERS BY FORMULA

Criteria For Membership: "Top 20" Bench Press Ranking on either the Wilks or Schwartz formula
Asterisk (*) indicates *exact* bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient and formula points.

	Bench Press	Wt. Div.	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Schwartz	Sum	Rank
1.	1075.0 *3.52X	308	Ryan Kennelly (US/74) 11/8/08 (1075.0 lb. @ 305.0 lb. Heaviest male triple bodyweight bench press of all time.) (Kennewick, Washington) (Pride)	*601.79 #1	*543.20 #1	#2	—#1—
2.	1074.8 *3.21X	SHW	Ryan Kennelly (US/74) 7/13/08 (487.5 kg. @ 152.0 kg.) (Dubuque, Iowa) (UPA)	*593.59 #2	*527.60 #3	=5	=2
3.	1030.7 *3.75X	275	Scot Mendelson (US/69) 12/12/09 (467.5 kg. @ 275.0 lb.) (Camarillo, California) (APF)	*587.58 #3	*537.39 #2	=5	=2
4.	1025.1 *3.21X	SHW	Scot Mendelson (US/69) 11/22/08 (465.0 kg. @ 144.9 kg.) (Palm Beach, Florida) (APF/WPC)	*569.98 #4	*510.52 #4	#8	#4
5.	840.0 *4.44X	198	Jason Coker (US/75) 3/20/10 (840.0 lb. @ 189.4 lb.) (Plano, Texas) (SPF)	*549.73 #7	*506.28 #5	#12	#5
6.	903.9 *4.11X	220	Jason Coker (US/75) 1/23/10 (410.0 kg. @ 220.0 lb. Heaviest quadruple bodyweight bench press of all time.) (Los Angeles, California)	*550.56 #6	*501.21 #7	#13	#6
7.	948.0 *3.69X	275	Rob Luyando (US/70) 7/13/08 (430.0 kg. @ 116.6 kg.) (Dubuque, Iowa) (UPA)	*548.88 #8	*502.43 #6	#14	#7
8.	1010.0 *2.85X	SHW	Gene Rychlak (US/68) 12/16/06 (1010.0 lb. @ 355.0 lb. First man to bench press 900 pounds. First man to bench press 1000 pounds.) (Lake George, New York) (APF)	*553.18 #5	*487.33 #10	#15	#8
9.	870.8 *4.21X	220	Shawn Frankl (US/77) 9/6/08 (395.0 kg. @ 207.0 lb.) (Omaha, Nebraska) (APF)	*544.61 #9	*497.59 #9	=18	=9
10.	850.0 *4.29X	198	Shawn Frankl (US/77) 8/23/08 (850.0 lb. @ 198.0 lb.) (Sharonville, Ohio) (IPA)	*543.24 #10	*498.19 #8	=18	=9
11.	905.0 *3.78X	242	Rob Luyando (US/70) 9/1/07 (410.5 kg. @ 108.6 kg.) (Dubuque, Iowa) (UPA)	*534.76 #11	*487.07 #11	#22	#11
12.	942.5 *3.06X	308	Paul "Tiny" Meeker (US/71) 2/18/06 (427.5 kg. @ 307.5 lb.) (Pasadena, California) (APF)	*526.94 #12	*475.01 #14	#26	#12
13.	914.9 *3.31X	308	Rob Luyando (US/70) 11/10/07 (415.0 kg. @ 276.0 lb.) (Omaha, Nebraska) (APF)	*521.23 #14	*476.49 #13	=27	=13
14.	900.0 *3.50X	275	Dave "Neutron" Hoff (US/88) 12/5/10 (900.0 lb. @ 257.0 lb.) (Cincinnati, Ohio) (SPF)	*521.10 #15	*477.00 #12	=27	=13
15.	930.0 *3.12X	308	Glenn Russo (US/70) 5/26/07 (930.0 lb. @ 298.5 lb.) (West Hempstead, New York) (APF)	*522.38 #13	*472.95 #15	#28	#15
16.	913.8 *3.10X	308	Vladimir Maximov (Russia/66) 3/20/11 (414.5 kg. @ 133.5 kg.) (Ufa, Russia) (IPA)	*514.48 #16	*466.78 #18	=34	=16
17.	843.3 *3.84X	220	Jake Prazak (US/77) 7/11/09 (382.5 kg. @ 99.6 kg.) (Dubuque, Iowa) (UPA)	*514.06 #17	*468.01 #17	=34	=16
18.	914.9 *3.02X	308	Scot Mendelson (US/69) 8/7/05 (415.0 kg. @ 302.5 lb.) (Sherman Oaks, California) (APF)	*512.86 #18	*463.36 #20	=38	=18
19.	705.0 *4.27X	165	Joe Mazza (US/66) 12/5/09 (705.0 lb. @ 165.0 lb.) (Boyertown, Pennsylvania) (IPA)	*503.09 #22	*469.25 #16	=38	=18
20.	854.3 *3.63X	242	Jake Prazak (US/77) 7/30/10 (387.5 kg. @ 106.8 kg.) (Dubuque, Iowa) (UPA)	*507.53 #19	*462.00 #21	=40	=20
21.	750.0 *4.13X	181	Jason Fry (US/79) 4/18/09 (750.0 lb. @ 181.5 lb.) (Columbus, Ohio) (IPA)	*503.10 #21	*465.15 #19	=40	=20
22.	832.2 *3.78X	220	Rob Luyando (US/70) 1/20/07 (377.5 kg. @ 100.0 kg.) (Dubuque, Iowa) (APF)	*506.50 #20	*461.06 #22	#42	#22

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; Email address-- soongm@comcast.net).

Records-- <http://www.powerliftingusa.com>

<http://www.powerliftingwatch.com/records>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #34 of 85

ALL TIME HISTORICAL GREATEST MALE DEADLIFTERS BY FORMULA

Criteria For Membership: "Top 20" Deadlift Ranking on either the Wilks or Schwartz formula

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

	Deadlift	Wt. Div.	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Schwartz	Sum	Rank
1.	683.4 *5.17X	132	Lamar Gant (US/57) 11/11/88 (310.0 kg. @ 60.0 kg.) (Perth, Australia) (USPF/IPF)	*582.90 #1	*555.49 #2	=3	—#1—
2.	639.3 *5.18X	123	Lamar Gant (US/57) 7/10/82 (290.0 kg. @ 56.0 kg. First man to deadlift quintuple bodyweight.) (Dayton, Ohio) (USPF/IPF)	*581.99 #2	*559.29 #1	=3	—#1—
3.	573.2 5.00X	114	E. Sajeeva Bhaskaran (India/62) 1993 (260.0 kg.) (India Nationals) (IPF)	562.48 #4	545.40 #3	#7	#3
4.	793.7 *4.80X	165	Oleksandr Kutcher (Ukraine/80) 3/3/06 (360.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)	*565.57 #3	*527.39 #5	#8	#4
5.	567.7 *4.96X	114	Sergey Fedosienko (Russia/82) 3/3/05 (257.5 kg. @ 51.9 kg.) (Kazan, Russia) (IPF)	*558.21 #5	*541.35 #4	#9	#5
6.	780.0 *4.73X	165	John Inzer (US/62) 9/16/95 (780.0 lb. @ 164.75 lb.) (Dallas, Texas) (NSM)	*557.24 #6	*519.81 #8	#14	#6
7.	600.0 4.86X	123	Chris Smith (US) 3/13/10 (600.0 lb.) (Houston, Texas) (THSPA)	546.18 #11	524.88 #6	#17	#7
8.	595.2 *4.84X	123	Chun-Hsiung Hu (Chinese Taipei/74) 11/13/97 (270.0 kg. @ 55.8 kg.) (Prague, Czech Republic) (IPF)	*543.76 #15	522.75 #7	#22	#8
9.	628.3 *4.82X	132	Tsung-Ting Hsieh (Chinese Taipei/82) 11/7/06 (285.0 kg. @ 59.15 kg.) (Stavanger, Norway) (IPF)	*542.96 #16	*518.33 #11	#27	#9
10.	578.7 *4.80X	123	Komarudin (Indonesia/71) 6/24/94 (262.5 kg. @ 54.7 kg.) (Bali, Indonesia) (IPF)	*539.19 #21	*519.63 #9	#30	#10
11.	854.3 *3.38X	198	Ed Coan (US/63) 3/3/85 (387.5 kg. @ 88.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)	*550.16 #8	*505.23 #23	#31	#11
12.	702.2 *4.76X	148	Jaroslav Olech (Poland/74) 11/10/05 (318.5 kg. @ 66.9 kg.) (Miami, Florida) (IPF)	*545.31 #12	*513.78 #20	#32	#12
13.	633.8 4.79X	132	Lucien De Faria (France/42) 5/20/90 (287.5 kg.) (Boulogne, France) (IPF)	540.59 #17	515.18 #16	#33	#13
14.	1008.6 *2.90X	SHW	Andy Bolton (Great Britain/70) 4/5/09 (457.5 kg. @ 157.6 kg. Only man to deadlift over 1000 pounds.) (Eton, England) (WPC)	*554.13 #7	*489.78 #27	#34	#14
15.	901.7 *4.10X	220	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)	*549.22 #10	*499.99 #25	=35	=15
16.	705.5 *4.74X	148	Dan Austin (US/58) 8/1/92 (320.0 kg. @ 67.5 kg.) (Raleigh, North Carolina) (USPF)	*543.92 #14	*512.11 #21	=35	=15
17.	587.5 *4.78X	123	N. Ambu (India/78) 5/16/02 (266.5 kg. @ 55.7 kg.) (Dong Hae City, Korea) (IPF)	*537.71 #23	*517.03 #12	=35	=15
18.	545.6 *4.76X	114	Shih-Wu Lu (Chinese Taipei/75) 4/13/98 (247.5 kg. @ 52.0 kg.) (Sam-Chuk, Korea) (IPF)	535.44 #25	519.18 #10	=35	=15
19.	1015.0 *2.66X	SHW	Benedikt Magnusson (Iceland/84) 4/2/11 (1015.0 lb. @ 381.0 lb.) (Dallas, Texas) (HPL)	*549.83 #9	*479.04 #28	=37	=19
20.	823.4 *4.43X	198	Eddie Coppin (Belgium/60-01) 11/14/87 (373.5 kg. @ 84.35 kg.) (Fredrikstad, Norway) (IPF)	*544.49 #13	*502.29 #24	=37	=19
21.	622.8 *4.79X	132	Sheng-Nan Yang (Chinese Taipei/82) 11/18/99 (282.5 kg. @ 59.0 kg.) (Trento, Italy) (IPF)	*539.47 #20	*515.12 #17	=37	=19
22.	578.7 *4.77X	123	Shih-Wu Lu (Chinese Taipei/75) 11/2/09 (262.5 kg. @ 55.04 kg.) (New Delhi, India) (IPF)	*535.90 #24	*516.03 #15	#39	#22
23.	611.8 *4.78X	132	Richard Hawthorne (US/84) 2/21/09 (277.5 kg. @ 128 lb.) (Humble, Texas) (WABDL)	*537.94 #22	*514.63 #18	=40	=23
24.	540.1 *4.73X	114	N. Ambu (India/78) 11/16/00 (245.0 kg. @ 51.8 kg.) (Akita City, Japan) (IPF)	*532.19 #27	*516.26 #13	=40	=23
25.	700.0 4.70X	148	Tony Conyers (US/59) 5/20/00 (317.5 kg.) (Daytona Beach, Florida) (WPO)	539.68 #19	508.04 #22	#41	#25
26.	540.1 *4.73X	114	Chun-Hsiung Hu (Chinese Taipei/74) 11/14/02 (245.0 kg. @ 51.8 kg.) (Trencin, Slovakia) (IPF)	*532.19 #28	*516.26 #14	#42	#26
27.	948.0 *3.45X	275	Konstantin Konstantinovs (Latvia/79) 4/2/06 (430.0 kg. @ 124.8 kg.) (Riga, Latvia) (IPF)	*540.35 #18	*494.19 #26	#44	#27
28.	575.4 *4.75X	123	Sergey Fedosienko (Russia/82) 2/16/10 (261.0 kg. @ 54.9 kg.) (Chelyabinsk, Russia) (IPF)	*534.15 #26	*514.59 #19	#45	#28

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; Email address-- soongm@comcast.net).

Records-- <http://www.powerliftingusa.com>

<http://www.powerliftingwatch.com/records>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #35 of 85

ALL TIME HISTORICAL GREATEST MALE POWERLIFTERS BY FORMULA

Criteria For Membership: "Top 20" Total Ranking on either the Wilks or Schwartz formula

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

	Total	Wt. Div.	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Schwartz	Sum	Rank
1.	2630.0 *13.27X	198	Shawn Frankl (US/77) 8/22/09 (1055.0+825.0+750.0=2630.0 lb. @ 198.2 lb. Heaviest 13X bodyweight male total of all time.) (Sharonville, Ohio) (SPF)	*1679.9 #1	*1540.5 #1	#2	—#1—
2.	2715.0 *12.57X	220	Shawn Frankl (US/77) 8/21/10 (1060.0+875.0+780.0=2715.0 lb. @ 216.0 lb. Heaviest 12X bodyweight male Total of all time.) (Cincinnati, Ohio) (SPF)	*1666.2 #2	*1518.2 #2	#4	#2
3.	2805.0 *10.58X	275	Dave "Neutron" Hoff (US/88) 3/6/11 (1115.0+880.0+810.0=2805.0 lb. @ 265.2 lb. Heaviest men's 10X bodyweight total of all time.) (Knoxville, Tennessee) (SPF)	*1611.8 #3	*1477.4 #3	#6	#3
4.	2799.9 *10.33X	275	Yevgen Yarymbash (Ukraine/83) 10/11/08 (530.0+365.0+375.0=1270.0 kg. @ 123.0 kg.) (Mangush, Ukraine) (IPA)	*1601.0 #4	*1466.3 #4	#8	#4
5.	2825.0 *9.27X	308	Ashley "A.J." Roberts (US/Great Britain/85) 3/6/11 (1140.0+870.0+815.0=2825.0 lb. @ 304.6 lb. Heaviest 9X bodyweight male total of all time.) (Knoxville, Tennessee) (SPF)	*1581.8 #5	*1427.9 #8	#13	#5
6.	2460.0 *12.42X	198	Sergiy Naleykin (Ukraine/81) 8/23/08 (970.0+730.0+760.0=2460.0 lb. @ 198.0 lb.) (Sharonville, Ohio) (IPA)	*1572.2 #7	*1441.8 #7	#14	#6
7.	2799.9 *9.33X	308	Jonas Rantanen (Finland/82) 10/3/09 (540.0+360.0+370.0=1270.0 kg. @ 300.0 lb.) (Lahti, Finland) (GPC)	*1571.3 #8	*1421.5 #9	#17	#7
8.	2171.6 *13.13X	165	Oleksandr Kutcher (Ukraine/80) 3/3/06 (375.0+250.0+360.0=985.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)	*1547.4 #12	*1443.0 #6	#18	#8
9.	2551.9 *11.58X	220	Matt Kroczaleski (US/73) 4/25/09 (455.0+335.0+367.5=1157.5 kg. @ 100.0 kg.) (Dubuque, Iowa) (UPA)	*1553.1 #9	*1413.7 #11	#20	#9
10.	2630.0 *10.84X	242	Greg Panora (US/80) 12/6/08 (1015.0+800.0+815.0=2630.0 lb. @ 110.0 kg.) (Murfreesboro, Tennessee) (SPF)	*1547.8 #11	*1411.0 #12	#23	#10
11.	2700.0 *9.80X	275	Brian Carroll (US/81) 10/30/10 (1145.0+780.0+775.0=2700.0 lb. @ 275.5 lb.) (Orlando, Florida) (APF)	*1538.5 #14	*1407.0 #13	#27	#11
12.	2400.0 *12.12X	198	Michael Cartinian (US/76) 3/6/11 (2400.0 lb. @ 198.0 lb.) (Knoxville, Tennessee) (SPF)	*1533.8 #15	*1406.6 #14	=29	=12
13.	1515.7 *13.25X	114	Sergey Fedosienko (Russia/82) 3/3/05 (270.0+160.0+257.5=687.5 kg. @ 51.9 kg. First man to total 13X bodyweight.) (Kazan, Russia) (IPF)	*1490.4 #24	*1445.4 #5	=29	=12
14.	2905.0 *7.86X	SHW	Donnie Thompson (US/64) 11/23/08 (1235.0+910.0+760.0=2905.0 lb. @ 369.7 lb. First man to total 2900 pounds.) (York, Pennsylvania) (IPA)	*1581.4 #6	*1384.5 #24	#30	#14
15.	2667.6 *10.00X	275	Jeremiah Frey (US/81) 3/22/09 (1205.0 kg. @ 121.0 kg., which was accidentally misloaded to 475.0+367.5+367.5=1210.0 kg.) (Omaha, Nebraska) (APF)	*1530.7 #17	*1403.2 #16	#33	#15
16.	2805.0 *8.33X	SHW	Vladislav Alhazov (Israel/77) 1/20/08 (2805.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA)	*1548.08 #10	*1375.0 #25	=35	=16
17.	2600.0 *10.79X	242	Dave "Neutron" Hoff (US/88) 12/5/09 (2600.0 lb. @ 241.0 lb.) (Nashville, Tennessee) (SPF)	*1533.2 #16	*1397.0 #19	=35	=16
18.	2265.2 *12.47X	181	Michael Cartinian (US/76) 3/22/09 (1022.5 kg. @ 82.4 kg., which was accidentally misloaded to 417.5+310.0+300.0=1027.5 kg.) (Omaha, Nebraska) (APF)	*1518.6 #21	*1404.0 #15	=36	=18
19.	1598.4 *13.12X	123	Sergey Fedosienko (Russia/82) 1/26/08 (725.0 kg. @ 55.25 kg.) (Novosibirsk, Russia) (IPF)	*1474.5 #26	*1419.2 #10	=36	=18
20.	2806.5 *8.13X	SHW	Andy Bolton (Great Britain/70) 3/3/07 (1273.0 kg. @ 156.6 kg.) (Columbus, Ohio) (WPO)	*1543.3 #13	*1365.4 #26	=39	=20
21.	2590.4 *10.68X	242	Juha Someroja (Finland/75) 4/3/11 (1175.0 kg. @ 110.0 kg.) (Rovaniemi, Finland) (GPC)	*1524.5 #18	*1389.8 #21	=39	=20
22.	2149.5 *12.65X	181	Oleksandr Kutcher (Ukraine/80) 10/22/06 (975.0 kg. @ 77.1 kg.) (Stuttgart, Germany) (WPC)	*1503.2 #22	*1398.3 #18	#40	#22
23.	2500.0 *11.39X	220	Dondell Blue (US/75) 10/28/06 (2500.0 lb. @ 219.5 lb.) (Indianapolis, Indiana) (MPF)	*1524.13 #19	*1387.6 #22	#41	#23
24.	1930.0 *12.97X	148	Brian Schwab (US/74) 1/20/08 (1930.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA)	*1488.0 #25	*1400.8 #17	#42	#24
25.	2502.2 *11.37X	220	Michael Schwanke (US/78) 6/14/08 (1135.0 kg. @ 220.0 lb.) (Kennesaw, Georgia) (APF)	*1524.12 #20	*1387.5 #23	=43	=25
26.	2099.9 *12.72X	165	Al Caslow (US/80) 6/13/09 (952.5 kg. @ 74.9 kg.) (Palm Beach Gardens, Florida) (APF/WPC)	*1497.7 #23	*1396.9 #20	=43	=25

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; Email address-- soongm@comcast.net).

Records-- <http://www.powerliftingusa.com>

<http://www.powerliftingwatch.com/records>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #36 of 85

ALL TIME HISTORICAL GREATEST MALE UNEQUIPPED SQUATTERS BY FORMULA

Criteria For Membership: "Top 20" Squat Ranking on either the Wilks or Schwartz formula

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

	Squat	Wt. Div.	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Schwartz	Sum	Rank
1.	639.3 *5.65X	114	Andrzej Stanaszek (Poland/71) 5/9/02 (290.0 kg. @ 51.3 kg., without a squat suit or knee wraps.) (Eskilstuna, Sweden) (IPF)	*636.40 #1	*618.05 #1	#2	—#1—
2.	644.9 *5.61X	123	Andrzej Stanaszek (Poland/71) 3/22/03 (292.5 kg. @ 52.1 kg., without a squat suit or knee wraps.) (Landshut, Germany) (IPF)	*631.50 #2	*612.22 #2	#4	#2
3.	992.1 *3.21X	308	Andrey Malanichev (Russia/77) 12/19/10 (450.0 kg. @ 140.0 kg., without a squat suit.) (Moscow, Russia) (WorldLifting)	*554.37 #3	*499.41 #5	#8	#3
4.	970.0 *3.20X	308	Sergiy Karnaukhov (Ukraine/78) 11/4/07 (440.0 kg. @ 137.55 kg., without a squat suit.) (Togliatty, Russia) (WPO)	*543.51 #4	*490.89 #6	=10	=4
5.	551.2 *4.67X	123	Mike Booker (US/81) 3/9/02 (250.0 kg. @ 118.0 lb., without a squat suit or knee wraps.) (Moreno Valley, California) (AAU)	*524.92 #6	*507.23 #4	=10	=4
6.	501.6 *4.64X	114	Mike Booker (US/81) 11/3/00 (227.5 kg. @ 108.0 lb., without a squat suit) (Mesquite, Nevada) (AAU)	*524.72 #7	*512.28 #3	=10	=4
7.	934.5 *2.78X	SHW	Don Reinholdt (US/45) 4/10/76 (935.0 lb. @ 152.4 kg., without a squat suit, which later weighed out at 934.5 lb.) (Findlay, Ohio) (AAU/IPF)	*516.21 #8	*458.62 #10	#18	#7
8.	901.5 *3.19X	308	Jon Cole (US/43) 10/28/72 (905.0 lb. @ 283.0 lb., without a squat suit, which later weighed out at 901.5 lb. First man to squat 900 pounds.) (Phoenix, Arizona) (AAU)	*511.06 #12	*465.99 #7	#19	#8
9.	925.9 *2.82X	SHW	Sergey Alexeev (Russia) 9/18/94 (420.0 kg. @ 148.78 kg., without a squat suit) (Moore Lake, Minnesota) (WDFPF)	*512.90 #9	*457.53 #12	#21	#9
10.	903.9 *3.09X	308	Troy Nash (US/70) 9/12/09 (410.0 kg. @ 292.4 lb., without a squat suit) (Rock Hill, South Carolina) (APF)	*509.47 #13	*462.67 #9	=22	=10
11.	815.7 *3.90X	220	Konstantin Pozdeev (Russia/84) 12/19/10 (370.0 kg. @ 94.8 kg., without a squat suit.) (Moscow, Russia) (WorldLifting)	*507.86 #14	*463.73 #8	=22	=10
12.	925.9 *2.78X	SHW	Peter Petras (Czech Republic/84) 4/3/11 (420.0 kg. @ 151.0 kg., without a squat suit.) (Trutnov, Czech Republic) (WPC)	*511.86 #10	*455.47 #13	#23	#12
13.	1000.0 *2.22X	SHW	Rob Wilkerson (US/81) 3/5/11 (1000.0 lb. @ 451.0 lb., without a squat suit.) (Knoxville, Tennessee) (SPF)	*531.60 #5	*442.49 #21	#26	#13
14.	853.0 *3.52X	242	George Frenn (US/41-06) 12/12/70 (840.0 lb. @ 110.0 kg., without a squat suit, which later weighed out at 853.0 lb.) (Los Angeles, California) (AAU)	*501.99 #16	*457.63 #11	#27	#14
15.	905.0 *2.81X	SHW	John Kuc (US/47) 11/11/72 (905.0 lb. @ 322.25 lb., without a squat suit.) (Harrisburg, Pennsylvania) (AAU)	*502.55 #15	*449.51 #15	#30	#15
16.	869.0 *3.21X	275	Jon Cole (US/43) 9/17/72 (865.0 lb. @ 271.0 lb., without a squat suit, which later weighed out at 869.0 lb.) (Denver, Colorado) (AAU)	*496.98 #18	*455.27 #14	#32	#16
17.	953.5 *2.35X	SHW	Marc Henry (US/71) 10/29/95 (432.5 kg. @ 405.0 lb., without a squat suit.) (Sussex, England) (ADFPA/WDFPF)	*511.55 #11	*440.67 #22	=33	=17
18.	903.9 *2.79X	SHW	Brent Mikesell (US/67) 6/26/04 (410.0 kg. @ 323.7 lb., without a squat suit) (Newport, Oregon) (IPA)	*501.63 #17	*448.38 #16	=33	=17
19.	826.7 *3.42X	242	Kirk Karwoski (US/66) 12/5/04 (375.0 kg. @ 241.5 lb.) (Laughlin, Nevada) (AAU)	*487.19 #21	*443.96 #18	#39	#19
20.	672.4 4.07X	165	Dan Dumitrache (Romania) 12/5/10 (305.0 kg., without a squat suit.) (Jonesboro, Georgia) (GPA)	479.16 #23	446.82 #17	#40	#20
21.	755.0 *3.81X	198	Phil Harrington (US/73) 3/6/11 (755.0 lb. @ 198.0 lb.) (Columbus, Ohio) (IPA)	*482.52 #22	*442.51 #19	#41	#21
22.	909.4 *2.38X	SHW	Vasil Orobets (Ukraine/66) 5/22/05 (412.5 kg. @ 173.5 kg.) (Hamm, Luxembourg) (IPF)	*492.35 #19	*428.65 #24	=43	=22
23.	881.8 *2.72X	SHW	Pall Logason (Iceland/86) 4/16/11 (400.0 kg. @ 147.2 kg.) (Iceland Nationals) (WPF)	*489.25 #20	*437.13 #23	=43	=22
24.	505.0 4.09X	123	Mike Kuhns (US/86) 3/20/04 (505.0 lb.) (Erie, Pennsylvania) (ADAU)	459.70 #24	441.77 #20	#44	#24

Listing compiled by Michael Soong (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; Email address-- soongm@comcast.net).

Records-- <http://www.powerliftingusa.com>

<http://www.powerliftingwatch.com/records>

Records accurate (as to my knowledge) as of 4/24/11.

Page #37 of 85

ALL TIME HISTORICAL GREATEST MALE UNEQUIPPED BENCH PRESSERS BY FORMULA

Criteria For Membership: "Top 20" Bench Press Ranking on either the Wilks or Schwartz formula

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

	Bench Press	Wt. Div.	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Schwartz	Sum	Rank
1.	391.3 * 3.51X	114	Andrzej Stanaszek (Poland/71) 11/18/94 (177.5 kg. @ 50.6 kg.) (Johannesburg, South Africa) (IPF)	*395.27 #2	* 384.51 #1	#3	—#1—
2.	715.0 *2.28X	SHW	Scot Mendelson (US/69) 5/22/05 (715.0 lb. @ 314.0 lb. Highest bench press of all time without a bench press shirt.) (Worcester, Massachusetts) (Atlantis)	* 398.54 #1	*358.00 #3	#4	#2
3.	701.1 *2.28X	308	Scot Mendelson (US/69) 10/12/02 (318.0 kg. @ 308.0 lb.) (San Francisco, California) (APF)	*391.90 #3	*353.13 #4	#7	#3
4.	385.8 *3.31X	123	Andrzej Stanaszek (Poland/71) 5/20/00 (175.0 kg. @ 52.8 kg.) (Landshut, Germany) (IPF)	*372.61 #10	*360.65 #2	#12	#4
5.	666.9 *2.33X	308	Ted Arcidi (US/58) 4/1/84 (302.5 kg. @ 286.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)	*377.33 #5	*343.72 #9	=14	=5
6.	661.4 *2.40X	275	Laszlo Meszaros (Hungary/68) 10/4/09 (300.0 kg. @ 125.0 kg.) (Rostov-on-Don, Russia) (WPC)	*376.86 #6	*344.58 #8	=14	=5
7.	556.7 *3.06X	181	Rick Weil (US/58) 6/29/86 (252.5 kg. @ 82.4 kg. Heaviest unequipped triple bodyweight bench press of all time.) (Dayton, Ohio) (APF/WPC)	*373.19 #9	*345.02 #7	#16	#7
8.	662.5 *2.37X	308	Laszlo Meszaros (Hungary/68) 12/19/10 (300.5 kg. @ 127.0 kg.) (Moscow, Russia) (WorldLifting)	*376.36 #7	*343.57 #10	#17	#8
9.	661.4 *2.31X	308	Vladimir Kravtsov (Russia/72) 9/29/09 (300.0 kg. @ 130.0 kg.) (Moscow, Russia) (BB)	*374.08 #8	*340.61 #12	#20	#9
10.	711.0 *1.82X	SHW	James Henderson (US/65) 7/13/97 (322.5 kg. @ ~390 lb. First man to bench press 700 pounds without a bench press shirt.) (Philadelphia, Pennsylvania) (USPF/IPF)	*383.72 #4	*332.95 #18	#22	#10
11.	391.3 *3.23X	123	Mike Booker (US/81) 6/21/03 (177.5 kg. @ 121.0 lb.) (Vista, California) (AAU)	*363.34 #18	*350.08 #5	#23	#11
12.	650.4 *2.36X	275	Ted Arcidi (US/58) 11/13/83 (295.0 kg. @ 125.0 kg.) (Westminster, Maryland) (NSM)	*370.58 #13	*338.84 #13	#26	#12
13.	665.0 *2.16X	308	Glen Chabot (US/66) 4/6/02 (665.0 lb. @ 308.0 lb.) (Queensbury, New York) (IPA)	*371.74 #11	*334.96 #16	#27	#13
14.	565.0 *2.96X	198	Larry Danaher (US) 10/4/86 (565.0 lb. @ 191 lb.) (Indianapolis, Indiana) (USPF/APF)	*367.98 #14	*338.66 #14	=28	=14
15.	370.0 *3.19X	123	Christopher O'Neil (US) 11/21/92 (370.0 lb. @ 116.0 lb.) (Port Charlotte, Florida) (APA/WPA)	*358.60 #22	*347.25 #6	=28	=14
16.	675.0 *1.97X	SHW	Jim Williams (US/41-07) 11/9/72 (675.0 lb. @ 343.25 lb.) (Harrisburg, Pennsylvania) (AAU)	*371.49 #12	*328.93 #22	=34	=16
17.	360.5 3.14X	114	Mike Booker (US/81) 12/1/01 (163.5 kg.) (Laughlin, Nevada) (AAU)	353.72 #23	342.97 #11	=34	=16
18.	650.0 *2.18X	308	Al Davis (US/73) 11/6/10 (650.0 lb. @ 298.2 lb.) (Dallas, Texas) (SPF)	*365.14 #16	*330.66 #21	#37	#18
19.	540.0 *2.95X	198	Rick Weil (US/58) 4/14/85 (540.0 lb. @ 182.75 lb.) (Tampa, Florida) (USPF)	*360.72 #21	*333.33 #17	#38	#19
20.	661.4 *2.00X	SHW	Bill Kazmaier (US/53) 1/31/81 (300.0 kg. @ 330.0 lb.) (Columbus, Georgia) (USPF/IPF)	*366.08 #15	*326.20 #24	=39	=20
21.	410.0 *3.130X	132	Rick "Taz" Couch (US) 11/20/93 (410.0 lb. @ 131.0 lb.) (Thousand Oaks, California) (APA/WPA/UBPF)	*352.81 #24	*336.61 #15	=39	=20
22.	615.0 *2.56X	242	Jeremy Hoornstra (US/81) 9/29/06 (615.0 lb. @ 240.0 lb.) (Las Vegas, Nevada) (WPO)	*363.10 #20	*330.81 #20	#40	#22
23.	661.4 *1.94X	SHW	Kirill Sarychev (Russia/89) 6/26/10 (300.0 kg @ 154.9 kg.) (Arkhangelsk, Russia) (WPC)	*364.29 #17	*322.76 #25	=42	=23
24.	650.0 2.11X	308	Bob Hickey (US) 11/20/99 (650.0 lb.) (York, Pennsylvania) (IPA)	363.22 #19	327.21 #23	=42	=23
25.	377.5 *3.06X	123	Rick "Taz" Couch (US) 4/10/93 (377.5 lb. @ 123.25 lb.) (Fresno, California) (APA/WPA/UBPF)	*344.23 #25	*330.83 #19	#44	#25

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; Email address-- soongm@comcast.net).

Records-- <http://www.powerliftingusa.com>

<http://www.powerliftingwatch.com/records>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #38 of 85

ALL TIME HISTORICAL GREATEST MALE UNEQUIPPED POWERLIFTERS BY FORMULA

Criteria For Membership: "Top 20" Total Ranking on either the Wilks or Schwartz formula

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

	Total	Wt. Div.	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Schwartz	Sum	Rank
1.	2364.0 *8.35X	308	Jon Cole (US/43) 10/28/72 (2370.0 lb. @ 283.0 lb., which later weighed out at 2364.0 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 905.0+580.0+885.0=2370.0 lb.) (AW: 901.5+580.0+882.5=2364.0 lb.) (Phoenix, Arizona) (AAU)	*1340.2 #1	*1222.0 #2	=3	—#1—
2.	1322.8 *11.70X	114	Andrzej Stanaszek (Poland/71) 5/9/02 (290.0+170.0+140.0=600.0 kg. @ 51.3 kg. Lifts done without a squat suit or bench press shirt.) (Eskilstuna, Sweden) (IPF)	*1316.7 #2	*1278.7 #1	=3	—#1—
3.	2094.4 *9.93X	220	Andrey Belyaev (Russia/83) 12/19/10 (345.0+250.0+355.0=950.0 kg. @ 95.7 kg. Lifts done without a squat suit or bench press shirt.) (Moscow, Russia) (WorldLifting)	*1298.5 #5	*1184.8 #4	#9	#3
4.	2350.0 *7.29X	SHW	John Kuc (US/47) 11/11/72 (905.0+600.0+845.0=2350.0 lb. @ 322.25 lb. Lifts done without a squat suit or a bench press shirt.) (Harrisburg, Pennsylvania) (AAU)	*1305.0 #4	*1167.2 #6	#10	#4
5.	2259.0 *8.34X	275	Jon Cole (US/43) 9/17/ Jon Cole (US/43) 9/17/72 (2255.0 lb. @ 271.0 lb., which later weighed out at 2259.0 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 865.0+570.0+820.0=2255.0 lb.) (AW: 869.0+570.0+820.0=2259.0 lb.) (Denver, Colorado) (AAU)	*1291.9 #7	*1183.5 #5	#12	#5
6.	2314.9 *7.50X	308	Andrey Malanichev (Russia/77) 12/19/10 (450.0+230.0+370.0=1050.0 kg. @ 140.0 kg. Lifts done without a squat suit or bench press shirt.) (Moscow, Russia) (WorldLifting)	*1293.5 #6	*1165.3 #7	#13	#6
7.	2391.5 *6.70X	SHW	Don Reinholdt (US/45) 5/3/75 (2420.0 lb. @ 357.0 lb., which later weighed out at 2391.5 lb. Lifts done without a squat suit or a bench press shirt.) (FV: 915.0+610.0+895.0=2420.0 lb.) (AW: 904.5+601.5+885.5=2391.5 lb.) (Chattanooga, Tennessee) (AAU/IPF)	*1308.6 #3	*1152.0 #12	#15	#7
8.	2044.8 *9.78X	220	Konstantin Pozdeev (Russia/84) 12/19/10 (370.0+197.5+360.0=927.5 kg. @ 94.8 kg. Lifts done without a squat suit or bench press shirt.) (Moscow, Russia) (WorldLifting)	*1273.1 #10	*1162.5 #8	=18	=8
9.	1300.7 *11.17X	123	Andrzej Stanaszek (Poland/71) 5/20/00 (280.0+175.0+135.0=590.0 kg. @ 52.8 kg. Lifts done without a squat suit, knee wraps, or a bench press shirt.) (Landshut, Germany) (IPF)	*1256.2 #15	*1215.9 #3	=18	=8
10.	2282.5 *7.48X	308	John Kuc (US/47) 5/21/72 (2290.0 lb. @ 305.0 lb., which later weighed out at 2282.5 lb. Lifts done without a squat suit or bench press shirt.) (Cincinnati, Ohio) (AAU)	*1277.7 #9	*1153.3 #11	=20	=10
11.	2221.2 *8.11X	275	Stanley Efferding (US/68) 9/19/09 (1007.5 kg. @ 124.29 kg.) (Sacramento, California) (SPF)	*1267.2 #11	*1159.5 #9	=20	=10
12.	2325.9 *6.99X	SHW	Peter Petras (Czech Republic/84) 4/3/11 (420.0+255.0+380.0=1055.0 kg. @ 151.0 kg. Lifts done without a squat suit or bench press shirt.) (Trutnov, Czech Republic) (WPC)	*1285.7 #8	*1144.1 #16	#24	#12
13.	2135.0 *8.90X	242	Jon Cole (US/43) 3/14/71 (2140.0 lb. @ 240.0 lb., which later weighed out at 2135.0 lb. Lifts done without a squat suit or bench press shirt.) (Tolleson, Arizona) (AAU)	*1260.5 #12	*1148.4 #13	#25	#13
14.	2217.9 *7.87X	308	Konstantin Konstantinovs (Latvia/79) 7/4/09 (1006.0 kg. @ 127.9 kg.) (Dobele, Latvia) (AWPC)	*1258.2 #14	*1147.7 #14	#28	#14
15.	1256.6 *10.65X	123	Mike Booker (US/81) 3/9/02 (570.0 kg. @ 118.0 lb.) (Moreno Valley, California) (AAU)	*1196.8 #23	*1156.5 #10	#33	#15
16.	2113.0 *8.71X	242	George Frenn (US/41-06) 12/12/70 (2100.0 lb. @ 110.0 kg., which later weighed out at 2113.0 lb.) (Los Angeles, California) (AAU)	*1243.5 #16	*1133.6 #18	#34	#16
17.	2298.3 *6.50X	SHW	Benedikt Magnusson (Iceland/84) 10/9/10 (1042.5 kg. @ 160.5 kg.) (Helsinki, Finland) (GPC)	*1259.5 #13	*1110.1 #22	#35	#17
18.	2171.6 *7.89X	275	Konstantin Konstantinovs (Latvia/79) 12/20/09 (985.0 kg. @ 124.9 kg.) (Dobele, Latvia) (AWPC)	*1237.6 #17	*1131.6 #19	#36	#18
19.	1580.0 10.62X	148	Tony Conyers (US/59) 11/21/99 (550.0+400.0+630.0=1580.0 lb.) (Atlanta, Georgia) (WNPF)	1218.2 #22	1146.76 #15	#37	#19
20.	1714.1 10.37X	165	Rick Gaugler (US/54) 2/10/79 (272.5+190.0+315.0=777.5 kg.) (Fort Worth, Texas) (AAU)	1221.5 #21	1139.0 #17	#38	#20
21.	2082.0 *8.75X	242	Larry Pacifico (US/46) 7/29/73 (2080.0 lb. @ 238.0 lb., which later weighed out at 2082.0 lb. Lifts done without a squat suit, knee wraps or bench press shirt.) (Ashtabula, Ohio) (AAU)	*1232.5 #18	*1122.4 #21	#39	#21
22.	2215.6 *6.83X	SHW	Pall Logason (Iceland/86) 4/16/11 (400.0+245.0+360.0=1005.0 kg. @ 147.2 kg. Lifts done without a squat suit or a bench press shirt.) (Iceland Nationals) (WPF)	*1229.2 #19	*1098.3 #23	#42	#22
23.	2215.6 *6.79X	SHW	Scott Weech (US/85) 1/23/11 (1005.0 kg. @ 148.1 kg.) (Tampa, Florida) (RUPC)	*1228.1 #20	*1096.3 #24	=44	=23
24.	1322.8 *10.47X	132	Sergey Fedosienko (Russia/82) 2/19/11 (600.0 kg. @ 57.3 kg.) (Berdsk, Russia) (IPF)	*1177.8 #24	*1128.6 #20	=44	=23

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; Email address-- soongm@comcast.net).

Records-- <http://www.powerliftingusa.com>

<http://www.powerliftingwatch.com/records>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #39 of 85

ALL TIME HISTORICAL GREATEST MALE SQUAT/BODYWEIGHT COEFFICIENTS

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

	Squat	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	662.5 (300.5)	* 6.010X	114 (52)	Andrzej Stanaszek (Poland/71) 11/5/03 (300.5 kg. @ 50.0 kg. First man to squat quintuple bodyweight. Only man to squat sextuple bodyweight.) (Vejle, Denmark) (IPF)
2.	639.3 (290.0)	*5.653X	114 (52)	Andrzej Stanaszek (Poland/71) 5/9/02 (290.0 kg. @ 51.3 kg., without a squat suit or knee wraps.) (Eskilstuna, Sweden) (IPF)
3.	644.9 (292.5)	*5.614X	123 (56)	Andrzej Stanaszek (Poland/71) 3/22/03 (292.5 kg. @ 52.1 kg., without a squat suit or knee wraps) (Landshut, Germany) (IPF)
4.	804.7 (365.0)	*5.504X	148 (67.5)	Thomas James "T.J." Hoerner (US/77) 4/1/06 (365.0 kg. @ 146.2 lb.) (Houston, Texas) (APF)
5.	887.4 (402.5)	*5.367X	165 (75)	Al Caslow (US/80) 3/22/09 (397.5 kg. @ 75.0 kg., which was accidentally misloaded to 402.5 kg.) (Omaha, Nebraska) (APF)
6.	705.5 (320.0)	5.333X	132 (60)	Magnus Karlsson (Sweden/67) 10/2/99 (320.0 kg.) (Malmo, Sweden) (IPF)
7.	1055.0 (478.5)	*5.323X	198 (90)	Shawn Frankl (US/77) 8/22/09 (1055.0 lb. @ 198.2 lb.) (Sharonville, Ohio) (SPF)
8.	1050.0 (476.3)	*5.298X	198 (90)	Sam Byrd (US/81) 8/19/07 (1050.0 lb. @ 198.2 lb.) (Franklin, Ohio) (IPA)
9.	788.2 (357.5)	*5.296X	148 (67.5)	Nick Hatch (US/85) 3/4/05 (357.5 kg. @ 67.5 kg.) (Columbus, Ohio) (WPO)
10.	870.8 (395.0)	*5.267X	165 (75)	Oleksandr Kutcher (Ukraine/80) 11/3/06 (395.0 kg. @ 75.0 kg.) (Lake George, New York) (WPO)
11.	595.2 (270.0)	*5.202X	114 (52)	Sergey Fedosienko (Russia/82) 3/3/05 (270.0 kg. @ 51.9 kg.) (Kazan, Russia) (IPF)
12.	628.3 (285.0)	*5.187X	123 (56)	Sergey Fedosienko (Russia/82) 11/2/09 (285.0 kg. @ 54.94 kg.) (New Delhi, India) (IPF)
13.	854.3 (387.5)	*5.178X	165 (75)	Tony Conyers (US/59) 9/24/05 (387.5 kg. @ 74.84 kg.) (New Port Richey, Florida) (APF)
14.	683.4 (310.0)	*5.171X	132 (60)	Ayrat Zakiyev (Russia/81) 3/1/06 (310.0 kg. @ 59.95 kg.) (Ufa, Russia) (IPF)
15.	825.0 (374.2)	*5.163X	165 (75)	Brian Schwab (US/74) 8/23/08 (825.0 lb. @ 159.8 lb.) (Sharonville, Ohio) (IPA)
16.	633.8 (287.5)	*5.162X	123 (56)	Magnus Karlsson (Sweden/67) 11/14/96 (287.5 kg. @ 55.7 kg.) (Salzburg, Austria) (IPF)
17.	765.0 (347.0)	*5.141X	148 (67.5)	Brian Schwab (US/74) 1/20/08 (765.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA)
18.	833.3 (378.0)	*5.136X	165 (75)	Nick Hatch (US/85) 10/29/05 (378.0 kg. @ 73.6 kg.) (Chicago, Illinois) (WPO)
19.	910.0 (412.8)	*5.135X	181 (82.5)	Al Caslow (US/80) 8/21/10 (910.0 lb. @ 177.2 lb.) (Cincinnati, Ohio) (SPF)
20.	930.0 (421.8)	*5.127X	181 (82.5)	Michael Cartinian (US/76) 8/22/09 (930.0 lb. @ 181.4 lb.) (Sharonville, Ohio) (SPF)

ALL TIME HISTORICAL GREATEST MALE BENCH-PRESS/BODYWEIGHT COEFFICIENTS

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

	Bench Press	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	840.0 (381.0)	* 4.435X	198 (90)	Jason Coker (US/75) 3/20/10 (840.0 lb. @ 189.4 lb.) (Plano, Texas) (SPF)
2.	850.0 (385.6)	*4.293X	198 (90)	Shawn Frankl (US/77) 8/23/08 (850.0 lb. @ 198.0 lb.) (Sharonville, Ohio) (IPA)
3.	705.0 (319.8)	*4.273X	165 (75)	Joe Mazza (US/66) 12/5/09 (705.0 lb. @ 165.0 lb.) (Boyertown, Pennsylvania) (IPA)
4.	870.8 (395.0)	*4.207X	220 (100)	Shawn Frankl (US/77) 9/6/08 (395.0 kg. @ 207.0 lb.) (Omaha, Nebraska) (APF)
5.	750.0 (340.2)	*4.132X	181 (82.5)	Jason Fry (US/79) 4/18/09 (750.0 lb. @ 181.5 lb.) (Columbus, Ohio) (IPA)
6.	903.9 (410.0)	*4.109X	220 (100)	Jason Coker (US/75) 1/23/10 (410.0 kg. @ 220.0 lb. Heaviest quadruple bodyweight bench press of all time.) (Los Angeles, California)
7.	605.0 (274.4)	*4.074X	148 (67.5)	Kevin Harmon (US/75) 6/19/10 (605.0 lb. @ 148.5 lb.) (Hot Springs, Arkansas) (APA)
8.	600.0 (272.2)	4.032X	148 (67.5)	Joe Ceklovsky (US/74) 1/20/08 (600.0 lb.) (Carteret, New Jersey) (IPA)
9.	646.0 (293.0)	*4.003X	165 (75)	Markus Schick (Germany/76) 11/27/04 (293.0 kg. @ 73.2 kg. First man to bench press quadruple bodyweight.) (Herten, Germany) (NSM)
10.	770.0 (349.3)	*3.893X	198 (90)	Jason Fry (US/79) 5/30/09 (770.0 lb. @ 197.8 lb.) (Circleville, Ohio) (UPA)
11.	705.0 (319.8)	*3.886X	181 (82.5)	Michael Cartinian (US/76) 8/22/09 (705.0 lb. @ 181.4 lb.) (Sharonville, Ohio) (SPF)
12.	705.5 (320.0)	*3.881X	181 (82.5)	Brad Heck (US/81) 6/15/07 (320.0 kg. @ 82.45 kg.) (Daytona Beach, Florida) (APF/WPC)
13.	663.6 (301.0)	*3.874X	181 (82.5)	Markus Schick (Germany/76) 12/11/04 (301.0 kg. @ 77.7 kg.) (Mainz, Germany) (IPF)
14.	766.1 (347.5)	*3.870X	198 (90)	George Halbert (US/71) 4/19/08 (347.5 kg. @ 89.8 kg.) (Columbus, Ohio) (UPA)
15.	843.3 (382.5)	*3.840X	198 (90)	Jake Prazak (US/77) 7/11/09 (382.5 kg. @ 99.6 kg.) (Dubuque, Iowa) (UPA)
16.	622.8 (282.5)	*3.836X	165 (75)	Brian Schwab (US/74) 6/13/09 (282.5 kg. @ 73.65 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
17.	565.0 (256.3)	*3.797X	148 (67.5)	Brian Schwab (US/74) 1/20/08 (565.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA)
18.	905.0 (410.5)	*3.780X	242 (110)	Rob Luyando (US/70) 9/1/07 (410.5 kg. @ 108.6 kg.) (Dubuque, Iowa) (UPA)
19.	832.2 (377.5)	*3.775X	220 (100)	Rob Luyando (US/70) 1/20/07 (377.5 kg. @ 100.0 kg.) (Dubuque, Iowa) (APF)
20.	619.5 (281.0)	*3.759X	165 (75)	Daiki Kodama (Japan/79) 9/17/05 (281.0 kg. @ 74.75 kg.) (Saitama, Japan) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #40 of 85

ALL TIME HISTORICAL GREATEST MALE DEADLIFT/BODYWEIGHT COEFFICIENTS

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

	Deadlift	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	639.3 (290.0)	*5.179X	123 (56)	Lamar Gant (US/57) 7/10/82 (290.0 kg. @ 56.0 kg. First man to deadlift quintuple bodyweight.) (Dayton, Ohio) (USPF/IPF)
2.	683.4 (310.0)	*5.167X	132 (60)	Lamar Gant (US/57) 11/11/88 (310.0 kg. @ 60.0 kg.) (Perth, Australia) (USPF/IPF)
3.	573.2 (260.0)	5.000X	114 (52)	E. Sajeeva Bhaskaran (India/62) 1993 (260.0 kg.) (India Nationals) (IPF)
4.	567.7 (257.5)	*4.961X	114 (52)	Sergey Fedosienko (Russia/82) 3/3/05 (257.5 kg. @ 51.9 kg.) (Kazan, Russia) (IPF)
5.	600.0 (272.2)	4.860X	123 (56)	Chris Smith (US) 3/13/10 (600.0 lb.) (Houston, Texas) (THSPA)
6.	595.2 (270.0)	*4.839X	123 (56)	Chun-Hsiung Hu (Chinese Taipei/74) 11/13/97 (270.0 kg. @ 55.8 kg.) (Prague, Czech Republic) (IPF)
7.	628.3 (285.0)	*4.818X	132 (60)	Tsung-Ting Hsieh (Chinese Taipei/82) 11/7/06 (285.0 kg. @ 59.15 kg.) (Stavanger, Norway) (IPF)
8.	793.7 (360.0)	*4.800X	165 (75)	Oleksandr Kutcher (Ukraine/80) 3/3/06 (360.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
9.	578.7 (262.5)	*4.799X	123 (56)	Komarudin (Indonesia/71) 6/24/94 (262.5 kg. @ 54.7 kg.) (Bali, Indonesia) (IPF)
10.	633.8 (287.5)	4.792X	132 (60)	Lucien De Faria (France/42) 5/20/90 (287.5 kg.) (Boulogne, France) (IPF)
11.	622.8 (282.5)	*4.788X	132 (60)	Sheng-Nan Yang (Chinese Taipei/82) 11/18/99 (282.5 kg. @ 59.0 kg.) (Trento, Italy) (IPF)
12.	587.5 (266.5)	*4.785X	123 (56)	N. Ambu (India/78) 5/16/02 (266.5 kg. @ 55.7 kg.) (Dong Hae City, Korea) (IPF)
13.	611.8 (277.5)	*4.780X	132 (60)	Richard Hawthorne (US/84) 2/21/09 (277.5 kg. @ 128 lb.) (Humble, Texas) (WABDL)
14.	623.9 (283.0)	*4.774X	132 (60)	Darimin Sutrisno (Indonesia/75) 5/17/02 (283.0 kg. @ 59.28 kg.) (Dong Hae City, Korea) (IPF)
15.	578.7 (262.5)	*4.769X	123 (56)	Shih-Wu Lu (Chinese Taipei/75) 11/2/09 (262.5 kg. @ 55.04 kg.) (New Delhi, India) (IPF)
16.	702.2 (318.5)	*4.761X	148 (67.5)	Jaroslav Olech (Poland/74) 11/10/05 (318.5 kg. @ 66.9 kg.) (Miami, Florida) (IPF)
17.	545.6 (247.5)	*4.760X	114 (52)	Shih-Wu Lu (Chinese Taipei/75) 4/13/98 (247.5 kg. @ 52.0 kg.) (Sam-Chuk, Korea) (IPF)
18.	575.4 (261.0)	*4.7541X	123 (56)	Sergey Fedosienko (Russia/82) 2/16/10 (261.0 kg. @ 54.9 kg.) (Chelyabinsk, Russia) (IPF)
19.	628.3 (285.0)	*4.7540X	132 (60)	Mikhail Andruchin (Russia/70) 8/25/05 (285.0 kg. @ 59.95 kg.) (Oriol, Russia) (IPF)
20.	705.5 (320.0)	*4.741X	148 (67.5)	Dan Austin (US/58) 8/1/92 (320.0 kg. @ 67.5 kg.) (Raleigh, North Carolina) (USPF)

ALL TIME HISTORICAL GREATEST MALE TOTAL/BODYWEIGHT COEFFICIENTS

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

	Total	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2630.0 (1192.9)	*13.269X	198 (90)	Shawn Frankl (US/77) 8/22/09 (1055.0+825.0+750.0=2630.0 lb. @ 198.2 lb. Heaviest 13X bodyweight male total of all time.) (Sharonville, Ohio) (SPF)
2.	1515.7 (687.5)	*13.247X	114 (52)	Sergey Fedosienko (Russia/82) 3/3/05 (270.0+160.0+257.5=687.5 kg. @ 51.9 kg. First man to total 13X bodyweight.) (Kazan, Russia) (IPF)
3.	2171.6 (985.0)	*13.133X	165 (75)	Oleksandr Kutcher (Ukraine/80) 3/3/06 (375.0+250.0+360.0=985.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
4.	1598.4 (725.0)	*13.122X	123 (56)	Sergey Fedosienko (Russia/82) 1/26/08 (285.0+180.0+260.0=725.0 kg. @ 55.25 kg.) (Novosibirsk, Russia) (IPF)
5.	1930.0 (875.4)	*12.969X	148 (67.5)	Brian Schwab (US/74) 1/20/08 (765.0+565.0+600.0=1930.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA)
6.	2045.0 (927.6)	*12.797X	165 (75)	Brian Schwab (US/74) 8/23/08 (825.0+605.0+615.0=2045.0 lb. @ 159.8 lb.) (Sharonville, Ohio) (IPA)
7.	2099.9 (952.5)	*12.717X	165 (75)	Al Caslow (US/80) 6/13/09 (395.0+245.0+312.5=952.5 kg. @ 74.9 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
8.	2149.5 (975.0)	*12.646X	181 (82.5)	Oleksandr Kutcher (Ukraine/80) 10/22/06 (390.0+240.0+345.0=975.0 kg. @ 77.1 kg.) (Stuttgart, Germany) (WPC)
9.	1587.3 (720.0)	*12.632X	132 (60)	Sergey Fedosienko (Russia/82) 2/19/11 (280.0+180.0+260.0=720.0 kg. @ 57.0 kg.) (Berdsk, Russia) (IPF)
10.	2715.0 (1231.5)	*12.569X	220 (100)	Shawn Frankl (US/77) 8/21/10 (1060.0+875.0+780.0=2715.0 lb. @ 216.0 lb. Heaviest 12X bodyweight male Total of all time.) (Cincinnati, Ohio) (SPF)
11.	1384.5 (628.0)	*12.560X	114 (52)	Andrzej Stanaszek (Poland/71) 11/5/03 (300.5+182.5+145.0=628.0 kg. @ 50.0 kg.) (Vejle, Denmark) (IPF)
12.	1653.5 (750.0)	*12.510X	132 (60)	Ayrat Zakiyev (Russia/81) 3/1/06 (310.0+220.0+220.0=750.0 kg. @ 59.95 kg.) (Ufa, Russia) (IPF)
13.	2265.2 (1027.5)	*12.470X	181 (82.5)	Michael Cartinian (US/76) 3/22/09 (1022.5 kg. @ 82.4 kg., which was accidentally misloaded to 1027.5 kg.; FV: 412.5+310.0+300.0=1022.5 kg.; AW: 417.5+310.0+300.0=1027.5 kg.) (Omaha, Nebraska) (APF)
14.	2460.0 (1115.8)	*12.424X	198 (90)	Sergiy Naleykin (Ukraine/81) 8/23/08 (970.0+730.0+760.0=2460.0 lb. @ 198.0 lb.) (Sharonville, Ohio) (IPA)
15.	2230.0 (1011.5)	*12.4234X	181 (82.5)	Brad Vargason (US/76) 4/29/06 (855.0+625.0+750.0=2230.0 lb. @ 179.5 lb.) (New Castle, Delaware) (APF)
16.	1639.1 (743.5)	*12.4227X	132 (60)	Darimin Sutrisno (Indonesia/75) 5/2/07 (286.0+190.0+267.5=743.5 kg. @ 59.85 kg.) (Kaohsiung, Chinese Taipei) (IPF)
17.	1631.4 (740.0)	*12.395X	132 (60)	Ravil Kazakov (Russia/82) 11/10/04 (300.0+207.5+232.5=740.0 kg. @ 59.7 kg.) (Cape Town, South Africa) (IPF)
18.	1670.0 (757.5)	*12.3775X	148 (67.5)	Ravil Kazakov (Russia/82) 7/16/05 (312.5+215.0+230.0=757.5 kg. @ 61.2 kg.) (Duisburg, Germany) (IPF)
19.	1832.0 (831.0)	*12.348X	148 (67.5)	Alexei Sivokon (Kazakhstan/73) 11/17/00 (316.0+215.0+300.0=831.0 kg. @ 67.3 kg.) (Akita City, Japan) (IPF)
20.	1774.7 (805.0)	*12.347X	132 (60)	Sergey Gladkih (Russia/89) 2/19/11 (310.0+205.0+290.0=805.0 kg. @ 65.2 kg.) (Berdsk, Russia) (IPF)

ALL TIME HISTORICAL GREATEST MALE
UNEQUIPPED SQUAT/BODYWEIGHT COEFFICIENTS

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

	Squat	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	639.3 (290.0)	*5.653X	114 (52)	Andrzej Stanaszek (Poland/71) 5/9/02 (290.0 kg. @ 51.3 kg., without a squat suit or knee wraps.) (Eskilstuna, Sweden) (IPF)
2.	644.9 (292.5)	*5.614X	123 (56)	Andrzej Stanaszek (Poland/71) 3/22/03 (292.5 kg. @ 52.1 kg., without a squat suit or knee wraps) (Landshut, Germany) (IPF)
3.	551.2 (250.0)	*4.671X	123 (56)	Mike Booker (US/81) 3/9/02 (250.0 kg. @ 118.0 lb., without a squat suit or knee wraps.) (Moreno Valley, California) (AAU)
4.	501.6 (227.5)	*4.644X	114 (52)	Mike Booker (US/81) 11/3/00 (227.5 kg. @ 108.0 lb., without a squat suit) (Mesquite, Nevada) (AAU)
5.	505.0 (229.1)	4.090X	123 (56)	Mike Kuhns (US/86) 3/20/04 (505.0 lb., without a squat suit or knee wraps) (Erie, Pennsylvania) (ADAU)
6.	672.4 (305.0)	4.067X	165 (75)	Dan Dumitrache (Romania) 12/5/10 (305.0 kg., without a squat suit.) (Jonesboro, Georgia) (GPA)
7.	530.0 (240.4)	*4.015X	132 (60)	Mike Kuhns (US/86) 10/23/10 (530.0 lb. @ 132.0 lb., without a squat suit or knee wraps.) (Bigler, Pennsylvania) (ADAU)
8.	710.0 (322.1)	3.904X	181 (82.5)	Jack Barnes (US/37-94) 9/17/72 (710.0 lb., without a squat suit) (Denver, Colorado) (AAU)
9.	815.7 (370.0)	*3.903X	220 (100)	Konstantin Pozdeev (Russia/84) 12/19/10 (370.0 kg. @ 94.8 kg., without a squat suit.) (Moscow, Russia) (WorldLifting)
10.	644.3 (292.2)	3.896X	165 (75)	George Crawford (US/46-06) 8/31/74 (645.0 lb., without a squat suit, with later weighed out at 644.25 lb.) (Fort Worth, Texas) (AAU)
11.	430.0 (195.0)	*3.848X	114 (52)	Rickey Ramsey (US) 8/22/70 (430.0 lb. @ 111.75 lb., without a squat suit.) (New Orleans, Louisiana) (AAU)
12.	507.1 (230.0)	*3.841X	132 (60)	Richard Hawthorne (US/84) 4/16/11 (230.0 kg. @ 132.0 lb., without a squat suit.) (Hattiesburg, Mississippi) (APA/WPA)
13.	755.0 (342.5)	*3.813X	198 (90)	Phil Harrington (US/73) 3/6/11 (755.0 lb. @ 198.0 lb., without a squat suit.) (Columbus, Ohio) (IPA)
14.	564.5 (256.1)	3.793X	148 (67.5)	Rickey Dale Crain (US/53) 8/14/76 (565.0 lb., without a squat suit, which later weighed out at 564.5 lb.) (Arlington, Texas) (AAU)
15.	429.9 (195.0)	3.750X	114 (52)	Hideaki Inaba (Japan/44) 11/9/74 (195.0 kg., without a squat suit.) (York, Pennsylvania) (AAU/IPF)
16.	556.7 (252.5)	3.741X	148 (67.5)	Mike Kuhns (US/86) 7/22/06 (555.0 lb., with the actual weight being 556.72 lb. Lift done without a squat suit or knee wraps.) (Johnson City, New York) (ADAU)
17.	534.6 (242.5)	*3.739X	148 (67.5)	Joe Morrow (US/83) 4/17/10 (242.5 kg. @ 143.0 lb., without a squat suit.) (Hattiesburg, Mississippi) (APA)
18.	617.3 (280.0)	3.733X	165 (75)	Rick Gaugler (US/54) 8/26/78 (280.0 kg., without a squat suit.) (Los Angeles, California) (AAU)
19.	550.0 (249.5)	3.696X	148 (67.5)	Tony Conyers (US/59) 11/21/99 (550.0 lb., without a squat suit.) (Atlanta, Georgia) (WNPF)
20.	600.8 (272.5)	3.633X	165 (75)	Walter Thomas (US/45) 11/9/74 (272.5 kg., without a squat suit.) (York, Pennsylvania) (AAU/IPF)

**ALL TIME HISTORICAL GREATEST MALE UNEQUIPPED
BENCH-PRESS/BODYWEIGHT COEFFICIENTS**

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

	Bench Press	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	391.3 (177.5)	*3.508X	114 (52)	Andrzej Stanaszek (Poland/71) 11/18/94 (177.5 kg. @ 50.6 kg.) (Johannesburg, South Africa) (IPF)
2.	385.8 (175.0)	*3.314X	123 (56)	Andrzej Stanaszek (Poland/71) 5/20/00 (175.0 kg. @ 52.8 kg.) (Landshut, Germany) (IPF)
3.	391.3 (177.5)	*3.234X	123 (56)	Mike Booker (US/81) 6/21/03 (177.5 kg. @ 121.0 lb.) (Vista, California) (AAU)
4.	370.0 (167.8)	*3.190X	123 (56)	Christopher O' Neil (US) 11/21/92 (370.0 lb. @ 116.0 lb.) (Port Charlotte, Florida) (APA/WPA)
5.	360.5 (163.5)	3.144X	114 (52)	Mike Booker (US/81) 12/1/01 (163.5 kg.) (Laughlin, Nevada) (AAU)
6.	410.0 (186.0)	*3.130X	132 (60)	Rick "Taz" Couch (US) 11/20/93 (410.0 lb. @ 131.0 lb.) (Thousand Oaks, California) (APA/WPA/UBPF)
7.	556.7 (252.5)	*3.064X	181 (82.5)	Rick Weil (US/58) 6/29/86 (252.5 kg. @ 82.4 kg. Heaviest unequipped triple bodyweight bench press of all time.) (Dayton, Ohio) (APF/WPC)
8.	377.5 (171.2)	*3.063X	123 (56)	Rick "Taz" Couch (US) 4/10/93 (377.5 lb. @ 123.25 lb.) (Fresno, California) (APA/WPA/UBPF)
9.	407.9 (185.0)	*3.033X	148 (67.5)	Anton Kraft (Denmark/64) 12/5/09 (185.0 kg. @ 61.0 kg.) (Herning, Denmark) (IPF)
10.	435.0 (197.3)	*3.016X	148 (67.5)	Alex Poku (US/68) 1/13/90 (435.0 lb. @ 144.25 lb.) (White River Junction, Vermont) (APA/WPA)
11.	397.0 (180.1)	3.001X	132 (60)	Joe Bradley (US/56) 12/6/80 (180.0 kg., which later weighed out at 397.0 lb. First man to bench press triple bodyweight.) (Phoenix, Arizona) (USPF/IPF)
12.	366.0 (166.0)	*2.980X	123 (56)	Magnus Karlsson (Sweden/67) 9/7/91 (166.0 kg. @ 55.7 kg.) (Frederikshavn, Denmark) (IPF)
13.	487.5 (221.1)	*2.973X	165 (75)	Joe Mazza (US/66) 11/6/10 (487.5 lb. @ 164.0 lb.) (Wildwood, New Jersey) (IPA)
14.	565.0 (256.3)	*2.958X	198 (90)	Larry Danaher (US) 10/4/86 (565.0 lb. @ 191 lb.) (Indianapolis, Indiana) (USPF/APF)
15.	540.0 (244.9)	*2.955X	198 (90)	Rick Weil (US/58) 4/14/85 (540.0 lb. @ 182.75 lb.) (Tampa, Florida) (USPF)
16.	363.8 (165.0)	2.946X	123 (56)	Hiroyaki Isagawa (Japan/53) 6/24/90 (165.0 kg.) (Sapporo City, Hokkaido, Japan) (IPF)
17.	485.0 (220.0)	*2.937X	165 (75)	Rick Weil (US/58) 7/23/83 (220.0 kg. @ 74.9 kg.) (Austin, Texas) (USPF)
18.	479.5 (217.5)	*2.931X	165 (75)	Phillip Brewer (US) 12/19/10 (217.5 kg. @ 74.2 kg., without a bench press shirt.) (Moscow, Russia) (WorldLifting)
19.	529.1 (240.0)	*2.920X	181 (82.5)	Mike Bridges (US/57) 11/7/81 (240.0 kg. @ 82.2 kg.) (Calcutta, India) (USPF/IPF)
20.	429.9 (195.0)	*2.919X	148 (67.5)	Terrance Pinkett (US/70) 12/4/10 (195.0 kg. @ 66.8 kg) (Philadelphia, Pennsylvania) (USAPL)

ALL TIME HISTORICAL GREATEST MALE
UNEQUIPPED TOTAL/BODYWEIGHT COEFFICIENTS

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

	Total	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1322.8 (600.0)	* 11.696X	114 (52)	Andrzej Stanaszek (Poland/71) 5/9/02 (290.0+170.0+140.0=600.0 kg. @ 51.3 kg. Lifts done without a squat suit or bench press shirt.) (Eskilstuna, Sweden) (IPF)
2.	1300.7 (590.0)	*11.174X	123 (56)	Andrzej Stanaszek (Poland/71) 5/20/00 (280.0+175.0+135.0=590.0 kg. @ 52.8 kg. Lifts done without a squat suit, knee wraps, or a bench press shirt.) (Landshut, Germany) (IPF)
3.	1256.6 (570.0)	*10.649X	123 (56)	Mike Booker (US/81) 3/9/02 (250.0+170.0+150.0=570.0 kg. @ 118.0 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Moreno Valley, California) (AAU)
4.	1580.0 (716.7)	10.617X	148 (67.5)	Tony Conyers (US/59) 11/21/99 (550.0+400.0+630.0=1580.0 lb. Lifts done without a squat suit or bench press shirt.) (Atlanta, Georgia) (WNPf)
5.	1322.8 (600.0)	*10.471X	132 (60)	Sergey Fedosienko (Russia/82) 2/19/11 (200.0+150.0+250.0=600.0 kg. @ 57.3 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Berdsk, Russia) (IPF)
6.	1482.6 (672.5)	*10.368X	148 (67.5)	Joe Morrow (US/83) 4/17/10 (242.5+157.5+272.5=672.5 kg. @ 143.0 lb. Lifts done without a squat suit or a bench press shirt.) (Hattiesburg, Mississippi) (APA)
7.	1714.1 (777.5)	10.367X	165 (75)	Rick Gaugler (US/54) 2/10/79 (272.5+190.0+315.0=777.5 kg. Lifts done without a squat suit or bench press shirt.) (Fort Worth, Texas) (AAU)
8.	1361.4 (617.5)	*10.313X	132 (60)	Richard Hawthorne (US/84) 4/16/11 (230.0+137.5+250.0=617.5 kg. @ 132.0 lb. Lifts done without a squat suit or a bench press shirt.) (Hattiesburg, Mississippi) (APA/WPA)
9.	1102.3 (500.0)	*10.207X	114 (52)	Mike Booker (US/81) 11/3/00 (220.0+137.5+142.5=500.0 kg. @ 108.0 lb., without a squat suit or bench press shirt) (Mesquite, Nevada) (AAU)
10.	1494.5 (677.9)	10.043X	148 (67.5)	Rickey Dale Crain (US/53) 8/14/76 (1495.0 lb., which later weighed out at 1494.5 lb. Lifts done without a squat suit or bench press shirt.) (FV: 565.0+325.0+605.0=1495.0 lb.) (AW: 564.5+325.0+605.0=1494.5 lb.) (Arlington, Texas) (AAU)
11.	1146.4 (520.0)	10.000X	114 (52)	Hideaki Inaba (Japan/44) 11/9/74 (195.0+105.0+220.0=520.0 kg. Lifts done without a squat suit or bench press shirt. First man to total 10X bodyweight.) (York, Pennsylvania) (AAU/IPF)
12.	2094.4 (950.0)	*9.927X	220 (100)	Andrey Belyaev (Russia/83) 12/19/10 (345.0+250.0+355.0=950.0 kg. @ 95.7 kg. Lifts done without a squat suit or bench press shirt.) (Moscow, Russia) (WorldLifting)
13.	1565.3 (710.0)	*9.861X	165 (75)	Tony Conyers (US/59) 1/30/10 (255.0+172.5+282.5=710.0 kg. @ 72.0 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Tampa, Florida) (RUPC)
14.	2044.8 (927.5)	*9.784X	220 (100)	Konstantin Pozdeev (Russia/84) 12/19/10 (370.0+197.5+360.0=927.5 kg. @ 94.8 kg. Lifts done without a squat suit or bench press shirt.) (Moscow, Russia) (WorldLifting)
15.	1614.9 (732.5)	9.767X	165 (75)	Ron Collins (Great Britain/34) 11/9/74 (270.0+170.0+292.5=732.5 kg. Lifts done without a squat suit or bench press shirt.) (York, Pennsylvania) (AAU/IPF)
16.	1603.9 (727.5)	9.700X	165 (75)	Walter Thomas (US/45) 11/9/74 (272.5+167.5+287.5=727.5 kg. Lifts done without a squat suit or bench press shirt.) (York, Pennsylvania) (AAU/IPF)
17.	1270.0 (576.1)	*9.621X	132 (60)	Hennis Washington (US/70) 10/3/09 (475.0+275.0+520.0=1270.0 lb @ 132.0 lb. Lifts done without a squat suit or bench press shirt.) (Tampa, Florida) (APA)
18.	1745.0 (791.5)	9.594X	181 (82.5)	Jack Barnes (US/37-94) 9/17/72 (710.0+410.0+625.0=1745.0 lb. Lifts done without a squat suit or bench press shirt.) (Denver, Colorado) (AAU)
19.	1900.5 (862.1)	9.578X	198 (90)	Larry Pacifico (US/46) 5/21/72 (1900.0 lb., which later weighed out at 1900.5 lb. Lifts done without a squat suit or bench press shirt.) (FV: 655.0+530.0+715.0=1900.0 lb.) (AW: 655.0+530.5+715.0=1900.5 lb.) (Cincinnati, Ohio) (AAU)
20.	1581.8 (717.5)	9.567X	165 (75)	George Crawford (US/46-06) 11/9/74 (290.0+165.0+262.5=717.5 kg. Lifts done without a squat suit or bench press shirt.) (York, Pennsylvania) (AAU/IPF)

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

97 Pound (44 Kilogram) Women's Weight Division -- Squat

Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 378.1 (171.5)	*3.92X	Wei-Ling Chen (Chinese Taipei/82) 5/27/05 (171.5 kg. @ 43.8 kg.) (Ylitorniolla, Finland) (IPF)
2. 377.0 (171.0)	*3.90X	Raija Koskinen-Jurkko (Finland/63) 11/28/03 (171.0 kg. @ 43.8 kg.) (Trencin, Slovakia) (IPF)
3. 363.8 (165.0)	*3.81X	Olesia Lafina (Russia/79) 11/6/99 (165.0 kg. @ 43.3 kg.) (Nymburk, Czech Republic) (IPF)
4. 358.3 (162.5)	*3.76X	Svetlana Tesleva (Russia/75) 5/25/00 (162.5 kg. @ 43.2 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
5. 347.2 (157.5)	*3.62X	Chun-Ju Chen (Chinese Taipei/82) 5/25/00 (157.5 kg. @ 43.5 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
6. 347.2 (157.5)	*3.58X	Olga Golubeva (Russia/70) 8/23/05 (157.5 kg. @ 43.95 kg.) (Oriol, Russia) (IPF)
7. 341.7 (155.0)	*3.54X	Valentina Vermeiuk (Russia/86) 9/19/06 (155.0 kg. @ 43.75 kg.) (Syktyfkar, Russia) (IPF)
8. 330.7 (150.0)	*3.41X	Molina Eduviges (Venezuela/81) 9/10/03 (150.0 kg. @ 44.0 kg.) (Koscian, Poland) (IPF)
9. 330.7 (150.0)	*3.42X	Ashley Hudson-Robbins (US/77) 6/3/04 (150.0 kg. @ 43.85 kg.) (Cahors, France) (USAPL/IPF)
10. 330.7 (150.0)	*3.41X	Nataliya Krikunova (Russia/81) 8/25/04 (150.0 kg. @ 44.0 kg.) (Voronezh, Russia) (IPF)
11. 325.2 (147.5)	*3.42X	Yen-Ying Chen (Chinese Taipei/79) 9/10/97 (147.5 kg. @ 43.1 kg.) (Bratislava, Slovakia) (IPF)
12. 320.8 (145.5)	*3.38X	Lien-Ju Chang (Chinese Taipei/75) 10/31/97 (145.5 kg. @ 43.0 kg.) (Yuan Lin, Taiwan) (IPF)
13. 320.0 (145.1)	3.30X	Elaine "Scraps" Kunkle-Grimwood (US/70) 10/21/00 (320.0 lb.) (Lancaster, Pennsylvania) (APA/WPA)
14. 319.7 (145.0)	*3.34X	Shu-Ju Yang (Chinese Taipei/73) 5/2/96 (145.0 kg. @ 43.4 kg.) (Almaty, Kazakhstan) (IPF)
15. 319.7 (145.0)	*3.30X	Anna-Lisa Prinkkala (Finland/55) 8/9/97 (145.0 kg. @ 43.9 kg.) (Lahti, Finland) (IPF)
16. 319.7 (145.0)	*3.31X	Oksana Ryzhenko (Russia/75) 8/25/04 (145.0 kg. @ 43.8 kg.) (Voronezh, Russia) (IPF)
17. 319.7 (145.0)	*3.33X	Tatiana Koroleva (Russia/86) 3/31/05 (145.0 kg. @ 43.55 kg.) (Kemerovo, Russia) (IPF)
18. 319.7 (145.0)	*3.33X	Azusa Kawasaki-Hara (Japan/67) 11/6/06 (145.0 kg. @ 43.5 kg.) (Stavanger, Norway) (IPF)
19. 319.7 (145.0)	*3.35X	Yekaterina Osipova (Russia/91) 3/14/07 (145.0 kg. @ 43.25 kg.) (Berdsk, Russia) (IPF)
20. 314.2 (142.5)	*3.25X	Delcy Palk (US) 1/30/88 (142.5 kg. @ 96.6 lb.) (Austin, Texas) (USPF)

97 Pound (44 Kilogram) Women's Weight Division -- Bench Press

Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 264.6 (120.0)	*2.76X	Justyna Kozdryk (Poland/80) 3/5/11 (120.0 kg. @ 43.4 kg.) (Cleveland, Ohio) (IPF) <TOP20C>
2. 231.5 (105.0)	*2.39X	Irina Krylova (Russia/78) 5/25/96 (105.0 kg. @ 44.0 kg.) (Chelyabinsk, Russia) (IPF)
3. 215.0 (97.5)	*2.22X	Eva Svjantekova (Slovakia/73) 12/8/00 (97.5 kg. @ 44.0 kg.) (Frydek-Mistek, Czech Republic) (IPF)
4. 215.0 (97.5)	*2.24X	Svetlana Tesleva (Russia/75) 12/5/03 (97.5 kg. @ 43.5 kg.) (Trencin, Slovakia) (IPF)
5. 215.0 (97.5)	2.22X	Cosette Fernandez-Neely (US/82) 3/5/05 (97.5 kg.) (Monterey, California) (WABDL)
6. 210.5 (95.5)	*2.18X	Oksana Ryzhenko (Russia/75) 3/2/05 (95.5 kg. @ 43.75 kg.) (Kazan, Russia) (IPF)
7. 203.9 (92.5)	*2.12X	Olga Golubeva (Russia/70) 5/28/04 (92.5 kg. @ 43.7 kg.) (Rybinsk, Russia) (IPF)
8. 203.9 (92.5)	*2.12X	Rika Miura (Japan/82) 9/10/05 (92.5 kg. @ 43.6 kg.) (Fort Wayne, Indiana) (IPF)
9. 192.9 (87.5)	*1.99X	Lai-Hsiu Chang (Chinese Taipei/57) 9/9/96 (87.5 kg. @ 44.0 kg.) (Kao-Hsiung, Taiwan) (IPF)
10. 192.9 (87.5)	*2.02X	Olesia Lafina (Russia/79) 11/6/99 (87.5 kg. @ 43.3 kg.) (Nymburk, Czech Republic) (IPF)
11. 192.9 (87.5)	*1.99X	Elisabeth Kleszczynska (Poland/81) 8/10/01 (87.5 kg. @ 43.9 kg.) (Jurmala, Latvia) (IPF)
12. 192.9 (87.5)	*1.99X	Marion Friedrich (Germany/65) 7/6/06 (87.5 kg. @ 44.0 kg.) (Prostějov, Czech Republic) (IPF)
13. 187.4 (85.0)	*1.96X	Natalie Jaqueline Janot (France/69) 8/17/96 (85.0 kg. @ 43.3 kg.) (Novgorod, Russia) (IPF)
14. 187.4 (85.0)	*1.94X	Yana Zadorina (Russia/82) 10/1/03 (85.0 kg. @ 43.8 kg.) (Syktyfkar, Russia) (IPF)
15. 187.4 (85.0)	*1.94X	Natalia Melnikova (Russia/84) 8/25/04 (85.0 kg. @ 43.8 kg.) (Voronezh, Russia) (IPF)
16. 187.4 (85.0)	*1.94X	Yasuko Nishimura (Japan/65) 5/25/06 (85.0 kg. @ 43.75 kg.) (Miskolc, Hungary) (IPF)
17. 187.4 (85.0)	*1.93X	Raija Koskinen-Jurkko (Finland/63) 11/6/06 (85.0 kg. @ 43.95 kg.) (Stavanger, Norway) (IPF)
18. 183.0 (83.0)	*1.89X	Elizabeth "Ann" Leverett (US/54) 6/26/96 (83.0 kg. @ 43.8 kg.) (Kitchener, Canada) (USPF/IPF)
19. 181.9 (82.5)	*1.88X	Irina Krylova (Russia/78) 6/5/93 (82.5 kg. @ 44.0 kg., without a bench press shirt) (Darmstadt, Germany) (IPF) <TOP20UC> <UWR>
20. 181.9 (82.5)	1.88X	Delcy Palk (US) 4/20/96 (82.5 kg.) (Richland, Washington) (NSM)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

<http://www.powerliftingusa.com>

Records accurate (as to my knowledge) as of 4/24/11.

Page #46 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

97 Pound (44 Kilogram) Women's Weight Division -- Deadlift

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	385.8 (175.0)	*4.00X	Wei-Ling Chen (Chinese Taipei/82) 5/23/03 (175.0 kg. @ 43.7 kg.) (Chicago, Illinois) (IPF) <TOP20C> <TOP20F>
2.	374.8 (170.0)	*3.94X	Svetlana Tesleva (Russia/75) 5/25/00 (170.0 kg. @ 43.2 kg.) (Pinamar, Buenos Aires, Argentina) (IPF) <TOP20C>
3.	369.3 (167.5)	*3.82X	Raija Koskinen-Jurkko (Finland/63) 11/29/02 (167.5 kg. @ 43.9 kg.) (Laukaa, Finland) (IPF) <TOP20C>
4.	364.9 (165.5)	*3.79X	Anna-Lisa Prinkkala (Finland/55) 2/28/98 (165.5 kg. @ 43.7 kg.) (Jyvaskyla, Finland) (IPF)
5.	363.8 (165.0)	*3.77X	Nancy Belliveau (US/53) 6/1/85 (165.0 kg. @ 43.8 kg.) (Vienna, Austria) (USPF/IPF)
6.	363.8 (165.0)	*3.78X	Chun-Ju Chen (Chinese Taipei/82) 9/13/00 (165.0 kg. @ 43.6 kg.) (Chia Yi, Taiwan) (IPF)
7.	358.3 (162.5)	3.69X	Shirley Scheffler (US/59) 5/7/94 (162.5 kg.) (Chicago, Illinois) (ADFPA)
8.	358.3 (162.5)	*3.70X	Vuokko Viitasaari (Finland/54) 2/26/00 (162.5 kg. @ 43.9 kg.) (Laukaa, Finland) (IPF)
9.	358.3 (162.5)	*3.71X	Valentina Vermeniuk (Russia/86) 9/19/06 (162.5 kg. @ 43.75 kg.) (Syktyfkar, Russia) (IPF)
10.	347.2 (157.5)	*3.60X	Elizabeth "Ann" Leverett (US/54) 6/26/96 (157.5 kg. @ 43.8 kg.) (Kitchener, Canada) (USPF/IPF)
11.	347.2 (157.5)	*3.58X	Olga Golubeva (Russia/70) 8/23/05 (157.5 kg. @ 43.95 kg.) (Oriol, Russia) (IPF)
12.	345.0 (156.5)	*3.56X	Carol Patterson (US/57) 3/3/84 (345.0 lb. @ 97.0 lb.) (Redmond, Washington) (USPF)
13.	341.7 (155.0)	*3.54X	Natalie Jaqueline Janot (France/69) 11/28/93 (155.0 kg. @ 43.8 kg.) (Jonkoping, Sweden) (IPF)
14.	338.4 (153.5)	*3.52X	Maggie "Sue" Strezze-Benford-Marino (US/57-09) 11/21/91 (153.5 kg. @ 43.6 kg.) (Las Vegas, Nevada) (APF/WPC)
15.	337.3 (153.0)	*3.49X	Marie France Vassart (Belgium) 12/1/84 (153.0 kg. @ 43.8 kg.) (Metz, France) (IPF)
16.	337.3 (153.0)	*3.56X	Lien-Ju Chang (Chinese Taipei/75) 10/31/97 (153.0 kg. @ 43.0 kg.) (Yuan Lin, Taiwan) (IPF)
17.	336.2 (152.5)	3.47X	Clelia Maria Da Silva (Brazil) 10/28/89 (152.5 kg.) (Itatiba, Brazil) (IPF)
18.	336.2 (152.5)	*3.51X	Helen Wolsey (Great Britain/61) 3/2/91 (152.5 kg. @ 43.5 kg.) (Grantham, Great Britain) (IPF)
19.	336.2 (152.5)	3.47X	Imelda Fowler (US) 10/10/92 (152.5 kg.) (San Luis Obispo, California) (USPF)
20.	336.2 (152.5)	*3.51X	Natalia Shapovalova (Russia/83) 9/26/00 (152.5 kg. @ 43.5 kg.) (Sotchi, Russia) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of **4/24/11**.

<http://www.powerliftingusa.com>

Page #47 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

97 Pound (44 Kilogram) Women's Weight Division -- Total

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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) <TOP20C>
2.	914.9 (415.0)	*9.45X	Raija Koskinen-Jurkko (Finland/63) 11/29/02 (167.5+80.0+167.5=415.0 kg. @ 43.9 kg.) (Laukaa, Finland) (IPF)
3.	890.7 (404.0)	*9.22X	Wei-Ling Chen (Chinese Taipei/82) 5/27/05 (171.5+62.5+170.0=404.0 kg. @ 43.8 kg.) (Ylitorniolla, Finland) (IPF)
4.	881.8 (400.0)	*9.10X	Olga Golubeva (Russia/70) 8/23/05 (157.5+85.0+157.5=400.0 kg. @ 43.95 kg.) (Oriol, Russia) (IPF)
5.	876.3 (397.5)	*9.09X	Valentina Verмениuk (Russia/86) 9/19/06 (155.0+80.0+162.5=397.5 kg. @ 43.75 kg.) (Syktyfkar, Russia) (IPF)
6.	848.8 (385.0)	*8.85X	Chun-Ju Chen (Chinese Taipei/82) 5/25/00 (157.5+65.0+162.5=385.0 kg. @ 43.5 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
7.	826.7 (375.0)	*8.56X	Oksana Ryzhenko (Russia/75) 8/25/04 (145.0+85.0+145.0=375.0 kg. @ 43.8 kg.) (Voronezh, Russia) (IPF)
8.	821.2 (372.5)	8.47X	Clelia Maria Da Silva (Brazil) 1/26/89 (122.5+97.5+152.5=372.5 kg.?) (372.5 kg.) (Itatiba, Brazil) (IPF)
9.	821.2 (372.5)	*8.60X	Olesia Lafina (Russia/79) 11/6/99 (165.0+87.5+120.0=372.5 kg. @ 43.3 kg.) (Nyburk, Czech Republic) (IPF)
10.	821.2 (372.5)	*8.49X	Vuokko Viitasaari (Finland/54) 2/26/00 (135.0+75.0+162.5=372.5 kg. @ 43.9 kg.) (Laukaa, Finland) (IPF)
11.	816.8 (370.5)	*8.48X	Anna-Lisa Prinkkala (Finland/55) 2/28/98 (140.0+65.0+165.5=370.5 kg. @ 43.7 kg.) (Jyväskylä, Finland) (IPF)
12.	810.2 (367.5)	*8.38X	Marina Poduzova (Russia/85) 9/3/08 (142.5+77.5+147.5=367.5 kg. @ 43.84 kg.) (Potchefstroom, South Africa) (IPF)
13.	806.9 (366.0)	*8.63X	Lien-Ju Chang (Chinese Taipei/75) 4/12/98 (137.5+75.0+153.5=366.0 kg. @ 42.4 kg.) (Sam-Chuk, Korea) (IPF)
14.	804.7 (365.0)	*8.33X	Natalie Jaqueline Janot (France/69) 11/28/93 (132.5+77.5+155.0=365.0 kg. @ 43.8 kg.) (Jonkoping, Sweden) (IPF)
15.	804.7 (365.0)	*8.37X	Rika Miura (Japan/82) 9/10/05 (130.0+92.5+142.5=365.0 kg. @ 43.6 kg.) (Fort Wayne, Indiana) (IPF)
16.	799.2 (362.5)	*8.33X	Natalia Shapovalova (Russia/83) 9/26/00 (140.0+70.0+152.5=362.5 kg. @ 43.5 kg.) (Sotchi, Russia) (IPF)
17.	799.2 (362.5)	*8.24X	Natalia Irkutsk (Russia/78) 9/26/00 (142.5+70.0+150.0=362.5 kg. @ 44.0 kg.) (Sotchi, Russia) (IPF)
18.	799.2 (362.5)	*8.27X	Ashley Hudson-Robbins (US/77) 6/3/04 (150.0+70.0+142.5=362.5 kg. @ 43.85 kg.) (Cahors, France) (USAPL/IPF)
19.	795.9 (361.0)	*8.28X	Maggie "Sue" Strezze-Benford-Marino (US/57-09) 11/21/91 (140.0+67.5+153.5=361.0 kg. @ 43.6 kg.) (Las Vegas, Nevada) (APF/WPC)
20.	793.7 (360.0)	8.18X	Elizabeth "Ann" Leverett (US/54) 7/28/90 (135.0+77.5+147.5=360.0 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of **4/24/11**.

<http://www.powerliftingusa.com>

Page #48 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

105 Pound (48 Kilogram) Women's Weight Division -- Squat

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	463.0 (210.0)	*4.40X	Margaret Kirkland (US/63) 8/4/07 (210.0 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC) <TOP20C> <TOP20F>
2.	457.5 (207.5)	*4.44X	Wei-Ling Chen (Chinese Taipei/82) 7/25/09 (207.5 kg. @ 46.75 kg.) (Kaohsiung, Chinese Taipei) (IPF) <TOP20C> <TOP20F>
3.	440.9 (200.0)	*4.18X	Olesia Lafina (Russia/79) 2/26/03 (200.0 kg. @ 47.8 kg.) (Kazan, Russia) (IPF) <TOP20C> <TOP20F>
4.	402.3 (182.5)	*3.84X	Svetlana Tesleva (Russia/75) 2/28/06 (182.5 kg. @ 47.55 kg.) (Ufa, Russia) (IPF)
5.	402.3 (182.5)	*3.87X	Yukako Fukushima (Japan/70) 7/25/09 (182.5 kg. @ 47.15 kg.) (Kaohsiung, Chinese Taipei) (IPF)
6.	399.0 (181.0)	*3.79X	Raija Koskinen-Jurkko (Finland/63) 3/9/03 (181.0 kg. @ 47.75 kg.) (Dickursby, Finland) (IPF)
7.	391.3 (177.5)	*3.70X	Taisiya Kuznetsova (Ukraine/86) 3/2/07 (177.5 kg. @ 48.0 kg.) (Columbus, Ohio) (WPO)
8.	385.8 (175.0)	*3.65X	Kuan-Ting Chen (Chinese Taipei/77) 8/20/01 (175.0 kg. @ 47.9 kg.) (Akita City, Japan) (IPF)
9.	385.8 (175.0)	*3.69X	Yulia Taranova (Russia/79) 2/26/03 (175.0 kg. @ 47.44 kg.) (Kazan, Russia) (IPF)
10.	385.8 (175.0)	*3.72X	Valentina Verмениuk (Russia/86) 2/28/06 (175.0 kg. @ 47.1 kg.) (Ufa, Russia) (IPF)
11.	385.8 (175.0)	*3.65X	Yulia Kovzalova (Russia/82) 8/20/08 (175.0 kg. @ 47.95 kg.) (Berdsk, Russia) (IPF)
12.	385.8 (175.0)	*3.65X	Lyubova Potanina (Russia/84) 2/16/10 (175.0 kg. @ 48.0 kg.) (Chelyabinsk, Russia) (IPF)
13.	380.3 (172.5)	*3.62X	Natalia Shapovalova (Russia/83) 5/30/02 (172.5 kg. @ 47.6 kg.) (Riesa, Germany) (IPF)
14.	380.3 (172.5)	*3.72X	Nadezhda Krivoruchko (Russia/84) 2/19/11 (172.5 kg. @ 46.35 kg.) (Berdsk, Russia) (IPF)
15.	377.0 (171.0)	*3.62X	Natalia Frolova (Canada/80) 6/26/04 (171.0 kg. @ 47.2 kg.) (Okotoks, Alberta, Canada) (WPC)
16.	375.9 (170.5)	*3.59X	Petra Thyse (South Africa) 11/7/92 (170.5 kg. @ 47.5 kg.) (Stone, England) (WPC)
17.	374.8 (170.0)	*3.57X	Oksana Dmytruk-Chumak (Ukraine/83) 9/10/03 (170.0 kg. @ 47.65 kg.) (Koscian, Poland) (IPF)
18.	374.8 (170.0)	*3.67X	Maria Luis Vazquez Sique (Guatemala/83) 8/4/10 (170.0 kg. @ 46.3 kg.) (Aguadilla, Puerto Rico) (IPF)
19.	369.3 (167.5)	*3.49X	Oxana Sokovnina (Russia/82) 3/31/05 (167.5 kg. @ 48.0 kg.) (Kemerovo, Russia) (IPF)
20.	369.3 (167.5)	*3.57X	Anastasya Strufa (Russia/86) 9/21/10 (167.5 kg. @ 46.9 kg.) (Izhevsk, Russia) (IPF)

105 Pound (48 Kilogram) Women's Weight Division -- Bench Press

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	288.8 (131.0)	*2.81X	Yukako Fukushima (Japan/70) 11/3/08 (131.0 kg. @ 46.6 kg.) (Saint John's, Canada) (IPF) <TOP20C> <TOP20F>
2.	286.6 (130.0)	*2.84X	Justyna Kozdryk (Poland/80) 5/25/10 (130.0 kg. @ 45.8 kg.) (Killeen, Texas) (IPF) <TOP20C> <TOP20F>
3.	264.6 (120.0)	*2.52X	April Delmore-Shumaker (US/67) 9/25/10 (120.0 kg. @ 104.8 lb.) (Las Vegas, Nevada) (USPF)
4.	254.6 (115.5)	*2.41X	Olesia Lafina (Russia/79) 6/6/03 (115.5 kg. @ 48.0 kg.) (Perm, Russia) (IPF)
5.	253.5 (115.0)	*2.41X	Irina Krylova (Russia/78) 6/12/99 (115.0 kg. @ 47.65 kg.) (Novgorod, Russia) (IPF)
6.	237.0 (107.5)	*2.24X	Yana Zadorina (Russia/82) 3/31/05 (107.5 kg. @ 48.0 kg.) (Kemerovo, Russia) (IPF)
7.	237.0 (107.5)	*2.27X	Svetlana Tesleva (Russia/75) 5/27/05 (107.5 kg. @ 47.35 kg.) (Ylitorniolla, Finland) (IPF)
8.	237.0 (107.5)	*2.25X	Oxana Sokovnina (Russia/86) 9/3/08 (107.5 kg. @ 47.88 kg.) (Potchefstroom, South Africa) (IPF)
9.	237.0 (107.5)	*2.29X	Ilka Schwengl (Austria/65) 8/12/10 (107.5 kg. @ 47.0 kg.) (Bratislava, Slovakia) (IPF)
10.	237.0 (107.5)	*2.28X	Eva Makrai (Hungary/91) 8/12/10 (107.5 kg. @ 47.1 kg.) (Bratislava, Slovakia) (IPF)
11.	226.0 (102.5)	*2.14X	Nadezhda Vaganova (Russia/83) 2/28/06 (102.5 kg. @ 48.0 kg.) (Ufa, Russia) (IPF)
12.	226.0 (102.5)	*2.17X	Eva Svjantekova (Slovakia/73) 5/25/06 (102.5 kg. @ 47.15 kg.) (Miskolc, Hungary) (IPF)
13.	225.0 (102.1)	*2.16X	Janet Faraone (US/67) 12/21/02 (225.0 lb. @ 104.0 lb.) (Queensbury, New York) (IPA)
14.	220.5 (100.0)	*2.10X	Marlina (Indonesia/79) 10/31/97 (100.0 kg. @ 47.7 kg.) (Yuan Lin, Taiwan) (IPF)
15.	220.5 (100.0)	*2.15X	Chihiro Iwaki (Japan/64) 9/1/01 (100.0 kg. @ 46.55 kg.) (Takamatsu, Japan) (IPF)
16.	220.5 (100.0)	*2.20X	Cosette Fernandez-Neely (US/82) 6/5/04 (100.0 kg. @ 100.0 lb.) (Rancho Cordova, California) (WABDL)
17.	220.5 (100.0)	*2.11X	Marcela Balogova-Sandvik (Finland/74) 8/6/04 (100.0 kg. @ 47.4 kg.) (Vrsac, Serbia and Montenegro) (IPF)
18.	220.5 (100.0)	*2.17X	Natalia Frolova (Canada/80) 9/12/04 (100.0 kg. @ 46.0 kg.) (Okotoks, Alberta, Canada) (WPC)
19.	220.5 (100.0)	*2.17X	Taisiya Kuznetsova (Ukraine/86) 11/5/06 (100.0 kg. @ 46.0 kg.) (Lake George, New York) (WPC)
20.	220.5 (100.0)	*2.13X	Anastasya Strufa (Russia/86) 2/16/10 (100.0 kg. @ 46.9 kg.) (Chelyabinsk, Russia) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #49 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

105 Pound (48 Kilogram) Women's Weight Division -- Deadlift

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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) <TOP20C> <TOP20F>
2.	418.9 (190.0)	*3.96X	Yi-Ju Chou (Chinese Taipei/80) 11/2/09 (190.0 kg. @ 48.0 kg.) (New Delhi, India) (IPF) <TOP20C> <TOP20F>
3.	403.4 (183.0)	*3.81X	Jennifer Maile (US/84) 2/9/02 (183.0 kg. @ 48.0 kg.) (Chicago, Illinois) (USAPL/IPF) <TOP20C>
4.	402.3 (182.5)	*3.82X	Majik Jones (US/53) 1/28/84 (182.5 kg. @ 47.8 kg.) (Austin, Texas) (USPF/IPF) <TOP20C>
5.	397.9 (180.5)	*3.80X	Svetlana Tesleva (Russia/75) 2/28/06 (180.5 kg. @ 47.55 kg.) (Ufa, Russia) (IPF) <TOP20C>
6.	396.8 (180.0)	*3.78X	Chia Yu Li (Chinese Taipei/87) 11/2/09 (180.0 kg. @ 47.62 kg.) (New Delhi, India) (IPF)
7.	396.8 (180.0)	*3.75X	Siti Mulyanah (Indonesia/87) 11/2/09 (180.0 kg. @ 47.94 kg.) (New Delhi, India) (IPF)
8.	392.4 (178.0)	*3.74X	Elena Yamskich (Russia/74) 11/26/99 (178.0 kg. @ 47.6 kg.) (Saint Prix, France) (IPF)
9.	391.3 (177.5)	*3.70X	Vilma Ochoa Vargas (Ecuador/80) 11/6/06 (177.5 kg. @ 48.0 kg.) (Stavanger, Norway) (IPF)
10.	388.0 (176.0)	3.67X	Vuokko Viitasaari (Finland/54) 10/4/97 (176.0 kg.) (Rovaniemi, Finland) (IPF)
11.	385.8 (175.0)	*3.65X	Natalia Shapovalova (Russia/83) 2/26/03 (175.0 kg. @ 48.0 kg.) (Kazan, Russia) (IPF)
12.	385.8 (175.0)	*3.72X	Valentina Vermeiuk (Russia/86) 2/28/06 (175.0 kg. @ 47.1 kg.) (Ufa, Russia) (IPF)
13.	380.3 (172.5)	*3.62X	Diana Rowell (US/57) 1/29/83 (172.5 kg. @ 47.6 kg.) (Chicago, Illinois) (USPF)
14.	380.3 (172.5)	*3.62X	Hsin-Yi Chou (Chinese Taipei/80) 11/6/99 (172.5 kg. @ 47.7 kg.) (Nymburk, Czech Republic) (IPF)
15.	380.3 (172.5)	*3.62X	Margaret Kirkland (US/63) 8/4/07 (172.5 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)
16.	374.8 (170.0)	*3.57X	Claudine Cognacq (France/55) 11/28/93 (170.0 kg. @ 47.6 kg.) (Jonkoping, Sweden) (IPF)
17.	374.8 (170.0)	*3.56X	Raija Koskinen-Jurkko (Finland/63) 3/9/03 (170.0 kg. @ 47.75 kg.) (Dickursby, Finland) (IPF)
18.	369.3 (167.5)	*3.53X	Gloria Doncel (Spain/66) 5/28/92 (167.5 kg. @ 47.5 kg.) (Ghent, Belgium) (IPF)
19.	369.3 (167.5)	3.49X	Elizabeth "Ann" Leverett (US/54) 12/7/96 (167.5 kg.) (Adel, Georgia) (USPF)
20.	369.3 (167.5)	*3.53X	Yuni Setiowati (Indonesia/84) 5/2/07 (167.5 kg. @ 47.45 kg.) (Kaohsiung, Chinese Taipei) (IPF)

105 Pound (48 Kilogram) Women's Weight Division -- Total

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1091.3 (495.0)	*10.59X	Wei-Ling Chen (Chinese Taipei/82) 7/25/09 (207.5+92.5+195.0=495.0 kg. @ 46.75 kg.) (Kaohsiung, Chinese Taipei) (IPF) <TOP20C> <TOP20F>
2.	1052.7 (477.5)	*10.01X	Margaret Kirkland (US/63) 8/4/07 (210.0+95.0+172.5=477.5 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC) <TOP20C>
3.	1036.2 (470.0)	*9.97X	Yukako Fukushima (Japan/70) 7/25/09 (182.5+125.0+162.5=470.0 kg. @ 47.15 kg.) (Kaohsiung, Chinese Taipei) (IPF) <TOP20C>
4.	1031.8 (468.0)	*9.84X	Svetlana Tesleva (Russia/75) 2/28/06 (182.5+105.0+180.5=468.0 kg. @ 47.55 kg.) (Ufa, Russia) (IPF) <TOP20C>
5.	975.5 (442.5)	*9.26X	Olesia Lafina (Russia/79) 2/26/03 (200.0+110.0+132.5=442.5 kg. @ 47.8 kg.) (Kazan, Russia) (IPF)
6.	975.5 (442.5)	*9.39X	Valentina Vermeiuk (Russia/86) 2/28/06 (175.0+92.5+175.0=442.5 kg. @ 47.1 kg.) (Ufa, Russia) (IPF)
7.	970.0 (440.0)	*9.17X	Natalia Shapovalova (Russia/83) 2/26/03 (172.5+92.5+175.0=440.0 kg. @ 48.0 kg.) (Kazan, Russia) (IPF)
8.	961.2 (436.0)	*9.13X	Raija Koskinen-Jurkko (Finland/63) 3/9/03 (181.0+85.0+170.0=436.0 kg. @ 47.75 kg.) (Dickursby, Finland) (IPF)
9.	951.3 (431.5)	*9.10X	Anastasiya Derevyanko (Ukraine/87) 8/30/10 (166.5+97.5+167.5=431.5 kg. @ 47.4 kg.) (Czech Republic, Pilsen) (IPF)
10.	948.0 (430.0)	*8.98X	Jennifer Maile (US/84) 9/25/02 (160.0+90.0+180.0=430.0 kg. @ 47.9 kg.) (Chia I, Chinese Taipei) (IPF)
11.	948.0 (430.0)	*8.96X	Yi-Ju Chou (Chinese Taipei/80) 11/2/09 (162.5+77.5+190.0=430.0 kg. @ 48.0 kg.) (New Delhi, India) (IPF)
12.	945.0 (428.6)	*9.17X	Taisiya Kuznetsova (Ukraine/86) 11/17/07 (385.0+220.0+340.0=945.0 lb. @ 103.1 lb.) (York, Pennsylvania) (IPA)
13.	943.6 (428.0)	*8.99X	Elena Yamskich (Russia/74) 11/26/99 (155.0+95.0+178.0=428.0 kg. @ 47.6 kg.) (Saint Prix, France) (IPF)
14.	942.5 (427.5)	*8.95X	Kuan-Ting Chen (Chinese Taipei/77) 5/16/02 (167.5+97.5+162.5=427.5 kg. @ 47.78 kg.) (Dong Hae City, Korea) (IPF)
15.	925.9 (420.0)	*8.82X	Natalia Shapovalova (Russia/83) 5/30/02 (172.5+87.5+160.0=420.0 kg. @ 47.6 kg.) (Riesa, Germany) (IPF)
16.	925.9 (420.0)	*8.75X	Vilma Ochoa Vargas (Ecuador/80) 11/6/06 (165.0+77.5+177.5=420.0 kg. @ 48.0 kg.) (Stavanger, Norway) (IPF)
17.	925.9 (420.0)	*8.82X	Chia Yu Li (Chinese Taipei/87) 11/2/09 (152.5+87.5+180.0=420.0 kg. @ 47.62 kg.) (New Delhi, India) (IPF)
18.	920.4 (417.5)	*8.76X	Oksana Dmytruk-Chumak (Ukraine/83) 9/10/03 (170.0+92.5+155.0=417.5 kg. @ 47.65 kg.) (Koscian, Poland) (IPF)
19.	920.4 (417.5)	*8.71X	Yulia Kovzalova (Russia/82) 8/20/08 (175.0+85.0+157.5=417.5 kg. @ 47.95 kg.) (Berds, Russia) (IPF)
20.	914.9 (415.0)	*8.65X	Lyubova Potanina (Russia/84) 2/16/10 (175.0+95.0+145.0=415.0 kg. @ 48.0 kg.) (Chelyabinsk, Russia) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #50 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

114 Pound (52 Kilogram) Women's Weight Division -- Squat

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	518.1 (235.0)	*4.52X	Margaret Kirkland (US/63) 12/5/09 (235.0 @ 52.0 kg.) (Jacksonville, Florida) (APF) <TOP20C> <TOP20F>
2.	512.6 (232.5)	*4.57X	Olesia Lafina (Russia/79) 3/1/06 (232.5 kg. @ 50.9 kg.) (Ufa, Russia) (IPF) <TOP20C> <TOP20F>
3.	457.5 (207.5)	*4.27X	Wei-Ling Chen (Chinese Taipei/82) 11/4/08 (207.5 kg. @ 48.6 kg.) (Saint John's, Canada) (IPF) <TOP20C> <TOP20F>
4.	454.2 (206.0)	*4.19X	Leslie Jayne Thomas (Great Britain/66) 6/11/05 (206.0 kg. @ 49.2 kg.) (Port Talbot, Great Britain) (GPC) <TOP20C> <TOP20F>
5.	451.9 (205.0)	*3.94X	Kim Sommers (US/65) 7/4/98 (205.0 kg. @ 52.0 kg.) (Northbrook, Illinois) (APF/WPC)
6.	451.9 (205.0)	*3.99X	Hartati Sri (Indonesia/84) 11/8/10 (205.0 kg. @ 51.44 kg.) (Potchefstroom, South Africa) (IPF) <TOP20C>
7.	440.9 (200.0)	*3.87X	Svetlana Nikolaenko (Russia/81) 2/26/03 (200.0 kg. @ 51.7 kg.) (Kazan, Russia) (IPF)
8.	440.9 (200.0)	*3.86X	Vilma Ochoa Vargas (Ecuador/80) 11/8/10 (200.0 kg. @ 51.88 kg.) (Potchefstroom, South Africa) (IPF)
9.	429.9 (195.0)	*3.76X	Natalia Salnikova (Russia/86) 3/15/07 (195.0 kg. @ 51.9 kg.) (Berdsk, Russia) (IPF)
10.	424.4 (192.5)	*3.74X	Agnessa Antipova (Russia/88) 8/21/10 (192.5 kg. @ 51.5 kg.) (Moscow, Russia) (WPC)
11.	418.9 (190.0)	*3.68X	Natalia Tokareva (Russia/84) 4/15/04 (190.0 kg. @ 51.6 kg.) (Saint Petersburg, Russia) (IPF)
12.	418.9 (190.0)	*3.73X	Yulia Taranova (Russia/79) 8/25/04 (190.0 kg. @ 51.0 kg.) (Voronezh, Russia) (IPF)
13.	418.9 (190.0)	*3.65X	Anna Komlaeva (Russia/79) 3/15/07 (190.0 kg. @ 52.0 kg.) (Berdsk, Russia) (IPF)
14.	418.9 (190.0)	*3.72X	Tamara Ufimtseva (Russia/77) 2/16/10 (190.0 kg. @ 51.1 kg.) (Chelyabinsk, Russia) (IPF)
15.	415.0 (188.2)	*3.71X	Shannon Parrish (US/62) 4/12/03 (415.0 lb. @ 112.0 lb.) (Bangor, Pennsylvania) (IPA)
16.	413.4 (187.5)	*3.62X	Olena Dmytruk (Ukraine/83) 11/26/04 (187.5 kg. @ 51.75 kg.) (Trencin, Slovakia) (IPF)
17.	413.4 (187.5)	*3.63X	Ashley Awalt (US/83) 3/7/09 (187.5 kg. @ 51.7 kg.) (Columbus, Ohio) (USAPL/IPF)
18.	413.4 (187.5)	*3.72X	Yi-Ju Chou (Chinese Taipei/80) 7/25/09 (187.5 kg. @ 50.45 kg.) (Kaohsiung, Chinese Taipei) (IPF)
19.	409.0 (185.5)	*3.57X	Petra Pavel (South Africa) 11/9/96 (185.5 kg.) (Durban, South Africa) (WPC)
20.	407.9 (185.0)	3.56X	Mary Ryan-Jeffrey (US/60) 11/21/87 (185.0 kg.) (Dayton, Ohio) (APF/WPC)

114 Pound (52 Kilogram) Women's Weight Division -- Bench Press

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	319.7 (145.0)	*2.82X	Janet Faraone (US/67) 12/1/07 (145.0 kg. @ 51.5 kg.) (Montreal, Quebec, Canada) (APF/WPC) <TOP20C> <TOP20F>
2.	303.1 (137.5)	*2.65X	Anna Olsson (Sweden/74) 12/2/05 (137.5 kg. @ 51.85 kg.) (Stockholm, Sweden) (IPF) <TOP20C>
3.	303.1 (137.5)	*2.70X	Olesia Lafina (Russia/79) 3/1/06 (137.5 kg. @ 50.9 kg.) (Ufa, Russia) (IPF) <TOP20C>
4.	281.1 (127.5)	*2.49X	Irina Krylova (Russia/78) 5/28/04 (127.5 kg. @ 51.3 kg.) (Rybinsk, Russia) (IPF)
5.	281.1 (127.5)	*2.47X	Kaori Nagaya-Shirakawa (Japan/63) 5/28/09 (127.5 kg. @ 51.68 kg.) (Hamm, Luxembourg) (IPF)
6.	270.1 (122.5)	*2.39X	Krisztina Nagypal (Hungary/85) 8/12/10 (122.5 kg. @ 51.2 kg.) (Bratislava, Slovakia) (IPF)
7.	270.1 (122.5)	*2.42X	Natalia Salnikova (Russia/86) 2/19/11 (122.5 kg. @ 50.55 kg.) (Berdsk, Russia) (IPF)
8.	265.7 (120.5)	*2.33X	Svetlana Nikolaenko (Russia/81) 2/26/03 (120.5 kg. @ 51.7 kg.) (Kazan, Russia) (IPF)
9.	264.6 (120.0)	*2.32X	Olena Dmytruk (Ukraine/83) 11/26/04 (120.0 kg. @ 51.75 kg.) (Trencin, Slovakia) (IPF)
10.	264.6 (120.0)	*2.32X	Hanna-Elina Rantala (Finland/82) 5/31/07 (120.0 kg. @ 51.81 kg.) (Thisted, Denmark) (IPF)
11.	264.6 (120.0)	*2.31X	Kateryna Klymenko (Ukraine/85) 10/16/07 (120.0 kg. @ 52.0 kg.) (Soelden, Austria) (IPF)
12.	264.6 (120.0)	*2.31X	Oksana Pochinkina (Russia/85) 9/21/10 (120.0 kg. @ 51.9 kg.) (Izhevsk, Russia) (IPF)
13.	264.6 (120.0)	*2.33X	Hartati Sri (Indonesia/84) 11/8/10 (120.0 kg. @ 51.44 kg.) (Potchefstroom, South Africa) (IPF)
14.	259.0 (117.5)	*2.27X	Ashley Awalt (US/83) 10/1/05 (117.5 kg. @ 114.0 lb.) (Elgin, Illinois) (Bench America3)
15.	259.0 (117.5)	*2.29X	Jill Darling (US/78) 5/31/07 (117.5 kg. @ 51.38 kg.) (Thisted, Denmark) (USAPL/IPF)
16.	253.5 (115.0)	*2.27X	Tamara Podpalnaya (Russia/72) 6/12/99 (115.0 kg. @ 50.7 kg.) (Novgorod, Russia) (IPF)
17.	253.5 (115.0)	*2.36X	Oxana Sokovnina (Russia/86) 6/15/06 (115.0 kg. @ 48.75 kg.) (Bratislava, Slovakia) (IPF)
18.	253.5 (115.0)	*2.23X	Marcela Balogova-Sandvik (Finland/74) 11/3/09 (115.0 kg. @ 51.54 kg.) (New Delhi, India) (IPF)
19.	250.2 (113.5)	*2.22X	Natalia Frolova (Canada/80) 3/27/05 (113.5 kg. @ 51.2 kg.) (Okotoks, Alberta, Canada) (WPC)
20.	249.1 (113.0)	*2.18X	Kirsi Rintala (Finland/72) 10/27/02 (113.0 kg. @ 51.8 kg.) (Helsinki, Finland) (WPC)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #51 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

114 Pound (52 Kilogram) Women's Weight Division -- Deadlift

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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) <TOP20C> <TOP20F>
2.	440.9 (200.0)	*3.88X	Oksana Belova (Russia/75) 11/26/99 (200.0 kg. @ 51.6 kg.) (Saint Prix, France) (IPF) <TOP20C> <TOP20F>
3.	435.4 (197.5)	*3.86X	Diana Rowell (US/57) 1/28/84 (197.5 kg. @ 51.2 kg.) (Austin, Texas) (USPF/IPF) <TOP20C> <TOP20F>
4.	430.0 (195.0)	*3.77X	Margaret Kirkland (US/63) 10/13/07 (430.0 lb. @ 114.0 lb.) (Tampa, Florida) (APF)
5.	429.9 (195.0)	3.75X	Valeri Tyree (US/73) 11/16/00 (195.0 kg.) (Reno, Nevada) (WABDL)
6.	429.9 (195.0)	*3.78X	Marina Zotova (Russia/83) 2/28/09 (195.0 kg. @ 51.55 kg.) (Chelyabinsk, Russia) (WPC)
7.	424.4 (192.5)	*3.70X	Gavina Landysh (Russia/80) 3/15/07 (192.5 kg. @ 52.0 kg.) (Berdsk, Russia) (IPF)
8.	418.9 (190.0)	*3.71X	Ludmilla Starova (Ukraine/70) 2/23/00 (190.0 kg @ 51.15 kg.) (Vinnitsa, Ukraine) (IPF)
9.	418.9 (190.0)	*3.69X	Svetlana Nikolaenko (Russia/81) 2/27/02 (190.0 kg. @ 51.55 kg.) (Syktyfkar, Russia) (IPF)
10.	418.9 (190.0)	*3.91X	Wei-Ling Chen (Chinese Taipei/82) 11/4/08 (190.0 kg. @ 48.6 kg.) (Saint John's, Canada) (IPF) <TOP20C> <TOP20F>
11.	413.4 (187.5)	*3.62X	Yueh-Chun Chang (US/70) 1/24/98 (187.5 kg. @ 51.8 kg.) (Seattle, Washington) (USAPL/IPF)
12.	413.4 (187.5)	*3.61X	Irina Ayugina (Russia/76) 5/25/00 (187.5 kg. @ 52.0 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
13.	407.9 (185.0)	3.56X	Mary Ryan-Jeffrey (US/60) 11/21/87 (185.0 kg.) (Dayton, Ohio) (APF/WPC)
14.	407.9 (185.0)	3.60X	Hartati Sri (Indonesia/84) 7/25/09 (185.0 kg. @ 51.4 kg.) (Kaohsiung, Chinese Taipei) (IPF)
15.	402.3 (182.5)	*3.61X	Majik Jones (US/53) 5/11/85 (182.5 kg. @ ~50.5 kg.) (Chicago, Illinois) (ADFPA)
16.	402.3 (182.5)	3.51X	Teresa Mims-DeVoltz (US) 4/25/87 (182.5 kg.) (Houston, Texas) (USPF)
17.	402.3 (182.5)	3.51X	Sisi Dolman (Netherlands/46) 10/30/88 (182.5 kg.) (Utrecht, Netherlands) (IPF)
18.	402.3 (182.5)	3.51X	Paulette Shepherd (US) 9/24/83 (182.5 kg.) (San Diego, California) (USPF)
19.	402.3 (182.5)	*3.57X	Claudine Cognacq (Denmark/55) 5/5/95 (182.5 kg. @ 51.1 kg.) (Chiba City, Japan) (IPF)
20.	402.3 (182.5)	*3.57X	Kim Goff (US/80) 3/9/01 (182.5 kg. @ 51.1 kg.) (Alexandria, Louisiana) (USAPL)

114 Pound (52 Kilogram) Women's Weight Division -- Total

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1157.4 (525.0)	*10.31X	Olesia Lafina (Russia/79) 3/1/06 (232.5+137.5+155.0=525.0 kg. @ 50.9 kg. First woman to total 10X bodyweight.) (Ufa, Russia) (IPF) <TOP20C> <TOP20F>
2.	1146.4 (520.0)	*10.00X	Margaret Kirkland (US/63) 12/5/09 (235.0+105.0+180.0=520.0 @ 52.0 kg.) (Jacksonville, Florida) (APF) <TOP20C> <TOP20F>
3.	1125.5 (510.5)	*9.87X	Svetlana Nikolaenko (Russia/81) 2/26/03 (200.0+120.5+190.0=510.5 kg. @ 51.7 kg.) (Kazan, Russia) (IPF) <TOP20C>
4.	1124.4 (510.0)	*9.91X	Hartati Sri (Indonesia/84) 11/8/10 (205.0+120.0+185.0=510.0 kg. @ 51.44 kg.) (Potchefstroom, South Africa) (IPF) <TOP20C>
5.	1096.8 (497.5)	*9.84X	Natalia Salmikova (Russia/86) 2/19/11 (192.5+122.5+182.5=497.5 kg. @ 50.55 kg.) (Berdsk, Russia) (IPF) <TOP20C>
6.	1074.8 (487.5)	*9.45X	Oksana Belova (Russia/75) 11/26/99 (185.0+102.5+200.0=487.5 kg. @ 51.6 kg.) (Saint Prix, France) (IPF)
7.	1069.2 (485.0)	*9.37X	Olena Dmytruk (Ukraine/83) 11/26/04 (187.5+120.0+177.5=485.0 kg. @ 51.75 kg.) (Trencin, Slovakia) (IPF)
8.	1058.2 (480.0)	*9.88X	Wei-Ling Chen (Chinese Taipei/82) 11/4/08 (207.5+82.5+190.0=480.0 kg. @ 48.6 kg.) (Saint John's, Canada) (IPF) <TOP20C>
9.	1052.7 (477.5)	9.18X	Mary Ryan-Jeffrey (US/60) 11/21/87 (185.0+107.5+185.0=477.5 kg. First woman to total 9X bodyweight.) (Dayton, Ohio) (APF/WPC)
10.	1052.7 (477.5)	9.46X	Yi-Ju Chou (Chinese Taipei/80) 7/25/09 (187.5+87.5+202.5=477.5 kg. @ 50.45 kg.) (Kaohsiung, Chinese Taipei) (IPF)
11.	1040.6 (472.0)	*9.59X	Leslie Jayne Thomas (Great Britain/66) 6/11/05 (206.0+90.0+176.0=472.0 kg. @ 49.2 kg.) (Port Talbot, Great Britain) (GPC)
12.	1025.1 (465.0)	*8.99X	Ashley Awalt (US/83) 3/7/09 (187.5+105.0+172.5=465.0 kg. @ 51.7 kg.) (Columbus, Ohio) (USAPL/IPF)
13.	1019.6 (462.5)	*8.89X	Kim Sommers (US/65) 7/4/98 (205.0+95.0+162.5=462.5 kg. @ 52.0 kg.) (Northbrook, Illinois) (APF/WPC)
14.	1019.6 (462.5)	*8.89X	Gavina Landysh (Russia/80) 3/15/07 (162.5+107.5+192.5=462.5 kg. @ 52.0 kg.) (Berdsk, Russia) (IPF)
15.	1019.6 (462.5)	*8.89X	Kateryna Klymenko (Ukraine/85) 10/16/07 (167.5+120.0+175.0=462.5 kg. @ 52.0 kg.) (Soelden, Austria) (IPF)
16.	1015.2 (460.5)	*8.89X	Oksana Dmytruk-Chumak (Ukraine/83) 3/3/04 (180.0+107.5+173.0=460.5 kg. @ 51.8 kg.) (Kolomya, Ukraine) (IPF)
17.	1014.1 (460.0)	*8.85X	Anna Komlaeva (Russia/79) 3/15/07 (190.0+100.0+170.0=460.0 kg. @ 52.0 kg.) (Berdsk, Russia) (IPF)
18.	1008.6 (457.5)	*8.88X	Anna Ryzhkova (Russia/86) 9/10/05 (182.5+100.0+175.0=457.5 kg. @ 51.53 kg.) (Fort Wayne, Indiana) (IPF)
19.	1008.6 (457.5)	*8.88X	Agnessa Antipova (Russia/88) 8/21/10 (192.5+110.0+155.0=457.5 kg. @ 51.5 kg.) (Moscow, Russia) (WPC)
20.	1008.6 (457.5)	*8.82X	Vilma Ochoa Vargas (Ecuador/80) 11/8/10 (200.0+95.0+162.5=457.5 kg. @ 51.88 kg.) (Potchefstroom, South Africa) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

<http://www.powerliftingusa.com>

Records accurate (as to my knowledge) as of 4/24/11.

Page #52 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

123 Pound (56 Kilogram) Women's Weight Division -- Squat

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	529.1 (240.0)	*4.29X	Inna Filimonova (Russia/76) 3/1/06 (240.0 kg. @ 55.9 kg.) (Ufa, Russia) (IPF) <TOP20C> <TOP20F>
2.	486.1 (220.5)	*4.12X	Margaret Kirkland (US/63) 5/30/08 (220.5 kg. @ 118.0 lb.) (Omaha, Nebraska) (APF/WPC) <TOP20C> <TOP20F>
3.	485.0 (220.0)	*3.94X	Tatiana Eltsova (Russia/78) 8/25/04 (220.0 kg. @ 55.8 kg.) (Voronezh, Russia) (IPF)
4.	485.0 (220.0)	*3.93X	Marina Medvedeva (Russia/74) 11/1/07 (220.0 kg. @ 56.0 kg.) (Togliatti, Russia) (WPC)
5.	480.0 (217.7)	3.89X	Jenny Burkey (US/70) 6/24/06 (480.0 lb.) (Lake George, New York) (APF)
6.	479.5 (217.5)	*3.91X	Anna Ryzhkova (Russia/86) 9/20/06 (217.5 kg. @ 55.65 kg.) (Syktyfkar, Russia) (IPF)
7.	468.5 (212.5)	*3.79X	Vicky Hyser (South Africa/73) 11/9/01 (212.5 kg. @ 56.0 kg.) (Capetown, South Africa) (WPC)
8.	463.0 (210.0)	*3.78X	Vanessa Gibson (Great Britain/69) 11/9/96 (210.0 kg. @ 55.6 kg.) (Durban, South Africa) (WPC)
9.	460.0 (208.7)	*3.77X	Natalie Carr-Harrington (US/83) 2/6/10 (460.0 lb. @ 122.0 lb.) (Columbus, Ohio) (IPA)
10.	455.0 (206.4)	*3.73X	Jenn "Pup" Rotsinger (US/78) 10/24/09 (455.0 lb. @ 122.0 lb.) (Orlando, Florida) (APF)
11.	451.9 (205.0)	*3.85X	Leslie Jayne Thomas (Great Britain/66) 11/6/04 (205.0 kg. @ 53.3 kg.) (Athens, Georgia) (GPC)
12.	450.0 (204.1)	3.64X	Amy Weisberger (US/65) 2/20/00 (450.0 lb.) (Columbus, Ohio) (IPA)
13.	446.4 (202.5)	*3.65X	Veronika Kanutkina (Russia/79) 3/10/04 (202.5 kg. @ 55.45 kg.) (Krasnoyarsk, Russia) (IPF)
14.	446.4 (202.5)	*3.62X	Tatiana Prymenchuk (Ukraine/72) 11/9/10 (202.5 kg. @ 56.0 kg.) (Potchefstroom, South Africa) (IPF)
15.	446.4 (202.5)	*3.72X	Anna Komlaeva (Russia/79) 2/19/11 (202.5 kg. @ 54.45 kg.) (Berdsk, Russia) (IPF)
16.	440.9 (200.0)	*3.58X	Mary Ryan-Jeffrey (US/60) 7/16/88 (200.0 kg. @ 123.0 lb.) (Columbus, Ohio) (APF/WPC)
17.	440.9 (200.0)	*3.64X	Olga Kabanova (Russia/78) 3/1/06 (200.0 kg. @ 54.9 kg.) (Ufa, Russia) (IPF)
18.	440.9 (200.0)	*3.59X	Virpi Kehanen (Finland/79) 11/4/08 (200.0 kg. @ 55.64 kg.) (Saint John's, Canada) (IPF)
19.	435.4 (197.5)	*3.63X	Irina Tatarova (Russia/75) 3/1/00 (197.5 kg. @ 54.45 kg.) (Syktyfkar, Russia) (IPF)
20.	429.9 (195.0)	*3.49X	Elena Nikulina (Russia/77) 3/10/04 (195.0 kg. @ 55.8 kg.) (Krasnoyarsk, Russia) (IPF)

123 Pound (56 Kilogram) Women's Weight Division -- Bench Press

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	347.0 (157.4)	*2.84X	Janet Faraone (US/67) 12/15/07 (347.0 lb. @ 122.0 lb.) (Lake George, New York) (APF) <TOP20C> <TOP20F>
2.	345.0 (156.5)	*2.80X	Tina Rinehart (US/68) 7/16/06 (345.0 lb. @ 123.0 lb.) (Worthington, Ohio) (APF) <TOP20C> <TOP20F>
3.	325.2 (147.5)	*2.66X	Anna Olsson (Sweden/74) 5/31/07 (147.5 kg. @ 55.45 kg.) (Thisted, Denmark) (IPF) <TOP20C>
4.	314.2 (142.5)	*2.54X	Mari Asp (US/Norway/75) 11/20/08 (142.5 kg. @ 56.0 kg.) (Palm Beach, Florida) (APF/WPC)
5.	314.2 (142.5)	*2.60X	Larisa Kotkova (Russia/74) 5/26/10 (142.5 kg. @ 54.8 kg.) (Killeen, Texas) (IPF)
6.	308.6 (140.0)	*2.62X	Tamara Althaus (Germany/76) 12/3/04 (140.0 kg. @ 53.4 kg.) (Cleveland, Ohio) (IPF) <TOP20C>
7.	297.6 (135.0)	*2.43X	Valentina Nelubova (Russia/66) 5/25/01 (135.0 kg. @ 55.6 kg.) (Frydek-Mistek, Czech Republic) (IPF)
8.	297.6 (135.0)	*2.42X	Tatiana Eltsova (Russia/78) 3/10/04 (135.0 kg. @ 55.85 kg.) (Krasnoyarsk, Russia) (IPF)
9.	292.1 (132.5)	*2.37X	Amy Weisberger (US/65) 2/26/00 (132.5 kg. @ 55.8 kg.) (Columbus, Ohio) (WPO)
10.	286.6 (130.0)	*2.33X	Tatiana Prymenchuk (Ukraine/72) 11/4/08 (130.0 kg. @ 55.9 kg.) (Saint John's, Canada) (IPF)
11.	286.6 (130.0)	*2.36X	Natalia Prymachenka (Belorussia/87) 5/28/09 (130.0 kg. @ 55.13 kg.) (Hamm, Luxembourg) (IPF)
12.	281.1 (127.5)	*2.36X	Ekaterina Aliyeva (Russia/82) 1/21/06 (127.5 kg. @ 54.05 kg.) (Moscow, Russia) (IPF)
13.	281.1 (127.5)	*2.32X	Teale Magierek-Adelmann (US/71) 9/19/09 (127.5 kg. @ 121.0 lb.) (Gallup, New Mexico) (NASA)
14.	276.7 (125.5)	*2.31X	Olena Dmytruk (Ukraine/83) 3/3/05 (125.5 kg. @ 54.4 kg.) (Mariupol, Ukraine) (IPF)
15.	275.6 (125.0)	*2.24X	Mary Ryan-Jeffrey (US/60) 7/16/88 (125.0 kg. @ 123.0 lb.) (Columbus, Ohio) (APF/WPC)
16.	275.6 (125.0)	*2.24X	Irina Safonova (Russia/75) 6/6/03 (125.0 kg. @ 55.8 kg.) (Perm, Russia) (IPF)
17.	275.6 (125.0)	2.23X	Ashley Awalt (US/83) 4/16/05 (125.0 kg.) (Baton Rouge, Louisiana) (USAPL)
18.	275.6 (125.0)	*2.25X	Angelika Kond (Russia/75) 3/1/06 (125.0 kg. @ 55.55 kg.) (Ufa, Russia) (IPF)
19.	275.6 (125.0)	*2.26X	Natalia Nebaeva (Russia/76) 5/25/06 (125.0 kg. @ 55.4 kg.) (Miskolc, Hungary) (IPF)
20.	275.6 (125.0)	*2.25X	Marina Yurina (Russia/86) 11/2/07 (125.0 kg. @ 55.5 kg.) (Togliatti, Russia) (WPC)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of **4/24/11**.

<http://www.powerliftingusa.com>

Page #53 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

123 Pound (56 Kilogram) Women's Weight Division -- Deadlift

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	490.5 (222.5)	*4.05X	Carrie Boudreau (US/67) 7/21/95 (222.5 kg. @ 54.9 kg. First woman to deadlift quadruple bodyweight.) (Baton Rouge, Louisiana) (USPF/IPF) <TOP20C> <TOP20F>
2.	474.0 (215.0)	3.84X	Vanessa Gibson (Great Britain/69) --/--/-- (215.0 kg.) (WPC) <TOP20C> <TOP20F>
3.	468.5 (212.5)	*3.82X	Diana Rowell (US/57) 6/1/85 (212.5 kg. @ 55.62 kg.) (Vienna, Austria) (USPF/IPF) <TOP20C> <TOP20F>
4.	464.1 (210.5)	*3.77X	Inna Filimonova (Russia/76) 3/1/06 (210.5 kg. @ 55.9 kg.) (Ufa, Russia) (IPF)
5.	457.5 (207.5)	*3.74X	Joy Burt-Forsey (Canada/57) 5/29/92 (207.5 kg. @ 55.5 kg.) (Ghent, Belgium) (IPF)
6.	457.5 (207.5)	*3.74X	Birgit Fischer (Germany/63) 4/24/04 (207.5 kg. @ 55.5 kg.) (Bochum, Germany) (IPF)
7.	451.9 (205.0)	*3.68X	Oksana Belova (Russia/75) 5/21/99 (205.0 kg. @ 55.7 kg.) (Thisted, Denmark) (IPF)
8.	451.9 (205.0)	*3.78X	Margaret Kirkland (US/63) 11/20/08 (205.0 kg. @ 54.3 kg.) (Palm Beach, Florida) (APF/WPC)
9.	450.0 (204.1)	3.64X	Amy Weisberger (US/65) 2/20/00 (450.0 lb.) (Columbus, Ohio) (IPA)
10.	446.4 (202.5)	*3.65X	Pirjo Savola (Finland/68) 5/25/01 (202.5 kg. @ 55.5 kg.) (Frydek-Mistek, Czech Republic) (IPF)
11.	440.9 (200.0)	*3.57X	Tonya Myers (US/70) 6/21/97 (200.0 kg. @ 56.0 kg.) (Atlanta, Georgia) (APF/WPC)
12.	440.9 (200.0)	*3.59X	Gavina Landysh (Russia/80) 3/1/06 (200.0 kg. @ 55.7 kg.) (Ufa, Russia) (IPF)
13.	440.9 (200.0)	*3.59X	Anna Ryzhkova (Russia/86) 3/15/07 (200.0 kg. @ 55.75 kg.) (Berdk, Russia) (IPF)
14.	435.4 (197.5)	3.53X	Valeri Tyree (US/73) 3/24/01 (197.5 kg.) (Fort Hood, Texas) (USPF)
15.	435.4 (197.5)	*3.54X	Tatiana Eltsova (Russia/78) 3/10/04 (197.5 kg. @ 55.85 kg.) (Krasnoyarsk, Russia) (IPF)
16.	435.0 (197.3)	3.52X	Diane Frantz (US) 10/17/87 (435.0 lb.) (Victoria BC, Canada) (APF/WPC)
17.	429.9 (195.0)	*3.50X	Nadejuda Mir (Kazakhstan/70) 5/2/96 (195.0 kg. @ 55.7 kg.) (Almaty, Kazakhstan) (IPF)
18.	429.9 (195.0)	*3.49X	Laura Locatelli (Italy/57) 7/20/02 (195.0 kg. @ 55.9 kg.) (Arnhem, Netherlands) (IPF)
19.	429.9 (195.0)	*3.53X	Kira Pavlovskaya (Russia/83) 4/15/04 (195.0 kg. @ 55.25 kg.) (Saint Petersburg, Russia) (IPF)
20.	425.5 (193.0)	*3.45X	Gema Orellana (Spain/72) 12/6/96 (193.0 kg. @ 55.9 kg.) (Erba, Italy) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #54 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

123 Pound (56 Kilogram) Women's Weight Division -- Total

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1223.6 (555.0)	*9.93X	Inna Filimonova (Russia/76) 3/1/06 (240.0+120.0+195.0=555.0 kg. @ 55.9 kg.) (Ufa, Russia) (IPF) <TOP20C> <TOP20F>
2.	1207.0 (547.5)	*9.80X	Tatiana Eltsova (Russia/78) 3/10/04 (215.0+135.0+197.5=547.5 kg. @ 55.85 kg.) (Krasnoyarsk, Russia) (IPF) <TOP20C>
3.	1190.5 (540.0)	*9.94X	Margaret Kirkland (US/63) 11/20/08 (220.0+115.0+205.0=540.0 kg. @ 54.3 kg.) (Palm Beach, Florida) (APF/WPC) <TOP20C> <TOP20F>
4.	1180.0 (535.2)	9.56X	Amy Weisberger (US/65) 2/20/00 (450.0+280.0+450.0=1180.0 lb.) (Columbus, Ohio) (IPA)
5.	1179.5 (535.0)	*9.61X	Anna Ryzhkova (Russia/86) 9/20/06 (217.5+122.5+195.0=535.0 kg. @ 55.65 kg.) (Syktyfkar, Russia) (IPF)
6.	1151.9 (522.5)	*9.52X	Carrie Boudreau (US/67) 7/21/95 (190.0+110.0+222.5=522.5 kg. @ 54.9 kg.) (Baton Rouge, Louisiana) (USPF/IPF)
7.	1151.9 (522.5)	*9.40X	Vanessa Gibson (Great Britain/69) 11/9/96 (210.0+110.0+202.5=522.5 kg. @ 55.6 kg.) (Durban, South Africa) (WPC)
8.	1135.4 (515.0)	*9.20X	Vicky Hyser (South Africa/73) 11/9/01 (212.5+115.0+187.5=515.0 kg. @ 56.0 kg.) (Capetown, South Africa) (WPC)
9.	1129.9 (512.5)	*9.15X	Tatiana Prymenchuk (Ukraine/72) 11/9/10 (202.5+120.0+190.0=512.5 kg. @ 56.0 kg.) (Potchefstroom, South Africa) (IPF)
10.	1124.4 (510.0)	*9.16X	Oksana Belova (Russia/75) 5/21/99 (192.5+112.5+205.0=510.0 kg. @ 55.7 kg.) (Thisted, Denmark) (IPF)
11.	1118.8 (507.5)	*9.13X	Valentina Nelubova (Russia/66) 5/25/01 (192.5+135.0+180.0=507.5 kg. @ 55.6 kg.) (Frydek-Mistek, Czech Republic) (IPF)
12.	1115.0 (505.8)	*9.14X	Jenn "Pup" Rotsinger (US/78) 10/24/09 (455.0+260.0+400.0=1115.0 lb. @ 122.0 lb.) (Orlando, Florida) (APF)
13.	1113.3 (505.0)	*9.02X	Marina Medvedeva (Russia/74) 11/1/07 (220.0+115.0+170.0=505.0 kg. @ 56.0 kg.) (Togliatti, Russia) (WPC)
14.	1102.3 (500.0)	*8.96X	Mary Ryan-Jeffrey (US/60) 7/16/88 (192.5+120.0+187.5=500.0 kg. @ 123.0 lb.) (Columbus, Ohio) (APF/WPC)
15.	1102.3 (500.0)	*9.02X	Veronika Kanutkina (Russia/79) 3/10/04 (202.5+112.5+185.0=500.0 kg. @ 55.45 kg.) (Krasnoyarsk, Russia) (IPF)
16.	1102.3 (500.0)	*9.05X	Kira Pavlovskaya (Russia/83) 4/15/04 (195.0+110.0+195.0=500.0 kg. @ 55.25 kg.) (Saint Petersburg, Russia) (IPF)
17.	1096.8 (497.5)	*9.23X	Olena Dmytruk (Ukraine/83) 3/3/04 (192.5+115.0+190.0=497.5 kg. @ 53.9 kg.) (Kolomya, Ukraine) (IPF)
18.	1096.8 (497.5)	*8.93X	Gavina Landysh (Russia/80) 3/1/06 (185.0+112.5+200.0=497.5 kg. @ 55.7 kg.) (Ufa, Russia) (IPF)
19.	1091.3 (495.0)	*8.91X	Angelika Kond (Russia/75) 3/1/06 (185.0+125.0+185.0=495.0 kg. @ 55.55 kg.) (Ufa, Russia) (IPF)
20.	1085.8 (492.5)	*8.95X	Anna Olsson (Sweden/74) 11/7/06 (180.0+135.0+177.5=492.5 kg. @ 55.05 kg.) (Stavanger, Norway) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of **4/24/11**.

<http://www.powerliftingusa.com>

Page #55 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

132 Pound (60 Kilogram) Women's Weight Division -- Squat

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	556.7 (252.5)	*4.24X	Nance Greenspan-Avigliano (US/56) 8/25/02 (252.5 kg. @ 59.5 kg.) (Red Deer, Alberta, Canada) (APF/WPC) <TOP20C> <TOP20F>
2.	540.0 (244.9)	*4.12X	Amy Weisberger (US/65) 1/27/07 (540.0 lb. @ 131.0 lb.) (Columbus, Ohio) (APF) <TOP20C> <TOP20F>
3.	534.6 (242.5)	*4.10X	Inna Filimonova (Russia/76) 1/21/06 (242.5 kg. @ 59.15 kg.) (Moscow, Russia) (IPF) <TOP20C> <TOP20F>
4.	529.1 (240.0)	*4.03X	Mary Ellen Jerumbo-Warman (US/58) 11/9/96 (240.0 kg. @ 59.6 kg. First woman to squat quadruple bodyweight.) (Durban, South Africa) (APF/WPC) <TOP20C> <TOP20F>
5.	519.2 (235.5)	*3.95X	Irina Tatarova (Russia/75) 3/2/05 (235.5 kg. @ 59.6 kg.) (Kazan, Russia) (IPF)
6.	512.6 (232.5)	*3.89X	Galina Potseluyeva (Russia/80) 8/25/04 (232.5 kg. @ 59.8 kg.) (Voronezh, Russia) (IPF)
7.	507.1 (230.0)	*3.84X	Marina Medvedeva (Russia/74) 3/19/10 (230.0 kg. @ 59.95 kg.) (Kursk, Russia) (WPC)
8.	507.1 (230.0)	*4.07X	Anna Ryzhkova (Russia/86) 2/19/11 (230.0 kg. @ 56.45 kg.) (Berdsk, Russia) (IPF) <TOP20C> <TOP20F>
9.	500.0 (226.8)	*3.85X	Jenny Burkey (US/70) 12/15/07 (500.0 lb. @ 130.0 lb.) (Lake George, New York) (APF)
10.	496.0 (225.0)	*3.79X	Eleonora Mahpirova (Kazakhstan/86) 9/8/07 (225.0 kg. @ 59.4 kg.) (LaGarde, France) (IPF)
11.	490.5 (222.5)	*3.78X	Tatiana Eltsova (Russia/78) 3/2/06 (222.5 kg. @ 58.8 kg.) (Ufa, Russia) (IPF)
12.	490.5 (222.5)	*3.85X	Margaret Kirkland (US/63) 6/13/09 (222.5 kg. @ 57.75 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
13.	486.1 (220.5)	*3.71X	Irina Abramova (Russia/74) 12/2/00 (220.5 kg. @ 59.5 kg.) (Hamm, Luxembourg) (IPF)
14.	485.0 (220.0)	*3.69X	Irina Poletayeva (Russia/82) 3/2/06 (220.0 kg. @ 59.6 kg.) (Ufa, Russia) (IPF)
15.	485.0 (220.0)	*3.71X	Tatiana Akhmameteva (Ukraine/85) 7/25/09 (220.0 kg. @ 59.35 kg.) (Kaohsiung, Chinese Taipei) (IPF)
16.	479.5 (217.5)	*3.66X	Elena Nikulina (Russia/77) 3/2/05 (217.5 kg. @ 59.5 kg.) (Kazan, Russia) (IPF)
17.	479.5 (217.5)	*3.77X	Olesya Pokidko (Russia/82) 3/2/06 (217.5 kg. @ 57.75 kg.) (Ufa, Russia) (IPF)
18.	479.5 (217.5)	*3.63X	Valentina Nelubova (Russia/66) 3/2/06 (217.5 kg. @ 59.9 kg.) (Ufa, Russia) (IPF)
19.	479.5 (217.5)	*3.65X	Zhanna Ivanova (Ukraine/84) 7/25/09 (217.5 kg. @ 59.65 kg.) (Kaohsiung, Chinese Taipei) (IPF)
20.	474.0 (215.0)	*3.61X	Maria Revva (Russia/77) 8/25/04 (215.0 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF)

132 Pound (60 Kilogram) Women's Weight Division -- Bench Press

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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) <TOP20C> <TOP20F>
2.	374.8 (170.0)	*2.83X	Ludmilla Bobchenko (Ukraine/79) 3/18/09 (170.0 kg. @ 60.0 kg.) (Krivoy Rog, Ukraine) (WPC) <TOP20C> <TOP20F>
3.	369.3 (167.5)	*2.84X	Janet Faraone (US/67) 1/10/09 (167.5 kg. @ 58.9 kg.) (Montreal, Quebec, Canada) (WPC) <TOP20C> <TOP20F>
4.	352.7 (160.0)	*2.77X	Tamara Althaus (Germany/76) 8/7/08 (160.0 kg. @ 57.8 kg.) (Bratislava, Slovakia) (IPF) <TOP20C> <TOP20F>
5.	347.2 (157.5)	*2.63X	Irina Poletayeva (Russia/82) 9/21/06 (157.5 kg. @ 59.9 kg.) (Syktyfkar, Russia) (IPF) <TOP20C>
6.	340.0 (154.2)	*2.60X	Amy Weisberger (US/65) 1/27/07 (340.0 lb. @ 131.0 lb.) (Columbus, Ohio) (APF)
7.	336.2 (152.5)	*2.55X	Valentina Nelubova (Russia/66) 8/23/05 (152.5 kg. @ 59.85 kg.) (Oriol, Russia) (IPF)
8.	330.7 (150.0)	*2.54X	Gundula von Bachhaus-Fiona (US/Germany/81) 11/5/08 (150.0 kg. @ 59.16 kg.) (Saint John's, Canada) (IPF)
9.	330.7 (150.0)	*2.51X	Mari Asp (US/Norway/75) 12/11/10 (150.0 kg. @ 132.0 lb.) (Camp Pendleton, California) (USPA)
10.	330.0 (149.7)	2.49X	Christina Williams (US/66) 5/30/09 (330.0 lb.) (Circleville, Ohio) (UPA)
11.	325.2 (147.5)	*2.47X	Kara Bohigian-Smith (US/75) 3/15/08 (147.5 kg. @ 59.6 kg.) (Rainbow City, Alabama) (APF)
12.	325.2 (147.5)	*2.51X	Jennifer Thompson (US/73) 9/12/09 (147.5 kg. @ 58.8 kg.) (Cleveland, Ohio) (USAPL/IPF)
13.	319.7 (145.0)	*2.42X	Jerri Lynn Lippert (US/73) 11/16/01 (145.0 kg. @ 132.25 lb.) (Reno, Nevada) (WABDL)
14.	319.7 (145.0)	*2.44X	Susse Hougaard (Denmark/84) 5/26/10 (145.0 kg. @ 59.5 kg.) (Killeen, Texas) (IPF)
15.	314.2 (142.5)	*2.39X	Larisa Vitsievskaja-Soloviova (Ukraine/78) 11/27/04 (142.5 kg. @ 59.7 kg.) (Trencin, Slovakia) (IPF)
16.	308.6 (140.0)	2.33X	Rachel Mathias (US/60) 8/21/94 (140.0 kg.) (Zionsville, Indiana) (USPF)
17.	308.6 (140.0)	*2.34X	Betina Altizer (US/62) 1/31/04 (140.0 kg. @ 59.8 kg.) (Omaha, Nebraska) (USAPL/IPF)
18.	308.6 (140.0)	*2.34X	Galina Potseluyeva (Russia/80) 8/25/04 (140.0 kg. @ 59.8 kg.) (Voronezh, Russia) (IPF)
19.	308.6 (140.0)	*2.35X	Maria Revva (Russia/77) 3/2/05 (140.0 kg. @ 59.6 kg.) (Kazan, Russia) (IPF)
20.	308.6 (140.0)	*2.38X	Tatiana Eltsova (Russia/78) 3/2/06 (140.0 kg. @ 58.8 kg.) (Ufa, Russia) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #56 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

132 Pound (60 Kilogram) Women's Weight Division -- Deadlift

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	518.1 (235.0)	*3.94X	Maria Revva (Russia/77) 8/25/04 (235.0 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF) <TOP20C> <TOP20F>
2.	501.6 (227.5)	*3.81X	Larisa Vitsievskaja-Soloviova (Ukraine/78) 11/27/04 (227.5 kg. @ 59.7 kg.) (Trencin, Slovakia) (IPF) <TOP20C> <TOP20F>
3.	490.5 (222.5)	*3.73X	Irina Abramova (Russia/74) 5/21/99 (222.5 kg. @ 59.7 kg.) (Thisted, Denmark) (IPF) <TOP20F>
4.	485.0 (220.0)	3.67X	Mariah Liggett (US/58) 11/25/88 (220.0 kg.) (Johannesburg, South Africa) (APF/WPC)
5.	485.0 (220.0)	*3.76X	Sari Noviana (Indonesia/84) 11/5/08 (220.0 kg. @ 58.52 kg.) (Saint John's, Canada) (IPF) <TOP20F>
6.	480.6 (218.0)	*3.73X	Birgit Fischer (Germany/63) 9/7/01 (218.0 kg. @ 58.5 kg.) (Chemnitz, Germany) (IPF)
7.	479.5 (217.5)	*3.63X	Ruthi Shafer (US/57-10) 1/30/83 (217.5 kg. @ 132.25 lb.) (Chicago, Illinois) (USPF)
8.	479.5 (217.5)	*3.66X	Irina Tatarova (Russia/75) 11/27/04 (217.5 kg. @ 59.35 kg.) (Trencin, Slovakia) (IPF)
9.	474.0 (215.0)	*3.60X	Amy Weisberger (US/65) 2/23/02 (215.0 kg. @ 59.7 kg.) (Columbus, Ohio) (WPO)
10.	474.0 (215.0)	*3.58X	Svetlana Bochko (Russia/63) 2/26/03 (215.0 kg. @ 60.0 kg.) (Kazan, Russia) (IPF)
11.	470.7 (213.5)	*3.61X	Ingeborg Marx (Belgium/70) 11/29/97 (213.5 kg. @ 59.2 kg.) (Fredrikstad, Norway) (IPF)
12.	463.0 (210.0)	3.50X	Alice Kargl (Germany) 5/31/87 (210.0 kg.) (Perth, Australia) (IPF)
13.	463.0 (210.0)	*3.50X	Heini Laitinen-Toivanen (Finland/67) 2/27/99 (210.0 kg. @ 60.0 kg.) (Savonlinna, Finland) (IPF)
14.	463.0 (210.0)	*3.60X	Nance Greenspan-Avigliano (US/56) 6/14/02 (210.0 kg. @ 58.4 kg.) (York, Pennsylvania) (APF/WPC)
15.	463.0 (210.0)	*3.52X	Aigul Gaifulina (Kazakhstan/79) 5/1/03 (210.0 kg. @ 59.6 kg.) (Almaty, Kazakhstan) (IPF)
16.	463.0 (210.0)	*3.50X	Stacy Urso (US/71) 10/25/03 (210.0 kg. @ 60.0 kg.) (Plano, Texas) (APF)
17.	463.0 (210.0)	*3.50X	Svetlana Poplavskaya (Ukraine/66) 3/3/04 (210.0 kg. @ 59.95 kg.) (Kolomya, Ukraine) (IPF)
18.	463.0 (210.0)	*3.50X	Nadezhda Malyugina (Uzbekistan/79) 11/8/06 (210.0 kg. @ 59.95 kg.) (Stavanger, Norway) (IPF)
19.	463.0 (210.0)	*3.51X	Yulia Lukina (Russia/88) 3/16/07 (210.0 kg. @ 59.85 kg.) (Berdsk, Russia) (IPF)
20.	463.0 (210.0)	*3.50X	Hsiao-Li Hsu (Chinese Taipei/81) 10/17/07 (210.0 kg. @ 60.0 kg.) (Soelden, Austria) (IPF)

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

132 Pound (60 Kilogram) Women's Weight Division -- Total

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1333.8 (605.0)	*10.19X	Amy Weisberger (US/65) 3/2/07 (240.0+152.5+212.5=605.0 kg. @ 59.4 kg.) (Columbus, Ohio) (WPO) <TOP20C> <TOP20F>
2.	1285.3 (583.0)	*9.78X	Irina Tatarova (Russia/75) 3/2/05 (235.5+137.5+210.0=583.0 kg. @ 59.6 kg.) (Kazan, Russia) (IPF) <TOP20C> <TOP20F>
3.	1284.2 (582.5)	*9.77X	Maria Revva (Russia/77) 8/25/04 (215.0+132.5+235.0=582.5 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF) <TOP20C> <TOP20F>
4.	1284.2 (582.5)	*9.76X	Larisa Vitsievskaja-Soloviiova (Ukraine/78) 11/27/04 (212.5+142.5+227.5=582.5 kg. @ 59.7 kg.) (Trencin, Slovakia) (IPF) <TOP20F>
5.	1278.7 (580.0)	*9.67X	Irina Poletayeva (Russia/82) 2/17/10 (217.5+157.5+205.0=580.0 kg. @ 59.95 kg.) (Chelyabinsk, Russia) (IPF)
6.	1262.1 (572.5)	*9.55X	Marina Medvedeva (Russia/74) 3/19/10 (230.0+140.0+202.5=572.5 kg. @ 59.95 kg.) (Kursk, Russia) (WPC)
7.	1256.6 (570.0)	*9.64X	Inna Filimonova (Russia/76) 1/21/06 (242.5+120.0+207.5=570.0 kg. @ 59.15 kg.) (Moscow, Russia) (IPF)
8.	1256.6 (570.0)	*9.69X	Tatiana Eltsova (Russia/78) 3/2/06 (222.5+140.0+207.5=570.0 kg. @ 58.8 kg.) (Ufa, Russia) (IPF)
9.	1245.6 (565.0)	*9.46X	Valentina Nelubova (Russia/66) 11/26/05 (210.0+152.5+202.5=565.0 kg. @ 59.75 kg.) (Oroshaza, Hungary) (IPF)
10.	1240.1 (562.5)	*9.40X	Yulia Lukina (Russia/88) 3/16/07 (212.5+140.0+210.0=562.5 kg. @ 59.85 kg.) (Berdsk, Russia) (IPF)
11.	1234.6 (560.0)	*9.41X	Nance Greenspan-Avigliano (US/56) 8/25/02 (252.5+105.0+202.5=560.0 kg. @ 59.5 kg.) (Red Deer, Alberta, Canada) (APF/WPC)
12.	1229.1 (557.5)	*9.32X	Galina Potseluyeva (Russia/80) 8/25/04 (232.5+140.0+185.0=557.5 kg. @ 59.8 kg.) (Voronezh, Russia) (IPF)
13.	1223.6 (555.0)	*9.38X	Gundula von Bachhaus-Fiona (US/Germany/81) 11/5/08 (205.0+150.0+200.0=555.0 kg. @ 59.16 kg.) (Saint John's, Canada) (IPF)
14.	1219.2 (553.0)	*9.29X	Irina Abramova (Russia/74) 12/2/00 (220.5+110.0+222.5=553.0 kg. @ 59.5 kg.) (Hamm, Luxembourg) (IPF)
15.	1201.5 (545.0)	*9.20X	Sari Noviana (Indonesia/84) 7/25/09 (210.0+115.0+220.0=545.0 kg. @ 59.25 kg.) (Kaohsiung, Chinese Taipei) (IPF)
16.	1201.5 (545.0)	*9.08X	Tatiana Akhmameteva (Ukraine/85) 11/10/10 (220.0+125.0+200.0=545.0 kg. @ 60.0 kg.) (Potchefstroom, South Africa) (IPF)
17.	1196.0 (542.5)	*9.10X	Mary Ellen Jerumbo-Warman (US/58) 11/9/96 (240.0+107.5+195.0=542.5 kg. @ 59.6 kg.) (Durban, South Africa) (APF/WPC)
18.	1190.5 (540.0)	*9.00X	Elena Fomina (Russia/69) 3/2/01 (212.5+125.0+202.5=540.0 kg. @ 60.0 kg.) (Saint Petersburg, Russia) (IPF)
19.	1190.5 (540.0)	*9.00X	Kira Pavlovskaya (Russia/83) 2/17/10 (207.5+122.5+210.0=540.0 kg. @ 60.0 kg.) (Chelyabinsk, Russia) (IPF)
20.	1185.0 (537.5)	*9.52X	Anna Ryzhkova (Russia/86) 2/19/11 (230.0+112.5+195.0=537.5 kg. @ 56.45 kg.) (Berdsk, Russia) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of **4/24/11**.

<http://www.powerliftingusa.com>

Page #58 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

148 Pound (67.5 Kilogram) Women's Weight Division -- Squat

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	611.8 (277.5)	*4.17X	Shannon Hartnett (US/65) 3/22/09 (272.5 kg. @ 66.6 kg., which was accidentally misloaded to 277.5 kg.) (Omaha, Nebraska) (APF) <TOP20C> <TOP20F>
2.	590.0 (267.6)	*4.00X	Amy Weisberger (US/65) 8/18/07 (590.0 lb. @ 147.4 lb.) (Franklin, Ohio) (IPA) <TOP20C> <TOP20F>
3.	575.0 (260.8)	*3.94X	Carol Ann Myers (US/66) 10/4/08 (575.0 lb. @ 146.0 lb.) (Gaitlinburg, Tennessee) (SPF) <TOP20F>
4.	573.2 (260.0)	*3.86X	Galina Potseluyeva (Russia/80) 9/22/06 (260.0 kg. @ 67.35 kg.) (Syktyfkar, Russia) (IPF)
5.	562.2 (255.0)	*3.82X	Marina Kudinova (Russia/77) 3/3/06 (255.0 kg. @ 66.7 kg.) (Ufa, Russia) (IPF)
6.	552.3 (250.5)	*3.75X	Kara Bohigian-Smith (US/75) 11/7/03 (250.5 kg. @ 66.8 kg.) (Atlanta, Georgia) (WPO)
7.	551.2 (250.0)	*3.97X	Andrea Zurcher (Switzerland/78) 5/4/03 (250.0 kg. @ 63.0 kg.) (Nancy, France) (WPC)
8.	551.2 (250.0)	*3.75X	Viktoria Pisarenko-Borodkina (Russia/79) 3/10/04 (250.0 kg. @ 66.65 kg.) (Krasnoyarsk, Russia) (IPF)
9.	551.2 (250.0)	*3.78X	Zhanna Ivanova (Ukraine/84) 11/2/05 (250.0 kg. @ 66.1 kg.) (Helsinki, Finland) (WPC)
10.	546.7 (248.0)	*3.68X	Priscilla Ribic (US/72) 7/7/06 (248.0 kg. @ 67.4 kg.) (Miami, Florida) (USAPL/IPF)
11.	530.2 (240.5)	*3.60X	Mariah Liggett (US/58) 11/7/00 (240.5 kg. @ 66.8 kg.) (Las Vegas, Nevada) (APF/WPC)
12.	530.2 (240.5)	*3.56X	Tatiana Skripka (Ukraine/87) 3/4/05 (240.5 kg. @ 67.5 kg.) (Mariupol, Ukraine) (IPF)
13.	529.1 (240.0)	*3.57X	Natalia Baribina (Russia/83) 3/3/05 (240.0 kg. @ 67.25 kg.) (Kazan, Russia) (IPF)
14.	529.1 (240.0)	*3.60X	Olga Chuvileva (Russia/79) 3/3/06 (240.0 kg. @ 66.65 kg.) (Ufa, Russia) (IPF)
15.	529.1 (240.0)	3.56X	Sonji "Shorty" Baldwin (US/69) 6/24/07 (240.0 kg.) (Marietta, Georgia) (APC/GPC)
16.	529.1 (240.0)	*3.84X	Tetyana Akhmamyetyeva (Ukraine/85) 2/26/11 (240.0 kg. @ 62.5 kg.) (Poltava, Ukraine) (IPF)
17.	525.0 (238.1)	*3.55X	Rheta West (US/74) 4/11/09 (525.0 lb. @ 148.0 lb.) (Tribes Hill, New York) (SSA)
18.	518.1 (235.0)	*3.53X	Valida Iskandarova (Kazakhstan/74) 4/4/02 (235.0 kg. @ 66.5 kg.) (Shymkent, Kazakhstan) (IPF)
19.	518.1 (235.0)	*3.50X	Lesya Guminska (Ukraine/80) 2/28/03 (235.0 kg. @ 67.1 kg.) (Makeevka, Ukraine) (IPF)
20.	514.8 (233.5)	*3.51X	Amy "Firecracker" Vaughan (US/80) 3/8/03 (233.5 kg. @ 146.5 lb.) (Salisbury, Maryland) (APF)

148 Pound (67.5 Kilogram) Women's Weight Division -- Bench Press

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	413.4 (187.5)	*2.78X	Kara Bohigian-Smith (US/75) 3/18/07 (187.5 kg. @ 67.5 kg.) (Attalla, Alabama) (APF) <TOP20C> <TOP20F>
2.	380.0 (172.4)	*2.59X	Michelle Borzok (US/70) 6/24/07 (380.0 lb. @ 146.7 lb.) (York, Pennsylvania) (IPA)
3.	374.8 (170.0)	*2.68X	Jerri Lynn Lippert (US/73) 12/14/03 (170.0 kg. @ 140.0 lb.) (Las Vegas, Nevada) (WABDL) <TOP20C> <TOP20F>
4.	374.8 (170.0)	*2.55X	Anne Heikkila (Finland/78) 11/2/10 (170.0 kg. @ 66.7 kg.) (Mikkeli, Finland) (WPC)
5.	361.6 (164.0)	*2.44X	Galina Potseluyeva (Russia/80) 11/4/09 (164.0 kg. @ 67.2 kg.) (New Delhi, India) (IPF)
6.	360.5 (163.5)	*2.46X	Larisa Vitsievskaja-Soloviova (Ukraine/78) 11/5/08 (163.5 kg. @ 66.56 kg.) (Saint John's, Canada) (IPF)
7.	358.3 (162.5)	*2.44X	Marina Kudinova (Russia/77) 3/3/06 (162.5 kg. @ 66.7 kg.) (Ufa, Russia) (IPF)
8.	355.0 (161.0)	*2.40X	Amy Weisberger (US/65) 4/16/05 (355.0 lb. @ 148.0 lb.) (Newark, Ohio) (IPA)
9.	352.7 (160.0)	*2.38X	Paula Suzuki (US/68) 4/28/95 (160.0 kg. @ 148.0 lb.) (Honolulu, Hawaii) (APF/WPC)
10.	352.7 (160.0)	*2.38X	Svetlana Dedulia-Miklasevich (Russia/75) 3/2/00 (160.0 kg. @ 67.1 kg.) (Syktyfkar, Russia) (IPF)
11.	352.7 (160.0)	2.37X	Sonji "Shorty" Baldwin (US/69) 7/7/06 (160.0 kg.) (Sacramento, California) (APC/GPC)
12.	352.7 (160.0)	*2.47X	Ludmilla Bobchenko (Ukraine/79) 7/28/07 (160.0 kg. @ 64.7 kg.) (Krivoy Rog, Ukraine) (WPO)
13.	352.7 (160.0)	*2.39X	Yulia Medvedeva (Russia/86) 2/18/10 (160.0 kg. @ 66.9 kg.) (Chelyabinsk, Russia) (IPF)
14.	347.2 (157.5)	*2.53X	Gundula von Bachhaus-Fiona (US/Germany/81) 3/2/08 (157.5 kg. @ 62.2 kg.) (Columbus, Ohio) (IPF)
15.	347.2 (157.5)	*2.41X	Mayumi Kitamura (Japan/67) 11/5/08 (157.5 kg. @ 65.4 kg.) (Saint John's, Canada) (IPF)
16.	341.7 (155.0)	*2.32X	Priscilla Ribic (US/72) 2/5/05 (155.0 kg. @ 66.9 kg.) (Saint Louis, Missouri) (USAPL/IPF)
17.	341.7 (155.0)	*2.52X	Irina Poletayeva (Russia/82) 5/11/06 (155.0 kg. @ 61.4 kg.) (Prostejov, Czech Republic) (IPF)
18.	336.2 (152.5)	2.26X	Mari Asp (US/Norway/75) 8/26/06 (152.5 kg.) (El Cerrito, California) (USAPL)
19.	336.2 (152.5)	*2.30X	Valentina Nelubova (Russia/66) 8/6/09 (152.5 kg. @ 66.3 kg.) (Frydek-Mistek, Czech Republic) (IPF)
20.	330.7 (150.0)	*2.25X	Clara Kasbarian (France/59) 12/11/99 (150.0 kg. @ 66.6 kg.) (Vaasa, Finland) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

<http://www.powerliftingusa.com>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #59 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

148 Pound (67.5 Kilogram) Women's Weight Division -- Deadlift

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	556.7 (252.5)	*3.75X	Priscilla Ribic (US/72) 8/8/07 (252.5 kg. @ 67.3 kg.) (Sao Paulo, Brazil) (USAPL/IPF) <TOP20F>
2.	552.3 (250.5)	*3.80X	Shannon Hartnett (US/65) 3/2/07 (250.5 kg. @ 66.0 kg.) (Columbus, Ohio) (WPO) <TOP20C> <TOP20F>
3.	545.0 (247.2)	*3.87X	Ruthi Shafer (US/57-10) 11/22/83 (545.0 lb. @ 141.0 lb.) (Salem, Oregon) (NSM) <TOP20C> <TOP20F>
4.	529.1 (240.0)	*3.58X	Lisa Sjostrand (Sweden/68) 9/6/97 (240.0 kg. @ 67.1 kg.) (Solna, Sweden) (IPF)
5.	529.1 (240.0)	*3.65X	Lesya Guminska (Ukraine/80) 2/24/00 (240.0 kg. @ 65.7 kg.) (Vinnitsa, Ukraine) (IPF) <TOP20F>
6.	529.1 (240.0)	*3.83X	Larisa Vitsievskaja-Soloviova (Ukraine/78) 2/26/11 (240.0 kg. @ 62.7 kg.) (Poltava, Ukraine) (IPF) <TOP20C> <TOP20F>
7.	524.7 (238.0)	*3.67X	Nancy Dangerfield (US/56) 11/6/98 (238.0 kg. @ 143.0 lb.) (Graz, Austria) (APF/WPC)
8.	510.0 (231.3)	*3.44X	Kimberly Walford (US/78) 2/26/05 (510.0 lb. @ 148.2 lb.) (Oceanside, New York) (APF)
9.	510.0 (231.3)	*3.59X	Judy Sverchek-Neff (US/77) 5/23/09 (510.0 lb. @ 142.0 lb.) (Missoula, Montana) (Pride)
10.	508.2 (230.5)	*3.46X	Marina Kudinova (Russia/77) 3/3/06 (230.5 kg. @ 66.7 kg.) (Ufa, Russia) (IPF)
11.	508.2 (230.5)	*3.44X	Evgenia Goncharova (Russia/81) 9/22/06 (230.5 kg. @ 67.05 kg.) (Syktyfkar, Russia) (IPF)
12.	501.6 (227.5)	3.37X	Karen Franks (US) 12/1/89 (227.5 kg.) (Stone, England) (APF/WPC)
13.	501.6 (227.5)	*3.49X	Natalia Baribina (Russia/83) 3/10/04 (227.5 kg. @ 65.25 kg.) (Krasnoyarsk, Russia) (IPF)
14.	501.6 (227.5)	*3.37X	Kara Bohigian-Smith (US/75) 10/8/04 (227.5 kg. @ 67.5 kg.) (Atlanta, Georgia) (WPO)
15.	501.6 (227.5)	*3.48X	Alyssa Hitchcock (US/84) 5/23/10 (227.5 kg. @ 65.35 kg.) (Cleveland, Ohio) (USAPL/IPF)
16.	500.0 (226.8)	3.36X	Jackie Pierce-Austin (US/64-99) 10/31/87 (500.0 lb.) (Lakeland, Florida) (NSM)
17.	500.0 (226.8)	*3.39X	Amy Weisberger (US/65) 8/18/07 (500.0 lb. @ 147.4 lb.) (Franklin, Ohio) (IPA)
18.	500.0 (226.8)	*3.38X	Stephanie Rogers (US/83) 11/20/10 (500.0 lb. @ 148.0 lb.) (Russelville, Arkansas) (SPF)
19.	496.0 (225.0)	*3.41X	Elana Zhukova-Soukhorouk (Ukraine/72) 11/29/93 (225.0 kg. @ 65.9 kg.) (Jonkoping, Sweden) (IPF)
20.	496.0 (225.0)	*3.40X	Zhanna Ivanova (Ukraine/84) 11/2/05 (225.0 kg. @ 66.1 kg.) (Helsinki, Finland) (WPC)

148 Pound (67.5 Kilogram) Women's Weight Division - Total

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1440.0 (653.2)	*9.7693X	Amy Weisberger (US/65) 8/18/07 (590.0+350.0+500.0=1440.0 lb. @ 147.4 lb.) (Franklin, Ohio) (IPA) <TOP20C> <TOP20F>
2.	1428.6 (648.0)	*9.72X	Marina Kudinova (Russia/77) 3/3/06 (255.0+162.5+230.5=648.0 kg. @ 66.7 kg.) (Ufa, Russia) (IPF) <TOP20C> <TOP20F>
3.	1422.0 (645.0)	*9.56X	Kara Bohigian-Smith (US/75) 10/8/04 (242.5+175.0+227.5=645.0 kg. @ 67.5 kg.) (Atlanta, Georgia) (WPO) <TOP20F>
4.	1422.0 (645.0)	*9.68X	Shannon Hartnett (US/65) 3/22/09 (640.0 kg. @ 66.6 kg., which was accidentally misloaded to 645.0 kg.; FV: 272.5+132.5+235.0=640.0 kg.; AW: 277.5+132.5+235.0=645.0 kg.) (Omaha, Nebraska) (APF) <TOP20F>
5.	1388.9 (630.0)	*9.56X	Priscilla Ribic (US/72) 12/11/04 (232.5+150.0+247.5=630.0 kg. @ 65.9 kg.) (King of Prussia, Pennsylvania) (USAPL/IPF) <TOP20F>
6.	1388.9 (630.0)	*9.35X	Galina Potseluyeva (Russia/80) 9/22/06 (260.0+150.0+220.0=630.0 kg. @ 67.35 kg.) (Syktyfkar, Russia) (IPF)
7.	1366.9 (620.0)	*9.38X	Zhanna Ivanova (Ukraine/84) 11/2/05 (250.0+145.0+225.0=620.0 kg. @ 66.1 kg.) (Helsinki, Finland) (WPC)
8.	1361.4 (617.5)	9.15X	Sonji "Shorty" Baldwin (US/69) 6/24/07 (240.0+160.0+217.5=617.5 kg.) (Marietta, Georgia) (APC/GPC)
9.	1350.3 (612.5)	*9.7687X	Larisa Vitsievskaja-Soloviova (Ukraine/78) 2/26/11 (215.0+157.5+240.0=612.5 kg. @ 62.7 kg.) (Poltava, Ukraine) (IPF) <TOP20F>
10.	1333.8 (605.0)	*9.00X	Natalia Baribina (Russia/83) 3/3/05 (240.0+140.0+225.0=605.0 kg. @ 67.25 kg.) (Kazan, Russia) (IPF)
11.	1333.8 (605.0)	*9.14X	Yulia Medvedeva (Russia/86) 11/10/10 (230.0+160.0+215.0=605.0 kg. @ 66.16 kg.) (Potchefstroom, South Africa) (IPF)
12.	1329.4 (603.0)	*8.99X	Evgenia Goncharova (Russia/81) 9/22/06 (230.0+142.5+230.5=603.0 kg. @ 67.05 kg.) (Syktyfkar, Russia) (IPF)
13.	1320.0 (598.7)	*9.04X	Carol Ann Myers (US/66) 10/4/08 (575.0+270.0+475.0=1320.0 lb. @ 146.0 lb.) (Gaitlinburg, Tennessee) (SPF)
14.	1322.8 (600.0)	*8.94X	Lesya Guminska (Ukraine/80) 2/28/03 (235.0+127.5+237.5=600.0 kg. @ 67.1 kg.) (Makeevka, Ukraine) (IPF)
15.	1317.3 (597.5)	*8.93X	Tatiana Skripka (Ukraine/87) 6/16/05 (230.0+145.0+222.5=597.5 kg. @ 66.9 kg.) (Mariupol, Ukraine) (IPF)
16.	1295.2 (587.5)	*8.81X	Viktoria Pisarenko-Borodkina (Russia/79) 3/10/04 (250.0+130.0+207.5=587.5 kg. @ 66.65 kg.) (Krasnoyarsk, Russia) (IPF)
17.	1295.2 (587.5)	8.70X	Melissa Ortega (US/77) 10/15/04 (227.5+142.5+217.5=587.5 kg.) (Fresno, California) (APF/WPC)
18.	1289.7 (585.0)	*9.36X	Tetyana Akhmyetyeva (Ukraine/85) 2/26/11 (240.0+140.0+205.0=585.0 kg. @ 62.5 kg.) (Poltava, Ukraine) (IPF)
19.	1284.2 (582.5)	*9.49X	Irina Poletayeva (Russia/82) 5/11/06 (220.0+155.0+207.5=582.5 kg. @ 61.4 kg.) (Prostejov, Czech Republic) (IPF)
20.	1280.0 (580.6)	*9.08X	Ruthi Shafer (US/57-10) 11/22/83 (510.0+225.0+545.0=1280.0 lb. @ 141.0 lb.) (Salem, Oregon) (NSM)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

<http://www.powerliftingusa.com>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #60 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

165 Pound (75 Kilogram) Women's Weight Division -- Squat

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	740.0 (335.7)	4.48X	Laura Phelps-Sweatt (US/80) 6/22/08 (740.0 lb.) (Columbus, Ohio) (IPA) <TOP20F> <TOP20C>
2.	644.9 (292.5)	*3.90X	Stephanie VanDeWeghe (US/55) 6/13/09 (292.5 kg. @ 75.0 kg.) (Palm Beach Gardens, Florida) (APF/WPC) <TOP20F>
3.	611.8 (277.5)	*3.83X	Yulia Zaigolova (Russia/81) 8/24/05 (277.5 kg. @ 72.45 kg.) (Oriol, Russia) (IPF) <TOP20F>
4.	606.3 (275.0)	*3.74X	Marina Kudinova (Russia/77) 3/3/05 (275.0 kg. @ 73.6 kg.) (Kazan, Russia) (IPF)
5.	600.8 (272.5)	*3.65X	Julie Scanlon (US/76) 3/5/04 (272.5 kg. @ 74.65 kg.) (Columbus, Ohio) (WPO)
6.	600.8 (272.5)	*3.78X	Shannon Hartnett (US/65) 5/30/08 (272.5 kg. @ 159.0 lb.) (Omaha, Nebraska) (APF/WPC)
7.	600.0 (272.2)	3.63X	Lynne Boshoven (US/58) 5/8/09 (600.0 lb.) (Wyoming, Michigan) (APA)
8.	600.0 (272.2)	*3.74X	Brooke Fineis-Curry (US/77) 10/16/10 (600.0 lb. @ 160.6 lb.) (Tribes Hill, New York) (SSA)
9.	595.2 (270.0)	*3.60X	Elena Povolotskaya (Russia/78) 11/1/07 (270.0 kg. @ 75.0 kg.) (Togliatti, Russia) (WPC)
10.	584.2 (265.0)	*3.55X	Svetlana Dedulia-Miklasevich (Russia/75) 3/3/05 (265.0 kg. @ 74.65 kg.) (Kazan, Russia) (IPF)
11.	573.2 (260.0)	*3.47X	Sarah Keller (US/83) 5/30/08 (260.0 kg. @ 165.0 lb.) (Omaha, Nebraska) (APF/WPC)
12.	573.2 (260.0)	3.47X	Sonji "Shorty" Baldwin (US/69) 2/13/10 (260.0 kg.) (Kennesaw, Georgia) (APF)
13.	567.7 (257.5)	*3.50X	Laura Dodd (US/57) 11/21/91 (257.5 kg. @ 73.5 kg.) (Las Vegas, Nevada) (APF/WPC)
14.	565.0 (256.3)	*3.50X	Carol Ann Myers (US/66) 12/17/05 (565.0 lb. @ 161.3 lb.) (Irmo, South Carolina) (APF)
15.	565.0 (256.3)	*3.42X	Kara Bohigian-Smith (US/75) 1/27/07 (565.0 lb. @ 165.0 lb.) (Columbus, Ohio) (APF)
16.	562.2 (255.0)	*3.48X	Rebecca Roberts-Gorshe (US/77) 6/5/04 (255.0 kg. @ 73.2 kg.) (Baton Rouge, Louisiana) (APF/WPC)
17.	562.2 (255.0)	*3.47X	Jill Brown-Mills (US/71) 11/19/05 (255.0 kg. @ 162.0 lb.) (Austin, Texas) (IPA)
18.	560.0 (254.0)	*3.50X	Deb Widdis (US/60) 9/16/06 (560.0 lb. @ 160.2 lb.) (Overland Park, Kansas) (APF)
19.	551.2 (250.0)	*3.36X	Dawn Reshel-Sharon (US/55-00) 5/11/91 (250.0 kg. @ 164.25 lb.) (Milwaukee, Wisconsin) (APF/WPC)
20.	551.2 (250.0)	*3.40X	Anna Terentyeva (Russia/75) 8/24/05 (250.0 kg. @ 73.5 kg.) (Oriol, Russia) (IPF)

165 Pound (75 Kilogram) Women's Weight Division -- Bench Press

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	525.0 (238.1)	*3.19X	Laura Phelps-Sweatt (US/80) 8/20/10 (525.0 lb. @ 164.6 lb.) (Cincinnati, Ohio) (SPF) <TOP20C> <TOP20F>
2.	451.9 (205.0)	*2.93X	Kara Bohigian-Smith (US/75) 3/18/06 (205.0 kg. @ 70.0 kg.) (Attalla, Alabama) (APF) <TOP20C> <TOP20F>
3.	429.9 (195.0)	*2.61X	Julie Scanlon (US/76) 3/5/04 (195.0 kg. @ 74.65 kg.) (Columbus, Ohio) (WPO) <TOP20F>
4.	418.9 (190.0)	*2.55X	Svetlana Dedulia-Miklasevich (Russia/75) 3/3/05 (190.0 kg. @ 74.65 kg.) (Kazan, Russia) (IPF) <TOP20F>
5.	403.4 (183.0)	*2.51X	Paula Suzuki (US/68) 6/10/00 (183.0 kg. @ 161.0 lb.) (Warren, Michigan) (APF/WPC/WBC)
6.	402.3 (182.5)	*2.44X	Sarah Keller (US/83) 5/30/08 (182.5 kg. @ 165.0 lb.) (Omaha, Nebraska) (APF/WPC)
7.	402.3 (182.5)	*2.56X	Sonji "Shorty" Baldwin (US/69) 6/8/08 (182.5 kg. @ 71.4 kg.) (Norfolk, Virginia) (APC/WUAP)
8.	400.0 (181.4)	*2.44X	Darilyn Dobby (US/90) 3/5/11 (400.0 lb. @ 164.0 lb.) (Columbus, Ohio) (IPA)
9.	397.9 (180.5)	*2.46X	Anna Terentyeva (Russia/75) 8/24/05 (180.5 kg. @ 73.5 kg.) (Oriol, Russia) (IPF)
10.	391.3 (177.5)	*2.44X	Debra Earney (US/53) 11/11/95 (177.5 kg. @ 72.8 kg.) (Chicago, Illinois) (APF/WPC)
11.	380.3 (172.5)	*2.34X	Marina Kudinova (Russia/77) 3/3/05 (172.5 kg. @ 73.6 kg.) (Kazan, Russia) (IPF)
12.	375.9 (170.5)	*2.28X	Yulia Medvedeva (Russia/86) 3/20/10 (170.5 kg. @ 74.9 kg.) (Kursk, Russia) (WPC)
13.	374.8 (170.0)	*2.29X	Stephanie VanDeWeghe (US/55) 12/13/98 (170.0 kg. @ 74.34 kg.) (Aurora, Illinois) (APF/WPC)
14.	374.8 (170.0)	*2.35X	Yulia Zaigolova (Russia/81) 8/24/05 (170.0 kg. @ 72.45 kg.) (Oriol, Russia) (IPF)
15.	374.8 (170.0)	*2.34X	Kelly Martin (US/70) 6/13/09 (170.0 kg. @ 72.8 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
16.	370.0 (167.8)	*2.37X	Amy Weisberger (US/65) 11/12/05 (370.0 lb. @ 156.0 lb.) (York, Pennsylvania) (IPA)
17.	369.3 (167.5)	*2.23X	Melissa Henry (US/71) 3/22/09 (167.5 kg. @ 75.0 kg.) (Omaha, Nebraska) (APF)
18.	369.3 (167.5)	*2.42X	Galina Potseluyeva (Russia/80) 2/19/11 (167.5 kg. @ 69.2 kg.) (Berdsk, Russia) (IPF)
19.	363.8 (165.0)	*2.23X	Jan Harrell-Gable (US/59) 12/3/88 (165.0 kg. @ 74.1 kg.) (Columbus, Ohio) (USPF/APF/WPC)
20.	363.8 (165.0)	*2.35X	Mari Asp (US/Norway/75) 6/2/06 (165.0 kg. @ 70.2 kg.) (Las Vegas, Nevada) (APF/WPC)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of **4/24/11**.

<http://www.powerliftingusa.com>

Page #61 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

165 Pound (75 Kilogram) Women's Weight Division -- Deadlift

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	584.2 (265.0)	*3.64X	Elana Zhukova-Soukhorouk (Ukraine/72) 5/22/99 (265.0 kg. @ 72.8 kg.) (Thisted, Denmark) (IPF) <TOP20F>
2.	560.0 (254.0)	*3.43X	Laura Phelps-Sweatt (US/80) 8/23/08 (560.0 lb. @ 163.4 lb.) (Sharonville, Ohio) (IPA)
3.	556.7 (252.5)	*3.69X	Priscilla Ribic (US/72) 6/24/07 (252.5 kg. @ 68.5 kg.) (Guatemala City, Guatemala) (USAPL/IPF) <TOP20F>
4.	556.7 (252.5)	*3.49X	Yulia Zaigolova (Russia/81) 8/24/05 (252.5 kg. @ 72.45 kg.) (Oriol, Russia) (IPF)
5.	552.9 (250.8)	*3.38X	Terry Byland-Rohal (US/60) 1/26/85 (250.0 kg. @ 74.2 kg., which later weighed out at 250.8 kg.) (Boston, Massachusetts) (USPF)
6.	545.6 (247.5)	*3.31X	Sarah Keller (US/83) 5/30/08 (247.5 kg. @ 165.0 lb.) (Omaha, Nebraska) (APF/WPC)
7.	545.6 (247.5)	*3.32X	Olena Kozlova (Ukraine/90) 11/5/09 (247.5 kg. @ 74.52 kg.) (New Delhi, India) (IPF)
8.	541.2 (245.5)	*3.34X	Marina Kudinova (Russia/77) 3/3/05 (245.5 kg. @ 73.6 kg.) (Kazan, Russia) (IPF)
9.	540.1 (245.0)	*3.38X	Svetlana Zolotova (Russia/80) 8/26/04 (245.0 kg. @ 72.4 kg.) (Voronezh, Russia) (IPF)
10.	535.7 (243.0)	*3.37X	Shannon Hartnett (US/65) 5/30/08 (243.0 kg. @ 159.0 lb.) (Omaha, Nebraska) (APF/WPC)
11.	534.6 (242.5)	*3.30X	Laura Dodd (US/57) 11/21/91 (242.5 kg. @ 73.5 kg.) (Las Vegas, Nevada) (APF/WPC)
12.	534.6 (242.5)	*3.27X	Anja Wiezkowiak (Germany/75) 5/22/99 (242.5 kg. @ 74.1 kg.) (Thisted, Denmark) (IPF)
13.	534.6 (242.5)	*3.28X	Daniela Sell (Germany/70) 12/2/00 (242.5 kg. @ 73.9 kg.) (Hamm, Luxembourg) (IPF)
14.	529.1 (240.0)	*3.21X	Cathy Millen (New Zealand/67) 6/25/91 (240.0 kg. @ 74.8 kg.) (New Delhi, India) (IPF)
15.	529.1 (240.0)	*3.21X	Tamara Bagriy (Ukraine/74) 3/4/04 (240.0 kg. @ 74.85 kg.) (Kolomya, Ukraine) (IPF)
16.	529.1 (240.0)	*3.26X	Svetlana Tsvetkova (Russia/80) 2/18/10 (240.0 kg. @ 73.6 kg.) (Chelyabinsk, Russia) (IPF)
17.	523.6 (237.5)	*3.23X	Liz Odendaal (Netherlands/54-98) 3/26/95 (237.5 kg. @ 73.6 kg.) (North Scharwoude, Holland) (IPF)
18.	523.6 (237.5)	*3.25X	Daliann James (US/87) 3/1/08 (237.5 kg. @ 73.0 kg.) (Columbus, Ohio) (USAPL/IPF)
19.	523.6 (237.5)	*3.29X	Yelizaveta Biruk (Ukraine/88) 11/5/09 (237.5 kg. @ 72.08 kg.) (New Delhi, India) (IPF)
20.	518.1 (235.0)	*3.15X	Anna Terentyeva (Russia/75) 5/21/04 (235.0 kg. @ 74.7 kg.) (Voronezh, Russia) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of **4/24/11**.

<http://www.powerliftingusa.com>

Page #62 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

165 Pound (75 Kilogram) Women's Weight Division -- Total

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1755.0 (796.1)	*10.66X	Laura Phelps-Sweatt (US/80) 8/20/10 (700.0+510.0+545.0=1755.0 lb. @ 164.6 lb. Heaviest female 10X bodyweight total of all time.) (Cincinnati, Ohio) (SPF) <TOP20C> <TOP20F>
2.	1543.2 (700.0)	*9.66X	Yulia Zaigolova (Russia/81) 8/24/05 (277.5+170.0+252.5=700.0 kg. @ 72.45 kg.) (Oriol, Russia) (IPF) <TOP20F>
3.	1516.8 (688.0)	*9.19X	Sarah Keller (US/83) 5/30/08 (260.0+182.5+245.5=688.0 kg. @ 165.0 lb.) (Omaha, Nebraska) (APF/WPC) <TOP20F>
4.	1499.1 (680.0)	*9.24X	Marina Kudinova (Russia/77) 3/3/05 (275.0+172.5+232.5=680.0 kg. @ 73.6 kg.) (Kazan, Russia) (IPF) <TOP20F>
5.	1482.6 (672.5)	*8.97X	Stephanie VanDeWeghe (US/55) 6/13/09 (292.5+170.0+210.0=672.5 kg. @ 75.0 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
6.	1456.2 (660.5)	*8.99X	Anna Terentyeva (Russia/75) 8/24/05 (250.0+180.5+230.0=660.5 kg. @ 73.5 kg.) (Oriol, Russia) (IPF)
7.	1449.5 (657.5)	*8.79X	Svetlana Dedulia-Miklasevich (Russia/75) 5/24/03 (255.0+180.0+222.5=657.5 kg. @ 74.8 kg.) (Chicago, Illinois) (IPF)
8.	1430.0 (648.6)	*8.72X	Julie Scanlon (US/76) 12/20/03 (555.0+375.0+500.0=1430.0 lb. @ 164.0 lb.) (Glens Falls, New York) (IPA)
9.	1422.0 (645.0)	*8.78X	Jill Brown-Mills (US/71) 11/19/05 (255.0+160.0+230.0=645.0 kg. @ 162.0 lb.) (Austin, Texas) (IPA)
10.	1417.6 (643.0)	*8.92X	Shannon Hartnett (US/65) 5/30/08 (272.5+127.5+243.0=643.0 kg. @ 159.0 lb.) (Omaha, Nebraska) (APF/WPC)
11.	1416.5 (642.5)	*8.71X	Kara Bohigian-Smith (US/75) 6/7/03 (250.0+165.0+227.5=642.5 kg. @ 73.75 kg.) (Los Angeles, California) (APF/WPC)
12.	1416.5 (642.5)	8.57X	Sonji "Shorty" Baldwin (US/69) 2/13/10 (260.0+167.5+215.0=642.5 kg.) (Kennesaw, Georgia) (APF)
13.	1402.1 (636.0)	*8.74X	Elana Zhukova-Soukhorouk (Ukraine/72) 5/22/99 (246.0+125.0+265.0=636.0 kg. @ 72.8 kg.) (Thisted, Denmark) (IPF)
14.	1394.4 (632.5)	*8.64X	Rebecca Roberts-Gorshe (US/77) 6/5/04 (255.0+150.0+227.5=632.5 kg. @ 73.2 kg.) (Baton Rouge, Louisiana) (APF/WPC)
15.	1388.9 (630.0)	*9.13X	Priscilla Ribic (US/72) 12/2/06 (250.0+140.0+240.0=630.0 kg. @ 69.0 kg.) (Palm Springs, California) (USAPL/IPF)
16.	1383.4 (627.5)	*8.66X	Yelizaveta Biruk (Ukraine/88) 11/11/10 (240.0+155.0+232.5=627.5 kg. @ 72.48 kg.) (Potchefstroom, South Africa) (IPF)
17.	1383.4 (627.5)	*9.13X	Yulia Medvedeva (Russia/86) 2/19/11 (240.0+162.5+225.0=627.5 kg. @ 68.7 kg.) (Berdsk, Russia) (IPF)
18.	1383.4 (627.5)	*9.07X	Galina Potseluyeva (Russia/80) 2/19/11 (250.0+167.5+210.0=627.5 kg. @ 69.2 kg.) (Berdsk, Russia) (IPF)
19.	1377.9 (625.0)	*8.39X	Olena Kozlova (Ukraine/90) 11/5/09 (247.5+130.0+247.5=625.0 kg. @ 74.52 kg.) (New Delhi, India) (IPF)
20.	1370.0 (621.4)	*8.55X	Deb Widdis (US/60) 9/16/06 (560.0+310.0+500.0=1370.0 lb. @ 160.2 lb.) (Overland Park, Kansas) (APF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of **4/24/11**.

<http://www.powerliftingusa.com>

Page #63 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

181 Pound (82.5 Kilogram) Women's Weight Division -- Squat

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	770.0 (349.3)	*4.56X	Laura Phelps-Sweatt (US/80) 1/27/07 (770.0 lb. @ 169.0 lb.) (Columbus, Ohio) (APF) <TOP20C> <TOP20F>
2.	650.4 (295.0)	*3.77X	Jill Brown-Mills (US/71) 7/22/06 (295.0 kg. @ 172.3 lb.) (San Antonio, Texas) (APF) <TOP20F>
3.	623.9 (283.0)	*3.56X	Deb Widdis (US/60) 6/2/06 (283.0 kg. @ 79.6 kg.) (Las Vegas, Nevada) (APF/WPC)
4.	622.8 (282.5)	*3.45X	Krystal Cary (US/84) 6/13/09 (282.5 kg. @ 81.8 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
5.	620.0 (281.2)	*3.46X	Tamara Rainwater-Grimwood (US/64-00) 4/15/95 (620.0 lb. @ 179.0 lb.) (Lebanon, Pennsylvania) (IPA)
6.	617.3 (280.0)	*3.69X	Stephanie VanDeWeghe (US/55) 6/5/10 (280.0 kg. @ 75.9 kg.) (Chicago, Illinois) (APF/WPC)
7.	606.3 (275.0)	*3.34X	Krista Ford (US/66) 11/19/09 (275.0 kg. @ 82.4 kg.) (Bournemouth, England) (APF/WPC)
8.	595.2 (270.0)	*3.42X	Yevgeniya Mazaylova (Russia/82) 8/26/04 (270.0 kg. @ 79.0 kg.) (Voronezh, Russia) (IPF)
9.	595.2 (270.0)	*3.34X	Svetlana Dedulia-Miklasevich (Russia/75) 8/24/05 (270.0 kg. @ 80.85 kg.) (Oriol, Russia) (IPF)
10.	582.0 (264.0)	*3.49X	Petra Stumpfova (Ireland/79) 10/23/07 (264.0 kg. @ 75.7 kg.) (Calgary, Alberta, Canada) (GPC)
11.	580.0 (263.1)	*3.20X	Dawn Reshel-Sharon (US/55-00) 6/16/90 (580.0 lb. @ 181.25 lb.) (Wilwaukee, Wisconsin) (APF/WPC)
12.	580.0 (263.1)	*3.20X	Anna McCloskey (US/92) 4/18/10 (580.0 lb. @ 181.4 lb.) (York, Pennsylvania) (IPA)
13.	573.2 (260.0)	*3.45X	Yulia Zaugolova (Russia/81) 8/1/03 (260.0 kg. @ 75.3 kg.) (Moscow, Russia) (IPF)
14.	573.2 (260.0)	*3.20X	Alexandra Murashova (Russia/83) 3/11/04 (260.0 kg. @ 81.2 kg.) (Krasnoyarsk, Russia) (IPF)
15.	573.2 (260.0)	*3.24X	Shawna Mendelson (US/72) 6/5/04 (260.0 kg. @ 80.2 kg.) (Baton Rouge, Louisiana) (APF/WPC)
16.	573.2 (260.0)	*3.19X	Yulia Medvedeva (Russia/86) 11/1/10 (260.0 kg. @ 81.4 kg.) (Mikkeli, Finland) (WPC)
17.	567.7 (257.5)	*3.13X	Terry Byland-Rohal (US/60) 7/17/88 (257.5 kg. @ 181.5 lb.) (Columbus, Ohio) (APF/WPC)
18.	567.7 (257.5)	*3.14X	Tatyana Merezhko (Russia/78) 9/22/10 (257.5 kg. @ 81.9 kg.) (Izhevsk, Russia) (IPF)
19.	563.3 (255.5)	*3.22X	Olena Kozlova (Ukraine/90) 9/2/10 (255.5 kg. @ 79.4 kg.) (Czech Republic, Pilsen) (IPF)
20.	562.2 (255.0)	*3.13X	Elena Ignatenkova (Russia/71) 3/2/00 (255.0 kg. @ 81.4 kg.) (Syktyfkar, Russia) (IPF)

181 Pound (82.5 Kilogram) Women's Weight Division -- Bench Press

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	510.0 (231.3)	*2.90X	Laura Phelps-Sweatt (US/80) 3/27/10 (510.0 lb. @ 176.0 lb.) (Richmond, Kentucky) (SPF) <TOP20C> <TOP20F>
2.	463.0 (210.0)	*2.60X	Svetlana Dedulia-Miklasevich (Russia/75) 8/24/05 (210.0 kg. @ 80.85 kg.) (Oriol, Russia) (IPF) <TOP20F>
3.	413.4 (187.5)	*2.46X	Sarah Keller (US/83) 10/27/07 (187.5 kg. @ 168.2 lb.) (Plano, Texas) (APF)
4.	407.9 (185.0)	*2.29X	Shany Gilbert (Canada/90) 6/26/10 (185.0 kg. @ 80.9 kg.) (Montreal, Canada) (WPC)
5.	405.0 (183.7)	*2.25X	Kathy Goliszek-Fields (US/73) 7/15/06 (405.0 lb. @ 180.0 lb.) (Riverhead, New York) (APF)
6.	402.3 (182.5)	*2.21X	Tamara Rainwater-Grimwood (US/64-00) 5/29/94 (182.5 kg. @ 82.5 kg. First woman to bench press 400 pounds.) (Oceanside, New York) (APF/WPC)
7.	402.3 (182.5)	*2.24X	Krystal Cary (US/84) 2/6/10 (182.5 kg. @ 81.4 kg.) (Lenexa, Kansas) (APF)
8.	402.3 (182.5)	*2.40X	Stephanie VanDeWeghe (US/55) 6/5/10 (182.5 kg. @ 75.9 kg.) (Chicago, Illinois) (APF/WPC)
9.	391.3 (177.5)	*2.27X	Jill Brown-Mills (US/71) 7/22/06 (177.5 kg. @ 172.3 lb.) (San Antonio, Texas) (APF)
10.	388.0 (176.0)	*2.22X	Anna Turaeva (Russia/78) 6/9/10 (176.0 kg. @ 79.45 kg.) (Mosonmagyaróvár, Hungary) (WPC)
11.	385.8 (175.0)	*2.29X	Evgenya Alekseyevna Sukhova (Russia/80) 11/20/08 (175.0 kg. @ 76.35 kg.) (Palm Beach, Florida) (WPC)
12.	385.8 (175.0)	*2.15X	Yulia Medvedeva (Russia/86) 11/1/10 (175.0 kg. @ 81.4 kg.) (Mikkeli, Finland) (WPC)
13.	381.4 (173.0)	*2.19X	Tatiana Kudryavtseva (Kazakhstan/82) 12/3/05 (173.0 kg. @ 79.1 kg.) (Stockholm, Sweden) (IPF)
14.	381.4 (173.0)	2.10X	Karen Campbell (US/63) 4/25/09 (173.0 kg.) (Wisconsin Dells, Wisconsin) (WABDL)
15.	380.3 (172.5)	*2.12X	Emma James (Great Britain/70) 11/19/09 (172.5 kg. @ 81.5 kg.) (Bournemouth, England) (WPC)
16.	380.0 (172.4)	*2.10X	Katarina Murancanova (Slovakia/79) 12/17/05 (380.0 lb. @ 181.0 lb.) (Lake George, New York) (APF)
17.	374.8 (170.0)	*2.06X	Timea Zavodszky (Hungary/71) 12/5/04 (170.0 kg. @ 82.4 kg.) (Cleveland, Ohio) (IPF)
18.	370.0 (167.8)	2.03X	Michelle Wortham (US/73) 11/20/10 (370.0 lb.) (Elkhorn, Nebraska) (SPF)
19.	369.3 (167.5)	*2.16X	Elena Sheverdina (Russia/69) 11/1/07 (167.5 kg. @ 77.65 kg.) (Togliatti, Russia) (WPC)
20.	365.0 (165.6)	*2.03X	Jan Harrell-Gable (US/59) 7/26/86 (365.0 lb. @ 180 lb.) (San Diego, California) (NSM)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of **4/24/11**.

<http://www.powerliftingusa.com>

Page #64 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

181 Pound (82.5 Kilogram) Women's Weight Division -- Deadlift

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	590.8 (268.0)	*3.25X	Coral Blair (Austria/64) 11/19/99 (268.0 kg. @ 82.5 kg.) (Calgary, Alberta, Canada) (WPC)
2.	590.0 (267.6)	*3.26X	Dawn Reshel-Sharon (US/55-00) 6/16/90 (590.0 lb. @ 181.25 lb.) (Wilwaukee, Wisconsin) (APF/WPC)
3.	573.2 (260.0)	*3.29X	Yevgeniya Mazaylova (Russia/82) 8/26/04 (260.0 kg. @ 79.0 kg.) (Voronezh, Russia) (IPF)
4.	567.7 (257.5)	*3.15X	Cathy Millen (New Zealand/67) 7/25/93 (257.5 kg. @ 81.8 kg.) (Hague, Netherlands) (IPF)
5.	562.2 (255.0)	*3.09X	Krista Ford (US/66) 6/5/04 (255.0 kg. @ 82.5 kg.) (Baton Rouge, Louisiana) (APF/WPC)
6.	562.2 (255.0)	*3.26X	Jill Brown-Mills (US/71) 7/22/06 (255.0 kg. @ 172.3 lb.) (San Antonio, Texas) (APF)
7.	551.2 (250.0)	*3.06X	Svetlana Dedulia-Miklasevich (Russia/75) 3/5/06 (250.0 kg. @ 81.6 kg.) (Ufa, Russia) (IPF)
8.	550.0 (249.5)	*3.07X	Tamara Rainwater-Grimwood (US/64-00) 11/20/94 (550.0 lb. @ 179.0 lb.) (Brick, New Jersey) (APF/WPC)
9.	540.1 (245.0)	*3.13X	Anja Wiezkowiak (Germany/75) 5/27/00 (245.0 kg. @ 78.2 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
10.	540.0 (244.9)	2.97X	Debbie Sorenson (US) 4/18/87 (540.0 lb.) (Belpre, Ohio) (APF/WPC)
11.	534.6 (242.5)	*2.95X	Olesya Rychkova (Russia/74) 3/3/05 (242.5 kg. @ 82.25 kg.) (Kazan, Russia) (IPF)
12.	534.6 (242.5)	*3.02X	Alexandra Murashova (Russia/83) 9/10/05 (242.5 kg. @ 80.3 kg.) (Fort Wayne, Indiana) (IPF)
13.	529.1 (240.0)	*3.16X	Yulia Zaigolova (Russia/81) 1/16/04 (240.0 kg. @ 75.95 kg.) (Moscow, Russia) (IPF)
14.	529.1 (240.0)	*3.19X	Tamara Bagriy (Ukraine/74) 5/12/06 (240.0 kg. @ 75.2 kg.) (Prostejov, Czech Republic) (IPF)
15.	529.1 (240.0)	*3.15X	Sarah Keller (US/83) 10/27/07 (240.0 kg. @ 168.2 lb.) (Plano, Texas) (APF)
16.	529.1 (240.0)	*3.11X	Laura Phelps-Sweatt (US/80) 11/7/10 (240.0 kg. @ 170.0 lb.) (Sacramento, California) (SPF)
17.	529.1 (240.0)	*3.03X	Olena Kozlova (Ukraine/90) 2/26/11 (240.0 kg. @ 79.1 kg.) (Poltava, Ukraine) (IPF)
18.	523.6 (237.5)	*3.00X	Deb Widdis (US/60) 11/3/06 (237.5 kg. @ 79.15 kg.) (Lake George, New York) (APF/WPC)
19.	523.6 (237.5)	*3.15X	Daliann James (US/87) 3/7/09 (237.5 kg. @ 75.4 kg.) (Columbus, Ohio) (USAPL/IPF)
20.	523.6 (237.5)	*2.93X	Iryna Karpova-Yavorska (Ukraine/81) 7/26/09 (237.5 kg. @ 81.1 kg.) (Kaohsiung, Chinese Taipei) (IPF)

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

181 Pound (82.5 Kilogram) Women's Weight Division -- Total

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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) <TOP20C> <TOP20F>
2.	1603.9 (727.5)	*9.31X	Jill Brown-Mills (US/71) 7/22/06 (295.0+177.5+255.0=727.5 kg. @ 172.3 lb.) (San Antonio, Texas) (APF) <TOP20F>
3.	1592.8 (722.5)	*8.85X	Svetlana Dedulia-Miklasevich (Russia/75) 3/5/06 (270.0+202.5+250.0=722.5 kg. @ 81.6 kg.) (Ufa, Russia) (IPF) <TOP20F>
4.	1540.0 (698.5)	*8.60X	Tamara Rainwater-Grimwood (US/64-00) 4/15/95 (620.0+400.0+520.0=1540.0 lb. @ 179.0 lb.) (Lebanon, Pennsylvania) (IPA)
5.	1499.1 (680.0)	*8.61X	Yevgeniya Mazaylova (Russia/82) 8/26/04 (270.0+150.0+260.0=680.0 kg. @ 79.0 kg.) (Voronezh, Russia) (IPF)
6.	1480.0 (671.3)	*8.17X	Dawn Reshel-Sharon (US/55-00) 6/16/90 (580.0+310.0+590.0=1480.0 lb. @ 181.25 lb.) (Wilwaukee, Wisconsin) (APF/WPC)
7.	1477.1 (670.0)	*8.83X	Stephanie VanDeWeghe (US/55) 6/5/10 (280.0+182.5+207.5=670.0 kg. @ 75.9 kg.) (Chicago, Illinois) (APF/WPC)
8.	1455.1 (660.0)	*8.11X	Yulia Medvedeva (Russia/86) 11/1/10 (260.0+175.0+225.0=660.0 kg. @ 81.4 kg.) (Mikkeli, Finland) (WPC)
9.	1449.5 (657.5)	*8.02X	Sarah Keller (US/83) 6/16/07 (250.0+175.0+232.5=657.5 kg. @ 81.95 kg.) (Daytona Beach, Florida) (APF/WPC)
10.	1438.5 (652.5)	*7.91X	Krista Ford (US/66) 6/5/04 (260.0+137.5+255.0=652.5 kg. @ 82.5 kg.) (Baton Rouge, Louisiana) (APF/WPC)
11.	1416.5 (642.5)	*8.00X	Alexandra Murashova (Russia/83) 9/10/05 (257.5+142.5+242.5=642.5 kg. @ 80.3 kg.) (Fort Wayne, Indiana) (IPF)
12.	1416.5 (642.5)	*8.12X	Deb Widdis (US/60) 11/3/06 (265.0+140.0+237.5=642.5 kg. @ 79.15 kg.) (Lake George, New York) (APF/WPC)
13.	1416.5 (642.5)	*7.91X	Krystal Cary (US/84) 3/22/09 (637.5 kg. @ 81.2 kg., which was accidentally misloaded to 642.5 kg.; FV: 270.0+175.0+192.5=637.5 kg.; AW: 275.0+175.0+192.5=642.5 kg.) (Omaha, Nebraska) (APF)
14.	1411.0 (640.0)	*8.50X	Yulia Zaugolova (Russia/81) 8/1/03 (260.0+145.0+235.0=640.0 kg. @ 75.3 kg.) (Moscow, Russia) (IPF)
15.	1411.0 (640.0)	*7.89X	Iryna Karpova-Yavorska (Ukraine/81) 7/26/09 (237.5+165.0+237.5=640.0 kg. @ 81.1 kg.) (Kaohsiung, Chinese Taipei) (IPF)
16.	1411.0 (640.0)	*7.89X	Olena Kozlova (Ukraine/90) 11/11/10 (255.0+147.5+237.5=640.0 kg. @ 81.12 kg.) (Potchefstroom, South Africa) (IPF)
17.	1406.5 (638.0)	*7.80X	Cathy Millen (New Zealand/67) 7/25/93 (230.0+150.5+257.5=638.0 kg. @ 81.8 kg.) (Hague, Netherlands) (IPF)
18.	1405.4 (637.5)	*7.75X	Olesya Rychkova (Russia/74) 3/3/05 (235.0+160.0+242.5=637.5 kg. @ 82.25 kg.) (Kazan, Russia) (IPF)
19.	1388.9 (630.0)	*7.70X	Elena Ignatenkova (Russia/71) 5/27/00 (252.5+142.5+235.0=630.0 kg. @ 81.8 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
20.	1388.9 (630.0)	*7.67X	Tatiana Puzanova (Russia/74) 2/27/03 (252.5+150.0+227.5=630.0 kg. @ 82.1 kg.) (Kazan, Russia) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of **4/24/11**.

<http://www.powerliftingusa.com>

Page #66 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

198 Pound (90 Kilogram) Women's Weight Division -- Squat

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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) <TOP20C> <TOP20F>
2.	633.0 (287.1)	*3.31X	Dawn Reshel-Sharon (US/55-00) 5/15/88 (655.0 lb. @ 191.0 lb., which later weighed out at 633.0 lb.) (Milwaukee, Wisconsin) (APF/WPC)
3.	620.0 (281.2)	3.12X	Lynne Boshoven (US/58) 4/27/96 (620.0 lb.) (Grand Rapids, Michigan) (NSM)
4.	618.4 (280.5)	*3.18X	Valeria Scheglova (Russia/83) 9/22/06 (280.5 kg. @ 88.2 kg.) (Syktyfkar, Russia) (IPF)
5.	617.3 (280.0)	*3.36X	Yevgeniya Mazaylova (Russia/82) 3/5/06 (280.0 kg. @ 83.3 kg.) (Ufa, Russia) (IPF)
6.	617.3 (280.0)	*3.25X	Yulya Pozdeeva (Russia/81) 3/5/06 (280.0 kg. @ 86.1 kg.) (Ufa, Russia) (IPF)
7.	611.8 (277.5)	*3.28X	Yulia Kurina (Russia/81) 4/15/04 (277.5 kg. @ 84.65 kg.) (Saint Petersburg, Russia) (IPF)
8.	600.8 (272.5)	*3.22X	Krista Ford (US/66) 6/8/08 (272.5 kg. @ 84.5 kg.) (Norfolk, Virginia) (APC/WUAP)
9.	597.5 (271.0)	*3.03X	Jessica Watkins-O'Donnell (US/80) 7/13/07 (271.0 kg. @ 89.5 kg.) (Saint Louis, Missouri) (USAPL/IPF)
10.	595.2 (270.0)	*3.19X	Alexandra Murashova (Russia/83) 3/3/05 (270.0 kg. @ 84.65 kg.) (Kazan, Russia) (IPF)
11.	595.2 (270.0)	*3.10X	Tatiana Puzanova (Russia/74) 3/5/06 (270.0 kg. @ 87.0 kg.) (Ufa, Russia) (IPF)
12.	589.7 (267.5)	*3.13X	Deb Widdis (US/60) 6/4/05 (267.5 kg. @ 188.49 lb.) (Detroit, Michigan) (APF/WPC)
13.	578.7 (262.5)	*3.00X	Iryna Karpova-Yavorska (Ukraine/81) 7/16/05 (262.5 kg. @ 87.55 kg.) (Duisburg, Germany) (IPF)
14.	578.7 (262.5)	*3.00X	Ya-Wen Chang (Chinese Taipei/84) 7/26/09 (262.5 kg. @ 86.1 kg.) (Kaohsiung, Chinese Taipei) (IPF)
15.	578.7 (262.5)	*2.96X	Ielja Strik (Netherlands/73) 5/7/10 (262.5 kg. @ 88.55 kg.) (Koping, Sweden) (IPF)
16.	575.0 (260.8)	*3.15X	Anna McCloskey (US/92) 1/20/08 (575.0 lb. @ 182.4 lb.) (Carteret, New Jersey) (IPA)
17.	574.3 (260.5)	*2.89X	Inna Orobets (Ukraine/71) 3/4/05 (260.5 kg. @ 90.0 kg.) (Mariupol, Ukraine) (IPF)
18.	573.2 (260.0)	*2.94X	Cathy Millen (New Zealand/67) 5/28/94 (260.0 kg. @ 88.4 kg.) (Rotorua, New Zealand) (IPF)
19.	573.2 (260.0)	*2.90X	Irina Lugovaya (Russia/74) 3/11/04 (260.0 kg. @ 89.8 kg.) (Krasnoyarsk, Russia) (IPF)
20.	562.2 (255.0)	*3.03X	Shawna Mendelson (US/72) 12/6/03 (255.0 kg. @ 84.25 kg.) (New Smyrna Beach, Florida) (APF)

198 Pound (90 Kilogram) Women's Weight Division -- Bench Press

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	479.5 (217.5)	*2.43X	Becca Swanson (US/73) 3/3/06 (217.5 kg. @ 89.45 kg.) (Columbus, Ohio) (WPO) <TOP20F>
2.	468.5 (212.5)	2.36X	Karen Campbell (US/63) 5/15/10 (212.5 kg.) (Wisconsin Dells, Wisconsin) (WABDL) <TOP20F>
3.	463.0 (210.0)	*2.49X	Viktoriya Sheludko (Russia/73) 11/2/10 (210.0 kg. @ 84.3 kg.) (Mikkeli, Finland) (WPC) <TOP20F>
4.	418.9 (190.0)	*2.12X	Ludmilla Gaiduchenko (Ukraine/56) 11/7/04 (190.0 kg. @ 89.6 kg.) (Helsinki, Finland) (WPO)
5.	418.9 (190.0)	*2.27X	Svetlana Dedulia-Miklasevich (Russia/75) 2/19/11 (190.0 kg. @ 83.55 kg.) (Berdsk, Russia) (IPF)
6.	413.4 (187.5)	*2.08X	Valeria Scheglova (Russia/83) 2/19/10 (187.5 kg. @ 90.0 kg.) (Chelyabinsk, Russia) (IPF)
7.	403.4 (183.0)	*2.07X	Ielja Strik (Netherlands/73) 5/7/10 (183.0 kg. @ 88.55 kg.) (Koping, Sweden) (IPF)
8.	402.3 (182.5)	*2.07X	Tazzie Colomb (US/66) 12/4/05 (182.5 kg. @ 88.35 kg.) (Jacksonville, Florida) (APF)
9.	396.8 (180.0)	*2.00X	Irina Lugovaya (Russia/74) 3/11/04 (180.0 kg. @ 89.8 kg.) (Krasnoyarsk, Russia) (IPF)
10.	391.3 (177.5)	*2.02X	Iryna Karpova-Yavorska (Ukraine/81) 11/27/05 (177.5 kg. @ 88.0 kg.) (Oroshaza, Hungary) (IPF)
11.	390.0 (176.9)	1.97X	Kym Allen (US/69) 4/26/97 (390.0 lb.) (Quebec, Canada) (APA/WPA)
12.	388.0 (176.0)	*2.00X	Natalia Rumyantseva (Russia/71) 12/7/03 (176.0 kg. @ 88.2 kg.) (Trencin, Slovakia) (IPF)
13.	386.9 (175.5)	*2.09X	Timea Zavodszky (Hungary/71) 12/7/03 (175.5 kg. @ 84.0 kg.) (Trencin, Slovakia) (IPF)
14.	385.8 (175.0)	*1.99X	Cathy Millen (New Zealand/67) 12/3/94 (175.0 kg. @ 87.8 kg.) (Jarvenpaa, Finland) (IPF)
15.	384.0 (174.2)	*2.10X	Jan Harrell-Gable (US/59) 3/28/87 (380.0 lb. @ 183.0 lb., which later weighed out at 384.0 lb.) (San Diego, California) (APF/WPC)
16.	381.4 (173.0)	*1.92X	Inna Orobets (Ukraine/71) 3/4/05 (173.0 kg. @ 90.0 kg.) (Mariupol, Ukraine) (IPF)
17.	380.3 (172.5)	*1.96X	Christi Witmer (US/68) 8/5/06 (172.5 kg. @ 194.0 lb.) (Boca Raton, Florida) (APF)
18.	378.1 (171.5)	*2.00X	Min-Chu Hung (Chinese Taipei/83) 5/4/06 (171.5 kg. @ 85.7 kg.) (Taebaek, Korea) (IPF)
19.	374.8 (170.0)	*1.92X	Tarja Rantanen (Finland/57) 11/2/05 (170.0 kg. @ 88.5 kg.) (Helsinki, Finland) (WPC)
20.	369.3 (167.5)	*2.01X	Yevgeniya Mazaylova (Russia/82) 3/5/06 (167.5 kg. @ 83.3 kg.) (Ufa, Russia) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #67 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

198 Pound (90 Kilogram) Women's Weight Division -- Deadlift

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	604.0 (274.0)	*3.16X	Dawn Reshel-Sharon (US/55-00) 5/15/88 (604.0 lb. @ 191.0 lb. First woman to deadlift 600 pounds.) (Milwaukee, Wisconsin) (APF/WPC)
2.	600.8 (272.5)	*3.05X	Becca Swanson (US/73) 3/3/06 (272.5 kg. @ 89.45 kg.) (Columbus, Ohio) (WPO)
3.	590.8 (268.0)	*3.22X	Yevgeniya Mazaylova (Russia/82) 3/5/06 (268.0 kg. @ 83.3 kg.) (Ufa, Russia) (IPF)
4.	589.7 (267.5)	*2.99X	Alla Korshunova-Chatimchenko (Russia/68) 3/3/05 (267.5 kg. @ 89.4 kg.) (Kazan, Russia) (IPF)
5.	573.2 (260.0)	*2.94X	Cathy Millen (New Zealand/67) 5/28/94 (260.0 kg. @ 88.4 kg.) (Rotorua, New Zealand) (IPF)
6.	573.2 (260.0)	*2.95X	Valeria Scheglova (Russia/83) 9/22/06 (260.0 kg. @ 88.2 kg.) (Syktyfkar, Russia) (IPF)
7.	567.7 (257.5)	*2.90X	Iryna Karpova-Yavorska (Ukraine/81) 6/6/04 (257.5 kg. @ 88.8 kg.) (Cahors, France) (IPF)
8.	567.7 (257.5)	*2.88X	Irina Lugovaya (Russia/74) 6/6/04 (257.5 kg. @ 89.3 kg.) (Cahors, France) (IPF)
9.	551.2 (250.0)	*2.81X	Coral Blair (Austria/64) 5/5/00 (250.0 kg. @ 89.0 kg.) (Haiming, Austria) (WPC)
10.	540.1 (245.0)	*2.89X	Alexandra Murashova (Russia/83) 3/3/05 (245.0 kg. @ 84.65 kg.) (Kazan, Russia) (IPF)
11.	535.0 (242.7)	*2.70X	Cheryl Clodfelter (US/62) 6/28/09 (535.0 lb. @ 197.9 lb.) (York, Pennsylvania) (IPA)
12.	534.6 (242.5)	*2.71X	Jessica Watkins-O'Donnell (US/80) 7/13/07 (242.5 kg. @ 89.5 kg.) (Saint Louis, Missouri) (USAPL/IPF)
13.	530.2 (240.5)	2.67X	Katrina Robertson (Australia/60) 3/96 (240.5 kg.) (National Record) (IPF)
14.	530.0 (240.4)	2.67X	Lisa Nawrocki (US/61) 5/7/89 (530.0 lb.) (Lakeland, Florida) (NSM)
15.	529.1 (240.0)	*2.67X	Ludmilla Gaiduchenko (Ukraine/56) 10/15/93 (240.0 kg. @ 90.0 kg.) (Kiev, Ukraine) (IPF)
16.	529.1 (240.0)	2.67X	Ulrike Herchenheim (Germany/62) 1999 (240.0 kg.) (WPC)
17.	529.1 (240.0)	*2.68X	Natalia Payousova (Russia/75) 12/2/01 (240.0 kg. @ 89.6 kg.) (Frydlant, Czechia) (IPF)
18.	520.0 (235.9)	2.62X	JoLynn Arvin (US/67) 11/12/95 (520.0 lb.) (Roseville, Michigan) (APF)
19.	520.0 (235.9)	2.62X	Lynn Boshoven (US) 10/28/01 (520.0 lb.) (Wyoming, Michigan) (NSM)
20.	518.1 (235.0)	*2.62X	Sue Meany (US) 3/9/86 (235.0 kg. @ 89.86 kg.) (Canton, Ohio) (APF/WPC)

198 Pound (90 Kilogram) Women's Weight Division -- Total

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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) <TOP20F>
2.	1566.4 (710.5)	*8.06X	Valeria Scheglova (Russia/83) 9/22/06 (280.5+170.0+260.0=710.5 kg. @ 88.2 kg.) (Syktyfkar, Russia) (IPF)
3.	1564.0 (709.4)	*8.19X	Dawn Reshel-Sharon (US/55-00) 5/15/88 (1586.0 lb. @ 191.0 lb., which later weighed out at 1564.0 lb.) (FV: 655.0+327.0+604.0=1586.0 lb.) (AW: 633.0+327.0+604.0=1564.0 lb. First woman to total 1500 pounds.) (Milwaukee, Wisconsin) (APF/WPC)
4.	1548.7 (702.5)	*8.43X	Yevgeniya Mazaylova (Russia/82) 3/5/06 (280.0+167.5+255.0=702.5 kg. @ 83.3 kg.) (Ufa, Russia) (IPF)
5.	1521.2 (690.0)	*7.68X	Irina Lugovaya (Russia/74) 3/11/04 (260.0+180.0+250.0=690.0 kg. @ 89.8 kg.) (Krasnoyarsk, Russia) (IPF)
6.	1504.7 (682.5)	*7.72X	Cathy Millen (New Zealand/67) 5/28/94 (260.0+162.5+260.0=682.5 kg. @ 88.4 kg.) (Rotorua, New Zealand) (IPF)
7.	1499.1 (680.0)	*7.73X	Iryna Karpova-Yavorska (Ukraine/81) 11/27/05 (255.0+177.5+247.5=680.0 kg. @ 88.0 kg.) (Oroshaza, Hungary) (IPF)
8.	1477.1 (670.0)	*8.02X	Svetlana Dedulia-Miklasevich (Russia/75) 2/19/11 (255.0+190.0+225.0=670.0 kg. @ 83.55 kg.) (Berdsk, Russia) (IPF)
9.	1466.1 (665.0)	*7.64X	Tatiana Puzanova (Russia/74) 3/5/06 (270.0+165.0+230.0=665.0 kg. @ 87.0 kg.) (Ufa, Russia) (IPF)
10.	1462.8 (663.5)	*7.41X	Jessica Watkins-O'Donnell (US/80) 7/13/07 (271.0+150.0+242.5=663.5 kg. @ 89.5 kg.) (Saint Louis, Missouri) (USAPL/IPF)
11.	1460.6 (662.5)	*7.60X	Ielja Strik (Netherlands/73) 10/19/07 (255.0+175.0+232.5=662.5 kg. @ 87.2 kg.) (Soelden, Austria) (IPF)
12.	1460.0 (662.2)	7.36X	Lynne Boshoven (US/58) 4/27/96 (620.0+330.0+510.0=1460.0 lb.) (Grand Rapids, Michigan) (NSM)
13.	1455.1 (660.0)	*7.38X	Alla Korshunova-Chatimchenko (Russia/68) 3/3/05 (235.0+157.5+267.5=660.0 kg. @ 89.4 kg.) (Kazan, Russia) (IPF)
14.	1455.1 (660.0)	*7.67X	Yulya Pozdeeva (Russia/81) 3/5/06 (280.0+145.0+235.0=660.0 kg. @ 86.1 kg.) (Ufa, Russia) (IPF)
15.	1449.5 (657.5)	*7.77X	Alexandra Murashova (Russia/83) 3/3/05 (270.0+142.5+245.0=657.5 kg. @ 84.65 kg.) (Kazan, Russia) (IPF)
16.	1433.0 (650.0)	*7.68X	Yulia Kurina (Russia/81) 4/15/04 (277.5+142.5+230.0=650.0 kg. @ 84.65 kg.) (Saint Petersburg, Russia) (IPF)
17.	1423.1 (645.5)	*7.17X	Inna Orobets (Ukraine/71) 3/4/05 (255.0+173.0+217.5=645.5 kg. @ 90.0 kg.) (Mariupol, Ukraine) (IPF)
18.	1384.5 (628.0)	*7.56X	Natalia Payousova (Russia/75) 11/28/99 (235.0+155.5+237.5=628.0 kg. @ 83.1 kg.) (Saint Prix, France) (IPF)
19.	1377.9 (625.0)	*7.37X	Deb Widdis (US/60) 9/10/05 (262.5+142.5+220.0=625.0 kg. @ 84.8 kg.) (Dubuque, Iowa) (APF)
20.	1372.4 (622.5)	*7.23X	Ya-Wen Chang (Chinese Taipei/84) 7/26/09 (262.5+140.0+220.0=622.5 kg. @ 86.1 kg.) (Kaohsiung, Chinese Taipei) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

<http://www.powerliftingusa.com>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #68 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

SHW (198+ Pound/ 90+ Kilogram) Women's Weight Division -- Squat

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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) <TOP20F>
2.	727.5 (330.0)	*2.50X	Galina Karpova (Russia/68) 2/19/11 (330.0 kg. @ 132.25 kg.) (Berdsk, Russia) (IPF)
3.	700.0 (317.5)	*2.02X	Melissa Garrett (US/78) 12/5/10 (700.0 lb. @ 347.0 lb.) (Cincinnati, Ohio) (SPF)
4.	672.4 (305.0)	*2.51X	Olga Gemaletdinova (Russia/86) 2/19/11 (305.0 kg. @ 121.6 kg.) (Berdsk, Russia) (IPF)
5.	661.4 (300.0)		Liz Willett (US/72) 7/9/04 (300.0 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
6.	655.9 (297.5)	*2.59X	Irina Lugovaya (Russia/74) 2/19/11 (297.5 kg. @ 114.7 kg.) (Berdsk, Russia) (IPF)
7.	650.4 (295.0)	*2.31X	Machia Dudley (US/86) 11/3/06 (295.0 kg. @ 127.7 kg.) (Lake George, New York) (APF/WPC)
8.	639.3 (290.0)	*2.41X	Anastasia Pavlova (Russia/68) 3/3/05 (290.0 kg. @ 120.1 kg.) (Kazan, Russia) (IPF)
9.	639.3 (290.0)	*2.67X	Dorothy Shaw (Great Britain/63) 11/19/09 (290.0 kg. @ 108.7 kg.) (Bournemouth, England) (WPC)
10.	630.0 (285.8)	*3.06X	Sandi "Candyazz" McCaslin (US/64) 12/2/06 (630.0 lb. @ 206.0 lb.) (Riverhead, New York) (APF)
11.	628.3 (285.0)	*2.88X	Lorraine Costanzo (US/54) 11/22/87 (285.0 kg. @ 218 lb. First woman to squat 600 pounds.) (Dayton, Ohio) (APF/WPC)
12.	625.0 (283.5)	*2.62X	Karen Sizemore (US/64) 4/12/03 (625.0 lb. @ 238.5 lb.) (Newark, Ohio) (IPA)
13.	617.3 (280.0)	*2.58X	Chia-Sui Lee (Chinese Taipei/77) 11/7/99 (280.0 kg. @ 108.7 kg.) (Nymburk, Czech Republic) (IPF)
14.	617.3 (280.0)	*2.56X	Elena Avilkina (Russia/77) 2/27/03 (280.0 kg. @ 109.3 kg.) (Kazan, Russia) (IPF)
15.	611.8 (277.5)		Juanita Trujillo (US/64) 7/31/94 (277.5 kg.) (Houston, Texas) (USPF/IPF)
16.	610.0 (276.7)	*2.84X	Jessica Watkins-O'Donnell (US/80) 8/9/08 (610.0 lb. @ 215.0 lb.) (Dayton, Ohio) (USAPL)
17.	606.3 (275.0)	*2.36X	Chen-Yen Chao (Chinese Taipei/71) 5/23/98 (275.0 kg. @ 116.4 kg.) (Mo I Rana, Norway) (IPF)
18.	606.3 (275.0)	*2.26X	Victoria Olenitsa (Ukraine/84) 3/4/05 (275.0 kg. @ 121.9 kg.) (Mariupol, Ukraine) (IPF)
19.	606.3 (275.0)	*2.80X	Tatyana Grigor (Russia/70) 3/5/06 (275.0 kg. @ 98.3 kg.) (Ufa, Russia) (IPF)
20.	600.8 (272.5)		Harriet Hall (US/50) 3/11/06 (272.5 kg.) (Anchorage, Alaska) (USAPL)

SHW (198+ Pound/ 90+ Kilogram) Women's Weight Division -- Bench Press

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	600.8 (272.5)	*2.50X	Becca Swanson (US/73) 3/8/08 (272.5 kg. @ 240.0 lb. First woman to bench press 500 pounds. First woman to bench press 550 pounds. Only woman to bench press 600 pounds. Heaviest female double bodyweight bench press of all time.) (Omaha, Nebraska) (APF) <TOP20F>
2.	535.0 (242.7)	*1.54X	Melissa Garrett (US/78) 12/5/10 (535.0 lb. @ 347.0 lb.) (Cincinnati, Ohio) (SPF) <TOP20F>
3.	531.0 (240.9)	*1.98X	Shannon Pole-Summers (US/84) 3/18/06 (531.0 lb. @ 268.6 lb.) (Piedmont, South Carolina) (APA) <TOP20F>
4.	468.5 (212.5)	*1.90X	Irina Lugovaya (Russia/74) 2/19/10 (212.5 kg. @ 111.75 kg.) (Chelyabinsk, Russia) (IPF)
5.	451.9 (205.0)	*2.12X	Ludmilla Gaiduchenko (Ukraine/56) 2/4/07 (205.0 kg. @ 96.6 kg.) (Melitopol, Ukraine) (IPF)
6.	451.9 (205.0)	*1.63X	Lisa Miller (US/76) 6/30/07 (205.0 kg. @ 126.0 kg.) (Willowbrook, Illinois) (APF)
7.	451.9 (205.0)	*1.55X	Galina Karpova (Russia/68) 2/19/11 (205.0 kg. @ 132.25 kg.) (Berdsk, Russia) (IPF)
8.	450.0 (204.1)	*1.79X	Karen Sizemore (US/64) 3/30/02 (450.0 lb. @ 252.0 lb.) (Charleston, West Virginia) (IPA)
9.	446.4 (202.5)	*1.89X	Joanne Smith-Williams Schaeffer (Great Britain/Netherlands/67) 5/28/10 (202.5 kg. @ 107.1 kg.) (Killeen, Texas) (IPF)
10.	446.4 (202.5)	*1.98X	Sandra Lonn (Sweden/74) 8/13/10 (202.5 kg. @ 102.1 kg.) (Bratislava, Slovakia) (IPF)
11.	444.2 (201.5)	*1.57X	Hildeborg Juvet Hugdal (Norway/83) 11/6/09 (201.5 kg. @ 128.14 kg.) (New Delhi, India) (IPF)
12.	435.4 (197.5)	*1.50X	Rachel Nutter (US/71) 4/16/11 (197.5 kg. @ 290.1 lb.) (Sandwich, Illinois) (UPA)
13.	429.9 (195.0)	*1.71X	Nataliya Zotova (Russia/75) 8/13/10 (195.0 kg. @ 114.3 kg.) (Bratislava, Slovakia) (IPF)
14.	425.0 (192.8)	*2.00X	Sandi "Candyazz" McCaslin (US/64) 7/12/08 (425.0 lb. @ 213.0 lb.) (Bradford, Pennsylvania) (SSA)
15.	424.4 (192.5)		Machia Dudley (US/86) 2/04 (192.5 kg.) (Omaha, Nebraska) (APF)
16.	420.0 (190.5)	*1.57X	Deborah Ferrell (US/64) 5/27/06 (190.5 kg. @ 121.25 kg.) (Miskolc, Hungary) (USAPL/IPF)
17.	418.9 (190.0)	*1.61X	Chen-Yen Chao (Chinese Taipei/71) 5/2/03 (190.0 kg. @ 118.2 kg.) (Almaty, Kazakhstan) (IPF)
18.	413.4 (187.5)	*1.85X	Inna Orobets (Ukraine/71) 11/7/08 (187.5 kg. @ 101.12 kg.) (Saint John's, Canada) (IPF)
19.	412.3 (187.0)	*1.25X	Liz Willett (US/72) 5/1/04 (187.0 kg. @ 330.6 lb.) (Villa Park, Illinois) (Bench America2)
20.	410.0 (186.0)	*1.60X	April Mathis (US/87) 10/30/10 (410.0 lb. @ 255.5 lb., without a bench press shirt. Heaviest female bench press of all time without a bench press shirt.) (Orlando, Florida) (APF) <TOP20UF> <UWR>

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of **4/24/11**.

<http://www.powerliftingusa.com>

Page #69 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

SHW (198+ Pound/ 90+ Kilogram) Women's Weight Division -- Deadlift

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	683.4 (310.0)	*2.80X	Becca Swanson (US/73) 11/5/05 (310.0 kg. @ 110.8 kg.) (Helsinki, Finland) (WPO) <TOP20F>
2.	580.9 (263.5)	*2.21X	Katrina Robertson (Australia/60) 12/6/98 (263.5 kg. @ 119.5 kg.) (Oceania, New Zealand) (IPF)
3.	575.4 (261.0)	*2.21X	Olga Gemaletdinova (Russia/86) 2/19/10 (261.0 kg. @ 118.2 kg.) (Chelyabinsk, Russia) (IPF)
4.	573.2 (260.0)	*2.51X	Dorothy Shaw (Great Britain/63) 6/00 (260.0 kg. @ 103.5 kg.) (Port Talbot, Wales) (WPC)
5.	575.0 (260.8)	*2.25X	April Mathis (US/87) 10/30/10 (575.0 lb. @ 255.5 lb.) (Orlando, Florida) (APF)
6.	567.7 (257.5)	*2.84X	Dawn Reshel-Sharon (US/55-00) 12/1/89 (257.5 kg. @ 90.6 kg.) (Stone, England) (APF/WPC)
7.	565.0 (256.3)	*2.70X	Lisa Nawrocki (US/61) 5/6/90 (565.0 lb. @ 209.0 lb.) (Lakeland, Florida) (NSM)
8.	565.0 (256.3)	*2.62X	JoLynn Arvin (US/67) 2/8/98 (565.0 lb. @ 98.0 kg.) (Columbus, Ohio) (APF)
9.	556.7 (252.5)	*2.07X	Victoria Olenitsa (Ukraine/84) 3/4/05 (252.5 kg. @ 121.9 kg.) (Mariupol, Ukraine) (IPF)
10.	551.2 (250.0)	*2.07X	Galina Karpova (Russia/68) 3/3/05 (250.0 kg. @ 120.8 kg.) (Kazan, Russia) (IPF)
11.	551.2 (250.0)	*2.51X	Jessica Watkins-O'Donnell (US/80) 5/23/10 (250.0 kg. @ 99.5 kg.) (Cleveland, Ohio) (USAPL/IPF)
12.	551.2 (250.0)	*2.18X	Irina Lugovaya (Russia/74) 2/19/11 (250.0 kg. @ 114.7 kg.) (Berdsk, Russia) (IPF)
13.	545.6 (247.5)	*2.12X	Chia-Sui Lee (Chinese Taipei/77) 5/23/99 (247.5 kg. @ 116.9 kg.) (Thisted, Denmark) (IPF)
14.	540.1 (245.0)	*2.24X	Marlene Lewis (US) 3/19/88 (245.0 kg. @ 241.4 lb.) (Philadelphia, Pennsylvania) (USPF)
15.	540.1 (245.0)	*2.17X	Anastasia Pavlova (Russia/68) 3/3/01 (245.0 kg. @ 112.7 kg.) (Saint Petersburg, Russia) (IPF)
16.	540.1 (245.0)		Josefin Brander (Sweden/78) 11/16/08 (245.0 kg.) (Las Vegas, Nevada) (WABDL)
17.	535.7 (243.0)	*2.69X	Natalia Payousova (Russia/75) 9/27/00 (243.0 kg. @ 90.2 kg.) (Sotchi, Russia) (IPF)
18.	534.6 (242.5)		Carlross Lott (US) 10/26/85 (242.5 kg.) (Hattiesburg, Mississippi) (USPF)
19.	534.6 (242.5)	*2.35X	Ulrike Herchenheim (Germany/62) 12/8/96 (242.5 kg. @ 103.2 kg.) (Erba, Italy) (IPF)
20.	534.6 (242.5)	*1.83X	Tetyana Varlamova (Ukraine/89) 11/6/09 (242.5 kg. @ 132.2 kg.) (New Delhi, India) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #70 of 85

ALL TIME HISTORICAL WOMEN'S POWERLIFTING
TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

SHW (198+ Pound/ 90+ Kilogram) Women's Weight Division -- Total

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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. Only woman to total 1800 pounds.) (Chicago, Illinois) (WPO) <TOP20F>
2.	1700.0 (771.1)	*4.90X	Melissa Garrett (US/78) 12/5/10 (700.0+535.0+465.0=1700.0 lb. @ 347.0 lb.) (Cincinnati, Ohio) (SPF)
3.	1697.6 (770.0)	*5.82X	Galina Karpova (Russia/68) 2/19/11 (330.0+205.0+235.0=770.0 kg. @ 132.25 kg.) (Berds, Russia) (IPF)
4.	1675.5 (760.0)	*6.63X	Irina Lugovaya (Russia/74) 2/19/11 (297.5+212.5+250.0=760.0 kg. @ 114.7 kg.) (Berds, Russia) (IPF)
5.	1625.9 (737.5)	*6.06X	Olga Gemaletdinova (Russia/86) 2/19/11 (305.0+172.5+260.0=737.5 kg. @ 121.6 kg.) (Berds, Russia) (IPF)
6.	1559.8 (707.5)	*5.80X	Victoria Olenitsa (Ukraine/84) 3/4/05 (275.0+180.0+252.5=707.5 kg. @ 121.9 kg.) (Mariupol, Ukraine) (IPF)
7.	1555.0 (705.3)	*6.22X	April Mathis (US/87) 5/29/10 (600.0+385.0+570.0=1555.0 lb. @ 250.0 lb. Lifts done unequipped, without a squat suit or a bench press shirt. Heaviest unequipped female Total of all time.) (Tampa, Florida) (APF) <TOP20UF> <UWR>
8.	1543.2 (700.0)	*5.83X	Anastasia Pavlova (Russia/68) 3/3/05 (290.0+170.0+240.0=700.0 kg. @ 120.1 kg.) (Kazan, Russia) (IPF)
9.	1532.2 (695.0)	*6.71X	Dorothy Shaw (Great Britain/63) 6/00 (275.0+160.0+260.0=695.0 kg. @ 103.5 kg.) (Port Talbot, Wales) (WPC)
10.	1532.2 (695.0)	*5.93X	Chen-Yen Chao (Chinese Taipei/71) 5/25/03 (272.5+190.0+232.5=695.0 kg. @ 117.2 kg.) (Chicago, Illinois) (IPF)
11.	1530.0 (694.0)	*7.12X	Jessica Watkins-O'Donnell (US/80) 8/9/08 (610.0+400.0+520.0=1530.0 lb. @ 215.0 lb.) (Dayton, Ohio) (USAPL)
12.	1526.7 (692.5)	*5.42X	Machia Dudley (US/86) 11/3/06 (295.0+172.5+225.0=692.5 kg. @ 127.7 kg.) (Lake George, New York) (APF/WPC)
13.	1521.2 (690.0)	*4.72X	Liz Willett (US/72) 9/21/03 (280.0+182.5+227.5=690.0 kg. @ 146.05 kg.) (Irving, Texas) (USAPL)
14.	1500.0 (680.4)	*5.95X	Karen Sizemore (US/64) 3/30/02 (600.0+450.0+450.0=1500.0 lb. @ 252.0 lb.) (Charleston, West Virginia) (IPA)
15.	1493.6 (677.5)	*5.24X	Hildeborg Juvet Hugdal (Norway/83) 9/19/09 (272.5+200.0+205.0=677.5 kg. @ 129.4 kg.) (Sandnes, Norway) (IPF)
16.	1496.9 (679.0)	*5.81X	Chia-Sui Lee (Chinese Taipei/77) 5/23/99 (279.0+152.5+247.5=679.0 kg. @ 116.9 kg.) (Thisted, Denmark) (IPF)
17.	1485.0 (673.6)	*7.14X	JoLynn Arvin (US/67) 3/29/97 (575.0+350.0+560.0=1485.0 lb. @ 208.0 lb.) (Kalamazoo, Michigan) (APF)
18.	1477.1 (670.0)	*6.94X	Ludmilla Gaiduchenko (Ukraine/56) 2/4/07 (230.0+205.0+235.0=670.0 kg. @ 96.6 kg.) (Melitopol, Ukraine) (IPF)
19.	1477.1 (670.0)	*6.63X	Inna Orobets (Ukraine/71) 11/7/08 (265.0+187.5+217.5=670.0 kg. @ 101.12 kg.) (Saint John's, Canada) (IPF)
20.	1446.2 (656.0)	*5.49X	Katrina Robertson (Australia/60) 12/6/98 (252.5+140.0+263.5=656.0 kg. @ 119.5 kg.) (Oceania, New Zealand) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of **4/24/11**.

<http://www.powerliftingusa.com>

Page #71 of 85

ALL TIME HISTORICAL GREATEST FEMALE SQUATTERS BY FORMULA

Criteria For Membership: "Top 20" Squat Ranking on either the Wilks or Malone formula

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

	Squat	Wt. Div.	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Malone	Sum	Rank
1.	770.0 *4.56X	181	Laura Phelps-Sweatt (US/80) 1/27/07 (770.0 lb. @ 169.0 lb.) (Columbus, Ohio) (APF)	*722.18 #1	*547.24 #1	#2	—#1—
2.	740.0 4.48X	165	Laura Phelps-Sweatt (US/80) 6/22/08 (740.0 lb.) (Columbus, Ohio) (IPA)	703.44 #2	533.98 #2	#4	#2
3.	804.7 *4.08X	198	Becca Swanson (US/73) 3/3/06 (365.0 kg. @ 89.45 kg. Heaviest female quadruple bodyweight squat of all time.) (Columbus, Ohio) (WPO)	*697.10 #3	*509.85 #3	#6	#3
4.	512.6 *4.57X	114	Olesia Lafina (Russia/79) 3/1/06 (232.5 kg. @ 50.9 kg.) (Ufa, Russia) (IPF)	*649.59 #5	*505.19 #4	#9	#4
5.	854.3 *3.46X	SHW	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)	*691.89 #4	*484.22 #6	#10	#5
6.	518.1 *4.52X	114	Margaret Kirkland (US/63) 12/5/09 (235.0 @ 52.0 kg.) (Jacksonville, Florida) (APF)	*645.85 #6	*501.82 #5	#11	#6
7.	611.8 *4.17X	148	Shannon Hartnett (US/65) 3/22/09 (272.5 kg. @ 66.6 kg., which was accidentally misloaded to 277.5 kg.) (Omaha, Nebraska) (APF)	*630.50 #7	*481.90 #9	=16	=7
8.	556.7 *4.24X	132	Nance Greenspan-Avigliano (US/56) 8/25/02 (252.5 kg. @ 59.5 kg.) (Red Deer, Alberta, Canada) (APF/WPC)	*624.64 #8	*482.13 #8	=16	=7
9.	529.1 *4.29X	123	Inna Filimonova (Russia/76) 3/1/06 (240.0 kg. @ 55.9 kg.) (Ufa, Russia) (IPF)	*623.45 #9	*482.87 #7	=16	=7
10.	463.0 *4.40X	105	Margaret Kirkland (US/63) 8/4/07 (210.0 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)	*615.98 #10	*480.93 #10	#20	#10
11.	540.0 *4.12X	132	Amy Weisberger (US/65) 1/27/07 (540.0 lb. @ 131.0 lb.) (Columbus, Ohio) (APF)	*606.58 #12	*468.50 #11	#23	#11
12.	644.9 *3.90X	165	Stephanie VanDeWeghe (US/55) 6/13/09 (292.5 kg. @ 75.0 kg.) (Palm Beach Gardens, Florida) (APF/WPC)	*613.00 #11	*465.33 #14	#25	#12
13.	590.0 *4.00X	148	Amy Weisberger (US/65) 8/18/07 (590.0 lb. @ 147.4 lb.) (Franklin, Ohio) (IPA)	*606.31 #13	*463.21 #15	=28	=13
14.	534.6 *4.10X	132	Inna Filimonova (Russia/76) 1/21/06 (242.5 kg. @ 59.15 kg.) (Moscow, Russia) (IPF)	*602.70 #15	*465.49 #13	=28	=13
15.	457.5 *4.27X	114	Wei-Ling Chen (Chinese Taipei/82) 11/4/08 (207.5 kg. @ 48.6 kg.) (Saint John's, Canada) (IPF)	*600.32 #16	*468.12 #12	=28	=13
16.	650.4 *3.77X	181	Jill Brown-Mills (US/71) 7/22/06 (295.0 kg. @ 172.3 lb.) (San Antonio, Texas) (APF)	*603.06 #14	*455.52 #21	#35	#16
17.	529.1 *4.03X	132	Mary Ellen Jerumbo-Warman (US/58) 11/9/96 (240.0 kg. @ 59.6 kg. First woman to squat quadruple bodyweight.) (Durban, South Africa) (APF/WPC)	*592.97 #19	*458.05 #19	=38	=17
18.	507.1 *4.07X	132	Anna Ryzhkova (Russia/86) 2/19/11 (230.0 kg. @ 56.45 kg.) (Berdsk, Russia) (IPF)	*592.88 #20	*459.02 #18	=38	=17
19.	486.1 *4.12X	123	Margaret Kirkland (US/63) 5/30/08 (220.5 kg. @ 118.0 lb.) (Omaha, Nebraska) (APF/WPC)	*592.58 #21	*459.97 #17	=38	=17
20.	454.2 *4.19X	114	Leslie Jayne Thomas (Great Britain/66) 6/11/05 (206.0 kg. @ 49.2 kg.) (Port Talbot, Great Britain) (GPC)	*590.58 #22	*460.15 #16	=38	=17
21.	575.0 *3.94X	148	Carol Ann Myers (US/66) 10/4/08 (575.0 lb. @ 146.0 lb.) (Gaitlinburg, Tennessee) (SPF)	*594.95 #17	*455.29 #22	#39	#21
22.	611.8 *3.83X	165	Yulia Zaigolova (Russia/81) 8/24/05 (277.5 kg. @ 72.45 kg.) (Oriol, Russia) (IPF)	*594.68 #18	*452.47 #23	#41	#22
23.	440.9 *4.18X	105	Olesia Lafina (Russia/79) 2/26/03 (200.0 kg. @ 47.8 kg.) (Kazan, Russia) (IPF)	*585.75 #23	*457.24 #20	#43	#23

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; Email address-- soongm@comcast.net).

Records-- <http://www.powerliftingusa.com>

<http://www.powerliftingwatch.com/records>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #72 of 85

ALL TIME HISTORICAL GREATEST FEMALE BENCH PRESSERS BY FORMULA

Criteria For Membership: "Top 20" Bench Press Ranking on either the Wilks or Malone formula

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

	Bench Press	Wt. Div.	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Malone	Sum	Rank
1.	525.0 * 3.19X	165	Laura Phelps-Sweatt (US/80) 8/20/10 (525.0 lb. @ 164.6 lb.) (Cincinnati, Ohio) (SPF)	* 500.52 #1	* 380.16 #1	#2	—#1—
2.	510.0 *2.90X	181	Laura Phelps-Sweatt (US/80) 3/27/10 (510.0 lb. @ 176.0 lb.) (Richmond, Kentucky) (SPF)	*467.21 #3	*351.80 #2	#5	#2
3.	600.8 *2.50X	SHW	Becca Swanson (US/73) 3/8/08 (272.5 kg. @ 240.0 lb. First woman to bench press 500 pounds. First woman to bench press 550 pounds. Only woman to bench press 600 pounds. Heaviest female double bodyweight bench press of all time.) (Omaha, Nebraska) (APF)	*489.56 #2	*343.93 #4	#6	#3
4.	402.3 *3.04X	132	Tina Rinehart (US/68) 3/6/04 (182.5 kg. @ 60.0 kg. First woman to bench press triple bodyweight.) (Columbus, Ohio) (WPO)	*448.57 #5	*346.14 #3	#8	#4
5.	451.9 *2.93X	165	Kara Bohigian-Smith (US/75) 3/18/06 (205.0 kg. @ 70.0 kg.) (Attalla, Alabama) (APF)	*449.60 #4	*342.62 #5	#9	#5
6.	413.4 *2.78X	148	Kara Bohigian-Smith (US/75) 3/18/07 (187.5 kg. @ 67.5 kg.) (Attalla, Alabama) (APF)	*421.88 #7	*321.48 #6	#13	#6
7.	374.8 *2.83X	132	Ludmilla Bobchenko (Ukraine/79) 3/18/09 (170.0 kg. @ 60.0 kg.) (Krivoy Rog, Ukraine) (WPC)	*417.85 #9	*322.43 #8	#17	#7
8.	463.0 *2.60X	181	Svetlana Dedulia-Miklasevich (Russia/75) 8/24/05 (210.0 kg. @ 80.85 kg.) (Oriol, Russia) (IPF)	*421.16 #8	*316.30 #10	=18	=8
9.	369.3 *2.84X	132	Janet Faraone (US/67) 1/10/09 (167.5 kg. @ 58.9 kg.) (Montreal, Quebec, Canada) (WPC)	*417.65 #11	*322.67 #7	=18	=8
10.	347.0 *2.84X	123	Janet Faraone (US/67) 12/15/07 (347.0 lb. @ 122.0 lb.) (Lake George, New York) (APF)	*412.10 #13	*319.52 #9	#22	#10
11.	531.0 *1.98X	SHW	Shannon Pole-Summers (US/84) 3/18/06 (531.0 lb. @ 268.6 lb.) (Piedmont, South Carolina) (APA)	*423.47 #6	*299.96 #21	=27	=11
12.	345.0 *2.80X	123	Tina Rinehart (US/68) 7/16/06 (345.0 lb. @ 123.0 lb.) (Worthington, Ohio) (APF)	*407.13 #16	*314.30 #11	=27	=11
13.	479.5 *2.43X	198	Becca Swanson (US/73) 3/3/06 (217.5 kg. @ 89.45 kg.) (Columbus, Ohio) (WPO)	*415.40 #10	*303.81 #19	=29	=13
14.	463.0 *2.49X	198	Viktoriya Sheludko (Russia/73) 11/2/10 (210.0 kg. @ 84.3 kg.) (Mikkeli, Finland) (WPC)	*412.14 #12	*306.67 #17	=29	=13
15.	429.9 *2.61X	165	Julie Scanlon (US/76) 3/5/04 (195.0 kg. @ 74.65 kg.) (Columbus, Ohio) (WPO)	*409.87 #15	*311.27 #14	=29	=13
16.	352.7 *2.77X	132	Tamara Althaus (Germany/76) 8/7/08 (160.0 kg. @ 57.8 kg.) (Bratislava, Slovakia) (IPF)	*404.87 #17	*313.09 #12	=29	=13
17.	319.7 *2.82X	114	Janet Faraone (US/67) 12/1/07 (145.0 kg. @ 51.5 kg.) (Montreal, Quebec, Canada) (APF/WPC)	*401.51 #19	*312.06 #13	#32	#17
18.	374.8 *2.68X	148	Jerri Lynn Lippert (US/73) 12/14/03 (170.0 kg. @ 140.0 lb.) (Las Vegas, Nevada) (WABDL)	*400.12 #20	*307.40 #16	#36	#18
19.	535.0 *1.54X	SHW	Melissa Garrett (US/78) 12/5/10 (535.0 lb. @ 347.0 lb.) (Cincinnati, Ohio) (SPF)	*411.47 #14	*284.03 #23	=37	=19
20.	286.6 *2.84X	105	Justyna Kozdryk (Poland/80) 5/25/10 (130.0 kg. @ 45.8 kg.) (Killeen, Texas) (IPF)	*392.61 #22	*307.58 #15	=37	=19
21.	468.5 2.36X	198	Karen Campbell (US/63) 5/15/10 (212.5 kg.) (Wisconsin Dells, Wisconsin) (WABDL)	404.82 #18	295.61 #22	#40	#21
22.	418.9 *2.55X	165	Svetlana Dedulia-Miklasevich (Russia/75) 3/3/05 (190.0 kg. @ 74.65 kg.) (Kazan, Russia) (IPF)	*399.36 #21	*303.29 #20	=41	=22
23.	288.8 *2.81X	105	Yukako Fukushima (Japan/70) 11/3/08 (131.0 kg. @ 46.6 kg.) (Saint John's, Canada) (IPF)	*390.81 #23	*305.67 #18	=41	=22

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; Email address-- soongm@comcast.net).

Records-- <http://www.powerliftingusa.com>

<http://www.powerliftingwatch.com/records>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #73 of 85

ALL TIME HISTORICAL GREATEST FEMALE DEADLIFTERS BY FORMULA

Criteria For Membership: "Top 20" Deadlift Ranking on either the Wilks or Malone formula

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

	Deadlift	Wt. Div.	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Malone	Sum	Rank
1.	490.5 *4.05X	123	Carrie Boudreau (US/67) 7/21/95 (222.5 kg. @ 54.9 kg. First woman to deadlift quadruple bodyweight.) (Baton Rouge, Louisiana) (USPF/IPF)	*586.18 #1	*454.29 #1	#2	—#1—
2.	518.1 *3.94X	132	Maria Revva (Russia/77) 8/25/04 (235.0 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF)	*580.62 #2	*448.25 #3	=5	=2
3.	429.9 *4.17X	105	Wei-Ling Chen (Chinese Taipei/82) 7/25/09 (195.0 kg. @ 46.75 kg.) (Kaohsiung, Chinese Taipei) (IPF)	*580.39 #3	*453.85 #2	=5	=2
4.	545.0 *3.87X	148	Ruthi Shafer (US/57-10) 11/22/83 (545.0 lb. @ 141.0 lb.) (Salem, Oregon) (NSM)	*578.71 #4	*444.67 #4	#8	#4
5.	552.3 *3.80X	148	Shannon Hartnett (US/65) 3/2/07 (250.5 kg. @ 66.0 kg.) (Columbus, Ohio) (WPO)	*572.91 #5	*438.38 #7	=12	=5
6.	529.1 *3.83X	148	Larisa Vitsievskaja-Soloviova (Ukraine/78) 2/26/11 (240.0 kg. @ 62.7 kg.) (Poltava, Ukraine) (IPF)	*570.33 #6	*438.68 #6	=12	=5
7.	446.4 *4.01X	114	Yi-Ju Chou (Chinese Taipei/80) 7/25/09 (202.5 kg. @ 50.45 kg.) (Kaohsiung, Chinese Taipei) (IPF)	*569.63 #7	*443.18 #5	=12	=5
8.	556.7 *3.75X	148	Priscilla Ribic (US/72) 8/8/07 (252.5 kg. @ 67.3 kg.) (Sao Paulo, Brazil) (USAPL/IPF)	*569.36 #8	*434.59 #8	#16	#8
9.	501.6 *3.81X	132	Larisa Vitsievskaja-Soloviova (Ukraine/78) 11/27/04 (227.5 kg. @ 59.7 kg.) (Trencin, Slovakia) (IPF)	*561.34 #11	*433.34 #9	#20	#9
10.	584.2 *3.64X	165	Elana Zhukova-Soukhorouk (Ukraine/72) 5/22/99 (265.0 kg. @ 72.8 kg.) (Thisted, Denmark) (IPF)	*566.05 #9	*430.69 #12	#21	#10
11.	474.0 3.84X	123	Vanessa Gibson (Great Britain/69) --/--/-- (215.0 kg.) (WPC)	557.70 #12	431.90 #11	#23	#11
12.	418.9 *3.96X	105	Yi-Ju Chou (Chinese Taipei/80) 11/2/09 (190.0 kg. @ 48.0 kg.) (New Delhi, India) (IPF)	*554.76 #14	*432.95 #10	#24	#12
13.	556.7 *3.69X	165	Priscilla Ribic (US/72) 6/24/07 (252.5 kg. @ 68.5 kg.) (Guatemala City, Guatemala) (USAPL/IPF)	*562.23 #10	*428.47 #17	#27	#13
14.	440.9 *3.88X	114	Oksana Belova (Russia/75) 11/26/99 (200.0 kg. @ 51.6 kg.) (Paris, France) (IPF)	*552.96 #16	*429.77 #13	#29	#14
15.	468.5 *3.82X	123	Diana Rowell (US/57) 6/1/85 (212.5 kg. @ 55.62 kg.) (Vienna, Austria) (USPF/IPF)	*554.16 #15	*429.33 #15	#30	#15
16.	683.4 *2.80X	SHW	Becca Swanson (US/73) 11/5/05 (310.0 kg. @ 110.8 kg.) (Helsinki, Finland) (WPO)	*554.81 #13	*388.53 #22	=35	=16
17.	418.9 *3.91X	114	Wei-Ling Chen (Chinese Taipei/82) 11/4/08 (190.0 kg. @ 48.6 kg.) (Saint John's, Canada) (IPF)	*549.69 #19	*428.64 #16	=35	=16
18.	485.0 *3.76X	132	Sari Noviana (Indonesia/84) 11/5/08 (220.0 kg. @ 58.52 kg.) (Saint John's, Canada) (IPF)	*551.36 #17	*426.11 #19	=36	=18
19.	385.8 *4.00X	97	Wei-Ling Chen (Chinese Taipei/82) 5/23/03 (175.0 kg. @ 43.7 kg.) (Chicago, Illinois) (IPF)	*545.73 #22	*429.75 #14	=36	=18
20.	435.4 *3.86X	114	Diana Rowell (US/57) 1/28/84 (197.5 kg. @ 51.2 kg.) (Austin, Texas) (USPF/IPF)	*549.32 #20	*427.10 #18	#38	#20
21.	529.1 *3.65X	148	Lesya Guminska (Ukraine/80) 2/24/00 (240.0 kg. @ 65.7 kg.) (Vinnitsa, Ukraine) (IPF)	*550.70 #18	*421.65 #21	#39	#21
22.	490.5 *3.73X	132	Irina Abramova (Russia/74) 5/21/99 (222.5 kg. @ 59.7 kg.) (Thisted, Denmark) (IPF)	*549.00 #21	*423.82 #20	#41	#22

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; Email address-- soongm@comcast.net).

Records-- <http://www.powerliftingusa.com>

<http://www.powerliftingwatch.com/records>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #74 of 85

ALL TIME HISTORICAL GREATEST FEMALE POWERLIFTERS BY FORMULA

Criteria For Membership: "Top 20" Total Ranking on either the Wilks or Malone formula

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

	Total	Wt. Div.	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Malone	Sum	Rank
1.	1755.0 *10.66X	165	Laura Phelps-Sweatt (US/80) 8/20/10 (700.0+510.0+545.0=1755.0 lb. @ 164.6 lb. Heaviest female 10X bodyweight total of all time.) (Cincinnati, Ohio) (SPF)	*1673.2 #1	*1270.8 #1	#2	—#1—
2.	2050.3 *8.30X	SHW	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. Only woman to total 1800 pounds.) (Chicago, Illinois) (WPO)	*1660.5 #2	*1162.1 #4	=6	=2
3.	1885.0 *9.56X	198	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)	*1632.9 #3	*1194.3 #3	=6	=2
4.	1725.0 *10.21X	181	Laura Phelps-Sweatt (US/80) 1/27/07 (770.0+435.0+520.0=1725.0 lb. @ 169.0 lb.) (Columbus, Ohio) (APF)	*1617.9 #4	*1226.0 #2	=6	=2
5.	1333.8 *10.19X	132	Amy Weisberger (US/65) 3/2/07 (240.0+152.5+212.5=605.0 kg. @ 59.4 kg.) (Columbus, Ohio) (WPO)	*1498.7 #6	*1157.2 #5	#11	#5
6.	1543.2 *9.66X	165	Yulia Zaigolova (Russia/81) 8/24/05 (277.5+170.0+252.5=700.0 kg. @ 72.45 kg.) (Oriol, Russia) (IPF)	*1500.1 #5	*1141.4 #7	#12	#6
7.	1091.3 *10.59X	105	Wei-Ling Chen (Chinese Taipei/82) 7/25/09 (207.5+92.5+195.0=495.0 kg. @ 46.75 kg.) (Kaohsiung, Chinese Taipei) (IPF)	*1473.3 #9	*1152.1 #6	#15	#7
8.	1440.0 *9.77X	148	Amy Weisberger (US/65) 8/18/07 (590.0+350.0+500.0=1440.0 lb. @ 147.4 lb.) (Franklin, Ohio) (IPA)	*1479.8 #8	*1130.5 #9	#17	#8
9.	1603.9 *9.31X	181	Jill Brown-Mills (US/71) 7/22/06 (295.0+177.5+255.0=727.5 kg. @ 172.3 lb.) (San Antonio, Texas) (APF)	*1487.2 #7	*1123.4 #11	#18	#9
10.	1157.4 *10.31X	114	Olesia Lafina (Russia/79) 3/1/06 (232.5+137.5+155.0=525.0 kg. @ 50.9 kg. First woman to total 10X bodyweight.) (Ufa, Russia) (IPF)	*1466.8 #11	*1140.8 #8	#19	#10
11.	1428.6 *9.72X	148	Marina Kudinova (Russia/77) 3/3/06 (255.0+162.5+230.5=648.0 kg. @ 66.7 kg.) (Ufa, Russia) (IPF)	*1470.6 #10	*1123.9 #10	#20	#11
12.	1422.0 *9.68X	148	Shannon Hartnett (US/65) 3/22/09 (640.0 kg. @ 66.6 kg., which was accidentally misloaded to 277.5+132.5+235.0=645.0 kg.) (Omaha, Nebraska) (APF)	*1465.5 #12	*1120.1 #12	#24	#12
13.	1350.3 *9.77X	148	Larisa Vitsievskaja-Soloviova (Ukraine/78) 2/26/11 (612.5 kg. @ 62.7 kg.) (Poltava, Ukraine) (IPF)	*1455.5 #13	*1119.6 #13	#26	#13
14.	1278.7 *9.81X	132	Irina Tatarova (Russia/75) 8/25/04 (235.0+130.0+215.0=580.0 kg. @ 59.1 kg.) (Voronezh, Russia) (IPF)	*1442.5 #16	*1114.1 #17	#33	#14
15.	1412.1 *9.59X	148	Kara Bohigian-Smith (US/75) 11/7/03 (640.5 kg. @ 66.8 kg.) (Atlanta, Georgia) (WPO)	*1452.0 #14	*1109.46 #20	#34	#15
16.	1223.6 *9.93X	123	Inna Filimonova (Russia/76) 3/1/06 (240.0+120.0+195.0=555.0 kg. @ 55.9 kg.) (Ufa, Russia) (IPF)	*1441.7 #20	*1116.6 #15	=35	=16
17.	1185.0 *10.00X	123	Margaret Kirkland (US/63) 2/23/08 (1185.0 lb. @ 118.5 lb.) (Orlando, Florida) (APF)	*1439.7 #21	*1117.0 #14	=35	=16
18.	1516.8 *9.19X	165	Sarah Keller (US/83) 5/30/08 (688.0 kg. @ 165.0 lb.) (Omaha, Nebraska) (APF/WPC)	*1443.8 #15	*1096.63 #22	#37	#18
19.	1388.9 *9.56X	148	Priscilla Ribic (US/72) 12/11/04 (232.5+150.0+247.5=630.0 kg. @ 65.9 kg.) (King of Prussia, Pennsylvania) (USAPL/IPF)	*1442.4 #17	*1103.9 #21	#38	#19
20.	1284.2 *9.77X	132	Maria Revva (Russia/77) 8/25/04 (582.5 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF)	*1439.2 #22	*1111.1 #18	=40	=20
21.	1145.0 *10.04X	114	Margaret Kirkland (US/63) 10/13/07 (1145.0 lb. @ 114.0 lb.) (Tampa, Florida) (APF)	*1433.5 #24	*1114.2 #16	=40	=20
22.	1499.1 *9.24X	165	Marina Kudinova (Russia/77) 3/3/05 (680.0 kg. @ 73.6 kg.) (Kazan, Russia) (IPF)	*1442.3 #18	*1096.62 #23	#41	#22
23.	1284.2 *9.76X	132	Larisa Vitsievskaja-Soloviova (Ukraine/78) 11/27/04 (212.5+142.5+227.5=582.5 kg. @ 59.7 kg.) (Trencin, Slovakia) (IPF)	*1437.3 #23	*1109.54 #19	#42	#23
24.	1592.8 *8.85X	181	Svetlana Dedulia-Miklasevich (Russia/75) 3/5/06 (722.5 kg. @ 81.6 kg.) (Ufa, Russia) (IPF)	*1441.8 #19	*1080.9 #24	#43	#24

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; Email address-- soongm@comcast.net).

Records-- <http://www.powerliftingusa.com>

<http://www.powerliftingwatch.com/records>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #75 of 85

ALL TIME HISTORICAL GREATEST FEMALE UNEQUIPPED SQUATTERS BY FORMULA

Criteria For Membership: "Top 20" Squat Ranking on either the Wilks or Malone formula

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

	Squat	Wt. Div.	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Malone	Sum	Rank
1.	490.5 *2.98X	165	Jill Brown-Mills (US/71) 3/24/01 (222.5 kg. @ 164.7 lb., without a squat suit) (Fort Hood, Texas) (USPF)	*467.48 #2	*355.06 #1	#3	—#1—
2.	518.1 2.85X	181	Jill Brown-Mills (US/71) 11/3/01 (235.0 kg., without a squat suit) (Seguin, Texas) (USPF)	466.28 #3	348.72 #2	#5	#2
3.	600.0 *2.40X	SHW	April Mathis (US/87) 5/29/10 (600.0 lb. @ 250.0 lb., without a squat suit or knee wraps. Heaviest female squat of all time without a squat suit.) (Tampa, Florida) (APF)	*484.86 #1	*338.94 #5	#6	#3
4.	505.0 *2.82X	181	Stella Krupinski (US/62) 10/2/10 (505.0 lb. @ 179.0 lb., without a squat suit.) (Nashville, Tennessee) (SPF)	*458.39 #4	*343.91 #4	=8	=4
5.	480.0 *2.91X	165	Robyn Lupton-Blankenship (US/74) 10/3/09 (480.0 lb. @ 165.0 lb., without a squat suit.) (Nashville, Tennessee) (SPF)	*456.91 #5	*347.04 #3	=8	=4
6.	463.0 *2.57X	181	Taylor Stallings (US/85) 1/30/10 (210.0 kg. @ 81.7 kg., without a squat suit or knee wraps.) (Tampa, Florida) (RUPC)	*418.80 #6	*313.89 #7	=13	=6
7.	425.0 *2.67X	165	Julie Scanlon (US/76) 5/6/06 (425.0 lb. @ 159.0 lb., without a squat suit or knee wraps.) (Amherst, Massachusetts) (Atlantis)	*414.33 #7	*315.82 #6	=13	=6
8.	460.0 2.53X	181	Robyn Lupton-Blankenship (US/74) 5/23/09 (460.0 lb., without a squat suit.) (Nashville, Tennessee) (SPF)	*414.00 #8	*309.63 #9	=17	=8
9.	400.0 *2.71X	148	Carol Ann Myers (US/66) 1/26/08 (400.0 lb. @ 147.5 lb., without a squat suit) (Hartford, Alabama) (SPF)	*410.84 #9	*313.88 #8	=17	=8
10.	425.0 *2.58X	165	Kate Baird (US/60) 4/29/06 (425.0 lb. @ 164.75 lb., without a squat suit.) (New Castle, Delaware) (APF)	*404.94 #10	*307.57 #10	#20	#10
11.	385.0 *2.61X	148	Kate Baird (US/60) 9/30/06 (385.0 lb. @ 147.25 lb., without a squat suit.) (New Castle, Delaware) (APF)	*395.93 #11	*302.49 #11	#22	#11
12.	330.7 *2.68X	123	Glendy Randall (Canada/87) 1/29/11 (150.0 kg. @ 56.0 kg., without a squat suit.) (Montreal, Canada) (WPC)	*389.09 #12	*301.33 #12	#24	#12
13.	308.6 *2.71X	114	Suzanne "Sioux-Z" Hartwig-Gary (US/68) 1/30/10 (140.0 kg. @ 51.6 kg., without a squat suit or knee wraps.) (Tampa, Florida) (RUPC)	*387.07 #13	*300.84 #13	#26	#13
14.	308.6 *2.68X	123	Suzanne "Sioux-Z" Hartwig-Gary (US/68) 3/4/11 (140.0 kg. @ 52.2 kg., without a squat suit or knee wraps.) (Cleveland, Ohio) (USAPL/IPF)	*383.62 #15	*298.00 #14	#29	#14
15.	402.3 *2.45X	165	Taylor Stallings (US/85) 1/22/11 (182.5 kg. @ 74.4 kg., without a squat suit or knee wraps.) (Tampa, Florida) (RUPC)	*384.44 #14	*292.02 #16	#30	#15
16.	375.0 *2.53X	148	Amy Weisberger (US/65) 4/24/10 (375.0 lb. @ 148.5 lb., without a squat suit or knee wraps.) (Columbus, Ohio) (SPF)	*383.29 #16	*292.43 #15	#31	#16
17.	415.0 *2.27X	198	Shannon Sanders-Nash (US/72) 3/5/11 (415.0 lb. @ 183.2 lb., without a squat suit.) (Knoxville, Tennessee) (SPF)	*372.09 #17	*277.84 #18	=35	=17
18.	325.0 *2.54X	132	Carrie Boudreau (US/67) 2/11/96 (325.0 lb. @ 128.0 lb., without a squat suit or knee wraps.) (Taunton, Massachusetts) (AAU)	*371.74 #18	*287.66 #17	=35	=17
19.	352.7 *2.39X	148	Elena Povolotskaya (Russia/78) 10/2/09 (160.0 kg. @ 67.0 kg., without a squat suit or knee wraps.) (Rostov-on-Don, Russia) (WPC)	*361.95 #20	*276.44 #19	#39	#19
20.	418.9 *2.20X	198	Erika Medlin (US/78) 3/19/11 (190.0 kg. @ ~190 lb., without a squat suit.) (Kennesaw, Georgia) (APF)	*368.95 #19	*273.15 #21	#40	#20
21.	314.2 *2.42X	132	Ellen Stein (US/53) 1/22/11 (142.5 kg. @ 59.0 kg., without a squat suit or knee wraps.) (Tampa, Florida) (RUPC)	*354.84 #21	*274.10 #20	#41	#21

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; Email address-- soongm@comcast.net).

Records-- <http://www.powerliftingusa.com>

<http://www.powerliftingwatch.com/records>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #76 of 85

ALL TIME HISTORICAL GREATEST FEMALE UNEQUIPPED BENCH PRESSERS BY FORMULA

Criteria For Membership: "Top 20" Bench Press Ranking on either the Wilks or Malone formula

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

	Bench Press	Wt. Div.	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Malone	Sum	Rank
1.	292.1 *2.22X	132	Jennifer Thompson (US/73) 7/16/10 (132.5 kg. @ 59.76 kg. Highest female unequipped bench press bodyweight coefficient of all time.) (Denver, Colorado) (USAPL)	*326.69 #2	*252.17 #1	#3	—#1—
2.	286.6 *2.17X	132	Amalia Perez (Mexico/80) 10/10/09 (130.0 kg. @ 59.8 kg., without a bench press shirt.) (Acapulco, Mexico) (IPF)	*320.36 #3	*247.28 #2	#5	#2
3.	410.0 *1.60X	SHW	April Mathis (US/87) 10/30/10 (410.0 lb. @ 255.5 lb., without a bench press shirt. Heaviest female bench press of all time without a bench press shirt.) (Orlando, Florida) (APF)	*329.93 #1	*230.22 #5	#6	#3
4.	350.0 *1.91X	198	Shannon Sanders-Nash (US/72) 3/5/11 (350.0 lb. @ 183.2 lb.) (Knoxville, Tennessee) (SPF)	*313.81 #4	*234.33 #3	#7	#4
5.	314.2 *1.98X	165	Liz Odendaal (Netherlands/54-98) 7/21/89 (142.5 kg. @ 72.1 kg.) (Karlsruhe, West Germany) (IPF)	*306.34 #5	*233.20 #4	#9	#5
6.	305.0 *1.92X	165	Julie Scanlon (US/76) 5/6/06 (305.0 lb. @ 159.0 lb.) (Amherst, Massachusetts) (Atlantis)	*297.34 #8	*226.65 #6	#14	#6
7.	391.3 *1.11X	SHW	Roberta Collins (US) 1/11/03 (177.5 kg. @ 353.0 lb.) (West Liberty, Ohio) (NASA)	*300.96 #6	*221.06 #12	=18	=7
8.	330.7 1.82X	181	Beverly Francis (Australia/55) 5/12/81 (150.0 kg. First woman to bench press 300 pounds.) (Honolulu, Hawaii) (IPF)	297.62 #7	222.59 #11	=18	=7
9.	275.0 *1.957X	148	Judy Sverchek-Neff (US/77) 7/11/09 (275.0 lb. @ 140.5 lb.) (Coeur d'Alene, Idaho) (Pride)	*292.77 #10	*224.96 #8	=18	=7
10.	308.6 1.87X	165	Beverly Francis (Australia/55) 10/18/81 (140.0 kg.) (Melbourne, Australia) (IPF)	293.40 #9	222.72 #10	=19	=10
11.	248.0 *2.01X	123	Vicki Steenrod (US/49) 7/7/84 (112.5 kg. @ 55.9 kg. First woman to bench press double bodyweight.) (Dayton, Ohio) (USPF)	*292.24 #12	*226.34 #7	=19	=10
12.	231.5 2.02X	114	Mary Ryan-Jeffrey (US/60) 7/26/91 (105.0 kg.) (Dallas, Texas) (USPF)	288.57 #14	224.22 #9	#23	#12
13.	325.2 1.79X	181	Jill Brown-Mills (US/71) 3/20/99 (147.5 kg.) (Austin, Texas) (USPF)	292.66 #11	218.88 #14	#25	#13
14.	303.1 *1.84X	165	Shannon Culbertson (US/71) 9/12/09 (137.5 kg. @ 164.6 lb.) (Rock Hill, South Carolina) (APF)	*289.00 #13	*219.51 #13	#26	#14
15.	264.6 *1.94X	148	Clara Kasbarian (France/59) 6/17/89 (120.0 kg. @ 136.5 lb.) (Chicago, Illinois) (WDFPF)	*287.89 #15	*217.72 #16	#31	#15
16.	275.0 *1.87X	148	Vicky Steenrod (US/49) 5/6/89 (275.0 lb. @ 147.0 lb.) (Santa Fe, New Mexico) (NSM)	*283.14 #17	*216.34 #17	=34	=16
17.	237.0 *1.94X	123	Julie Sylvan-Thomas (US/60) 1/29/83 (107.5 kg. @ 55.35 kg.) (Chicago, Illinois) (USPF)	*281.42 #19	*218.06 #15	=34	=16
18.	325.0 *1.73X	198	Kym Allen (US/69) 6/21/97 (325.0 lb. @ 188.0 lb.) (Macon, Georgia) (APA)	*287.69 #16	*213.40 #21	#37	#18
19.	237.0 1.92X	123	Mary Ryan-Jeffrey (US/60) 7/14/89 (107.5 kg.) (Las Vegas, Nevada) (USPF/IPF)	278.85 #20	215.95 #18	#38	#19
20.	350.0 *1.40X	SHW	Artelia Watson (US/67) 8/7/04 (350.0 lb. @ 250.0 lb.) (Waukegan, Illinois) (APA)	*282.84 #18	*197.72 #22	=40	=20
21.	206.1 *1.96X	105	April Delmore-Shumaker (US/67) 4/10/11 (93.5 kg. @ 105.16 lb.) (Port Saint Lucie, Florida) (USPA)	*274.26 #21	*214.25 #19	=40	=20
22.	203.9 *1.96X	105	Svetlana Stepanova (Russia/75) 6/5/93 (92.5 kg. @ 47.2 kg.) (Darmstadt, Germany) (IPF)	*273.43 #22	*213.63 #20	#42	#22

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; Email address-- soongm@comcast.net).

Records-- <http://www.powerliftingusa.com>

<http://www.powerliftingwatch.com/records>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #77 of 85

ALL TIME HISTORICAL GREATEST FEMALE UNEQUIPPED POWERLIFTERS BY FORMULA

Criteria For Membership: "Top 20" Total Ranking on either the Wilks or Malone formula

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

	Total		Wt. Div.	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks		Malone		Sum	Rank
1.	1344.8	7.39X	181	Jill Brown-Mills (US/71) 11/3/01 (235.0+137.5+237.5=610.0 kg. Lifts done without a squat suit or a bench press shirt.) (Seguin, Texas) (USPF)	1210.3	#2	905.2	#2	=4	—#1—
2.	1267.7	*7.70X	165	Jill Brown-Mills (US/71) 3/24/01 (222.5+125.0+227.5=575.0 kg. @ 164.7 lb. Lifts done without a squat suit or a bench press shirt.) (Fort Hood, Texas) (USPF)	*1208.1	#3	*917.6	#1	=4	—#1—
3.	1555.0	*6.22X	SHW	April Mathis (US/87) 5/29/10 (600.0+385.0+570.0=1555.0 lb. @ 250.0 lb. Lifts done unequipped, without a squat suit or a bench press shirt. Heaviest unequipped female Total of all time.) (Tampa, Florida) (APF)	*1256.6	#1	*878.4	#4	#5	#3
4.	1300.0	*7.26X	181	Stella Krupinski (US/62) 10/2/10 (505.0+305.0+490.0=1300.0 lb. @ 179.0 lb. Lifts done without a squat suit or a bench press shirt.) (Nashville, Tennessee) (SPF)	*1180.0	#4	*885.3	#3	#7	#4
5.	1200.0	*7.27X	165	Robyn Lupton-Blankenship (US/74) 10/3/09 (480.0+285.0+435.0=1200.0 lb. @ 165.0 lb. Lifts done without a squat suit or bench press shirt.) (Nashville, Tennessee) (SPF)	*1142.3	#5	*867.6	#6	#11	#5
6.	1160.0	*7.30X	165	Julie Scanlon (US/76) 5/6/06 (425.0+305.0+430.0=1160.0 lb. @ 159.0 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Amherst, Massachusetts) (Atlantis)	*1130.9	#6	*862.0	#7	=13	=6
7.	1010.0	7.64X	132	Carrie Boudreau (US/67) 5/17/97 (315.0+240.0+455.0=1010.0 lb. Lifts done without a squat suit, knee wraps or bench press shirt.) (Taunton, Massachusetts) (AAU)	1126.0	#8	868.9	#5	=13	=6
8.	1245.6	*6.92X	181	Taylor Stallings (US/85) 1/30/10 (210.0+120.0+235.0=565.0 kg. @ 81.7 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Tampa, Florida) (RUPC)	*1126.8	#7	*844.5	#10	#17	#8
9.	1085.0	*7.33X	148	Stephanie Rogers (US/83) 11/20/10 (350.0+235.0+500.0=1085.0 lb. @ 148.0 lb. Lifts done without a squat suit or bench press shirt.) (Russellville, Arkansas) (SPF)	*1111.8	#9	*849.2	#9	=18	=9
10.	987.7	*7.50X	132	Jennifer Thompson (US/73) 3/4/11 (142.5+120.0+185.5=448.0 kg. @ 59.7 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Cleveland, Ohio) (USAPL/IPF)	*1105.4	#10	*853.3	#8	=18	=9
11.	997.6	*7.36X	148	Gundula von Bachhaus-Fiona (US/Germany/81) 12/19/09 (140.0+112.5+200.0=452.5 kg. @ 61.5 kg. Lifts done without a squat suit, knee wraps or bench press shirt.) (Russelsheim, Germany) (Bembel)	*1091.3	#11	*840.7	#11	#22	#11
12.	1135.4	*6.92X	165	Taylor Stallings (US/85) 1/22/11 (182.5+115.0+217.5=515.0 kg. @ 74.4 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Tampa, Florida) (RUPC)	*1084.9	#12	*824.1	#13	=25	=12
13.	1060.0	*7.14X	148	Amy Weisberger (US/65) 4/24/10 (375.0+270.0+415.0=1060.0 lb. @ 148.5 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Columbus, Ohio) (SPF)	*1083.4	#13	*826.6	#12	=25	=12
14.	1040.0	*7.06X	148	Kate Baird (US/60) 9/30/06 (385.0+255.0+400.0=1040.0 lb. @ 147.25 lb. Lifts done without a squat suit or a bench press shirt.) (New Castle, Delaware) (APF)	*1069.5	#14	*817.1	#14	#28	#14
15.	1190.0	*6.50X	198	Shannon Sanders-Nash (US/72) 3/5/11 (415.0+350.0+425.0=1190.0 lb. @ 183.2 lb., without a squat suit or bench press shirt.) (Knoxville, Tennessee) (SPF)	*1067.0	#15	*796.7	#16	#31	#15
16.	1025.1	*6.98X	148	Iryna Piatrovich (Belorussia/84) 1/22/11 (147.5+120.0+197.5=465.0 kg. @ 66.6 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Tampa, Florida) (RUPC)	*1056.5	#17	*807.5	#15	#32	#16
17.	1180.0	6.49X	181	Robyn Lupton-Blankenship (US/74) 5/23/09 (1180.0 lb.) (Nashville, Tennessee) (SPF)	1062.0	#16	794.3	#18	#34	#17
18.	1014.1	*6.87X	148	Elena Povolotskaya (Russia/78) 10/2/09 (460.0 kg. @ 67.0 kg.) (Rostov-on-Don, Russia) (WPC)	*1040.6	#18	*794.8	#17	#35	#18
19.	865.3	*7.01X	123	Glendy Randall (Canada/87) 1/29/11 (392.5 kg. @ 56.0 kg.) (Montreal, Canada) (WPC)	*1018.1	#21	*788.5	#19	#40	#19
20.	1080.0	*6.56X	165	Kate Baird (US/60) 4/29/06 (1080.0 lb. @ 164.75 lb.) (New Castle, Delaware) (APF)	*1029.0	#19	*781.6	#22	=41	=20
21.	1000.0	*6.78X	148	Carol Ann Myers (US/66) 1/26/08 (1000.0 lb. @ 147.5 lb.) (Hartford, Alabama) (SPF)	*1027.1	#20	*784.7	#21	=41	=20
22.	815.7	*7.09X	123	Suzanne "Sioux-Z" Hartwig-Gary (US/68) 3/4/11 (140.0+80.0+150.0=370.0 kg. @ 52.2 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Cleveland, Ohio) (USAPL/IPF)	*1013.8	#22	*787.6	#20	#42	#22

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051; Email address-- soongm@comcast.net).

Records-- <http://www.powerliftingusa.com>

<http://www.powerliftingwatch.com/records>

Records accurate (as to my knowledge) as of **4/24/11**.

Page #78 of 85

ALL TIME HISTORICAL GREATEST FEMALE SQUAT/BODYWEIGHT COEFFICIENTS

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

	Squat	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	512.6 (232.5)	*4.568X	114 (52)	Olesia Lafina (Russia/79) 3/1/06 (232.5 kg. @ 50.9 kg.) (Ufa, Russia) (IPF)
2.	770.0 (349.3)	*4.556X	181 (82.5)	Laura Phelps-Sweatt (US/80) 1/27/07 (770.0 lb. @ 169.0 lb.) (Columbus, Ohio) (APF)
3.	518.1 (235.0)	*4.519X	114 (52)	Margaret Kirkland (US/63) 12/5/09 (235.0 @ 52.0 kg.) (Jacksonville, Florida) (APF)
4.	740.0 (335.7)	4.475X	165 (75)	Laura Phelps-Sweatt (US/80) 6/22/08 (740.0 lb.) (Columbus, Ohio) (IPA)
5.	457.5 (207.5)	*4.439X	105 (48)	Wei-Ling Chen (Chinese Taipei/82) 7/25/09 (207.5 kg. @ 46.75 kg.) (Kaohsiung, Chinese Taipei) (IPF)
6.	463.0 (210.0)	*4.403X	105 (48)	Margaret Kirkland (US/63) 8/4/07 (210.0 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)
7.	529.1 (240.0)	*4.293X	123 (56)	Inna Filimonova (Russia/76) 3/1/06 (240.0 kg. @ 55.9 kg.) (Ufa, Russia) (IPF)
8.	457.5 (207.5)	*4.270X	114 (52)	Wei-Ling Chen (Chinese Taipei/82) 11/4/08 (207.5 kg. @ 48.6 kg.) (Saint John's, Canada) (IPF)
9.	556.7 (252.5)	*4.244X	132 (60)	Nance Greenspan-Avigliano (US/56) 8/25/02 (252.5 kg. @ 59.5 kg.) (Red Deer, Alberta, Canada) (APF/WPC)
10.	454.2 (206.0)	*4.187X	114 (52)	Leslie Jayne Thomas (Great Britain/66) 6/11/05 (206.0 kg. @ 49.2 kg.) (Port Talbot, Great Britain) (GPC)
11.	440.9 (200.0)	*4.184X	105 (48)	Olesia Lafina (Russia/79) 2/26/03 (200.0 kg. @ 47.8 kg.) (Kazan, Russia) (IPF)
12.	611.8 (277.5)	*4.167X	148 (67.5)	Shannon Hartnett (US/65) 3/22/09 (272.5 kg. @ 66.6 kg., which was accidentally misloaded to 277.5 kg.) (Omaha, Nebraska) (APF)
13.	540.0 (244.9)	*4.122X	132 (60)	Amy Weisberger (US/65) 1/27/07 (540.0 lb. @ 131.0 lb.) (Columbus, Ohio) (APF)
14.	486.1 (220.5)	*4.120X	123 (56)	Margaret Kirkland (US/63) 5/30/08 (220.5 kg. @ 118.0 lb.) (Omaha, Nebraska) (APF/WPC)
15.	534.6 (242.5)	*4.100X	132 (60)	Inna Filimonova (Russia/76) 1/21/06 (242.5 kg. @ 59.15 kg.) (Moscow, Russia) (IPF)
16.	804.7 (365.0)	*4.080X	198 (90)	Becca Swanson (US/73) 3/3/06 (365.0 kg. @ 89.45 kg. Heaviest female quadruple bodyweight squat of all time.) (Columbus, Ohio) (WPO)
17.	507.1 (230.0)	*4.074X	132 (60)	Anna Ryzhkova (Russia/86) 2/19/11 (230.0 kg. @ 56.45 kg.) (Berdsk, Russia) (IPF)
18.	529.1 (240.0)	*4.027X	132 (60)	Mary Ellen Jerumbo-Warman (US/58) 11/9/96 (240.0 kg. @ 59.6 kg. First woman to squat quadruple bodyweight.) (Durban, South Africa) (APF/WPC)
19.	590.0 (267.6)	*4.003X	148 (67.5)	Amy Weisberger (US/65) 8/18/07 (590.0 lb. @ 147.4 lb.) (Franklin, Ohio) (IPA)
20.	451.9 (205.0)	*3.985X	114 (52)	Hartati Sri (Indonesia/84) 11/8/10 (205.0 kg. @ 51.44 kg.) (Potchefstroom, South Africa) (IPF)

ALL TIME HISTORICAL GREATEST FEMALE BENCH-PRESS/BODYWEIGHT COEFFICIENTS

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

	Bench Press	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	525.0 (238.1)	*3.190X	165 (75)	Laura Phelps-Sweatt (US/80) 8/20/10 (525.0 lb. @ 164.6 lb.) (Cincinnati, Ohio) (SPF)
2.	402.3 (182.5)	*3.042X	132 (60)	Tina Rinehart (US/68) 3/6/04 (182.5 kg. @ 60.0 kg. First woman to bench press triple bodyweight.) (Columbus, Ohio) (WPO)
3.	451.9 (205.0)	*2.929X	165 (75)	Kara Bohigian-Smith (US/75) 3/18/06 (205.0 kg. @ 70.0 kg.) (Attalla, Alabama) (APF)
4.	510.0 (231.3)	*2.898X	181 (82.5)	Laura Phelps-Sweatt (US/80) 3/27/10 (510.0 lb. @ 176.0 lb.) (Richmond, Kentucky) (SPF)
5.	347.0 (157.4)	*2.8443X	123 (56)	Janet Faraone (US/67) 12/15/07 (347.0 lb. @ 122.0 lb.) (Lake George, New York) (APF)
6.	369.3 (167.5)	*2.8438X	132 (60)	Janet Faraone (US/67) 1/10/09 (167.5 kg. @ 58.9 kg.) (Montreal, Quebec, Canada) (WPC)
7.	286.6 (130.0)	*2.838X	105 (48)	Justyna Kozdryk (Poland/80) 5/25/10 (130.0 kg. @ 45.8 kg.) (Killeen, Texas) (IPF)
8.	374.8 (170.0)	*2.833X	132 (60)	Ludmilla Bobchenko (Ukraine/79) 3/18/09 (170.0 kg. @ 60.0 kg.) (Krivoy Rog, Ukraine) (WPC)
9.	319.7 (145.0)	*2.816X	114 (52)	Janet Faraone (US/67) 12/1/07 (145.0 kg. @ 51.5 kg.) (Montreal, Quebec, Canada) (APF/WPC)
10.	288.8 (131.0)	*2.811X	105 (48)	Yukako Fukushima (Japan/70) 11/3/08 (131.0 kg. @ 46.6 kg.) (Saint John's, Canada) (IPF)
11.	345.0 (156.5)	*2.805X	123 (56)	Tina Rinehart (US/68) 7/16/06 (345.0 lb. @ 123.0 lb.) (Worthington, Ohio) (APF)
12.	413.4 (187.5)	*2.778X	148 (67.5)	Kara Bohigian-Smith (US/75) 3/18/07 (187.5 kg. @ 67.5 kg.) (Attalla, Alabama) (APF)
13.	352.7 (160.0)	*2.768X	132 (60)	Tamara Althaus (Germany/76) 8/7/08 (160.0 kg. @ 57.8 kg.) (Bratislava, Slovakia) (IPF)
14.	264.6 (120.0)	*2.765X	97 (44)	Justyna Kozdryk (Poland/80) 3/5/11 (120.0 kg. @ 43.4 kg.) (Cleveland, Ohio) (IPF)
15.	303.1 (137.5)	*2.701X	114 (52)	Olesia Lafina (Russia/79) 3/1/06 (137.5 kg. @ 50.9 kg.) (Ufa, Russia) (IPF)
16.	374.8 (170.0)	*2.677X	148 (67.5)	Jerri Lynn Lippert (US/73) 12/14/03 (170.0 kg. @ 140.0 lb.) (Las Vegas, Nevada) (WABDL)
17.	325.2 (147.5)	*2.660X	123 (56)	Anna Olsson (Sweden/74) 5/31/07 (147.5 kg. @ 55.45 kg.) (Thisted, Denmark) (IPF)
18.	303.1 (137.5)	*2.652X	114 (52)	Anna Olsson (Sweden/74) 12/2/05 (137.5 kg. @ 51.85 kg.) (Stockholm, Sweden) (IPF)
19.	347.2 (157.5)	*2.629X	132 (60)	Irina Poletayeva (Russia/82) 9/21/06 (157.5 kg. @ 59.9 kg.) (Syktyfkar, Russia) (IPF)
20.	308.6 (140.0)	*2.622X	123 (56)	Tamara Althaus (Germany/76) 12/3/04 (140.0 kg. @ 53.4 kg.) (Cleveland, Ohio) (IPF)

Listing compiled by **Michael Soong** (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

Records accurate (as to my knowledge) as of 4/24/11.

<http://www.powerliftingusa.com>

Page #79 of 85

ALL TIME HISTORICAL GREATEST FEMALE DEADLIFT/BODYWEIGHT COEFFICIENTS

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

	Deadlift	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	429.9 (195.0)	*4.171X	105 (48)	Wei-Ling Chen (Chinese Taipei/82) 7/25/09 (195.0 kg. @ 46.75 kg.) (Kaohsiung, Chinese Taipei) (IPF)
2.	490.5 (222.5)	*4.053X	123 (56)	Carrie Boudreau (US/67) 7/21/95 (222.5 kg. @ 54.9 kg. First woman to deadlift quadruple bodyweight.) (Baton Rouge, Louisiana) (USPF/IPF)
3.	446.4 (202.5)	*4.014X	114 (52)	Yi-Ju Chou (Chinese Taipei/80) 7/25/09 (202.5 kg. @ 50.45 kg.) (Kaohsiung, Chinese Taipei) (IPF)
4.	385.8 (175.0)	*4.005X	97 (44)	Wei-Ling Chen (Chinese Taipei/82) 5/23/03 (175.0 kg. @ 43.7 kg.) (Chicago, Illinois) (IPF)
5.	418.9 (190.0)	*3.958X	105 (48)	Yi-Ju Chou (Chinese Taipei/80) 11/2/09 (190.0 kg. @ 48.0 kg.) (New Delhi, India) (IPF)
6.	518.1 (235.0)	*3.943X	132 (60)	Maria Revva (Russia/77) 8/25/04 (235.0 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF)
7.	374.8 (170.0)	*3.935X	97 (44)	Svetlana Tesleva (Russia/75) 5/25/00 (170.0 kg. @ 43.2 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
8.	418.9 (190.0)	*3.909X	114 (52)	Wei-Ling Chen (Chinese Taipei/82) 11/4/08 (190.0 kg. @ 48.6 kg.) (Saint John's, Canada) (IPF)
9.	440.9 (200.0)	*3.876X	114 (52)	Oksana Belova (Russia/75) 11/26/99 (200.0 kg. @ 51.6 kg.) (Paris, France) (IPF)
10.	545.0 (247.2)	*3.865X	148 (67.5)	Ruthi Shafer (US/57-10) 11/22/83 (545.0 lb. @ 141.0 lb.) (Salem, Oregon) (NSM)
11.	435.4 (197.5)	*3.857X	114 (52)	Diana Rowell (US/57) 1/28/84 (197.5 kg. @ 51.2 kg.) (Austin, Texas) (USPF/IPF)
12.	474.0 (215.0)	3.839X	123 (56)	Vanessa Gibson (Great Britain/69) --/-- (215.0 kg.) (WPC)
13.	529.1 (240.0)	*3.828X	148 (67.5)	Larisa Vitsievskaja-Soloviova (Ukraine/78) 2/26/11 (240.0 kg. @ 62.7 kg.) (Poltava, Ukraine) (IPF)
14.	468.5 (212.5)	*3.821X	123 (56)	Diana Rowell (US/57) 6/1/85 (212.5 kg. @ 55.62 kg.) (Vienna, Austria) (USPF/IPF)
15.	402.3 (182.5)	*3.818X	105 (48)	Majik Jones (US/53) 1/28/84 (182.5 kg. @ 47.8 kg.) (Austin, Texas) (USPF/IPF)
16.	369.3 (167.5)	*3.815X	97 (44)	Raija Koskinen-Jurkko (Finland/63) 11/29/02 (167.5 kg. @ 43.9 kg.) (Laukaa, Finland) (IPF)
17.	403.4 (183.0)	*3.813X	105 (48)	Jennifer Maile (US/84) 2/9/02 (183.0 kg. @ 48.0 kg.) (Chicago, Illinois) (USAPL/IPF)
18.	501.6 (227.5)	*3.811X	132 (60)	Larisa Vitsievskaja-Soloviova (Ukraine/78) 11/27/04 (227.5 kg. @ 59.7 kg.) (Trencin, Slovakia) (IPF)
19.	397.9 (180.5)	*3.796X	105 (48)	Svetlana Tesleva (Russia/75) 2/28/06 (180.5 kg. @ 47.55 kg.) (Ufa, Russia) (IPF)
20.	552.3 (250.5)	*3.795X	148 (67.5)	Shannon Hartnett (US/65) 3/2/07 (250.5 kg. @ 66.0 kg.) (Columbus, Ohio) (WPO)

ALL TIME HISTORICAL GREATEST FEMALE TOTAL/BODYWEIGHT COEFFICIENTS

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

	Total	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1755.0 (796.1)	*10.662X	165 (75)	Laura Phelps-Sweatt (US/80) 8/20/10 (700.0+510.0+545.0=1755.0 lb. @ 164.6 lb. Heaviest female 10X bodyweight total of all time.) (Cincinnati, Ohio) (SPF)
2.	1091.3 (495.0)	*10.588X	105 (48)	Wei-Ling Chen (Chinese Taipei/82) 7/25/09 (207.5+92.5+195.0=495.0 kg. @ 46.75 kg.) (Kaohsiung, Chinese Taipei) (IPF)
3.	1157.4 (525.0)	*10.314X	114 (52)	Olesia Lafina (Russia/79) 3/1/06 (232.5+137.5+155.0=525.0 kg. @ 50.9 kg. First woman to total 10X bodyweight.) (Ufa, Russia) (IPF)
4.	1725.0 (782.4)	*10.207X	181 (82.5)	Laura Phelps-Sweatt (US/80) 1/27/07 (770.0+435.0+520.0=1725.0 lb. @ 169.0 lb.) (Columbus, Ohio) (APF)
5.	1333.8 (605.0)	*10.185X	132 (60)	Amy Weisberger (US/65) 3/2/07 (240.0+152.5+212.5=605.0 kg. @ 59.4 kg.) (Columbus, Ohio) (WPO)
6.	1032.9 (468.5)	*10.054X	105 (48)	Yukako Fukushima (Japan/70) 11/3/08 (175.0+131.0+162.5=468.5 kg. @ 46.6 kg.) (Saint John's, Canada) (IPF)
7.	1145.0 (519.4)	*10.044X	114 (52)	Margaret Kirkland (US/63) 10/13/07 (475.0+240.0+430.0=1145.0 lb. @ 114.0 lb.) (Tampa, Florida) (APF)
8.	1052.7 (477.5)	*10.010X	105 (48)	Margaret Kirkland (US/63) 8/4/07 (210.0+95.0+172.5=477.5 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)
9.	1185.0 (537.5)	*10.000X	123 (56)	Margaret Kirkland (US/63) 2/23/08 (480.0+255.0+450.0=1185.0 lb. @ 118.5 lb.) (Orlando, Florida) (APF)
10.	1223.6 (555.0)	*9.928X	123 (56)	Inna Filimonova (Russia/76) 3/1/06 (240.0+120.0+195.0=555.0 kg. @ 55.9 kg.) (Ufa, Russia) (IPF)
11.	1124.4 (510.0)	*9.914X	114 (52)	Hartati Sri (Indonesia/84) 11/8/10 (205.0+120.0+185.0=510.0 kg. @ 51.44 kg.) (Potchefstroom, South Africa) (IPF)
12.	1058.2 (480.0)	*9.877X	114 (52)	Wei-Ling Chen (Chinese Taipei/82) 11/4/08 (207.5+82.5+190.0=480.0 kg. @ 48.6 kg.) (Saint John's, Canada) (IPF)
13.	1125.5 (510.5)	*9.874X	114 (52)	Svetlana Nikolaenko (Russia/81) 2/26/03 (200.0+120.5+190.0=510.5 kg. @ 51.7 kg.) (Kazan, Russia) (IPF)
14.	1031.8 (468.0)	*9.8423X	105 (48)	Svetlana Tesleva (Russia/75) 2/28/06 (182.5+105.0+180.5=468.0 kg. @ 47.55 kg.) (Ufa, Russia) (IPF)
15.	1096.8 (497.5)	*9.8417X	114 (52)	Natalia Salnikova (Russia/86) 2/19/11 (192.5+122.5+182.5=497.5 kg. @ 50.55 kg.) (Berdsk, Russia) (IPF)
16.	937.0 (425.0)	*9.838X	97 (44)	Svetlana Tesleva (Russia/75) 5/25/00 (162.5+95.0+167.5=425.0 kg. @ 43.2 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
17.	1278.7 (580.0)	*9.814X	132 (60)	Irina Tatarova (Russia/75) 8/25/04 (235.0+130.0+215.0=580.0 kg. @ 59.1 kg.) (Voronezh, Russia) (IPF)
18.	1207.0 (547.5)	*9.803X	123 (56)	Tatiana Eltsova (Russia/78) 3/10/04 (215.0+135.0+197.5=547.5 kg. @ 55.85 kg.) (Krasnoyarsk, Russia) (IPF)
19.	1284.2 (582.5)	*9.773X	132 (60)	Maria Revva (Russia/77) 8/25/04 (215.0+132.5+235.0=582.5 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF)
20.	1440.0 (653.2)	*9.7693X	148 (67.5)	Amy Weisberger (US/65) 8/18/07 (590.0+350.0+500.0=1440.0 lb. @ 147.4 lb.) (Franklin, Ohio) (IPA)

ALL TIME HISTORICAL GREATEST FEMALE
UNEQUIPPED SQUAT/BODYWEIGHT COEFFICIENTS

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

	Squat	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	490.5 (222.5)	*2.978X	165 (75)	Jill Brown-Mills (US/71) 3/24/01 (222.5 kg. @ 164.7 lb., without a squat suit) (Fort Hood, Texas) (USPF)
2.	480.0 (217.7)	*2.909X	165 (75)	Robyn Lupton-Blankenship (US/74) 10/3/09 (480.0 lb. @ 165.0 lb., without a squat suit.) (Nashville, Tennessee) (SPF)
3.	518.1 (235.0)	2.848X	181 (82.5)	Jill Brown-Mills (US/71) 11/3/01 (235.0 kg., without a squat suit) (Seguin, Texas) (USPF)
4.	500.0 (226.8)	*2.825X	181 (82.5)	Stella Krupinski (US/62) 9/5/09 (500.0 lb. @ 177.0 lb., without a squat suit) (Salem, Virginia) (SPF)
5.	308.6 (140.0)	*2.713X	114 (52)	Suzanne "Sioux-Z" Hartwig-Gary (US/68) 1/30/10 (140.0 kg. @ 51.6 kg., without a squat suit or knee wraps.) (Tampa, Florida) (RUPC)
6.	400.0 (181.4)	*2.712X	148 (67.5)	Carol Ann Myers (US/66) 1/26/08 (400.0 lb. @ 147.5 lb., without a squat suit) (Hartford, Alabama) (SPF)
7.	308.6 (140.0)	*2.682X	123 (56)	Suzanne "Sioux-Z" Hartwig-Gary (US/68) 3/4/11 (140.0 kg. @ 52.2 kg., without a squat suit or knee wraps.) (Cleveland, Ohio) (USAPL/IPF)
8.	330.7 (150.0)	*2.679X	123 (56)	Glendy Randall (Canada/87) 1/29/11 (150.0 kg. @ 56.0 kg., without a squat suit.) (Montreal, Canada) (WPC)
9.	425.0 (192.8)	*2.673X	165 (75)	Julie Scanlon (US/76) 5/6/06 (425.0 lb. @ 159.0 lb., without a squat suit or knee wraps.) (Amherst, Massachusetts) (Atlantis)
10.	385.0 (174.6)	*2.615X	148 (67.5)	Kate Baird (US/60) 9/30/06 (385.0 lb. @ 147.25 lb., without a squat suit.) (New Castle, Delaware) (APF)
11.	425.0 (192.8)	*2.580X	165 (75)	Kate Baird (US/60) 4/29/06 (425.0 lb. @ 164.75 lb., without a squat suit) (New Castle, Delaware) (APF)
12.	463.0 (210.0)	*2.570X	181 (82.5)	Taylor Stallings (US/85) 1/30/10 (210.0 kg. @ 81.7 kg., without a squat suit or knee wraps.) (Tampa, Florida) (RUPC)
13.	325.0 (147.4)	*2.539X	132 (60)	Carrie Boudreau (US/67) 2/11/96 (325.0 lb. @ 128.0 lb., without a squat suit or knee wraps.) (Taunton, Massachusetts) (AAU)
14.	460.0 (208.7)	2.529X	181 (82.5)	Robyn Lupton-Blankenship (US/74) 5/23/09 (460.0 lb., without a squat suit.) (Nashville, Tennessee) (SPF)
15.	375.0 (170.1)	*2.525X	148 (67.5)	Amy Weisberger (US/65) 4/24/10 (375.0 lb. @ 148.5 lb., without a squat suit or knee wraps.) (Columbus, Ohio) (SPF)
16.	402.3 (182.5)	*2.453X	165 (75)	Taylor Stallings (US/85) 1/22/11 (182.5 kg. @ 74.4 kg., without a squat suit or knee wraps.) (Tampa, Florida) (RUPC)
17.	314.2 (142.5)	*2.415X	132 (60)	Ellen Stein (US/53) 1/22/11 (142.5 kg. @ 59.0 kg., without a squat suit or knee wraps.) (Tampa, Florida) (RUPC)
18.	600.0 (272.2)	*2.400X	SHW	April Mathis (US/87) 5/29/10 (600.0 lb. @ 250.0 lb., without a squat suit or knee wraps. Heaviest female squat of all time without a squat suit.) (Tampa, Florida) (APF)
19.	352.7 (160.0)	*2.388X	148 (67.5)	Elena Povolotskaya (Russia/78) 10/2/09 (160.0 kg. @ 67.0 kg., without a squat suit or knee wraps.) (Rostov-on-Don, Russia) (WPC)
20.	314.2 (142.5)	*2.387X	132 (60)	Jennifer Thompson (US/73) 3/4/11 (142.5 kg. @ 59.7 kg., without a squat suit or knee wraps.) (Cleveland, Ohio) (USAPL/IPF)

**ALL TIME HISTORICAL GREATEST FEMALE UNEQUIPPED
BENCH-PRESS/BODYWEIGHT COEFFICIENTS**

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

	Bench Press	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	292.1 (132.5)	*2.217X	132 (60)	Jennifer Thompson (US/73) 7/16/10 (132.5 kg. @ 59.76 kg. Highest female unequipped bench press bodyweight coefficient of all time.) (Denver, Colorado) (USAPL)
2.	286.6 (130.0)	*2.174X	132 (60)	Amalia Perez (Mexico/80) 10/10/09 (130.0 kg. @ 59.8 kg.) (Acapulco, Mexico) (IPF)
3.	231.5 (105.0)	2.019X	114 (52)	Mary Ryan-Jeffrey (US/60) 7/26/91 (105.0 kg.) (Dallas, Texas) (USPF)
4.	248.0 (112.5)	*2.013X	123 (56)	Vicki Steenrod (US/49) 7/7/84 (112.5 kg. @ 55.9 kg. First woman to bench press double bodyweight.) (Dayton, Ohio) (USPF)
5.	314.2 (142.5)	*1.976X	165 (75)	Liz Odendaal (Netherlands/54-98) 7/21/89 (142.5 kg. @ 72.1 kg.) (Karlsruhe, West Germany) (IPF)
6.	206.1 (93.5)	*1.9602X	105 (48)	April Delmore-Shumaker (US/67) 4/10/11 (93.5 kg. @ 105.16 lb.) (Port Saint Lucie, Florida) (USPA)
7.	203.9 (92.5)	*1.9597X	105 (48)	Svetlana Stepanova (Russia/75) 6/5/93 (92.5 kg. @ 47.2 kg.) (Darmstadt, Germany) (IPF)
8.	275.0 (124.7)	*1.957X	148 (67.5)	Judy Sverchek-Neff (US/77) 7/11/09 (275.0 lb. @ 140.5 lb., without a bench press shirt) (Coeur d'Alene, Idaho) (Pride)
9.	237.0 (107.5)	*1.942X	123 (56)	Julie Sylvan-Thomas (US/60) 1/29/83 (107.5 kg. @ 55.35 kg.) (Chicago, Illinois) (USPF)
10.	264.6 (120.0)	*1.938X	148 (67.5)	Clara Kasbarian (France/59) 6/17/89 (120.0 kg. @ 136.5 lb.) (Chicago, Illinois) (WDFPF)
11.	237.0 (107.5)	1.920X	123 (56)	Mary Ryan-Jeffrey (US/60) 7/14/89 (107.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
12.	305.0 (138.3)	*1.918X	165 (75)	Julie Scanlon (US/76) 5/6/06 (305.0 lb. @ 159.0 lb.) (Amherst, Massachusetts) (Atlantis)
13.	350.0 (158.8)	*1.910X	198 (90)	Shannon Sanders-Nash (US/72) 3/5/11 (350.0 lb. @ 183.2 lb., without a bench press shirt.) (Knoxville, Tennessee) (SPF)
14.	181.9 (82.5)	*1.875X	97 (44)	Irina Krylova (Russia/78) 6/5/93 (82.5 kg. @ 44.0 kg.) (Darmstadt, Germany) (IPF)
15.	275.0 (124.7)	*1.871X	148 (67.5)	Vicky Steenrod (US/49) 5/6/89 (275.0 lb. @ 147.0 lb.) (Santa Fe, New Mexico) (NSM)
16.	308.6 (140.0)	1.867X	165 (75)	Beverly Francis (Australia/55) 10/18/81 (140.0 kg.) (Melbourne, Australia) (IPF)
17.	242.5 (110.0)	*1.855X	132 (60)	Judith Averbach (US) 2/1/86 (110.0 kg. @ 59.3 kg.) (Salt Lake City, Utah) (USPF/IPF)
18.	303.1 (137.5)	*1.842X	165 (75)	Shannon Culbertson (US/71) 9/12/09 (137.5 kg. @ 164.6 lb., without a bench press shirt) (Rock Hill, South Carolina) (APF)
19.	225.0 (102.1)	1.8225X	123 (56)	Becky Rich (US/81) 3/12/11 (225.0 lb., without a bench press shirt.) (West Plains, Missouri) (USPA)
20.	270.0 (122.5)	*1.8219X	148 (67.5)	Amy Weisberger (US/65) 8/20/10 (270.0 lb. @ 148.2 lb.) (Cincinnati, Ohio) (SPF)

ALL TIME HISTORICAL GREATEST FEMALE
UNEQUIPPED TOTAL/BODYWEIGHT COEFFICIENTS

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

	Total	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1267.7 (575.0)	*7.697X	165 (75)	Jill Brown-Mills (US/71) 3/24/01 (222.5+125.0+227.5=575.0 kg. @ 164.7 lb. Lifts done without a squat suit or a bench press shirt.) (Fort Hood, Texas) (USPF)
2.	1010.0 (458.1)	7.635X	132 (60)	Carrie Boudreau (US/67) 5/17/97 (315.0+240.0+455.0=1010.0 lb. Lifts done without a squat suit, knee wraps or bench press shirt.) (Taunton, Massachusetts) (AAU)
3.	987.7 (448.0)	*7.504X	132 (60)	Jennifer Thompson (US/73) 3/4/11 (142.5+120.0+185.5=448.0 kg. @ 59.7 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Cleveland, Ohio) (USAPL/IPF)
4.	1344.8 (610.0)	7.394X	181 (82.5)	Jill Brown-Mills (US/71) 11/3/01 (235.0+137.5+237.5=610.0 kg. Lifts done without a squat suit or a bench press shirt.) (Seguin, Texas) (USPF)
5.	997.6 (452.5)	*7.358X	148 (67.5)	Gundula von Bachhaus-Fiona (US/Germany/81) 12/19/09 (140.0+112.5+200.0=452.5 kg. @ 61.5 kg. Lifts done without a squat suit, knee wraps or bench press shirt.) (Russelsheim, Germany) (Bembel)
6.	1085.0 (492.1)	*7.331X	148 (67.5)	Stephanie Rogers (US/83) 11/20/10 (350.0+235.0+500.0=1085.0 lb. @ 148.0 lb. Lifts done without a squat suit or bench press shirt.) (Russelville, Arkansas) (SPF)
7.	1160.0 (526.2)	*7.296X	165 (75)	Julie Scanlon (US/76) 5/6/06 (425.0+305.0+430.0=1160.0 lb. @ 159.0 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Amherst, Massachusetts) (Atlantis)
8.	1200.0 (544.3)	*7.273X	165 (75)	Robyn Lupton-Blankenship (US/74) 10/3/09 (480.0+285.0+435.0=1200.0 lb. @ 165.0 lb. Lifts done without a squat suit or bench press shirt.) (Nashville, Tennessee) (SPF)
9.	1300.0 (589.7)	*7.263X	181 (82.5)	Stella Krupinski (US/62) 10/2/10 (505.0+305.0+490.0=1300.0 lb. @ 179.0 lb. Lifts done without a squat suit or a bench press shirt.) (Nashville, Tennessee) (SPF)
10.	1060.0 (480.8)	*7.138X	148 (67.5)	Amy Weisberger (US/65) 4/24/10 (375.0+270.0+415.0=1060.0 lb. @ 148.5 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Columbus, Ohio) (SPF)
11.	815.7 (370.0)	*7.088X	123 (56)	Suzanne "Sioux-Z" Hartwig-Gary (US/68) 3/4/11 (140.0+80.0+150.0=370.0 kg. @ 52.2 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Cleveland, Ohio) (USAPL/IPF)
12.	1040.0 (471.7)	*7.063X	148 (67.5)	Kate Baird (US/60) 9/30/06 (385.0+255.0+400.0=1040.0 lb. @ 147.25 lb. Lifts done without a squat suit or a bench press shirt.) (New Castle, Delaware) (APF)
13.	799.2 (362.5)	*7.025X	114 (52)	Suzanne "Sioux-Z" Hartwig-Gary (US/68) 1/30/10 (140.0+77.5+145.0=362.5 kg. @ 51.6 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Tampa, Florida) (RUPC)
14.	865.3 (392.5)	*7.009X	123 (56)	Glendy Randall (Canada/87) 1/29/11 (145.0+82.5+165.0=392.5 kg. @ 56.0 kg. Lifts done without a squat suit or bench press shirt.) (Montreal, Canada) (WPC)
15.	1025.1 (465.0)	*6.982X	148 (67.5)	Iryna Piatrovich (Belorussia/84) 1/22/11 (147.5+120.0+197.5=465.0 kg. @ 66.6 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Tampa, Florida) (RUPC)
16.	1135.4 (515.0)	*6.922X	165 (75)	Taylor Stallings (US/85) 1/22/11 (182.5+115.0+217.5=515.0 kg. @ 74.4 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Tampa, Florida) (RUPC)
17.	1245.6 (565.0)	*6.916X	181 (82.5)	Taylor Stallings (US/85) 1/30/10 (210.0+120.0+235.0=565.0 kg. @ 81.7 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Tampa, Florida) (RUPC)
18.	850.0 (385.6)	6.885X	123 (56)	Becky Rich (US/81) 3/12/11 (290.0+225.0+335.0=850.0 lb. Lifts done without a squat suit, knee wraps or a bench press shirt.) (West Plains, Missouri) (USPA)
19.	1014.1 (460.0)	*6.866X	148 (67.5)	Elena Povolotskaya (Russia/78) 10/2/09 (160.0+97.5+202.5=460.0 kg. @ 67.0 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Rostov-on-Don, Russia) (WPC)
20.	892.9 (405.0)	*6.830X	132 (60)	Tatiana Kalugina (Ukraine/80) 10/2/09 (140.0+95.0+170.0=405.0 kg. @ 59.3 kg. Lifts done without a squat suit, knee wraps or a bench press shirt.) (Rostov-on-Don, Russia) (WPC)

ALL TIME HISTORICAL POWERLIFTING
TOP 20 WORLD RANKINGS QUALIFICATIONS
IN POUNDS/KILOGRAMS

ALL TIME HISTORICAL MEN'S POWERLIFTING TOP 20 RANKINGS QUALIFICATIONS

Men	Squat	X-Bwt	Bench Press	X-Bwt	Deadlift	X-Bwt	Total	X-Bwt	Men
114 (52)	496.0 (225.0)	4.33X	325.2 (147.5)	2.84X	501.6 (227.5)	4.38X	1224.7 (555.5)	10.68X	114 (52)
123 (56)	529.1 (240.0)	4.29X	374.8 (170.0)	3.04X	551.2 (250.0)	4.464X	1344.8 (610.0)	10.89X	123 (56)
132 (60)	595.2 (270.0)	4.50X	418.9 (190.0)	3.17X	589.7 (267.5)	4.458X	1477.1 (670.0)	11.17X	132 (60)
148 (67.5)	682.3 (309.5)	4.59X	475.0 (215.5)	3.19X	650.0 (294.8)	4.37X	1697.6 (770.0)	11.41X	148 (67.5)
165 (75)	760.6 (345.0)	4.60X	540.1 (245.0)	3.27X	711.0 (322.5)	4.30X	1873.9 (850.0)	11.33X	165 (75)
181 (82.5)	804.7 (365.0)	4.42X	606.3 (275.0)	3.33X	749.6 (340.0)	4.12X	1970.0 (893.6)	10.83X	181 (82.5)
198 (90)	859.8 (390.0)	4.33X	665.0 (301.6)	3.35X	782.6 (355.0)	3.94X	2110.9 (957.5)	10.64X	198 (90)
220 (100)	950.0 (430.9)	4.31X	733.0 (332.5)	3.33X	810.2 (367.5)	3.68X	2300.0 (1043.3)	10.43X	220 (100)
242 (110)	1003.1 (455.0)	4.14X	766.1 (347.5)	3.16X	832.2 (377.5)	3.43X	2397.5 (1087.5)	9.89X	242 (110)
275 (125)	1040.0 (471.7)	3.77X	804.7 (365.0)	2.92X	854.3 (387.5)	3.10X	2485.7 (1127.5)	9.02X	275 (125)
308 (140)	1080.0 (489.9)	3.50X	815.0 (369.7)	2.64X	845.0 (383.3)	2.74X	2520.0 (1143.1)	8.16X	308 (140)
SHW	1100.0 (499.0)		837.8 (380.0)		855.0 (387.8)		2557.4 (1160.0)		SHW

ALL TIME HISTORICAL WOMEN'S POWERLIFTING TOP 20 RANKINGS QUALIFICATIONS

Women	Squat	X-Bwt	Bench Press	X-Bwt	Deadlift	X-Bwt	Total	X-Bwt	Women
97 (44)	314.2 (142.5)	3.24X	181.9 (82.5)	1.88X	336.2 (152.5)	3.47X	793.7 (360.0)	8.18X	97 (44)
105 (48)	369.3 (167.5)	3.49X	220.5 (100.0)	2.08X	369.3 (167.5)	3.49X	914.9 (415.0)	8.65X	105 (48)
114 (52)	407.9 (185.0)	3.56X	249.1 (113.0)	2.17X	402.3 (182.5)	3.51X	1008.6 (457.5)	8.80X	114 (52)
123 (56)	429.9 (195.0)	3.48X	275.6 (125.0)	2.23X	425.5 (193.0)	3.45X	1085.8 (492.5)	8.79X	123 (56)
132 (60)	474.0 (215.0)	3.58X	308.6 (140.0)	2.33X	463.0 (210.0)	3.50X	1185.0 (537.5)	8.96X	132 (60)
148 (67.5)	514.8 (233.5)	3.46X	326.3 (148.0)	2.19X	496.0 (225.0)	3.33X	1280.0 (580.6)	8.60X	148 (67.5)
165 (75)	551.2 (250.0)	3.33X	363.8 (165.0)	2.20X	518.1 (235.0)	3.13X	1370.0 (621.4)	8.29X	165 (75)
181 (82.5)	562.2 (255.0)	3.09X	365.0 (165.6)	2.01X	523.6 (237.5)	2.88X	1388.9 (630.0)	7.64X	181 (82.5)
198 (90)	562.2 (255.0)	2.83X	369.3 (167.5)	1.86X	518.1 (235.0)	2.61X	1372.4 (622.5)	6.92X	198 (90)
SHW	600.8 (272.5)		410.0 (186.0)		534.6 (242.5)		1446.2 (656.0)		SHW

ALL TIME HISTORICAL POWERLIFTING TOP 20 FORMULA RANKINGS QUALIFICATIONS

Formula Qualifications	SQ	BP	DL	TOT
Men (Wilks/Schwartz)	644.93 -- 589.03	506.50 -- 463.36	539.47 -- 513.78	1524.12 -- 1396.9
Women (Wilks/Malone)	592.88 -- 457.24	400.12 -- 303.29	549.32 -- 423.82	1441.7 -- 1109.46
Unequipped Men (Wilks/Schwartz)	489.25 -- 441.77	363.10 -- 330.81	-----	1228.1 -- 1128.6
Unequipped Women (Wilks/Malone)	361.95 -- 274.10	278.85 -- 213.63	-----	1027.1 -- 787.6

ALL TIME HISTORICAL POWERLIFTING TOP 20
BODYWEIGHT COEFFICIENT RANKINGS QUALIFICATIONS

Bodyweight Coefficient Qualifications	SQ	BP	DL	TOT
Men	5.127X	3.759X	4.741X	12.347X
Women	3.985X	2.622X	3.795X	9.769X
Unequipped Men	3.633X	2.919X	-----	9.567X
Unequipped Women	2.387X	1.8219X	-----	6.830X

Listing compiled by Michael Soong (70 King James Court; Savannah, Georgia 31419; PH 912-920-2051).

Email address-- soongm@comcast.net

<http://www.powerliftingwatch.com/records>

Records website-- <http://www.powerliftingusa.com>

Records accurate (as to my knowledge) as of 4/24/11.