

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

**Listing Compiled by Michael Soong**

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**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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>662.5 (300.5)</b>	<b>*6.01X</b>	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>
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)
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**

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>402.3 (182.5)</b>	<b>*3.65X</b>	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>
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)	*2.99X	Aleksey Romanov (Russia/81) 9/19/06 (155.0 kg. @ 51.9 kg.) (Syktyfkar, Russia) (IPF)
9.	338.4 (153.5)	*2.98X	Hiroyuki Ishiwatari (Japan/59) 9/1/01 (153.5 kg. @ 51.46 kg.) (Takamatsu, Japan) (IPF)
10.	336.2 (152.5)	*2.96X	Kazuya Yanagida (Japan/63) 12/12/99 (152.5 kg. @ 51.5 kg.) (Vaasa, Finland) (IPF)
11.	336.2 (152.5)	*2.94X	Ravil Kazakov (Russia/82) 11/14/02 (152.5 kg. @ 51.8 kg.) (Trencin, Slovakia) (IPF)
12.	336.2 (152.5)	*2.93X	Dariusz Wszola (Poland/78) 8/12/06 (152.5 kg. @ 52.0 kg.) (Bordeaux, France) (IPF)
13.	330.7 (150.0)	2.88X	Mustapha Khadroui (Sweden) 6/2/00 (150.0 kg.) (Haninge, Sweden) (IPF)
14.	330.7 (150.0)	*2.90X	Yauhen Kuliashou (Belorussia/82) 9/24/05 (150.0 kg. @ 51.7 kg.) (Mosonmagyaróvár, Hungary) (IPF)
15.	330.7 (150.0)	*2.90X	Christian Klein (Germany/70) 11/4/06 (150.0 kg. @ 51.7 kg.) (Russelsheim, Germany) (IPF)
16.	330.0 (149.7)	2.88X	Chris Hollyfield (US) 10/16/92 (330.0 lb.) (Lakeland, Florida) (APF)
17.	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)
18.	325.2 (147.5)	*2.89X	Shin "Yakan Nabe" Watanabe (Japan/70) 11/18/99 (147.5 kg. @ 51.1 kg.) (Trento, Italy) (IPF)
19.	323.0 (146.5)	*2.82X	Joe Cunha (US/59) 7/10/82 (146.5 kg. @ 52.0 kg., without a bench press shirt) (Dayton, Ohio) (USPF)
20.	320.8 (145.5)	*2.80X	Igor Artemyev (Russia/71) 8/19/06 (145.5 kg. @ 52.0 kg.) (Togliatti, Russia) (WPC)

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

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

Records accurate (as to my knowledge) as of **8/29/10**.

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>573.2 (260.0)</b>	<b>5.00X</b>	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) <TOP20C> <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**

	<b>Total</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1515.7 (687.5)</b>	<b>*13.25X</b>	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)
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)

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**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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>644.9 (292.5)</b>	<b>*5.61X</b>	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>
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.	551.2 (250.0)	4.46X	Dave Buterbaugh (US) 8/10/96 (250.0 kg.) (Las Vegas, Nevada) (APF/WPC)
11.	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)
12.	551.2 (250.0)	*4.47X	Fanil Mukhamatyanov (Russia/72) 2/27/03 (250.0 kg. @ 55.96 kg.) (Kazan, Russia) (IPF)
13.	551.2 (250.0)	*4.48X	Konstantin Danilov (Russia/86) 6/17/05 (250.0 kg. @ 55.8 kg.) (Mariupol, Ukraine) (IPF)
14.	551.2 (250.0)	*4.51X	Dariusz Wszola (Poland/78) 5/8/07 (250.0 kg. @ 55.45 kg.) (Koscian, Poland) (IPF)
15.	540.1 (245.0)	4.38X	Joe Cunha (US/59) 5/5/84 (245.0 kg.) (Mission San Jose, California) (USPF/ADFPA)
16.	540.1 (245.0)	*4.39X	Ivalin Petrov (Bulgaria/65) 5/13/94 (245.0 kg. @ 55.8 kg.) (Pitea, Sweden) (IPF)
17.	534.6 (242.5)	4.33X	Hideaki Inaba (Japan/44) 6/19/88 (242.5 kg.) (Tokyo, Japan) (IPF)
18.	530.2 (240.5)	*4.37X	Peter Kemp (Great Britain/71) 6/28/03 (240.5 kg. @ 55.0 kg.) (Birmingham, England) (IPF)
19.	529.1 (240.0)	4.29X	Jose DeSousa (South Africa) 11/24/91 (240.0 kg.) (Las Vegas, Nevada) (WPC)
20.	529.1 (240.0)	*4.30X	Aleksey Romanov (Russia/81) 1/16/04 (240.0 kg. @ 55.85 kg.) (Cherepovets, Russia) (IPF)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>463.0 (210.0)</b>	<b>*3.75X</b>	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.	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>
13.	391.3 (177.5)	*3.22X	Tagy Parnian (Netherlands/68) 12/3/04 (177.5 kg. @ 55.1 kg.) (Cleveland, Ohio) (IPF)
14.	391.3 (177.5)	*3.22X	Sergey Fedosienko (Russia/82) 10/15/07 (177.5 kg. @ 55.1 kg.) (Soelden, Austria) (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.	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>
17.	374.8 (170.0)	3.04X	Dave Buterbaugh (US) 11/11/95 (170.0 kg.) (Chicago, Illinois) (APF/WPC)
18.	374.8 (170.0)	3.04X	Kerwin Unten (US/68) 11/15/98 (170.0 kg.) (Portland, Oregon) (WABDL)
19.	374.8 (170.0)	*3.06X	Hisayuki Nakayama (Japan/63) 12/5/03 (170.0 kg. @ 55.6 kg.) (Trencin, Slovakia) (IPF)
20.	374.8 (170.0)	*3.04X	Nikolay Asabin (Russia/79) 3/3/05 (170.0 kg. @ 56.0 kg.) (Kazan, Russia) (IPF)

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

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Records accurate (as to my knowledge) as of **8/29/10**.

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>639.3 (290.0)</b>	<b>*5.18X</b>	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.	573.2 (260.0)	*4.65X	Richard Hawthorne (US/84) 5/17/03 (260.0 kg. @ 123.4 lb.) (Gadsden, Alabama) (WABDL)
9.	573.2 (260.0)	*4.68X	Mike Ewoldsen (US/65) 2/13/05 (260.0 kg. @ 122.5 lb.) (Oklahoma City, Oklahoma) (NASA)
10.	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)
11.	562.2 (255.0)	4.55X	Nanda Talambanua (Indonesia/66) 9/17/87 (255.0 kg.) (Lima, Peru) (IPF)
12.	562.2 (255.0)	4.55X	Tim Taylor (US/66) 10/28/89 (255.0 kg.) (Hills Air Force Base, Utah) (NSM)
13.	562.2 (255.0)	*4.60X	Tsung-Ting Hsieh (Chinese Taipei/82) 11/14/02 (255.0 kg. @ 55.4 kg.) (Trencin, Slovakia) (IPF)
14.	562.2 (255.0)	*4.64X	Sergey Fedosienko (Russia/82) 11/2/09 (255.0 kg. @ 54.94 kg.) (New Delhi, India) (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 MacKenzie (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**

	<b>Total</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1576.3 (715.0)</b>	<b>*13.01X</b>	Sergey Fedosienko (Russia/82) 11/2/09 (285.0+175.0+255.0=715.0 kg. @ 54.94 kg.) (New Delhi, India) (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) (IPF)
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.) (Vejele, Denmark) (IPF)
5.	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)
6.	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)
7.	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)
8.	1384.5 (628.0)	*11.23X	Hiroyaki Isagawa (Japan/53) 11/5/03 (210.0+188.0+230.0=628.0 kg. @ 55.9 kg.) (Vejele, Denmark) (IPF)
9.	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)
10.	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)
11.	1383.4 (627.5)	*11.29X	Mike Ewoldsen (US/65) 2/13/05 (230.0+137.5+260.0=627.5 kg. @ 122.5 lb.) (Oklahoma City, Oklahoma) (NASA)
12.	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)
13.	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)
14.	1375.0 (623.7)	11.14X	Chris Smith (US) 3/13/10 (500.0+275.0+600.0=1375.0 lb.) (Houston, Texas) (THSPA)
15.	1372.4 (622.5)	*11.23X	Dariusz Wszola (Poland/78) 11/2/09 (245.0+167.5+210.0=622.5 kg. @ 55.42 kg.) (New Delhi, India) (IPF)
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 MacKenzie (New Zealand/36) 11/2/79 (230.0+130.0+250.0=610.0 kg.) (Dayton, Ohio) (IPF)

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**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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>705.5 (320.0)</b>	<b>5.33X</b>	Magnus Karlsson (Sweden/67) 10/2/99 (320.0 kg.) (Malmo, 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.	630.5 (286.0)	*4.78X	Darimin Sutrisno (Indonesia/75) 5/2/07 (286.0 kg. @ 59.85 kg.) (Kaohsiung, Chinese Taipei) (IPF)
7.	628.3 (285.0)	*4.76X	Anton Krasilnikov (Russia/86) 3/1/06 (285.0 kg. @ 59.85 kg.) (Ufa, Russia) (IPF)
8.	622.8 (282.5)	*4.72X	Gerry McNamara (Ireland/63) 9/9/00 (282.5 kg. @ 59.8 kg.) (Coppeen, Ireland) (IPF)
9.	622.8 (282.5)	*4.71X	Mikhail Andruchin (Russia/70) 8/25/05 (282.5 kg. @ 59.95 kg.) (Oriol, Russia) (IPF)
10.	615.0 (279.0)	4.65X	Caleb Williams (US/84) 6/24/04 (615.0 lb.) (Duluth, Georgia) (USAPL)
11.	611.8 (277.5)	*4.63X	Hennis Washington (US/70) 6/19/04 (277.5 kg. @ 59.95 kg.) (Fort Lauderdale, Florida) (APF)
12.	611.8 (277.5)	*4.66X	Konstantin Danilov (Russia/86) 11/2/09 (277.5 kg. @ 59.5 kg.) (New Delhi, India) (IPF)
13.	611.8 (277.5)	*4.64X	Mike Kuhns (US/86) 6/18/10 (277.5 kg. @ 59.8 kg.) (Palm Springs, California) (USAPL/IPF)
14.	605.0 (274.4)	*4.58X	Doug Heath (US/55) 3/7/98 (605.0 lb. @ 132.0 lb.) (Avon Lake, Ohio) (IPA)
15.	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)
16.	595.2 (270.0)	4.50X	Lamar Gant (US/57) 4/8/88 (270.0 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
17.	595.2 (270.0)	*4.53X	Nanda Talambanua (Indonesia/66) 1/13/96 (270.0 kg. @ 59.55 kg.) (Jakarta, Indonesia) (IPF)
18.	595.2 (270.0)	*4.64X	Konstantin Pavlov (Russia/73) 2/27/03 (270.0 kg. @ 58.15 kg.) (Kazan, Russia) (IPF)
19.	595.2 (270.0)	*4.56X	Tsung-Ting Hsieh (Chinese Taipei/82) 11/10/04 (270.0 kg. @ 59.2 kg.) (Cape Town, South Africa) (IPF)
20.	595.2 (270.0)	*4.50X	Oleg Tibilov (Russia/90) 2/9/07 (270.0 kg. @ 60.0 kg.) (Chelyabinsk, Russia) (WPC)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>490.5 (222.5)</b>	<b>*3.73X</b>	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).

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Records accurate (as to my knowledge) as of **8/29/10**.

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>683.4 (310.0)</b>	<b>*5.17X</b>	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> <TOP20F>
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.) (Humppila, Finland) (IPF)
11.	610.0 (276.7)	4.61X	E. Montgomery (US) 5/24/98 (610.0 lb.) (Peoria, Arizona) (AAU)
12.	607.4 (275.5)	*4.59X	Marcus Williams (US/83) 5/31/03 (275.5 kg. @ 60.0 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
13.	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)
14.	606.3 (275.0)	*4.58X	Frankie Vedro (US) 1/9/82 (275.0 kg. @ 132.25 lb.) (Columbus, Ohio) (USPF/IPF)
15.	606.3 (275.0)	4.58X	Nanda Talambanua (Indonesia/66) 10/9/88 (275.0 kg.) (Takamatsu City, Kagawa Prefecture, Japan) (IPF)
16.	606.3 (275.0)	*4.67X	Tim Taylor (US/66) 8/12/01 (275.0 kg. @ 58.85 kg.) (Orlando, Florida) (WPO)
17.	600.8 (272.5)	4.54X	Richard Hawthorne (US/84) 9/7/08 (272.5 kg.) (Humble, Texas) (WABDL)
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**

	<b>Total</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1653.5 (750.0)</b>	<b>*12.51X</b>	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.	1609.4 (730.0)	*12.34X	Tsung-Ting Hsieh (Chinese Taipei/82) 11/7/06 (260.0+185.0+285.0=730.0 kg. @ 59.15 kg.) (Stavanger, Norway) (IPF) <TOP20C>
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.	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)
9.	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)
10.	1554.3 (705.0)	*11.79X	Sergey Skochev (Russia/83) 6/17/05 (260.0+185.0+260.0=705.0 kg. @ 59.8 kg.) (Mariupol, Ukraine) (IPF)
11.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	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)
17.	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)
18.	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)
19.	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)
20.	1471.6 (667.5)	*11.22X	Wim Elyn (Belgium/63) 11/14/96 (262.5+155.0+250.0=667.5 kg. @ 59.5 kg.) (Salzburg, Austria) (IPF)

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**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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>804.7 (365.0)</b>	<b>*5.50X</b>	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.	749.6 (340.0)	*5.04X	Jaroslaw Olech (Poland/74) 11/11/04 (340.0 kg. @ 67.5 kg.) (Cape Town, 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.	682.3 (309.5)	4.59X	Jose Perez (US/60) 3/5/90 (309.5 kg.) (Honolulu, Hawaii) (APF/WPC)
20.	680.0 (308.4)	*4.57X	Michael O'Brien (US/88) 4/17/10 (680.0 lb. @ 148.7 lb.) (York, Pennsylvania) (IPA)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>600.0 (272.2)</b>	<b>4.03X</b>	Joe Ceklovsky (US/74) 1/20/08 (600.0 lb.) (Carteret, New Jersey) (IPA) <TOP20C>
2.	565.0 (256.3)	*3.80X	Brian Schwab (US/74) 1/20/08 (565.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA) <TOP20C>
3.	523.6 (237.5)	*3.57X	Alexei Sivokon (Kazakhstan/73) 5/25/06 (237.5 kg. @ 66.5 kg.) (Miskolc, Hungary) (IPF)
4.	520.0 (235.9)	*3.54X	Kevin Harmon (US/75) 6/5/10 (520.0 lb. @ 147.0 lb.) (Nashville, Tennessee) (SPF)
5.	519.2 (235.5)	*3.49X	Toshihiko Noda (Japan/79) 3/8/09 (235.5 kg. @ 67.4 kg.) (Columbus, Ohio) (IPF)
6.	518.1 (235.0)	*3.53X	Markus Schick (Germany/76) 5/24/03 (235.0 kg. @ 66.5 kg.) (Giessen, Germany) (IPF)
7.	518.1 (235.0)	3.48X	Kerwin Unten (US/68) 7/5/09 (235.0 kg.) (Honolulu, Hawaii) (WABDL)
8.	512.6 (232.5)	*3.46X	Ravil Kazakov (Russia/82) 11/10/05 (232.5 kg. @ 67.2 kg.) (Miami, Florida) (IPF)
9.	510.0 (231.3)	*3.51X	Greg Warr (US/69) 6/4/94 (510.0 lb. @ 145.5 lb.) (Eufala, Alabama) (NSM)
10.	509.3 (231.0)	*3.44X	Keisuke Takahashi (Japan/73) 3/2/08 (231.0 kg. @ 67.2 kg.) (Columbus, Ohio) (IPF)
11.	507.1 (230.0)	*3.41X	Alexander Gromov (Russia/81) 12/2/05 (230.0 kg. @ 67.5 kg.) (Stockholm, Sweden) (IPF)
12.	501.6 (227.5)	*3.42X	August Clark (US/62) 3/1/03 (227.5 kg. @ 66.6 kg.) (Columbus, Ohio) (WPO)
13.	496.0 (225.0)	*3.33X	Kimihisa Itoh (Japan/72) 6/29/02 (225.0 kg. @ 67.5 kg.) (Nikko, Japan) (IPF)
14.	485.0 (220.0)	*3.26X	Nick Hatch (US/85) 10/8/04 (220.0 kg. @ 67.5 kg.) (Atlanta, Georgia) (WPO)
15.	485.0 (220.0)	*3.26X	Kenichiro Matsumoto (Japan/75) 12/2/05 (220.0 kg. @ 67.5 kg.) (Stockholm, Sweden) (IPF)
16.	485.0 (220.0)	*3.32X	Mikhail Speransky (Russia/76) 11/3/07 (220.0 kg. @ 66.3 kg.) (Togliatti, Russia) (WPC)
17.	475.0 (215.5)	3.19X	Joe Smith (US/76) 3/31/07 (475.0 lb.) (Cleveland, Ohio) (USAPL)
18.	474.0 (215.0)	*3.21X	Aleksander Zolov (Russia/80) 3/4/05 (215.0 kg. @ 66.9 kg.) (Kazan, Russia) (IPF)
19.	474.0 (215.0)	*3.27X	Koji Higashizaka (Japan/79) 5/25/06 (215.0 kg. @ 65.8 kg.) (Miskolc, Hungary) (IPF)
20.	474.0 (215.0)	*3.22X	Andrey Huk (Belorussia/79) 5/25/06 (215.0 kg. @ 66.7 kg.) (Miskolc, Hungary) (IPF)

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>705.5 (320.0)</b>	*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)	<b>*4.76X</b>	Jaroslav 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) <TOP20F>
5.	688.9 (312.5)	4.63X	Raimo Valineva (Finland/45) 12/19/81 (312.5 kg.) (Seinajoki, Finland) (IPF)
6.	688.9 (312.5)	*4.64X	Hassan El Beghiti (France/75) 11/3/09 (312.5 kg. @ 67.32 kg.) (New Delhi, India) (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.) (Berds, Russia) (IPF)
19.	650.0 (294.8)	4.37X	Mark Sigala (US) 9/12/99 (650.0 lb.) (Denver, Colorado) (NSM)
20.	650.0 (294.8)	*4.45X	Tony Bryant (US) 3/25/00 (650.0 lb. @ 146.0 lb.) (Killeen, Texas) (THSPA)

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

	<b>Total</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1930.0 (875.4)</b>	<b>*12.97X</b>	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	Jaroslav Olech (Poland/74) 11/11/04 (340.0+190.0+302.5=832.5 kg. @ 67.5 kg.) (Cape Town, South Africa) (IPF) <TOP20C>
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.	1769.2 (802.5)	*11.91X	Tony Conyers (US/59) 5/31/96 (310.0+192.5+300=802.5 kg. @ 67.4 kg.) (Atlanta, Georgia) (APF/WPC)
7.	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)
8.	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)
9.	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)
10.	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)
11.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	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)
17.	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)
18.	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)
19.	1687.6 (765.5)	*11.63X	Mikhail Speransky (Russia/76) 2/9/07 (300.5+215.0+250.0=765.5 kg. @ 65.8 kg.) (Chelyabinsk, Russia) (WPC)
20.	1686.5 (765.0)	*11.46X	Mikhail Andruchin (Russia/70) 3/15/07 (292.5+177.5+295.0=765.0 kg. @ 66.75 kg.) (Berds, Russia) (IPF)

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Records accurate (as to my knowledge) as of **8/29/10**.

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## 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

	<b>Squat</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>887.4 (402.5)</b>	<b>*5.37X</b>	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	Jaroslav 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.) (Asheville, 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.) (Togliatti, Russia) (WPO)
17.	766.1 (347.5)	*4.65X	Jay Rosciglione (US/56) 5/31/96 (347.5 kg. @ 74.7 kg.) (Atlanta, Georgia) (APF/WPC)
18.	765.0 (347.0)	4.63X	Jose Perez (US/60) 11/20/94 (765.0 lb) (Brick, New Jersey) (APF/WPC)
19.	760.6 (345.0)	*4.62X	Vasily Tsvetkov (Russia/83) 11/3/05 (345.0 kg. @ 74.6 kg.) (Helsinki, Finland) (WPC)
20.	760.6 (345.0)	*4.61X	Alexander Gromov (Russia/81) 11/4/09 (345.0 kg. @ 74.88 kg.) (New Delhi, India) (IPF)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>705.0 (319.8)</b>	<b>*4.27X</b>	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.	551.2 (250.0)	*3.36X	Fred Boldt (US/76) 3/1/03 (250.0 kg. @ 74.4 kg.) (Columbus, Ohio) (WPO)
11.	551.2 (250.0)	*3.33X	Oleksandr Kutcher (Ukraine/80) 3/3/06 (250.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
12.	551.2 (250.0)	*3.40X	Roman Zuzuk (Ukraine/71) 3/18/09 (250.0 kg. @ 73.6 kg.) (Krivoy Rog, Ukraine) (WPC)
13.	550.0 (249.5)	*3.35X	Greg Warr (US/69) 9/16/95 (550.0 lb. @ 164 lb.) (Dallas, Texas) (NSM)
14.	545.6 (247.5)	*3.34X	Ryan Wagner (US/87) 7/30/10 (247.5 kg. @ 74.2 kg.) (Dubuque, Iowa) (UPA)
15.	542.3 (246.0)	*3.31X	Andrey Tchesnokov (Russia/74) 11/26/03 (246.0 kg. @ 74.3 kg.) (Calgary, Alberta, Canada) (WPC)
16.	540.1 (245.0)	*3.28X	Nick Hatch (US/85) 6/2/06 (245.0 kg. @ 74.8 kg.) (Las Vegas, Nevada) (APF/WPC)
17.	540.1 (245.0)	*3.27X	Al Caslow (US/80) 3/22/09 (245.0 kg. @ 75.0 kg.) (Omaha, Nebraska) (APF)
18.	540.1 (245.0)	*3.27X	Alexander Gromov (Russia/81) 11/4/09 (245.0 kg. @ 74.88 kg.) (New Delhi, India) (IPF)
19.	540.0 (244.9)	*3.33X	Damian Osgood (US/84) 6/26/05 (540.0 lb. @ 162.0 lb.) (Norwich, Connecticut) (APA)
20.	540.0 (244.9)	*3.30X	Angelo Berardinelli (US/65) 8/23/08 (540.0 lb. @ 163.4 lb.) (Sharonville, Ohio) (IPA)

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>793.7 (360.0)</b>	<b>*4.80X</b>	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) <TOP20C> <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.	711.0 (322.5)	4.30X	Bob Bridges (US/64) 10/30/93 (322.5 kg.) (Saint Louis, Missouri) (ADFFPA)
19.	711.0 (322.5)	*4.33X	Viktor Baranov (Russia/67) 9/29/00 (322.5 kg. @ 74.4 kg.) (Sotchi, Russia) (IPF)
20.	711.0 (322.5)	*4.31X	Viktor Furashkin (Russia/69) 7/16/05 (322.5 kg. @ 74.9 kg.) (Duisburg, Germany) (IPF)

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

	<b>Total</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>2171.6 (985.0)</b>	<b>*13.13X</b>	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.	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)
18.	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)
19.	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)
20.	1862.9 (845.0)	*11.45X	Artem Postovalov (Ukraine/86) 7/28/07 (340.0+205.0+300.0=845.0 kg. @ 73.8 kg.) (Krivoy Rog, Ukraine) (WPO)

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

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

	<b>Squat</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>930.0 (421.8)</b>	*5.13X	Michael Cartinian (US/76) 8/22/09 (930.0 lb. @ 181.4 lb.) (Sharonville, Ohio) (SPF) <TOP20C>
2.	910.0 (412.8)	<b>*5.14X</b>	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.	848.8 (385.0)	*4.82X	Greg "Spanky" Fields (US/75) 12/2/06 (385.0 kg. @ 79.8 kg.) (Lake City, Florida) (APF)
8.	845.0 (383.3)	*4.67X	Tony Kamand (US/61) 3/28/93 (845.0 lb. @ 180.75 lb.) (Lancaster, Pennsylvania) (APA/WPA)
9.	844.4 (383.0)	*4.66X	Arnold Coleman (US/65) 3/4/05 (383.0 kg. @ 82.2 kg.) (Columbus, Ohio) (WPO)
10.	843.3 (382.5)	4.64X	Gene Bell (US/56) 4/8/88 (382.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
11.	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)
12.	826.7 (375.0)	*4.56X	Alexey Sorokin (Russia/85) 11/4/09 (375.0 kg. @ 82.28 kg.) (New Delhi, India) (IPF)
13.	815.7 (370.0)	4.48X	Neville Primich (South Africa/67) 6/22/01 (370.0 kg.) (Pretoria, South Africa) (WPC)
14.	815.7 (370.0)	*4.56X	Wade Hooper (US/70) 6/14/08 (370.0 kg. @ 81.1 kg.) (Killeen, Texas) (USAPL/IPF)
15.	810.2 (367.5)	*4.49X	Thomas Krawiec (US/82) 2/6/10 (367.5 kg. @ 81.8 kg.) (Lenexa, Kansas) (APF)
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 Tincher (US/70) 8/21/10 (805.0 lb. @ 178.8 lb.) (Cincinnati, Ohio) (SPF)
18.	804.7 (365.0)	*4.52X	Ron "Lionheart" Palmer (US/73) 5/10/03 (365.0 kg. @ 80.7 kg.) (Daytona Beach, Florida) (APF)
19.	804.7 (365.0)	*4.42X	Mike Danforth (US/69) 3/5/04 (365.0 kg. @ 82.5 kg.) (Columbus, Ohio) (WPO)
20.	804.7 (365.0)	*4.48X	Tyler Tessler (Canada/85) 3/26/05 (365.0 kg. @ 81.5 kg.) (Okotoks, Alberta, Canada) (WPC)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>750.0 (340.2)</b>	<b>*4.13X</b>	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) <TOP20C>
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.	633.8 (287.5)	*3.50X	Joe Mazza (US/66) 3/3/07 (287.5 kg. @ 82.25 kg.) (Columbus, Ohio) (WPO)
12.	633.8 (287.5)	*3.52X	Tim "Sherman" Hensley (US/81) 7/12/08 (287.5 kg. @ 81.6 kg.) (Dubuque, Iowa) (UPA)
13.	625.0 (283.5)	*3.48X	Brad Vargason (US/76) 4/29/06 (625.0 lb. @ 179.5 lb.) (New Castle, Delaware) (APF)
14.	625.0 (283.5)	3.44X	Daniel Tinajero (US/87) 4/18/09 (625.0 lb.) (Orlando, Florida) (APF)
15.	619.5 (281.0)	*3.49X	Daiki Kodama (Japan/79) 3/2/08 (281.0 kg. @ 80.6 kg.) (Columbus, Ohio) (IPF)
16.	617.3 (280.0)	*3.40X	Vladimir Chadkov (Russia/73) 3/3/07 (280.0 kg. @ 82.4 kg.) (Columbus, Ohio) (WPO)
17.	617.3 (280.0)	*3.46X	Dave Nelson (US/88) 7/11/09 (280.0 kg. @ 81.0 kg.) (Dubuque, Iowa) (UPA)
18.	611.8 (277.5)	*3.36X	James "Priest" Burdette (US/73) 3/4/06 (277.5 kg. @ 82.5 kg.) (Columbus, Ohio) (WPO)
19.	605.0 (274.4)	*3.40X	Damian Osgood (US/84) 11/3/07 (605.0 lb. @ 178.0 lb.) (Manchester, New Hampshire) (APF)
20.	600.8 (272.5)	*3.32X	Tony Runde (US/81) 1/20/07 (272.5 kg. @ 82.0 kg.) (Dubuque, Iowa) (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.*

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

<b>Deadlift</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
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.) (Berds, Russia) (IPF)

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

<b>Total</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
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> <TOP20F>
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. 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)
13. 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.) (Prostejov, Czech Republic) (IPF)
14. 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)
15. 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)
16. 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)
17. 1973.1 (895.0)	*10.88X	Alexey Sorokin (Russia/85) 11/4/09 (375.0+215.0+305.0=895.0 kg. @ 82.28 kg.) (New Delhi, India) (IPF)
18. 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)
19. 1967.6 (892.5)	*11.18X	Greg "Spanky" Fields (US/75) 12/2/06 (385.0+225.0+282.5=892.5 kg. @ 79.8 kg.) (Lake City, Florida) (APF)
20. 1965.0 (891.3)	10.80X	Daniel Tinajero (US/87) 2/28/09 (730.0+585.0+650.0=1965.0 lb.) (Orlando, Florida) (APF)

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

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Records accurate (as to my knowledge) as of **8/29/10**.

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**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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1055.0 (478.5)</b>	<b>*5.32X</b>	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.	990.0 (449.1)	*5.02X	Sergiy Naleykin (Ukraine/81) 1/20/08 (990.0 lb. @ 89.5 kg.) (Columbus, Ohio) (IPA)
4.	975.0 (442.3)	*4.92X	Michael Cartinian (US/76) 8/21/10 (975.0 lb. @ 198.0 lb.) (Cincinnati, Ohio) (SPF)
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.	909.4 (412.5)	*4.58X	Jesse Kellum (US/65) 11/8/02 (412.5 kg. @ 90.0 kg.) (New Orleans, Louisiana) (WPO)
8.	903.9 (410.0)	*4.59X	Andrey Sharapov (Russia/78) 11/22/08 (410.0 kg. @ 89.375 kg.) (Palm Beach, Florida) (WPC)
9.	900.0 (408.2)	4.54X	Tony Kamand (US/61) 12/13/03 (900.0 lb.) (Avon Lake, Ohio) (IPA)
10.	900.0 (408.2)	*4.61X	Derek Wilcox (US/87) 6/5/10 (900.0 lb. @ 195.2 lb.) (Nashville, Tennessee) (SPF)
11.	887.4 (402.5)	*4.47X	Matthew Zweng (US/72) 2/24/02 (402.5 kg. @ 90.0 kg.) (Columbus, Ohio) (WPO)
12.	881.8 (400.0)	4.44X	Corey Akers (US/76) 1/6/07 (400.0 kg.) (DeKalb, Illinois) (APF)
13.	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)
14.	870.8 (395.0)	*4.44X	Arkadiy Bukhtiychuk (Ukraine/75) 2/4/07 (395.0 kg. @ 88.9 kg.) (Melitopol, Ukraine) (IPF)
15.	860.0 (390.1)	4.33X	Phillip DelMonti (US/82) 1/13/07 (860.0 lb.) (Grove City, Ohio) (APF)
16.	859.8 (390.0)	*4.35X	Ed Coan (US/63) 7/7/85 (390.0 kg. @ 89.7 kg.) (Chicago, Illinois) (USPF)
17.	859.8 (390.0)	*4.39X	Tatu Avola (Finland/73) 10/8/04 (390.0 kg. @ 88.9 kg.) (Atlanta, Georgia) (WPO)
18.	859.8 (390.0)	*4.37X	Jason Coker (US/75) 6/14/09 (390.0 kg. @ 89.2 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
19.	855.0 (387.8)	*4.37X	Ron "Lionheart" Palmer (US/73) 7/23/06 (855.0 lb. @ 88.8 kg.) (York, Pennsylvania) (IPA)
20.	848.8 (385.0)	*4.29X	John Wardell (US/68) 11/8/02 (385.0 kg. @ 89.8 kg.) (New Orleans, Louisiana) (WPO)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>850.0 (385.6)</b>	<b>*4.29X</b>	Shawn Frankl (US/77) 8/23/08 (850.0 lb. @ 198.0 lb.) (Sharonville, Ohio) (IPA) <TOP20C> <TOP20F>
2.	826.7 (375.0)	*4.20X	Jason Coker (US/75) 6/14/09 (375.0 kg. @ 89.2 kg.) (Palm Beach Gardens, Florida) (APF/WPC) <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.	715.0 (324.3)	*3.61X	Michael Cartinian (US/76) 8/21/10 (715.0 lb. @ 198.0 lb.) (Cincinnati, Ohio) (SPF)
11.	711.0 (322.5)	*3.63X	Chris Dejongh (US/84) 7/11/09 (322.5 kg. @ 88.8 kg.) (Dubuque, Iowa) (UPA)
12.	705.5 (320.0)	*3.56X	Jeff McVicar (US/68) 1/20/07 (320.0 kg. @ 90.0 kg.) (Dubuque, Iowa) (APF)
13.	705.5 (320.0)	3.56X	Matt Lamarque (US/74) 3/17/07 (320.0 kg.) (Chico, California) (WABDL)
14.	705.5 (320.0)	3.56X	Anthony "Frank" Caminita (US/70) 6/24/07 (320.0 kg.) (Marietta, Georgia) (APC/GPC)
15.	705.5 (320.0)	*3.57X	James "Priest" Burdette (US/73) 10/11/08 (320.0 kg. @ 197.8 lb.) (Los Angeles, California) (APPF)
16.	705.5 (320.0)	*3.67X	Tim "Sherman" Hensley (US/81) 4/18/10 (320.0 kg. @ 192.0 lb.) (Romulus, Michigan) (AAPF)
17.	688.9 (312.5)	*3.48X	Evgenie Nechaev (Russia/78) 11/21/09 (312.5 kg. @ 89.9 kg.) (Bournemouth, England) (WPC)
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).

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Records accurate (as to my knowledge) as of **8/29/10**.

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>859.8 (390.0)</b>	*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)	<b>*4.43X</b>	Eddie Coppin (Belgium/60-01) 11/14/87 (373.5 kg. @ ~186 lb.) (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.	782.6 (355.0)	*3.95X	Alexander Matveev (Kazakhstan/74) 11/3/05 (355.0 kg. @ 89.8 kg.) (Helsinki, Finland) (WPC)
20.	777.1 (352.5)	3.92X	Ernie Frantz (US/34) 6/15/80 (352.5 kg.) (Moline, Illinois) (USPF/IPF)

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

	<b>Total</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>2630.0 (1192.9)</b>	<b>*13.27X</b>	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.	2350.0 (1065.9)	*11.87X	Michael Cartinian (US/76) 8/21/10 (975.0+715.0+660.0=2350.0 lb. @ 198.0 lb.) (Cincinnati, Ohio) (SPF)
4.	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)
5.	2237.7 (1015.0)	*11.38X	Jason Coker (US/75) 6/14/09 (390.0+375.0+250.0=1015.0 kg. @ 89.2 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
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 Freyduin (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).

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

Records accurate (as to my knowledge) as of **8/29/10**.

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**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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1100.0 (499.0)</b>	<b>*5.02X</b>	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) <TOP20F>
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.	964.5 (437.5)	*4.49X	Ed Coan (US/63) 11/22/87 (437.5 kg. @ 215.0 lb.) (Dayton, Ohio) (APF/WPC)
17.	960.0 (435.4)	*4.49X	Phil Harrington (US/73) 4/12/08 (960.0 lb. @ 214.0 lb.) (Columbus, Ohio) (IPA)
18.	953.5 (432.5)	*4.33X	Corey Akers (US/76) 6/6/10 (432.5 kg. @ 99.9 kg.) (Chicago, Illinois) (APF/WPC)
19.	950.0 (430.9)	*4.31X	Jason Cox (US/72) 11/20/04 (950.0 lb. @ 100.0 kg.) (Shamokin Dam, Pennsylvania) (IPA)
20.	948.0 (430.0)	*4.35X	Chris "Ox" Mason (US/72) 3/3/06 (430.0 kg. @ 98.8 kg.) (Columbus, Ohio) (WPO)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>903.9 (410.0)</b>	<b>*4.11X</b>	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.	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)
6.	782.6 (355.0)	*3.56X	Vitaliy Ponomarenko (Ukraine/74-08) 11/5/05 (355.0 kg. @ 99.6 kg.) (Helsinki, Finland) (WPO)
7.	771.6 (350.0)	*3.54X	Matt Lamarque (US/74) 11/13/04 (350.0 kg. @ 218.0 lb.) (Reno, Nevada) (WABDL)
8.	766.1 (347.5)	*3.49X	Dondell Blue (US/75) 3/2/07 (347.5 kg. @ 99.6 kg.) (Columbus, Ohio) (WPO)
9.	766.1 (347.5)	*3.49X	Matt Minuth (US/80) 11/22/08 (347.5 kg. @ 99.5 kg.) (Palm Beach, Florida) (APF/WPC)
10.	750.0 (340.2)	3.40X	Scott Sceppe (US/78) 2/16/08 (750.0 lb.) (Tribes Hill, New York) (SSA)
11.	740.0 (335.7)	*3.66X	Jason Fry (US/79) 11/9/08 (740.0 lb. @ 91.8 kg.) (Circleville, Ohio) (UPA)
12.	740.0 (335.7)	*3.37X	Kris Herbert (US/84) 5/1/10 (740.0 lb. @ 219.9 lb.) (Tribes Hill, New York) (SSA)
13.	738.5 (335.0)	*3.35X	Matt Kroczaleski (US/73) 4/25/09 (335.0 kg. @ 100.0 kg.) (Dubuque, Iowa) (UPA)
14.	735.0 (333.4)	*3.52X	Jesse Kellum (US/65) 4/26/03 (735.0 lb. @ 209.0 lb.) (New Roads, Louisiana) (NSM)
15.	735.0 (333.4)	3.33X	Gary Larson (US/82) 6/28/09 (735.0 lb.) (York, Pennsylvania) (IPA)
16.	733.0 (332.5)	*3.40X	George Halbert (US/71) 9/8/01 (332.5 kg. @ 97.8 kg.) (Daytona Beach, Florida) (WPO)
17.	733.0 (332.5)	*3.34X	Christian Simmons (US/80) 6/17/07 (332.5 kg. @ 99.55 kg.) (Daytona Beach, Florida) (APF/WPC)
18.	733.0 (332.5)	*3.34X	Tony Acome (US/72) 6/17/07 (332.5 kg. @ 99.55 kg.) (Daytona Beach, Florida) (APF/WPC)
19.	730.0 (331.1)	*3.32X	Chris Smith (US/68) 4/12/08 (730.0 lb. @ 220.0 lb.) (Columbus, Ohio) (IPA)
20.	727.5 (330.0)	*3.33X	John Berding (US/66) 10/17/09 (330.0 kg. @ 99.0 kg.) (Dubuque, Iowa) (UPA)

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

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>901.7 (409.0)</b>	*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)	<b>*4.11X</b>	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 Freydzun (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.	805.0 (365.1)	3.65X	Charr Gahagan (US/76) 1/20/01 (805.0 lb.) (Saint Amant, Louisiana) (USAPL)

**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**

	<b>Total</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>2715.0 (1231.5)</b>	<b>*12.57X</b>	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.	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)
6.	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)
7.	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)
8.	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)
9.	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)
10.	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)
11.	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)
12.	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)
13.	2336.9 (1060.0)	*10.95X	Andrey Belyaev (Russia/83) 11/21/09 (420.0+290.0+350.0=1060.0 kg. @ 96.8 kg.) (Bournemouth, England) (WPC)
14.	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)
15.	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)
16.	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)
17.	2292.8 (1040.0)	*10.45X	Tony Acome (US/72) 6/17/07 (410.0+332.5+297.5=1040.0 kg. @ 99.55 kg.) (Daytona Beach, Florida) (APF/WPC)
18.	2290.0 (1038.7)	*10.58X	Vladimir Venglovski (Ukraine/79) 8/22/09 (935.0+610.0+745.0=2290.0 lb. @ 216.4 lb.) (Sharonville, Ohio) (SPF)
19.	2287.3 (1037.5)	*10.42X	Ivan Freydu (Ukraine/81) 11/12/05 (377.5+290.0+370.0=1037.5 kg. @ 99.6 kg.) (Miami, Florida) (IPF)
20.	2270.8 (1030.0)	*10.30X	Kyle Robertson (US/81) 10/29/05 (410.0+295.0+325.0=1030.0 kg. @ 100.0 kg.) (Chicago, Illinois) (WPO)

**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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1140.0 (517.1)</b>	*4.75X	Chuck Vogelpohl (US/65) 8/23/09 (1140.0 lb. @ 239.8 lb.) (Sharonville, Ohio) (SPF) <TOP20F>
2.	1107.8 (502.5)	<b>*4.86X</b>	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) <TOP20F>
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.	1038.4 (471.0)	*4.38X	Ed Coan (US/63) 8/12/01 (471.0 kg. @ 107.6 kg.) (Orlando, Florida) (WPO)
9.	1030.0 (467.2)	*4.32X	Brian Hopper (US/83) 2/27/10 (1030.0 lb. @ 238.5 lb.) (Orlando, Florida) (APF)
10.	1025.0 (464.9)	*4.27X	Luke Edwards (US/81) 12/5/09 (1025.0 lb. @ 240.0 lb.) (Nashville, Tennessee) (SPF)
11.	1025.0 (464.9)	*4.25X	Dave "Neutron" Hoff (US/88) 12/5/09 (1025.0 lb. @ 241.0 lb.) (Nashville, Tennessee) (SPF)
12.	1015.0 (460.4)	*4.19X	James Grandick (US/68) 8/24/08 (1015.0 lb. @ 242.4 lb.) (Sharonville, Ohio) (IPA)
13.	1014.1 (460.0)	*4.43X	Matt Kroczaleski (US/73) 7/13/08 (460.0 kg. @ 103.8 kg.) (Dubuque, Iowa) (UPA)
14.	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)
15.	1008.6 (457.5)	*4.19X	Toby Irby (US/74) 5/4/08 (457.5 kg. @ 109.2 kg.) (Baton Rouge, Louisiana) (APF/WPC)
16.	1004.2 (455.5)	*4.29X	Willie Wessels (US/63) 11/11/95 (455.5 kg. @ 106.1 kg.) (Chicago, Illinois) (APF/WPC)
17.	1003.1 (455.0)	*4.14X	Jason Patrick (US/72) 6/26/04 (455.0 kg. @ 109.8 kg.) (Waukegan, Illinois) (APF)
18.	1003.1 (455.0)	4.14X	Christian Simmons (US/80) 4/23/05 (455.0 kg.) (Baton Rouge, Louisiana) (APF)
19.	1003.1 (455.0)	*4.21X	Justin Redding (US/77) 11/10/07 (455.0 kg. @ 238.0 lb.) (Omaha, Nebraska) (APF)
20.	1003.1 (455.0)	*4.14X	Jeremiah Frey (US/81) 1/31/09 (455.0 kg. @ 110.0 kg.) (Dubuque, Iowa) (UPA)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>905.0 (410.5)</b>	<b>*3.78X</b>	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.	804.7 (365.0)	*3.37X	Chip Stewart (US/75) 7/29/06 (365.0 kg. @ 108.4 kg.) (Clayton, North Carolina) (APF)
9.	804.7 (365.0)	*3.35X	Jason "Action" Jackson (US/64) 11/16/06 (365.0 kg. @ 240.2 lb.) (Las Vegas, Nevada) (WABDL)
10.	804.7 (365.0)	*3.35X	Brad Hein (US/80) 5/30/08 (365.0 kg. @ 240.0 lb.) (Omaha, Nebraska) (APF/WPC)
11.	801.4 (363.5)	*3.51X	Matt Lamarque (US/74) 6/11/05 (363.5 kg. @ 228.0 lb.) (Honolulu, Hawaii) (WABDL)
12.	800.0 (362.9)	*3.30X	Greg Panora (US/80) 12/6/08 (800.0 lb. @ 110.0 kg.) (Murfreesboro, Tennessee) (SPF)
13.	785.0 (356.1)	*3.26X	Brian Carroll (US/81) 8/24/08 (785.0 lb. @ 241.0 lb.) (Sharonville, Ohio) (IPA)
14.	785.0 (356.1)	*3.26X	Dave "Neutron" Hoff (US/88) 12/5/09 (785.0 lb. @ 241.0 lb.) (Nashville, Tennessee) (SPF)
15.	785.0 (356.1)	*3.37X	Clint Smith (US/79) 8/22/10 (785.0 lb. @ 232.8 lb.) (Cincinnati, Ohio) (SPF)
16.	772.5 (350.4)	*3.25X	Brad Kelley (US/71) 3/5/05 (772.5 lb. @ 238.0 lb.) (Williamston, South Carolina) (APA)
17.	771.6 (350.0)	*3.26X	Tony Acome (US/72) 3/3/07 (350.0 kg. @ 107.3 kg.) (Columbus, Ohio) (WPO)
18.	771.6 (350.0)	*3.18X	Jeremiah Frey (US/81) 1/31/09 (350.0 kg. @ 110.0 kg.) (Dubuque, Iowa) (UPA)
19.	766.1 (347.5)	*3.18X	George Halbert (US/71) 9/25/04 (347.5 kg. @ 109.4 kg.) (Orlando, Florida) (WPO)
20.	766.1 (347.5)	*3.24X	Dondell Blue (US/75) 12/3/06 (347.5 kg. @ 107.4 kg.) (Lake City, 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.*

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

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>892.9 (405.0)</b>	*3.695X	Yuriy Fedorenko (Russia/74) 3/4/06 (405.0 kg. @ 109.6 kg.) (Ufa, Russia) (IPF)
2.	887.4 (402.5)	<b>*3.699X</b>	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.	859.8 (390.0)	3.55X	Bret Russell (US/60) 11/2/86 (390.0 kg.) (Parkersburg, West Virginia) (APF/WPC)
6.	859.8 (390.0)	*3.60X	Nikolay Ilychev (Russia/77) 1/22/06 (390.0 kg. @ 108.4 kg.) (Cherepovets, Russia) (IPF)
7.	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)
8.	854.3 (387.5)	3.52X	Charlie Driscoll (US) 6/8/86 (387.5 kg.) (Dallas, Texas) (USPF)
9.	848.8 (385.0)	*3.51X	Aarre Kapyla (Finland/64) 11/18/90 (385.0 kg. @ 109.8 kg.) (The Hague, Netherlands) (IPF)
10.	845.0 (383.3)	*3.60X	Jim Cash (US/49) 12/14/85 (845.0 lb. @ 234.5 lb.) (Longmont, Colorado) (NSM)
11.	843.3 (382.5)	*3.53X	Alexey Gankov (Russia/70) 11/14/98 (382.5 kg. @ 108.5 kg.) (Cherkasy, Ukraine) (IPF)
12.	837.8 (380.0)	*3.47X	Arthur White (Great Britain/51) 4/17/82 (380.0 kg. @ 109.4 kg.) (Munich, West Germany) (IPF)
13.	837.8 (380.0)	*3.48X	Dave Carter (Great Britain) 4/18/82 (380.0 kg. @ 109.1 kg.) (Featherstone Prison, Great Britain) (IPF)
14.	837.8 (380.0)	3.45X	Mike Poretta (US) 7/10/88 (380.0 kg.) (Las Vegas, Nevada) (USPF/IPF)
15.	837.8 (380.0)	*3.45X	Roman Voroshilin (Ukraine/83) 3/6/05 (380.0 kg. @ 110.0 kg.) (Mariupol, Ukraine) (IPF)
16.	837.8 (380.0)	*3.47X	Maxim Barkhatov (Russia/81) 10/19/07 (380.0 kg. @ 109.4 kg.) (Soelden, Austria) (IPF)
17.	832.2 (377.5)	3.43X	Terry McCormick (US/46) 7/13/80 (377.5 kg.) (Madison, Wisconsin) (USPF/IPF)
18.	832.2 (377.5)	3.43X	Steve Wilson (US/54) 6/29/86 (377.5 kg.) (Dayton, Ohio) (APF/WPC)
19.	832.2 (377.5)	3.43X	Willie Bell (US) 12/3/88 (377.5 kg.) (Adel, Georgia) (USPF)
20.	826.7 (375.0)	*3.44X	George Hechter (US/61) 3/23/87 (375.0 kg. @ 240.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)

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

	<b>Total</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>2630.0 (1192.9)</b>	<b>*10.84X</b>	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.	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) <TOP20F>
4.	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)
5.	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)
6.	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)
7.	2496.7 (1132.5)	*10.49X	Juha Someroja (Finland/75) 10/3/09 (440.0+330.0+362.5=1132.5 kg. @ 108.0 kg.) (Lahti, Finland) (GPC)
8.	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)
9.	2470.0 (1120.4)	*10.61X	Clint Smith (US/79) 8/22/10 (930.0+785.0+755.0=2470.0 lb. @ 232.8 lb.) (Cincinnati, Ohio) (SPF)
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.	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)
20.	2397.5 (1087.5)	*9.90X	Nikolai Suslov (Russia/79) 3/4/06 (430.0+282.5+375.0=1087.5 kg. @ 109.9 kg.) (Ufa, Russia) (IPF)

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

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Records accurate (as to my knowledge) as of **8/29/10**.

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**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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1175.0 (533.0)</b>	<b>*4.59X</b>	Chuck Vogelpohl (US/65) 8/20/10 (1175.0 lb. @ 255.8 lb.) (Cincinnati, Ohio) (SPF) <TOP20F>
2.	1168.4 (530.0)	*4.31X	Yevgen Yarymbash (Ukraine/83) 10/18/08 (530.0 kg. @ 123.0 kg.) (Mangush, Ukraine) (IPA) <TOP20F>
3.	1110.0 (503.5)	*4.04X	Brian Carroll (US/81) 2/27/10 (1110.0 lb. @ 275.0 lb.) (Orlando, Florida) (APF)
4.	1107.8 (502.5)	*4.04X	Marc "Spuds" Bartley (US/68) 3/4/06 (502.5 kg. @ 124.4 kg.) (Columbus, Ohio) (WPO)
5.	1105.0 (501.2)	*4.43X	Joe "Ironman" Norman (US/68) 2/27/10 (1105.0 lb. @ 249.5 lb.) (Orlando, Florida) (APF) <TOP20F>
6.	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)
7.	1102.3 (500.0)	*4.01X	Ano Turtiainen (Finland/67) 3/25/07 (500.0 kg. @ 124.8 kg.) (Juva, Finland) (WPC)
8.	1102.3 (500.0)	4.00X	Charles Bailey (US/63) 6/24/07 (500.0 kg.) (Marietta, Georgia) (APC/GPC)
9.	1102.3 (500.0)	4.00X	Al Mehan (Canada/74) 9/22/07 (500.0 kg.) (Saint Francisville, Louisiana) (APF)
10.	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)
11.	1080.3 (490.0)	*3.98X	Michael Griffin (US/75) 11/7/09 (490.0 kg. @ 123.1 kg.) (Plano, Texas) (APF)
12.	1075.0 (487.6)	*4.13X	Dave "Neutron" Hoff (US/88) 8/20/10 (1075.0 lb. @ 260.0 lb.) (Cincinnati, Ohio) (SPF)
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**

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1030.7 (467.5)</b>	<b>*3.75X</b>	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.	865.3 (392.5)	*3.16X	Richie Briggs (US/84) 9/6/08 (392.5 kg. @ 274.0 lb.) (Omaha, Nebraska) (APF)
4.	860.0 (390.1)	*3.31X	Dave "Neutron" Hoff (US/88) 8/20/10 (860.0 lb. @ 260.0 lb.) (Cincinnati, Ohio) (SPF)
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.	826.7 (375.0)	*3.07X	Andy Fiedler (US/66) 8/7/04 (375.0 kg. @ 269.0 lb.) (Dubuque, Iowa) (APF)
12.	826.7 (375.0)	*3.08X	Tommy Harrison (US/74) 11/17/07 (375.0 kg. @ 268.2 lb.) (Anaheim, California) (WABDL)
13.	820.0 (371.9)	*3.18X	Greg Panora (US/80) 6/28/09 (820.0 lb. @ 258.0 lb.) (York, Pennsylvania) (IPA)
14.	815.7 (370.0)	*2.96X	David Lewis (US/72) 6/6/10 (370.0 kg. @ 125.0 kg.) (Chicago, Illinois) (APF/WPC)
15.	815.0 (369.7)	*3.26X	Jeremiah Frey (US/81) 8/23/09 (815.0 lb. @ 249.8 lb.) (Sharonville, Ohio) (SPF)
16.	815.0 (369.7)	*3.08X	Harley Timbs (US/70) 2/13/10 (815.0 lb. @ 265.0 lb.) (Nashville, Tennessee) (SPF)
17.	804.7 (365.0)	*2.92X	Sebastian Burns (US/72) 6/21/08 (365.0 kg. @ 125.0 kg.) (Vaudreuil-Dorion, Quebec, Canada) (WPC)
18.	804.7 (365.0)	*3.05X	James Grandick (US/68) 9/6/08 (365.0 kg. @ 264.0 lb.) (Omaha, Nebraska) (APF)
19.	804.7 (365.0)	*2.97X	Yevgen Yarymbash (Ukraine/83) 10/18/08 (365.0 kg. @ 123.0 kg.) (Mangush, Ukraine) (IPA)
20.	800.0 (362.9)	*3.16X	Bill Carpenter (US/73) 4/14/07 (800.0 lb. @ 253.0 lb.) (Lake George, New York) (APF)

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

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Records accurate (as to my knowledge) as of **8/29/10**.

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>948.0 (430.0)</b>	*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.	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)
10.	865.3 (392.5)	<b>*3.55X</b>	Ed Coan (US/63) 6/25/00 (392.5 kg. @ 110.8 kg.) (Chester, West Virginia) (USPF/WPL)
11.	859.8 (390.0)	3.12X	Scott Warman (US/56) 3/2/86 (390.0 kg.) (El Dorado, Arkansas) (USPF)
12.	859.8 (390.0)	*3.21X	Alexey Pankov (Russia/83) 6/21/04 (390.0 kg. @ 121.4 kg.) (Sofia, Bulgaria) (IPF)
13.	857.6 (389.0)	*3.16X	Andy Bolton (Great Britain/70) 6/92 (389.0 kg. @ 123.0 kg.) (Macclesfield, England) (WPC)
14.	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)
15.	855.4 (388.0)	3.10X	Dave Carter (Great Britain) 12/2/90 (388.0 kg.) (Stone, England) (WPC)
16.	855.4 (388.0)	3.10X	Michael Bruegger (Germany/62-09) 3/94 (388.0 kg.) (Krefeld, Germany) (WPC)
17.	854.3 (387.5)	*3.11X	Lars Noren (Sweden/61) 5/4/87 (387.5 kg. @ 124.4 kg.) (Birmingham, England) (IPF)
18.	854.3 (387.5)	*3.10X	Dave Pasanella (US/62-90) 5/28/89 (387.5 kg. @ 124.8 kg.) (Rosemont, Illinois) (APF/WPC)
19.	850.0 (385.6)	3.08X	Johnny Lampkin (US) 8/82 (850.0 lb.) (FCI)
20.	850.0 (385.6)	3.08X	Steve Wilson (US/54) 6/12/88 (850.0 lb.) (Akron, Ohio) (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.*

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

	<b>Total</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>2799.9 (1270.0)</b>	<b>*10.33X</b>	Yevgen Yarymbash (Ukraine/83) 10/18/08 (530.0+365.0+375.0=1270.0 kg. @ 123.0 kg. Heaviest men's 10X bodyweight Total of all time.) (Mangush, Ukraine) (IPA) <TOP20F>
2.	2750.0 (1247.4)	<b>*10.58X</b>	Dave "Neutron" Hoff (US/88) 8/20/10 (1075.0+860.0+815.0=2750.0 lb. @ 260.0 lb.) (Cincinnati, Ohio) (SPF) <TOP20F>
3.	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>
4.	2660.0 (1206.6)	*9.76X	Brian Carroll (US/81) 10/24/09 (1100.0+760.0+800.0=2660.0 lb. @ 272.5 lb.) (Orlando, Florida) (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.	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)
11.	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)
12.	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)
13.	2551.9 (1157.5)	*9.28X	Mark "JackAss" Bell (US/76) 5/23/10 (435.0+387.5+335.0=1157.5 kg. @ 275.0 lb.) (Sacramento, California) (SPF)
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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1190.5 (540.0)</b>	<b>*3.97X</b>	Jonas Rantanen (Finland/82) 10/3/09 (540.0 kg. @ 300.0 lb.) (Lahti, Finland) (GPC) <TOP20F>
2.	1147.5 (520.5)	*3.75X	Paul Childress (US/71) 3/3/07 (520.5 kg. @ 138.7 kg.) (Columbus, Ohio) (WPO) <TOP20F>
3.	1130.0 (512.6)	*3.66X	Anthony Bolognone (US/76) 8/22/10 (1130.0 lb. @ 308.4 lb.) (Cincinnati, Ohio) (SPF)
4.	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)
5.	1110.0 (503.5)	*3.61X	Jonathan Bernor (US/75) 2/17/07 (1110.0 lb. @ 307.5 lb.) (Tribes Hill, New York) (APF)
6.	1107.8 (502.5)	*3.61X	Jim Hoskinson (US/65) 3/16/08 (502.5 kg. @ 139.25 kg.) (Rainbow City, Alabama) (APF)
7.	1105.0 (501.2)	3.58X	Matt Wilson (US/79) 11/7/09 (1105.0 lb.) (New Castle, Delaware) (APA)
8.	1104.5 (501.0)	*3.91X	Sergiy Karnaukhov (Ukraine/78) 2/14/09 (501.0 kg. @ 128.2 kg.) (Krivoy Rog, Ukraine) (WPC)
9.	1102.3 (500.0)	*3.58X	Vladislav Alhazov (Israel/77) 3/27/05 (500.0 kg. @ 139.5 kg.) (Okotoks, Alberta, Canada) (WPC)
10.	1102.3 (500.0)	*3.63X	Scott Weech (US/85) 12/4/05 (500.0 kg. @ 137.85 kg.) (Jacksonville, Florida) (APF)
11.	1102.3 (500.0)	*3.75X	Ano Turtiainen (Finland/67) 11/4/07 (500.0 kg. @ 133.3 kg.) (Togliatty, Russia) (WPO)
12.	1102.3 (500.0)	*3.58X	Scott "Hoss" Cartwright (US/69) 6/1/08 (500.0 kg. @ 308.0 lb.) (Omaha, Nebraska) (APF/WPC)
13.	1100.0 (499.0)	*3.65X	Matt Wenning (US/79) 8/23/09 (1100.0 lb. @ 301.2 lb.) (Sharonville, Ohio) (SPF)
14.	1100.0 (499.0)	*3.67X	Ashley "A.J." Roberts (US/Great Britain/85) 8/22/10 (1100.0 lb. @ 300.0 lb.) (Cincinnati, Ohio) (SPF)
15.	1085.0 (492.1)	*3.56X	Chuck Fought (US/85) 1/18/09 (1085.0 lb. @ 304.5 lb.) (Columbus, Ohio) (IPA)
16.	1080.3 (490.0)	*3.75X	Al Mehan (Canada/74) 5/4/08 (490.0 kg. @ 130.6 kg.) (Baton Rouge, Louisiana) (APF/WPC)
17.	1075.0 (487.6)	*3.49X	Chris Janek (US/77) 10/4/09 (1075.0 lb. @ 308.0 lb.) (Nashville, Tennessee) (SPF)
18.	1074.8 (487.5)	*3.51X	Mike Brown (US/85) 3/3/07 (487.5 kg. @ 138.8 kg.) (Columbus, Ohio) (WPO)
19.	1074.8 (487.5)	*3.51X	Craig Stutes (US/73) 6/14/09 (487.5 kg. @ 138.8 kg.) (Palm Beach Gardens, Florida) (APF/WPC)
20.	1063.7 (482.5)	*3.56X	Jeffrey Vaughn (US/77) 12/2/07 (482.5 kg. @ 135.4 kg.) (Jacksonville, Florida) (APF)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1075.0 (487.6)</b>	<b>*3.52X</b>	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.	881.8 (400.0)	*2.92X	Steve Wong (US/68) 11/17/06 (400.0 kg. @ 301.6 lb.) (Las Vegas, Nevada) (WABDL)
7.	881.8 (400.0)	*3.08X	Vladimir Maximov (Russia/66) 11/18/09 (400.0 kg. @ 130.0 kg.) (Bournemouth, England) (WPC)
8.	881.8 (400.0)	*2.86X	Richard Ligier (France/74) 11/22/09 (400.0 kg. @ 140.0 kg.) (Bournemouth, England) (WPC)
9.	855.4 (388.0)	2.77X	Mike Womack (US/83) 7/8/06 (388.0 kg.) (Rancho Cardova, California) (WABDL)
10.	840.0 (381.0)	*2.73X	Seth Coker (US/86) 9/5/09 (840.0 lb. @ 308.0 lb.) (Fulton, Mississippi) (APA)
11.	840.0 (381.0)	2.72X	Paul Key (US/74) 12/5/09 (840.0 lb.) (Nashville, Tennessee) (SPF)
12.	826.7 (375.0)	*2.69X	Mark "JackAss" Bell (US/76) 10/25/08 (375.0 kg. @ 139.2 kg.) (Sacramento, California) (UPA)
13.	825.0 (374.2)	*2.74X	James Williams (US/73) 6/6/10 (825.0 lb. @ 301.0 lb.) (Nashville, Tennessee) (SPF)
14.	821.2 (372.5)	*2.78X	Bill Crawford (US/71) 3/4/06 (372.5 kg. @ 133.9 kg.) (Columbus, Ohio) (WPO)
15.	820.0 (371.9)	*2.74X	Vincent Dizenzo (US/69) 1/30/10 (820.0 lb. @ 299.0 lb.) (Newark, New Jersey) (IPA)
16.	820.0 (371.9)	*2.78X	Ashley "A.J." Roberts (US/Great Britain/85) 7/3/10 (820.0 lb. @ 294.6 lb.) (Cincinnati, Ohio) (SPF)
17.	815.7 (370.0)	*2.64X	Mike Mitchell (US/77) 7/31/09 (370.0 kg. @ 140.0 kg.) (Burr Ridge, Illinois) (AAPF/AWPC)
18.	815.0 (369.7)	*2.68X	Matt Wenning (US/79) 8/24/08 (815.0 lb. @ 304.0 lb.) (Sharonville, Ohio) (IPA)
19.	815.0 (369.7)	*2.66X	Anthony Bolognone (US/76) 4/19/09 (815.0 lb. @ 306.0 lb.) (Columbus, Ohio) (IPA)
20.	805.0 (365.1)	*2.67X	Jeff Peshek (US/63) 7/16/06 (805.0 lb. @ 302.0 lb.) (Worthington, Ohio) (APF)

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

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

Records accurate (as to my knowledge) as of **8/29/10**.

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>939.2 (426.0)</b>	<b>*3.33X</b>	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 Badenhors (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.	859.8 (390.0)	*3.08X	Bruce Greig (Canada/52-08) 12/10/94 (390.0 kg. @ 279.4 lb.) (Lethbridge, Alberta, Canada) (WPC)
14.	859.8 (390.0)	*2.93X	Maxim Gurianov (Russia/75) 9/20/98 (390.0 kg. @ 132.95 kg.) (Kaluga, Russia) (IPF)
15.	859.8 (390.0)	*2.98X	Ano Turtiainen (Finland/67) 3/1/03 (390.0 kg. @ 130.7 kg.) (Columbus, Ohio) (WPO)
16.	848.8 (385.0)	2.75X	Dan Wohleber (US/61) 11/11/84 (385.0 kg.) (Huntington, West Virginia) (USPF)
17.	848.8 (385.0)	*2.75X	Yuriy Spinov (Ukraine/62) 10/17/93 (385.0 kg. @ 139.9 kg.) (Kiev, Ukraine) (IPF)
18.	848.8 (385.0)	*2.80X	Audunn Jonsson (Iceland/72) 4/16/05 (385.0 kg. @ 137.7 kg.) (Reykjavik, Iceland) (IPF)
19.	843.3 (382.5)	*2.77X	Andy Kerr (Great Britain/47) 11/28/82 (382.5 kg. @ 137.86 kg.) (Gloucester, England) (IPF)
20.	843.3 (382.5)	2.73X	Lou Grande (US) 4/17/94 (382.5 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.*

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

	<b>Total</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>2799.9 (1270.0)</b>	<b>*9.33X</b>	Jonas Rantanen (Finland/82) 10/3/09 (540.0+360.0+370.0=1270.0 kg. @ 300.0 lb.) (Lahti, Finland) (GPC) <TOP20F>
2.	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)
3.	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)
4.	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)
5.	2650.0 (1202.0)	*8.83X	Ashley "A.J." Roberts (US/Great Britain/85) 8/22/10 (1100.0+770.0+780.0=2650.0 lb. @ 300.0 lb.) (Cincinnati, Ohio) (SPF)
6.	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)
7.	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)
8.	2600.0 (1179.3)	*8.52X	Chris Janek (US/77) 6/6/10 (1060.0+740.0+800.0=2600.0 lb. @ 305.0 lb.) (Nashville, Tennessee) (SPF)
9.	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)
10.	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.) (Togliatty, Russia) (WPO)
11.	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)
12.	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)
13.	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)
14.	2550.0 (1156.7)	*8.43X	Jake Anderson (US/86) 8/22/10 (1050.0+685.0+815.0=2550.0 lb. @ 302.6 lb.) (Cincinnati, Ohio) (SPF)
15.	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)
16.	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)
17.	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)
18.	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)
19.	2520.0 (1143.1)	*8.90X	Matthew Hammock (US/88) 8/22/10 (1040.0+725.0+755.0=2520.0 lb. @ 283.2 lb.) (Cincinnati, Ohio) (SPF)
20.	2513.3 (1140.0)	*8.21X	Mike Brown (US/85) 3/3/07 (487.5+320.0+332.5=1140.0 kg. @ 138.8 kg.) (Columbus, Ohio) (WPO)

**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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1250.0 (567.0)</b>	<b>*3.71X</b>	Vladislav Alhazov (Israel/77) 1/20/08 (1250.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA) <TOP20F>
2.	1235.0 (560.2)	*3.34X	Donnie Thompson (US/64) 11/23/08 (1235.0 lb. @ 369.7 lb.) (York, Pennsylvania) (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) <TOP20F>
6.	1075.0 (487.6)	*2.98X	Ben Brand (US/81) 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)		Anthony Bolognone (US/76) 12/5/09 (1125.0 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**

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1074.8 (487.5)</b>	*3.207X	Ryan Kennelly (US/74) 7/13/08 (487.5 kg. @ 152.0 kg.) (Dubuque, Iowa) (UPA) <TOP20F>
2.	1025.1 (465.0)	<b>*3.209X</b>	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.	931.5 (422.5)	*2.33X	Harlan "Clay" Brandenburg (US/74) 10/27/07 (422.5 kg. @ 181.7 kg.) (Kalamazoo, Michigan) (APF)
5.	925.9 (420.0)	*2.47X	Garry Frank (US/64) 11/18/06 (420.0 kg. @ 170.2 kg.) (Lake City, Florida) (APF)
6.	911.6 (413.5)		Mike Womack (US/83) 3/21/09 (413.5 kg.) (Chico, California) (WABDL)
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.	900.6 (408.5)	*2.90X	Paul "Tiny" Meeker (US/71) 11/17/07 (408.5 kg. @ 311.0 lb.) (Anaheim, California) (WABDL)
13.	881.8 (400.0)	*2.73X	Jani Murtomaki (Finland/81) 11/4/06 (400.0 kg. @ 146.3 kg.) (Lake George, New York) (WPO)
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.	837.8 (380.0)	*2.64X	Richard Ligier (France/74) 4/26/08 (380.0 kg. @ 143.8 kg.) (Montbeliard, France) (WPC)
19.	837.8 (380.0)	*2.32X	James Crawford (US/74) 8/22/09 (380.0 kg. @ 361.2 lb.) (Olympia, Washington) (WABDL)
20.	826.7 (375.0)	*2.53X	Travis Rogers (US/68) 3/3/07 (375.0 kg. @ 148.0 kg.) (Columbus, Ohio) (WPO)

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

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

Records accurate (as to my knowledge) as of **8/29/10**.

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1008.6 (457.5)</b>	*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>
2.	970.0 (440.0)	*2.78X	Benedikt Magnusson (Iceland/84) 11/6/05 (440.0 kg. @ 158.5 kg.) (Helsinki, Finland) (WPO)
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)	<b>*2.91X</b>	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) (ADFP/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.) (Oriol, 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**

	<b>Total</b>	<b>X-Bwt</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>2905.0 (1317.7)</b>	<b>*7.86X</b>	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) <TOP20F>
4.	2805.0 (1272.3)	<b>*8.33X</b>	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)		Anthony Bolognone (US/76) 12/5/09 (1125.0+825.0+755.0=2705.0 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/81) 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.	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)
20.	2551.9 (1157.5)	*7.49X	Jonathan Bernor (US/75) 10/30/05 (500.0+352.5+305.0=1157.5 kg. @ 154.5 kg.) (Chicago, Illinois) (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.*

	<b>Squat</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>	<b>Wilks</b>	<b>Schwartz</b>	<b>Sum</b>	<b>Rank</b>
1.	1175.0 *4.59X	275	Chuck Vogelpohl (US/65) 8/20/10 (1175.0 lb. @ 255.8 lb.) (Cincinnati, Ohio) (SPF)	*681.17 #2	*623.31 #2	=4	—#1—
2.	662.5 *6.01X	114	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)	*677.86 #3	*660.24 #1	=4	—#1—
3.	<b>1250.0</b> *3.71X	SHW	Vladislav Alhazov (Israel/77) 1/20/08 (1250.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA)	<b>*689.88 #1</b>	*612.75 #7	=8	=3
4.	1055.0 *5.32X	198	Shawn Frankl (US/77) 8/22/09 (1055.0 lb. @ 198.2 lb.) (Sharonville, Ohio) (SPF)	*673.89 #4	*617.96 #4	=8	=3
5.	1140.0 *4.75X	242	Chuck Vogelpohl (US/65) 8/23/09 (1140.0 lb. @ 239.8 lb.) (Sharonville, Ohio) (SPF)	*673.24 #5	*613.34 #6	#11	#5
6.	1050.0 *5.30X	198	Sam Byrd (US/81) 8/19/07 (1050.0 lb. @ 198.2 lb.) (Franklin, Ohio) (IPA)	*670.70 #8	*615.03 #5	#13	#6
7.	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 #7	*611.16 #10	#17	#7
8.	1168.4 *4.31X	275	Yevgen Yarymbash (Ukraine/83) 10/18/08 (530.0 kg. @ 123.0 kg.) (Mangush, Ukraine) (IPA)	*668.12 #9	*611.92 #9	#18	#8
9.	1190.5 *3.97X	308	Jonas Rantanen (Finland/82) 10/3/09 (540.0 kg. @ 300.0 lb.) (Lahti, Finland) (GPC)	*668.11 #10	*604.41 #12	#22	#9
10.	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 #11	#23	#10
11.	1235.0 *3.34X	SHW	Donnie Thompson (US/64) 11/23/08 (1235.0 lb. @ 369.7 lb.) (York, Pennsylvania) (IPA)	*672.28 #6	*588.57 #18	#24	#11
12.	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 #22	*618.05 #3	#25	#12
13.	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 #15	#26	#13
14.	1060.0 *4.91X	220	Shawn Frankl (US/77) 8/21/10 (1060.0 lb. @ 216.0 lb.) (Cincinnati, Ohio) (SPF)	*650.52 #15	*592.75 #14	#29	#14
15.	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 #24	*612.22 #8	#32	#15
16.	1165.0 *3.77X	SHW	Henry Thomason (US/79) 8/22/10 (1165.0 lb. @ 308.7 lb.) (Cincinnati, Ohio) (SPF)	*650.99 #14	*586.40 #19	#33	#16
17.	1105.0 *4.43X	275	Joe "Ironman" Norman (US/68) 2/27/10 (1105.0 lb. @ 249.5 lb.) (Orlando, Florida) (APF)	*644.93 #17	*589.02 #17	#34	#17
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 #22	#35	#18
19.	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 #13	#38	#19
20.	1160.0 *3.71X	SHW	Scott "Hoss" Cartwright (US/69) 8/23/09 (1160.0 lb. @ 313.0 lb.) (Sharonville, Ohio) (SPF)	*646.82 #16	*581.51 #23	=39	=20
21.	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 #16	=39	=20
22.	1050.0 *4.78X	220	Dondell Blue (US/75) 10/28/06 (1050.0 lb. @ 219.5 lb.) (Indianapolis, Indiana) (MPF)	*640.13 #20	*582.80 #21	=41	=22
23.	1085.0 *4.50X	242	Justin Graalfs (US/79) 7/23/06 (1085.0 lb. @ 109.4 kg.) (York, Pennsylvania) (IPA)	*639.61 #21	*582.86 #20	=41	=22
24.	1212.5 *2.29X	SHW	Jeff Lewis (US/70) 3/4/06 (550.0 kg. @ 240.0 kg.) (Columbus, Ohio) (WPO)	*644.83 #18	*553.63 #25	=43	=24
25.	1147.5 *3.75X	308	Paul Childress (US/71) 3/3/07 (520.5 kg. @ 138.7 kg.) (Columbus, Ohio) (WPO)	*642.14 #19	*579.26 #24	=43	=24

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

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

<http://www.criticalbench.com/powerlifting-benchpress-halloffame.htm>

Records accurate (as to my knowledge) as of **8/29/10**.

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## 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.

	<b>Bench Press</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>	<b>Wilks</b>	<b>Schwartz</b>	<b>Sum</b>	<b>Rank</b>
1.	<b>1075.0</b> *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)	<b>*601.79</b> #1	<b>*543.20</b> #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.	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 #6	=12	=5
6.	948.0 *3.69X	275	Rob Luyando (US/70) 7/13/08 (430.0 kg. @ 116.6 kg.) (Dubuque, Iowa) (UPA)	*548.88 #7	*502.43 #5	=12	=5
7.	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	#7
8.	870.8 *4.21X	220	Shawn Frankl (US/77) 9/6/08 (395.0 kg. @ 207.0 lb.) (Omaha, Nebraska) (APF)	*544.61 #8	*497.59 #8	=16	=8
9.	850.0 *4.29X	198	Shawn Frankl (US/77) 8/23/08 (850.0 lb. @ 198.0 lb.) (Sharonville, Ohio) (IPA)	*543.24 #9	*498.19 #7	=16	=8
10.	805.0 *4.35X	198	Jason Coker (US/75) 8/23/08 (805.0 lb. @ 185.2 lb.) (Sharonville, Ohio) (IPA)	*533.55 #11	*492.39 #9	#20	#10
11.	905.0 *3.78X	242	Rob Luyando (US/70) 9/1/07 (410.5 kg. @ 108.6 kg.) (Dubuque, Iowa) (UPA)	*534.76 #10	*487.07 #11	#21	#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 #13	#25	#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 #12	#26	#13
14.	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 #14	#27	#14
15.	843.3 *3.84X	220	Jake Prazak (US/77) 7/11/09 (382.5 kg. @ 99.6 kg.) (Dubuque, Iowa) (UPA)	*514.06 #15	*468.01 #16	#31	#15
16.	914.9 *3.02X	308	Scot Mendelson (US/69) 8/7/05 (415.0 kg. @ 302.5 lb.) (Sherman Oaks, California) (APF)	*512.86 #16	*463.36 #18	#34	#16
17.	705.0 *4.27X	165	Joe Mazza (US/66) 12/5/09 (705.0 lb. @ 165.0 lb.) (Boyertown, Pennsylvania) (IPA)	*503.09 #20	*469.25 #15	#35	#17
18.	854.3 *3.63X	242	Jake Prazak (US/77) 7/30/10 (387.5 kg. @ 106.8 kg.) (Dubuque, Iowa) (UPA)	*507.53 #17	*462.00 #19	=36	=18
19.	750.0 *4.13X	181	Jason Fry (US/79) 4/18/09 (750.0 lb. @ 181.5 lb.) (Columbus, Ohio) (IPA)	*503.10 #19	*465.15 #17	=36	=18
20.	832.2 *3.78X	220	Rob Luyando (US/70) 1/20/07 (377.5 kg. @ 100.0 kg.) (Dubuque, Iowa) (APF)	*506.50 #18	*461.06 #20	#38	#20

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

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

<http://www.criticalbench.com/powerlifting-benchpress-halloffame.htm>

Records accurate (as to my knowledge) as of **8/29/10**.

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## ALL TIME HISTORICAL GREATEST UNEQUIPPED 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.	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 #9	*360.65 #2	#11	#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 #8	*345.02 #7	#15	#7
8.	661.4	*2.31X	308	Vladimir Kravtsov (Russia/72) 9/29/09 (300.0 kg. @ 130.0 kg.) (Moscow, Russia) (BB)	*374.08 #7	*340.61 #11	#18	#8
9.	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 #17	=21	=9
10.	391.3	*3.23X	123	Mike Booker (US/81) 6/21/03 (177.5 kg. @ 121.0 lb.) (Vista, California) (AAU)	*363.34 #16	*350.08 #5	=21	=9
11.	650.4	*2.36X	275	Ted Arcidi (US/58) 11/13/83 (295.0 kg. @ 125.0 kg.) (Westminster, Maryland) (NSM)	*370.58 #12	*338.84 #12	#24	#11
12.	665.0	*2.16X	308	Glen Chabot (US/66) 4/6/02 (665.0 lb. @ 308.0 lb.) (Queensbury, New York) (IPA)	*371.74 #10	*334.96 #15	#25	#12
13.	565.0	*2.96X	198	Larry Danaher (US) 10/4/86 (565.0 lb. @ 191 lb.) (Indianapolis, Indiana) (USPF/APF)	*367.98 #13	*338.66 #13	#26	#13
14.	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
15.	675.0	*1.97X	SHW	Jim Williams (US/41-07) 11/9/72 (675.0 lb. @ 343.25 lb.) (Harrisburg, Pennsylvania) (AAU)	*371.49 #11	*328.93 #21	#32	#15
16.	360.5	3.14X	114	Mike Booker (US/81) 12/1/01 (163.5 kg.) (Laughlin, Nevada) (AAU)	353.72 #23	342.97 #10	#33	#16
17.	540.0	*2.95X	198	Rick Weil (US/58) 4/14/85 (540.0 lb. @ 182.75 lb.) (Tampa, Florida) (USPF)	*360.72 #19	*333.33 #16	#35	#17
18.	615.0	*2.56X	242	Jeremy Hoornstra (US/81) 9/29/06 (615.0 lb. @ 240.0 lb.) (Las Vegas, Nevada) (WPO)	*363.10 #18	*330.81 #19	#37	#18
19.	661.4	*2.00X	SHW	Bill Kazmaier (US/53) 1/31/81 (300.0 kg. @ 330.0 lb.) (Columbus, Georgia) (USPF/IPF)	*366.08 #14	*326.20 #24	=38	=19
20.	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 #14	=38	=19
21.	661.4	*1.94X	SHW	Kirill Sarychev (Russia/89) 6/26/10 (300.0 kg @ 154.9 kg.) (Arkhangelsk, Russia) (WPC)	*364.29 #15	*322.76 #25	=40	=21
22.	650.0	2.11X	308	Bob Hickey (US) 11/20/99 (650.0 lb.) (York, Pennsylvania) (IPA)	363.22 #17	327.21 #23	=40	=21
23.	562.2	*2.84X	198	Mike MacDonald (US/48) 10/4/80 (255.0 kg. @ 198.25 lb.) (Lebec, California) (USPF/IPF)	*359.05 #21	*329.24 #20	#41	#23
24.	600.0	*2.62X	242	Jauncey "Rock" Lewis (US) 10/28/06 (600.0 lb. @ 229.0 lb.) (Wilmington, North Carolina) (100% RAW)	*359.94 #20	*327.48 #22	#42	#24
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 #18	#43	#25

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Records accurate (as to my knowledge) as of 8/29/10.

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## 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.*

	<b>Deadlift</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>	<b>Wilks</b>	<b>Schwartz</b>	<b>Sum</b>	<b>Rank</b>
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 #10	524.88 #6	#16	#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 #14	522.75 #7	#21	#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 #15	*518.33 #11	#26	#9
10.	702.2 *4.76X	148	Jaroslav Olech (Poland/74) 11/10/05 (318.5 kg. @ 66.9 kg.) (Miami, Florida) (IPF)	*545.31 #11	*513.78 #18	#29	#10
11.	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	#11
12.	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	#12
13.	633.8 4.79X	132	Lucien De Faria (France/42) 5/20/90 (287.5 kg.) (Boulogne, France) (IPF)	540.59 #16	515.18 #16	#32	#13
14.	705.5 *4.74X	148	Dan Austin (US/58) 8/1/92 (320.0 kg. @ 67.5 kg.) (Raleigh, North Carolina) (USPF)	*543.92 #13	*512.11 #20	#33	#14
15.	<b>1008.6</b> *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	=15
16.	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 #9	*499.99 #25	=34	=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	#17
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	#18
19.	823.4 *4.43X	198	Eddie Coppin (Belgium/60-01) 11/14/87 (373.5 kg. @ ~186 lb.) (Fredrikstad, Norway) (IPF)	*544.45 #12	*502.21 #24	=36	=19
20.	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 #19	*515.12 #17	=36	=19
21.	700.0 4.70X	148	Tony Conyers (US/59) 5/20/00 (317.5 kg.) (Daytona Beach, Florida) (WPO)	539.68 #18	508.04 #21	=39	=21
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	=21
23.	540.1 *4.73X	114	N. Ambu (India/78) 11/16/00 (245.0 kg. @ 51.8 kg.) (Akita City, Japan) (IPF)	*532.19 #26	*516.26 #13	=39	=21
24.	623.9 *4.77X	132	Darimin Sutrisno (Indonesia/75) 5/17/02 (283.0 kg. @ 59.28 kg.) (Dong Hae City, Korea) (IPF)	*538.05 #22	*513.53 #19	=41	=24
25.	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 #27	*516.26 #14	=41	=24
26.	697.8 *4.70X	148	Alexei Sivokon (Kazakhstan/73) 11/12/98 (316.5 kg. @ 67.3 kg.) (Cherkasy, Ukraine) (IPF)	*539.30 #20	*507.83 #22	#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 #17	*494.19 #26	#43	#27

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## 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.

	<b>Total</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>	<b>Wilks</b>	<b>Schwartz</b>	<b>Sum</b>	<b>Rank</b>
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.	2799.9 *10.33X	275	Yevgen Yarymbash (Ukraine/83) 10/18/08 (530.0+365.0+375.0=1270.0 kg. @ 123.0 kg. Heaviest men's 10X bodyweight Total of all time.) (Mangush, Ukraine) (IPA)	*1601.0 #3	*1466.3 #3	#6	#3
4.	2750.0 *10.58X	275	Dave "Neutron" Hoff (US/88) 8/20/10 (1075.0+860.0+815.0=2750.0 lb. @ 260.0 lb.) (Cincinnati, Ohio) (SPF)	*1587.6 #4	*1454.5 #4	#8	#4
5.	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 #6	*1441.8 #7	#13	#5
6.	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 #7	*1421.5 #8	#15	#6
7.	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 #8	*1413.7 #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 #11	*1443.0 #6	=17	=7
9.	2630.0 *10.84X	242	Greg Panora (US/80) 12/6/08 (2630.0 lb. @ 110.0 kg.) (Murfreesboro, Tennessee) (SPF)	*1547.8 #10	*1411.0 #10	#20	#9
10.	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 #14	*1403.2 #13	#27	#10
11.	<b>2905.0</b> *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 #5	*1384.5 #23	#28	#11
12.	2600.0 *10.79X	242	Dave "Neutron" Hoff (US/88) 12/5/09 (2600.0 lb. @ 241.0 lb.) (Nashville, Tennessee) (SPF)	*1533.2 #13	*1397.0 #16	#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 #25	*1445.4 #5	#30	#13
14.	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 #19	*1404.0 #12	#31	#14
15.	2805.0 *8.33X	SHW	Vladislav Alhazov (Israel/77) 1/20/08 (2805.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA)	*1548.08 #9	*1375.0 #25	#34	#15
16.	2500.0 *11.39X	220	Dondell Blue (US/75) 10/28/06 (2500.0 lb. @ 219.5 lb.) (Indianapolis, Indiana) (MPF)	*1524.13 #15	*1387.6 #21	#36	#16
17.	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 #15	#37	#17
18.	2806.5 *8.13X	SHW	Andy Bolton (Great Britain/70) 3/3/07 (1273.0 kg. @ 156.6 kg.) (Columbus, Ohio) (WPO)	*1543.3 #12	*1365.4 #26	=38	=18
19.	2502.2 *11.37X	220	Michael Schwanke (US/78) 6/14/08 (1135.0 kg. @ 220.0 lb.) (Kennesaw, Georgia) (APF)	*1524.12 #16	*1387.5 #22	=38	=18
20.	2660.0 *9.76X	275	Brian Carroll (US/81) 10/24/09 (2660.0 lb. @ 272.5 lb.) (Orlando, Florida) (APF)	*1519.4 #18	*1391.0 #20	=38	=18
21.	1576.3 *13.01X	123	Sergey Fedosienko (Russia/82) 11/2/09 (715.0 kg. @ 54.94 kg.) (New Delhi, India) (IPF)	*1462.3 #27	*1408.5 #11	=38	=18
22.	2230.0 *12.42X	181	Brad Vargason (US/76) 4/29/06 (2230.0 lb. @ 179.5 lb.) (New Castle, Delaware) (APF)	*1506.0 #21	*1393.8 #19	=40	=22
23.	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 #17	=40	=22
24.	1930.0 *12.97X	148	Brian Schwab (US/74) 1/20/08 (1930.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA)	*1488.0 #26	*1400.8 #14	=40	=22
25.	2045.0 *12.80X	165	Brian Schwab (US/74) 8/23/08 (2045.0 lb. @ 159.8 lb.) (Sharonville, Ohio) (IPA)	*1493.01 #24	*1396.5 #18	#42	#25
26.	2805.4 *7.46X	SHW	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 spounds.) (Jacksonville, Florida) (APF)	*1523.0 #17	*1329.9 #27	=44	=26
27.	2579.4 *10.64X	242	Jeremiah Frey (US/81) 1/31/09 (1170.0 kg. @ 110.0 kg.) (Dubuque, Iowa) (UPA)	*1518.0 #20	*1383.9 #24	=44	=26

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

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

<http://www.criticalbench.com/powerlifting-benchpress-halloffame.htm>

Records accurate (as to my knowledge) as of **8/29/10**.

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## ALL TIME HISTORICAL GREATEST MALE SQUAT/BODYWEIGHT COEFFICIENTS

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

	<b>Squat</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	662.5 (300.5)	* <b>6.010X</b>	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.	<b>1055.0 (478.5)</b>	*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.*

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	805.0 (365.1)	* <b>4.347X</b>	198 (90)	Jason Coker (US/75) 8/23/08 (805.0 lb. @ 185.2 lb.) (Sharonville, Ohio) (IPA)
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.	600.0 (272.2)	4.032X	148 (67.5)	Joe Ceklovsky (US/74) 1/20/08 (600.0 lb.) (Carteret, New Jersey) (IPA)
8.	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)
9.	770.0 (349.3)	*3.893X	198 (90)	Jason Fry (US/79) 5/30/09 (770.0 lb. @ 197.8 lb.) (Circleville, Ohio) (UPA)
10.	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)
11.	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)
12.	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)
13.	766.1 (347.5)	*3.870X	198 (90)	George Halbert (US/71) 4/19/08 (347.5 kg. @ 89.8 kg.) (Columbus, Ohio) (UPA)
14.	843.3 (382.5)	*3.840X	198 (90)	Jake Prazak (US/77) 7/11/09 (382.5 kg. @ 99.6 kg.) (Dubuque, Iowa) (UPA)
15.	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)
16.	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)
17.	<b>905.0 (410.5)</b>	*3.780X	242 (110)	Rob Luyando (US/70) 9/1/07 (410.5 kg. @ 108.6 kg.) (Dubuque, Iowa) (UPA)
18.	832.2 (377.5)	*3.775X	220 (100)	Rob Luyando (US/70) 1/20/07 (377.5 kg. @ 100.0 kg.) (Dubuque, Iowa) (APF)
19.	619.5 (281.0)	*3.759X	165 (75)	Daiki Kodama (Japan/79) 9/17/05 (281.0 kg. @ 74.75 kg.) (Saitama, Japan) (IPF)
20.	683.4 (310.0)	*3.758X	181 (82.5)	Oleg Bazilevich (Ukraine/82) 7/28/07 (310.0 kg. @ 82.5 kg.) (Krivoy Rog, Ukraine) (WPO)

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

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

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	391.3 (177.5)	<b>*3.508X</b>	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.	<b>556.7 (252.5)</b>	*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.	565.0 (256.3)	*2.958X	198 (90)	Larry Danaher (US) 10/4/86 (565.0 lb. @ 191 lb.) (Indianapolis, Indiana) (USPF/APF)
14.	540.0 (244.9)	*2.955X	198 (90)	Rick Weil (US/58) 4/14/85 (540.0 lb. @ 182.75 lb.) (Tampa, Florida) (USPF)
15.	363.8 (165.0)	2.946X	123 (56)	Hiroyaki Isagawa (Japan/53) 6/24/90 (165.0 kg.) (Sapporo City, Hokkaido, Japan) (IPF)
16.	485.0 (220.0)	*2.937X	165 (75)	Rick Weil (US/58) 7/23/83 (220.0 kg. @ 74.9 kg.) (Austin, Texas) (USPF)
17.	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)
18.	479.5 (217.5)	2.900X	165 (75)	Jim Rouse (US/41) 11/8/80 (217.5 kg.) (Arlington, Texas) (USPF/IPF)
19.	405.0 (183.7)	*2.893X	148 (67.5)	Rick "Taz" Couch (US) 5/8/93 (405.0 lb. @ 140.0 lb.) (Fresno, California) (NSM)
20.	418.9 (190.0)	*2.889X	148 (67.5)	Josef Poignee/Ponnier (France/52) 6/25/88 (190.0 kg. @ 145.0 lb.) (Reading, England) (WDFPF)

## ALL TIME HISTORICAL GREATEST MALE DEADLIFT/BODYWEIGHT COEFFICIENTS

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

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	639.3 (290.0)	<b>*5.179X</b>	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.	<b>793.7 (360.0)</b>	*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.	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)
14.	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)
15.	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)
16.	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)
17.	628.3 (285.0)	*4.754X	132 (60)	Mikhail Andruchin (Russia/70) 8/25/05 (285.0 kg. @ 59.95 kg.) (Oriol, Russia) (IPF)
18.	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)
19.	780.0 (353.8)	*4.734X	165 (75)	John Inzer (US/62) 9/16/95 (780.0 lb. @ 164.75 lb.) (Dallas, Texas) (NSM)
20.	540.1 (245.0)	*4.730X	114 (52)	N. Ambu (India/78) 11/16/00 (245.0 kg. @ 51.8 kg.) (Akita City, Japan) (IPF)

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## ALL TIME HISTORICAL GREATEST MALE TOTAL/BODYWEIGHT COEFFICIENTS

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

	<b>Total</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>2630.0 (1192.9)</b>	<b>*13.269X</b>	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.	1576.3 (715.0)	*13.014X	123 (56)	Sergey Fedosienko (Russia/82) 11/2/09 (285.0+175.0+255.0=715.0 kg. @ 54.94 kg.) (New Delhi, India) (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.	2715.0 (1231.5)	*12.57X	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)
10.	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)
11.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	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)
17.	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)
18.	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)
19.	1609.4 (730.0)	*12.342X	132 (60)	Tsung-Ting Hsieh (Chinese Taipei/82) 11/7/06 (260.0+185.0+285.0=730.0 kg. @ 59.15 kg.) (Stavanger, Norway) (IPF)
20.	1835.3 (832.5)	*12.333X	148 (67.5)	Jaroslav Olech (Poland/74) 11/11/04 (340.0+190.0+302.5=832.5 kg. @ 67.5 kg.) (Cape Town, South Africa) (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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>378.1 (171.5)</b>	<b>*3.92X</b>	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 Verмениuk (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**

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>248.0 (112.5)</b>	<b>*2.61X</b>	Justyna Kozdryk (Poland/80) 5/31/07 (112.5 kg. @ 43.13 kg.) (Thisted, Denmark) (IPF)
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.) (Prostejov, 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>
20.	181.9 (82.5)	1.88X	Delcy Palk (US) 4/20/96 (82.5 kg.) (Richland, Washington) (NSM)

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>385.8 (175.0)</b>	<b>*4.00X</b>	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) <TOP20C>
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 Jacqueline 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)

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**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**

	<b>Total</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>937.0 (425.0)</b>	<b>*9.84X</b>	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 Vermeniuk (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.) (Nymburk, 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.) (Jyvaskyla, Finland) (IPF)
12.	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)
13.	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)
14.	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)
15.	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)
16.	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)
17.	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)
18.	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)
19.	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)
20.	782.6 (355.0)	*8.16X	Azusa Kawasaki-Hara (Japan/67) 11/6/06 (145.0+80.0+130.0=355.0 kg. @ 43.5 kg.) (Stavanger, Norway) (IPF)

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**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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>463.0 (210.0)</b>	*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)	<b>*4.44X</b>	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 Vermeniuk (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.	380.3 (172.5)	*3.62X	Natalia Shapovalova (Russia/83) 5/30/02 (172.5 kg. @ 47.6 kg.) (Riesa, Germany) (IPF)
13.	377.0 (171.0)	*3.62X	Natalia Frolova (Canada/80) 6/26/04 (171.0 kg. @ 47.2 kg.) (Okotoks, Alberta, Canada) (WPC)
14.	375.9 (170.5)	*3.59X	Petra Thyse (South Africa) 11/7/92 (170.5 kg. @ 47.5 kg.) (Stone, England) (WPC)
15.	374.8 (170.0)	*3.57X	Oksana Dmytruk (Ukraine/83) 9/10/03 (170.0 kg. @ 47.65 kg.) (Koscian, Poland) (IPF)
16.	369.3 (167.5)	*3.49X	Oxana Sokovnina (Russia/86) 3/31/05 (167.5 kg. @ 48.0 kg.) (Kemerovo, Russia) (IPF)
17.	365.0 (165.6)	*3.48X	Elaine "Scraps" Kunkle-Grimwood (US/70) 7/23/06 (365.0 lb. @ 47.6 kg.) (York, Pennsylvania) (IPA)
18.	363.8 (165.0)	*3.46X	Yen-Ying Chen (Chinese Taipei/79) 5/20/98 (165.0 kg. @ 47.7 kg.) (Mo I Rana, Norway) (IPF)
19.	363.8 (165.0)	*3.47X	Tatiana Eltsova (Russia/78) 9/26/00 (165.0 kg. @ 47.6 kg.) (Sotchi, Russia) (IPF)
20.	363.8 (165.0)	*3.44X	Yana Zadorina (Russia/82) 3/31/05 (165.0 kg. @ 48.0 kg.) (Kemerovo, Russia) (IPF)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>288.8 (131.0)</b>	*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)	<b>*2.84X</b>	Justyna Kozdryk (Poland/80) 5/25/10 (130.0 kg. @ 45.8 kg.) (Killeen, Texas) (IPF) <TOP20C> <TOP20F>
3.	254.6 (115.5)	*2.41X	Olesia Lafina (Russia/79) 6/6/03 (115.5 kg. @ 48.0 kg.) (Perm, Russia) (IPF)
4.	253.5 (115.0)	*2.41X	Irina Krylova (Russia/78) 6/12/99 (115.0 kg. @ 47.65 kg.) (Novgorod, Russia) (IPF)
5.	248.0 (112.5)	*2.38X	April Delmore-Shumaker (US/67) 1/23/10 (112.5 kg. @ 104.2 lb.) (Anaheim, California) (USPF)
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.	231.5 (105.0)	*2.20X	Oxana Sokovnina (Russia/86) 11/25/05 (105.0 kg. @ 47.65 kg.) (Oroshaza, Hungary) (IPF)
9.	226.0 (102.5)	*2.14X	Nadezhda Vaganova (Russia/83) 2/28/06 (102.5 kg. @ 48.0 kg.) (Ufa, Russia) (IPF)
10.	226.0 (102.5)	*2.17X	Eva Svjantekova (Slovakia/73) 5/25/06 (102.5 kg. @ 47.15 kg.) (Miskolc, Hungary) (IPF)
11.	226.0 (102.5)	*2.18X	Ilka Schwengl (Austria/65) 8/6/09 (102.5 kg. @ 47.1 kg.) (Frydek-Mistek, Czech Republic) (IPF)
12.	225.0 (102.1)	*2.16X	Janet Faraone (US/67) 12/21/02 (225.0 lb. @ 104.0 lb.) (Queensbury, New York) (IPA)
13.	220.5 (100.0)	*2.10X	Marlina (Indonesia/79) 10/31/97 (100.0 kg. @ 47.7 kg.) (Yuan Lin, Taiwan) (IPF)
14.	220.5 (100.0)	*2.15X	Chihiro Iwaki (Japan/64) 9/1/01 (100.0 kg. @ 46.55 kg.) (Takamatsu, Japan) (IPF)
15.	220.5 (100.0)	*2.20X	Cosette Fernandez-Neely (US/82) 6/5/04 (100.0 kg. @ 100.0 lb.) (Rancho Cordova, California) (WABDL)
16.	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)
17.	220.5 (100.0)	*2.17X	Natalia Frolova (Canada/80) 9/12/04 (100.0 kg. @ 46.0 kg.) (Okotoks, Alberta, Canada) (WPC)
18.	220.5 (100.0)	*2.17X	Taisiya Kuznetsova (Ukraine/86) 11/5/06 (100.0 kg. @ 46.0 kg.) (Lake George, New York) (WPC)
19.	220.5 (100.0)	*2.13X	Eva Makrai (Hungary/90) 8/6/09 (100.0 kg. @ 46.9 kg.) (Frydek-Mistek, Czech Republic) (IPF)
20.	220.5 (100.0)	*2.09X	Olga Golubeva (Russia/70) 5/25/10 (100.0 kg. @ 47.8 kg.) (Killeen, Texas) (IPF)

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>429.9 (195.0)</b>	<b>*4.17X</b>	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 Verмениuk (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**

	<b>Total</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1091.3 (495.0)</b>	<b>*10.59X</b>	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 Verмениuk (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.	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)
10.	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)
11.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	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)
17.	920.4 (417.5)	*8.76X	Oksana Dmytruk (Ukraine/83) 9/10/03 (170.0+92.5+155.0=417.5 kg. @ 47.65 kg.) (Koscian, Poland) (IPF)
18.	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.) (Berdsk, Russia) (IPF)
19.	909.4 (412.5)	*8.65X	Marlina (Indonesia/79) 10/31/97 (162.5+100.0+150.0=412.5 kg. @ 47.7 kg.) (Yuan Lin, Taiwan) (IPF)
20.	909.4 (412.5)	*8.70X	Yulia Taranova (Russia/79) 2/26/03 (175.0+82.5+155.0=412.5 kg. @ 47.44 kg.) (Kazan, Russia) (IPF)

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**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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>518.1 (235.0)</b>	*4.52X	Margaret Kirkland (US/63) 12/5/09 (235.0 @ 52.0 kg.) (Jacksonville, Florida) (APF) <TOP20C> <TOP20F>
2.	512.6 (232.5)	<b>*4.57X</b>	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) <TOP20C>
6.	440.9 (200.0)	*3.87X	Svetlana Nikolaenko (Russia/81) 2/26/03 (200.0 kg. @ 51.7 kg.) (Kazan, Russia) (IPF)
7.	435.4 (197.5)	*3.84X	Hartati Sri (Indonesia/84) 7/25/09 (197.5 kg. @ 51.4 kg.) (Kaohsiung, Chinese Taipei) (IPF)
8.	429.9 (195.0)	*3.76X	Natalia Salnikova (Russia/86) 3/15/07 (195.0 kg. @ 51.9 kg.) (Berdsk, Russia) (IPF)
9.	429.9 (195.0)	*3.77X	Vilma Ochoa Vargas (Ecuador/80) 7/25/09 (195.0 kg. @ 51.7 kg.) (Kaohsiung, Chinese Taipei) (IPF)
10.	418.9 (190.0)	*3.68X	Natalia Tokareva (Russia/84) 4/15/04 (190.0 kg. @ 51.6 kg.) (Saint Petersburg, Russia) (IPF)
11.	418.9 (190.0)	*3.73X	Yulia Taranova (Russia/79) 8/25/04 (190.0 kg. @ 51.0 kg.) (Voronezh, Russia) (IPF)
12.	418.9 (190.0)	*3.65X	Anna Komlaeva (Russia/79) 3/15/07 (190.0 kg. @ 52.0 kg.) (Berdsk, Russia) (IPF)
13.	415.0 (188.2)	*3.71X	Shannon Parrish (US/62) 4/12/03 (415.0 lb. @ 112.0 lb.) (Bangor, Pennsylvania) (IPA)
14.	413.4 (187.5)	*3.62X	Olena Dmytruk (Ukraine/83) 11/26/04 (187.5 kg. @ 51.75 kg.) (Trencin, Slovakia) (IPF)
15.	413.4 (187.5)	*3.63X	Ashley Awalt (US/83) 3/7/09 (187.5 kg. @ 51.7 kg.) (Columbus, Ohio) (USAPL/IPF)
16.	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)
17.	409.0 (185.5)	*3.57X	Petra Pavel (South Africa) 11/9/96 (185.5 kg.) (Durban, South Africa) (WPC)
18.	407.9 (185.0)	3.56X	Mary Ryan-Jeffrey (US/60) 11/21/87 (185.0 kg.) (Dayton, Ohio) (APF/WPC)
19.	407.9 (185.0)	*3.59X	Oksana Belova (Russia/75) 11/26/99 (185.0 kg. @ 51.6 kg.) (Saint Prix, France) (IPF)
20.	407.9 (185.0)	*3.57X	Tatiana Eltsova (Russia/78) 5/25/01 (185.0 kg. @ 51.8 kg.) (Frydek-Mistek, Czech Republic) (IPF)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>319.7 (145.0)</b>	<b>*2.82X</b>	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.	265.7 (120.5)	*2.33X	Svetlana Nikolaenko (Russia/81) 2/26/03 (120.5 kg. @ 51.7 kg.) (Kazan, Russia) (IPF)
7.	264.6 (120.0)	*2.32X	Olena Dmytruk (Ukraine/83) 11/26/04 (120.0 kg. @ 51.75 kg.) (Trencin, Slovakia) (IPF)
8.	264.6 (120.0)	*2.32X	Hanna-Elina Rantala (Finland/82) 5/31/07 (120.0 kg. @ 51.81 kg.) (Thisted, Denmark) (IPF)
9.	264.6 (120.0)	*2.31X	Kateryna Klymenko (Ukraine/85) 10/16/07 (120.0 kg. @ 52.0 kg.) (Soelden, Austria) (IPF)
10.	264.6 (120.0)	*2.35X	Krisztina Nagypal (Hungary/85) 5/25/10 (120.0 kg. @ 51.1 kg.) (Killeen, Texas) (IPF)
11.	259.0 (117.5)	*2.27X	Ashley Awalt (US/83) 10/1/05 (117.5 kg. @ 114.0 lb.) (Elgin, Illinois) (Bench America3)
12.	259.0 (117.5)	*2.29X	Jill Darling (US/78) 5/31/07 (117.5 kg. @ 51.38 kg.) (Thisted, Denmark) (USAPL/IPF)
13.	259.0 (117.5)	*2.29X	Hartati Sri (Indonesia/84) 7/25/09 (117.5 kg. @ 51.4 kg.) (Kaohsiung, Chinese Taipei) (IPF)
14.	259.0 (117.5)	*2.26X	Natalia Salnikova (Russia/86) 11/3/09 (117.5 kg. @ 51.98 kg.) (New Delhi, India) (IPF)
15.	253.5 (115.0)	*2.27X	Tamara Podpalnaya (Russia/72) 6/12/99 (115.0 kg. @ 50.7 kg.) (Novgorod, Russia) (IPF)
16.	253.5 (115.0)	*2.36X	Oxana Sokovnina (Russia/86) 6/15/06 (115.0 kg. @ 48.75 kg.) (Bratislava, Slovakia) (IPF)
17.	253.5 (115.0)	*2.23X	Marcela Balogova-Sandvik (Finland/74) 11/3/09 (115.0 kg. @ 51.54 kg.) (New Delhi, India) (IPF)
18.	250.2 (113.5)	*2.22X	Natalia Frolova (Canada/80) 3/27/05 (113.5 kg. @ 51.2 kg.) (Okotoks, Alberta, Canada) (WPC)
19.	249.1 (113.0)	*2.18X	Kirsi Rintala (Finland/72) 10/27/02 (113.0 kg. @ 51.8 kg.) (Helsinki, Finland) (WPC)
20.	248.0 (112.5)	2.16X	Mary Ryan-Jeffrey (US/60) 4/2/89 (112.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>446.4 (202.5)</b>	<b>*4.01X</b>	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**

	<b>Total</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1157.4 (525.0)</b>	<b>*10.31X</b>	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.	1102.3 (500.0)	*9.73X	Hartati Sri (Indonesia/84) 7/25/09 (197.5+117.5+185.0=500.0 kg. @ 51.4 kg.) (Kaohsiung, Chinese Taipei) (IPF) <TOP20C>
5.	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)
6.	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)
7.	1063.7 (482.5)	*9.28X	Natalia Salnikova (Russia/86) 11/3/09 (190.0+117.5+175.0=482.5 kg. @ 51.98 kg.) (New Delhi, India) (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 (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.	1003.1 (455.0)	*8.78X	Tatiana Eltsova (Russia/78) 2/27/02 (182.5+102.5+170.0=455.0 kg. @ 51.8 kg.) (Syktyfkar, Russia) (IPF)
20.	1003.1 (455.0)	*8.92X	Yulia Taranova (Russia/79) 8/25/04 (190.0+95.0+170.0=455.0 kg. @ 51.0 kg.) (Voronezh, Russia) (IPF)

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**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**

<b>Squat</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
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. 440.9 (200.0)	*3.58X	Mary Ryan-Jeffrey (US/60) 7/16/88 (200.0 kg. @ 123.0 lb.) (Columbus, Ohio) (APF/WPC)
15. 440.9 (200.0)	*3.64X	Olga Kabanova (Russia/78) 3/1/06 (200.0 kg. @ 54.9 kg.) (Ufa, Russia) (IPF)
16. 440.9 (200.0)	*3.59X	Virpi Kehanen (Finland/79) 11/4/08 (200.0 kg. @ 55.64 kg.) (Saint John's, Canada) (IPF)
17. 440.9 (200.0)	*3.58X	Tatiana Prymenchuk (Ukraine/72) 11/4/08 (200.0 kg. @ 55.9 kg.) (Saint John's, Canada) (IPF)
18. 435.4 (197.5)	*3.63X	Irina Tatarova (Russia/75) 3/1/00 (197.5 kg. @ 54.45 kg.) (Syktyfkar, Russia) (IPF)
19. 429.9 (195.0)	*3.49X	Elena Nikulina (Russia/77) 3/10/04 (195.0 kg. @ 55.8 kg.) (Krasnoyarsk, Russia) (IPF)
20. 429.9 (195.0)	*3.53X	Kira Pavlovskaya (Russia/83) 4/15/04 (195.0 kg. @ 55.25 kg.) (Saint Petersburg, Russia) (IPF)

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

<b>Bench Press</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
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. 276.7 (125.5)	*2.31X	Olena Dmytruk (Ukraine/83) 3/3/05 (125.5 kg. @ 54.4 kg.) (Mariupol, Ukraine) (IPF)
14. 275.6 (125.0)	*2.24X	Mary Ryan-Jeffrey (US/60) 7/16/88 (125.0 kg. @ 123.0 lb.) (Columbus, Ohio) (APF/WPC)
15. 275.6 (125.0)	*2.24X	Irina Safonova (Russia/75) 6/6/03 (125.0 kg. @ 55.8 kg.) (Perm, Russia) (IPF)
16. 275.6 (125.0)	2.23X	Ashley Awalt (US/83) 4/16/05 (125.0 kg.) (Baton Rouge, Louisiana) (USAPL)
17. 275.6 (125.0)	*2.25X	Angelika Kond (Russia/75) 3/1/06 (125.0 kg. @ 55.55 kg.) (Ufa, Russia) (IPF)
18. 275.6 (125.0)	*2.26X	Natalia Nebaeva (Russia/76) 5/25/06 (125.0 kg. @ 55.4 kg.) (Miskolc, Hungary) (IPF)
19. 275.6 (125.0)	*2.25X	Marina Yurina (Russia/86) 11/2/07 (125.0 kg. @ 55.5 kg.) (Togliatti, Russia) (WPC)
20. 275.6 (125.0)	*2.26X	Susse Hougaard (Denmark/84) 5/28/09 (125.0 kg. @ 55.3 kg.) (Hamm, Luxembourg) (IPF)

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>490.5 (222.5)</b>	<b>*4.05X</b>	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) <TOP20F>
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.) (Berds, 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)

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**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**

	<b>Total</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1223.6 (555.0)</b>	*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)	<b>*9.94X</b>	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.	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)
10.	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)
11.	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)
12.	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)
13.	1113.3 (505.0)	*9.03X	Tatiana Prymenchuk (Ukraine/72) 11/4/08 (200.0+130.0+175.0=505.0 kg. @ 55.9 kg.) (Saint John's, Canada) (IPF)
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)

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**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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>556.7 (252.5)</b>	<b>*4.24X</b>	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) <TOP20C>
6.	512.6 (232.5)	*3.89X	Galina Potseluyeva (Russia/80) 8/25/04 (232.5 kg. @ 59.8 kg.) (Voronezh, Russia) (IPF)
7.	500.0 (226.8)	*3.85X	Jenny Burkey (US/70) 12/15/07 (500.0 lb. @ 130.0 lb.) (Lake George, New York) (APF)
8.	496.0 (225.0)	*3.79X	Eleonora Mahpirova (Kazakhstan/86) 9/8/07 (225.0 kg. @ 59.4 kg.) (LaGarde, France) (IPF)
9.	496.0 (225.0)	*3.86X	Marina Medvedeva (Russia/74) 11/20/08 (225.0 kg. @ 58.3 kg.) (Palm Beach, Florida) (WPC)
10.	490.5 (222.5)	*3.78X	Tatiana Eltsova (Russia/78) 3/2/06 (222.5 kg. @ 58.8 kg.) (Ufa, Russia) (IPF)
11.	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)
12.	486.1 (220.5)	*3.71X	Irina Abramova (Russia/74) 12/2/00 (220.5 kg. @ 59.5 kg.) (Hamm, Luxembourg) (IPF)
13.	485.0 (220.0)	*3.69X	Irina Poletayeva (Russia/82) 3/2/06 (220.0 kg. @ 59.6 kg.) (Ufa, Russia) (IPF)
14.	485.0 (220.0)	*3.71X	Tatiana Akhmameteva (Ukraine/85) 7/25/09 (220.0 kg. @ 59.35 kg.) (Kaohsiung, Chinese Taipei) (IPF)
15.	479.5 (217.5)	*3.66X	Elena Nikulina (Russia/77) 3/2/05 (217.5 kg. @ 59.5 kg.) (Kazan, Russia) (IPF)
16.	479.5 (217.5)	*3.77X	Olesya Pokidko (Russia/82) 3/2/06 (217.5 kg. @ 57.75 kg.) (Ufa, Russia) (IPF)
17.	479.5 (217.5)	*3.63X	Valentina Nelubova (Russia/66) 3/2/06 (217.5 kg. @ 59.9 kg.) (Ufa, Russia) (IPF)
18.	479.5 (217.5)	*3.65X	Zhanna Ivanova (Ukraine/84) 7/25/09 (217.5 kg. @ 59.65 kg.) (Kaohsiung, Chinese Taipei) (IPF)
19.	474.0 (215.0)	*3.61X	Maria Revva (Russia/77) 8/25/04 (215.0 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF)
20.	468.5 (212.5)	*3.57X	Elena Fomina (Russia/69) 3/2/00 (212.5 kg. @ 59.6 kg.) (Syktyfkar, Russia) (IPF)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>402.3 (182.5)</b>	<b>*3.04X</b>	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.	347.2 (157.5)	*2.63X	Irina Poletayeva (Russia/82) 9/21/06 (157.5 kg. @ 59.9 kg.) (Syktyfkar, Russia) (IPF) <TOP20C>
5.	340.0 (154.2)	*2.60X	Amy Weisberger (US/65) 1/27/07 (340.0 lb. @ 131.0 lb.) (Columbus, Ohio) (APF)
6.	336.2 (152.5)	*2.55X	Valentina Nelubova (Russia/66) 8/23/05 (152.5 kg. @ 59.85 kg.) (Oriol, Russia) (IPF)
7.	331.8 (150.5)	*2.61X	Tamara Althaus (Germany/76) 11/4/06 (150.5 kg. @ 57.7 kg.) (Russelsheim, Germany) (IPF) <TOP20C>
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.	330.0 (149.7)	2.49X	Christina Williams (US/66) 5/30/09 (330.0 lb.) (Circleville, Ohio) (UPA)
10.	325.2 (147.5)	*2.47X	Kara Bohigian-Smith (US/75) 3/15/08 (147.5 kg. @ 59.6 kg.) (Rainbow City, Alabama) (APF)
11.	325.2 (147.5)	*2.51X	Jennifer Thompson (US/73) 9/12/09 (147.5 kg. @ 58.8 kg.) (Cleveland, Ohio) (USAPL/IPF)
12.	319.7 (145.0)	*2.42X	Jerri Lynn Lippert (US/73) 11/16/01 (145.0 kg. @ 132.25 lb.) (Reno, Nevada) (WABDL)
13.	319.7 (145.0)	*2.44X	Susse Hougaard (Denmark/84) 5/26/10 (145.0 kg. @ 59.5 kg.) (Killeen, Texas) (IPF)
14.	314.2 (142.5)	*2.39X	Larisa Vitsievskaja-Soloviova (Ukraine/78) 11/27/04 (142.5 kg. @ 59.7 kg.) (Trencin, Slovakia) (IPF)
15.	308.6 (140.0)	2.33X	Rachel Mathias (US/60) 8/21/94 (140.0 kg.) (Zionsville, Indiana) (USPF)
16.	308.6 (140.0)	*2.34X	Bettina Altizer (US/62) 1/31/04 (140.0 kg. @ 59.8 kg.) (Omaha, Nebraska) (USAPL/IPF)
17.	308.6 (140.0)	*2.34X	Galina Potseluyeva (Russia/80) 8/25/04 (140.0 kg. @ 59.8 kg.) (Voronezh, Russia) (IPF)
18.	308.6 (140.0)	*2.35X	Maria Revva (Russia/77) 3/2/05 (140.0 kg. @ 59.6 kg.) (Kazan, Russia) (IPF)
19.	308.6 (140.0)	*2.38X	Tatiana Eltsova (Russia/78) 3/2/06 (140.0 kg. @ 58.8 kg.) (Ufa, Russia) (IPF)
20.	308.6 (140.0)	*2.34X	Yulia Lukina (Russia/88) 3/16/07 (140.0 kg. @ 59.85 kg.) (Berdsk, Russia) (IPF)

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

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Records accurate (as to my knowledge) as of **8/29/10**.

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>518.1 (235.0)</b>	<b>*3.94X</b>	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.) (Savonlinnaasa, 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	Nadezhed Malyugina (Uzbekistan/80) 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)

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**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**

	<b>Total</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1333.8 (605.0)</b>	<b>*10.19X</b>	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-Soloviova (Ukraine/78) 11/27/04 (212.5+142.5+227.5=582.5 kg. @ 59.7 kg.) (Trencin, Slovakia) (IPF) <TOP20C> <TOP20F>
5.	1273.2 (577.5)	*9.64X	Irina Poletayeva (Russia/82) 9/21/06 (220.0+157.5+200.0=577.5 kg. @ 59.9 kg.) (Syktyfkar, Russia) (IPF)
6.	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)
7.	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)
8.	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)
9.	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)
10.	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)
11.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	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)
17.	1179.5 (535.0)	*9.52X	Margaret Kirkland (US/63) 12/1/07 (220.0+112.5+202.5=535.0 kg. @ 56.2 kg.) (Jacksonville, Florida) (AAPF)
18.	1174.0 (532.5)	*8.89X	Mariah Liggett (US/58) 7/16/88 (202.5+112.5+217.5=532.5 kg. @ 132.0 lb.) (Columbus, Ohio) (APF/WPC)
19.	1168.4 (530.0)	*9.01X	Tatiana Prymenchuk (Ukraine/72) 3/3/05 (200.0+135.0+195.0=530.0 kg. @ 58.8 kg.) (Mariupol, Ukraine) (IPF)
20.	1168.4 (530.0)	*8.84X	Nadezhed Malyugina (Uzbekistan/80) 11/8/06 (205.0+115.0+210.0=530.0 kg. @ 59.95 kg.) (Stavanger, Norway) (IPF)

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**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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>611.8 (277.5)</b>	<b>*4.17X</b>	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) <TOP20C>
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.	525.0 (238.1)	*3.55X	Rheta West (US/74) 4/11/09 (525.0 lb. @ 148.0 lb.) (Tribes Hill, New York) (SSA)
17.	518.1 (235.0)	*3.53X	Valida Iskandarova (Kazakhstan/74) 4/4/02 (235.0 kg. @ 66.5 kg.) (Shymkent, Kazakhstan) (IPF)
18.	518.1 (235.0)	*3.50X	Lesya Guminska (Ukraine/80) 2/28/03 (235.0 kg. @ 67.1 kg.) (Makeevka, Ukraine) (IPF)
19.	514.8 (233.5)	*3.51X	Amy "Firecracker" Vaughan (US/80) 3/8/03 (233.5 kg. @ 146.5 lb.) (Salisbury, Maryland) (APF)
20.	512.6 (232.5)	3.44X	Larisa Ivanova (Ukraine/63) 6/9/00 (232.5 kg.) (Mariupol, Ukraine) (IPF)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>413.4 (187.5)</b>	<b>*2.78X</b>	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.	361.6 (164.0)	*2.44X	Galina Potseluyeva (Russia/80) 11/4/09 (164.0 kg. @ 67.2 kg.) (New Delhi, India) (IPF)
5.	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)
6.	358.3 (162.5)	*2.44X	Marina Kudinova (Russia/77) 3/3/06 (162.5 kg. @ 66.7 kg.) (Ufa, Russia) (IPF)
7.	355.0 (161.0)	*2.40X	Amy Weisberger (US/65) 4/16/05 (355.0 lb. @ 148.0 lb.) (Newark, Ohio) (IPA)
8.	352.7 (160.0)	*2.38X	Paula Suzuki (US/68) 4/28/95 (160.0 kg. @ 148.0 lb.) (Honolulu, Hawaii) (APF/WPC)
9.	352.7 (160.0)	*2.38X	Svetlana Dedulia-Miklasevich (Russia/75) 3/2/00 (160.0 kg. @ 67.1 kg.) (Syktyfkar, Russia) (IPF)
10.	352.7 (160.0)	2.37X	Sonji "Shorty" Baldwin (US/69) 7/7/06 (160.0 kg.) (Sacramento, California) (APC/GPC)
11.	352.7 (160.0)	*2.47X	Ludmilla Bobchenko (Ukraine/79) 7/28/07 (160.0 kg. @ 64.7 kg.) (Krivoy Rog, Ukraine) (WPO)
12.	352.7 (160.0)	*2.39X	Anne Heikkila (Finland/78) 12/5/09 (160.0 kg. @ 66.9 kg.) (Tampere, Finland) (WPC)
13.	347.2 (157.5)	*2.35X	Yulia Medvedeva (Russia/86) 9/22/06 (157.5 kg. @ 67.15 kg.) (Syktyfkar, 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)

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>556.7 (252.5)</b>	*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)	<b>*3.87X</b>	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.	524.7 (238.0)	*3.67X	Nancy Dangerfield (US/56) 11/6/98 (238.0 kg. @ 143.0 lb.) (Graz, Austria) (APF/WPC)
7.	510.0 (231.3)	*3.44X	Kimberly Walford (US/78) 2/26/05 (510.0 lb. @ 148.2 lb.) (Oceanside, New York) (APF)
8.	510.0 (231.3)	*3.59X	Judy Sverchek-Neff (US/77) 5/23/09 (510.0 lb. @ 142.0 lb.) (Missoula, Montana) (Pride)
9.	508.2 (230.5)	*3.46X	Marina Kudinova (Russia/77) 3/3/06 (230.5 kg. @ 66.7 kg.) (Ufa, Russia) (IPF)
10.	508.2 (230.5)	*3.44X	Evgenia Goncharova (Russia/81) 9/22/06 (230.5 kg. @ 67.05 kg.) (Syktyfkar, Russia) (IPF)
11.	507.1 (230.0)	*3.45X	Larisa Vitsievskaja-Soloviova (Ukraine/78) 11/26/05 (230.0 kg. @ 66.6 kg.) (Oroshaza, Hungary) (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.	496.0 (225.0)	*3.41X	Elana Zhukova-Soukhorouk (Ukraine/72) 11/29/93 (225.0 kg. @ 65.9 kg.) (Jonkoping, Sweden) (IPF)
19.	496.0 (225.0)	*3.40X	Zhanna Ivanova (Ukraine/84) 11/2/05 (225.0 kg. @ 66.1 kg.) (Helsinki, Finland) (WPC)
20.	490.5 (222.5)	3.30X	Mariah Liggett (US/58) 11/24/91 (222.5 kg.) (Las Vegas, Nevada) (APF/WPC)

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

	<b>Total</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1440.0 (653.2)</b>	<b>*9.77X</b>	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.	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)
10.	1333.8 (605.0)	*9.04X	Larisa Vitsievskaja-Soloviova (Ukraine/78) 10/18/07 (212.5+162.5+230.0=605.0 kg. @ 66.9 kg.) (Soelden, Austria) (IPF)
11.	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)
12.	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)
13.	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)
14.	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)
15.	1300.7 (590.0)	*8.79X	Yulia Medvedeva (Russia/86) 3/16/07 (225.0+150.0+215.0=590.0 kg. @ 67.15 kg.) (Berdsk, Russia) (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.	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.) (Prostějov, Czech Republic) (IPF)
19.	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)
20.	1280.0 (580.6)	*8.68X	Michelle Borzok (US/70) 2/21/09 (480.0+380.0+420.0=1280.0 lb. @ 147.4 lb.) (Allentown, Pennsylvania) (IPA)

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## 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

	<b>Squat</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>740.0 (335.7)</b>	<b>4.48X</b>	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.	595.2 (270.0)	*3.60X	Elena Povolotskaya (Russia/78) 11/1/07 (270.0 kg. @ 75.0 kg.) (Togliatti, Russia) (WPC)
9.	584.2 (265.0)	*3.55X	Svetlana Dedulia-Miklasevich (Russia/75) 3/3/05 (265.0 kg. @ 74.65 kg.) (Kazan, Russia) (IPF)
10.	573.2 (260.0)	*3.47X	Sarah Keller (US/83) 5/30/08 (260.0 kg. @ 165.0 lb.) (Omaha, Nebraska) (APF/WPC)
11.	570.0 (258.5)	*3.55X	Brooke Fineis-Curry (US/77) 6/28/09 (570.0 lb. @ 160.6 lb.) (York, Pennsylvania) (IPA)
12.	567.7 (257.5)	*3.50X	Laura Dodd (US/57) 11/21/91 (257.5 kg. @ 73.5 kg.) (Las Vegas, Nevada) (APF/WPC)
13.	565.0 (256.3)	*3.50X	Carol Ann Myers (US/66) 12/17/05 (565.0 lb. @ 161.3 lb.) (Irmo, South Carolina) (APF)
14.	565.0 (256.3)	*3.42X	Kara Bohigian-Smith (US/75) 1/27/07 (565.0 lb. @ 165.0 lb.) (Columbus, Ohio) (APF)
15.	562.2 (255.0)	*3.48X	Rebecca Roberts (US/77) 6/5/04 (255.0 kg. @ 73.2 kg.) (Baton Rouge, Louisiana) (APF/WPC)
16.	562.2 (255.0)	*3.47X	Jill Brown-Mills (US/71) 11/19/05 (255.0 kg. @ 162.0 lb.) (Austin, Texas) (IPA)
17.	560.0 (254.0)	*3.50X	Deb Widdis (US/60) 9/16/06 (560.0 lb. @ 160.2 lb.) (Overland Park, Kansas) (APF)
18.	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)
19.	551.2 (250.0)	*3.40X	Anna Terentyeva (Russia/75) 8/24/05 (250.0 kg. @ 73.5 kg.) (Oriol, Russia) (IPF)
20.	551.2 (250.0)	*3.62X	Priscilla Ribic (US/72) 12/2/06 (250.0 kg. @ 69.0 kg.) (Palm Springs, California) (USAPL/IPF)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>525.0 (238.1)</b>	<b>*3.19X</b>	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) <TOP20C> <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) <TOP20F>
8.	397.9 (180.5)	*2.46X	Anna Terentyeva (Russia/75) 8/24/05 (180.5 kg. @ 73.5 kg.) (Oriol, Russia) (IPF)
9.	391.3 (177.5)	*2.44X	Debra Earney (US/53) 11/11/95 (177.5 kg. @ 72.8 kg.) (Chicago, Illinois) (APF/WPC)
10.	385.0 (174.6)	*2.35X	Darilyn Doddy (US/90) 7/3/10 (385.0 lb. @ 163.6 lb.) (Cincinnati, Ohio) (SPF)
11.	380.3 (172.5)	*2.34X	Marina Kudinova (Russia/77) 3/3/05 (172.5 kg. @ 73.6 kg.) (Kazan, Russia) (IPF)
12.	374.8 (170.0)	*2.29X	Stephanie VanDeWeghe (US/55) 12/13/98 (170.0 kg. @ 74.34 kg.) (Aurora, Illinois) (APF/WPC)
13.	374.8 (170.0)	*2.35X	Yulia Zaigolova (Russia/81) 8/24/05 (170.0 kg. @ 72.45 kg.) (Oriol, Russia) (IPF)
14.	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)
15.	370.0 (167.8)	*2.37X	Amy Weisberger (US/65) 11/12/05 (370.0 lb. @ 156.0 lb.) (York, Pennsylvania) (IPA)
16.	369.3 (167.5)	*2.23X	Melissa Henry (US/71) 3/22/09 (167.5 kg. @ 75.0 kg.) (Omaha, Nebraska) (APF)
17.	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)
18.	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)
19.	358.3 (162.5)	*2.18X	Elena Sheverdina (Russia/69) 2/9/07 (162.5 kg. @ 74.4 kg.) (Chelyabinsk, Russia) (WPC)
20.	358.3 (162.5)	2.17X	Shany Gilbert (Canada/90) 5/8/10 (162.5 kg.) (Vaudreuil-Dorion, Quebec, Canada) (WPC)

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>584.2 (265.0)</b>	*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)	<b>*3.69X</b>	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.	523.6 (237.5)	*3.23X	Liz Odendaal (Netherlands/54-98) 3/26/95 (237.5 kg. @ 73.6 kg.) (North Scharwoude, Holland) (IPF)
17.	523.6 (237.5)	*3.25X	Daliann James (US/87) 3/1/08 (237.5 kg. @ 73.0 kg.) (Columbus, Ohio) (USAPL/IPF)
18.	523.6 (237.5)	*3.29X	Yelizaveta Biruk (Ukraine/88) 11/5/09 (237.5 kg. @ 72.08 kg.) (New Delhi, India) (IPF)
19.	518.1 (235.0)	*3.15X	Anna Terentyeva (Russia/75) 5/21/04 (235.0 kg. @ 74.7 kg.) (Voronezh, Russia) (IPF)
20.	518.1 (235.0)	*3.36X	Svetlana Tsvetkova (Russia/80) 3/3/05 (235.0 kg. @ 69.9 kg.) (Kazan, Russia) (IPF)

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**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**

	<b>Total</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1755.0 (796.1)</b>	<b>*10.66X</b>	Laura Phelps-Sweatt (US/80) 8/20/10 (700.0+510.0+545.0=1755.0 lb. @ 164.6 lb.) (Cincinnati, Ohio) (SPF) <TOP20F> <TOP20C>
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.	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)
13.	1394.4 (632.5)	*8.64X	Rebecca Roberts (US/77) 6/5/04 (255.0+150.0+227.5=632.5 kg. @ 73.2 kg.) (Baton Rouge, Louisiana) (APF/WPC)
14.	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)
15.	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)
16.	1372.4 (622.5)	*8.64X	Yelizaveta Biruk (Ukraine/88) 11/5/09 (235.0+150.0+237.5=622.5 kg. @ 72.08 kg.) (New Delhi, India) (IPF)
17.	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)
18.	1365.0 (619.2)	8.26X	Lynne Boshoven (US/58) 5/8/09 (600.0+260.0+505.0=1365.0 lb.) (Wyoming, Michigan) (APA)
19.	1357.6 (615.8)	*8.30X	Terry Byland-Rohal (US/60) 1/26/85 (615.0 kg. @ 74.2 kg., which later weighed out at 615.8 kg.) (FV: 242.5+122.5+250.0=615.0 kg.) (AW: 242.5+122.5+250.8=615.8 kg.) (Boston, Massachusetts) (USPF)
20.	1344.8 (610.0)	*8.34X	Debra Earney (US/53) 5/31/96 (237.5+152.5+220.0=610.0 kg. @ 73.1 kg.) (Atlanta, Georgia) (APF/WPC)

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

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**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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>770.0 (349.3)</b>	<b>*4.56X</b>	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.	567.7 (257.5)	*3.13X	Terry Byland-Rohal (US/60) 7/17/88 (257.5 kg. @ 181.5 lb.) (Columbus, Ohio) (APF/WPC)
17.	562.2 (255.0)	*3.13X	Elena Ignatenkova (Russia/71) 3/2/00 (255.0 kg. @ 81.4 kg.) (Syktyfkar, Russia) (IPF)
18.	562.2 (255.0)	*3.11X	Tatiana Puzanova (Russia/74) 5/24/03 (255.0 kg. @ 81.9 kg.) (Chicago, Illinois) (IPF)
19.	562.2 (255.0)	*3.16X	Yulia Kurina (Russia/81) 3/3/05 (255.0 kg. @ 80.65 kg.) (Kazan, Russia) (IPF)
20.	557.8 (253.0)	*3.15X	Stella Krupinski (US/62) 6/8/08 (253.0 kg. @ 80.2 kg.) (Norfolk, Virginia) (APC/WUAP)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>510.0 (231.3)</b>	<b>*2.90X</b>	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.	405.0 (183.7)	*2.25X	Kathy Goliszek-Fields (US/73) 7/15/06 (405.0 lb. @ 180.0 lb.) (Riverhead, New York) (APF)
5.	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)
6.	402.3 (182.5)	*2.24X	Krystal Cary (US/84) 2/6/10 (182.5 kg. @ 81.4 kg.) (Lenexa, Kansas) (APF)
7.	402.3 (182.5)	*2.40X	Stephanie VanDeWeghe (US/55) 6/5/10 (182.5 kg. @ 75.9 kg.) (Chicago, Illinois) (APF/WPC)
8.	391.3 (177.5)	*2.27X	Jill Brown-Mills (US/71) 7/22/06 (177.5 kg. @ 172.3 lb.) (San Antonio, Texas) (APF)
9.	385.8 (175.0)	*2.29X	Evgenya Alekseyevna Sukhova (Russia/80) 11/20/08 (175.0 kg. @ 76.35 kg.) (Palm Beach, Florida) (WPC)
10.	381.4 (173.0)	*2.19X	Tatiana Kudryavtseva (Kazakhstan/82) 12/3/05 (173.0 kg. @ 79.1 kg.) (Stockholm, Sweden) (IPF)
11.	381.4 (173.0)	2.10X	Karen Campbell (US/63) 4/25/09 (173.0 kg.) (Wisconsin Dells, Wisconsin) (WABDL)
12.	380.3 (172.5)	*2.12X	Emma James (Great Britain/70) 11/19/09 (172.5 kg. @ 81.5 kg.) (Bournemouth, England) (WPC)
13.	380.0 (172.4)	*2.10X	Katarina Murancanova (Slovakia/79) 12/17/05 (380.0 lb. @ 181.0 lb.) (Lake George, New York) (APF)
14.	374.8 (170.0)	*2.06X	Timea Zavodszky (Hungary/71) 12/5/04 (170.0 kg. @ 82.4 kg.) (Cleveland, Ohio) (IPF)
15.	369.3 (167.5)	*2.16X	Elena Sheverdina (Russia/69) 11/1/07 (167.5 kg. @ 77.65 kg.) (Togliatti, Russia) (WPC)
16.	369.3 (167.5)	*2.04X	Michelle Worthan (US/73) 7/30/10 (167.5 kg. @ 82.0 kg.) (Dubuque, Iowa) (UPA)
17.	365.0 (165.6)	*2.03X	Jan Harrell-Gable (US/59) 7/26/86 (365.0 lb. @ 180 lb.) (San Diego, California) (NSM)
18.	363.8 (165.0)	*2.19X	Anna Terentyeva (Russia/75) 5/28/04 (165.0 kg. @ 75.5 kg.) (Rybinsk, Russia) (IPF)
19.	363.8 (165.0)	*2.06X	Shawna Mendelson (US/72) 6/4/05 (165.0 kg. @ 176.3 lb.) (Detroit, Michigan) (APF/WPC)
20.	363.8 (165.0)	*2.07X	Viktoriya Sheludko (Russia/73) 6/18/08 (165.0 kg. @ 79.7 kg.) (Riga, Latvia) (WPC)

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**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**

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>590.8 (268.0)</b>	*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)	<b>*3.29X</b>	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 Zaugolova (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.	525.0 (238.1)	2.89X	Laura Phelps-Sweatt (US/80) 5/23/09 (525.0 lb.) (Nashville, Tennessee) (SPF)
17.	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)
18.	523.6 (237.5)	*3.15X	Daliann James (US/87) 3/7/09 (237.5 kg. @ 75.4 kg.) (Columbus, Ohio) (USAPL/IPF)
19.	523.6 (237.5)	*2.93X	Iryna Karpova-Yavorska (Ukraine/81) 7/26/09 (237.5 kg. @ 81.1 kg.) (Kaohsiung, Chinese Taipei) (IPF)
20.	518.1 (235.0)	2.85X	Terry Byland-Rohal (US/60) 11/10/85 (235.0 kg.) (Parkersburg, West Virginia) (USPF)

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**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**

	<b>Total</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1770.0 (802.9)</b>	<b>9.73X</b>	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.	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)
9.	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)
10.	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)
11.	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)
12.	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)
13.	1411.0 (640.0)	*8.50X	Yulia Zaigolova (Russia/81) 8/1/03 (260.0+145.0+235.0=640.0 kg. @ 75.3 kg.) (Moscow, Russia) (IPF)
14.	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)
15.	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)
16.	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)
17.	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)
18.	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)
19.	1375.7 (624.0)	*8.24X	Petra Stumpfova (Ireland/79) 10/23/07 (264.0+150.0+210.0=624.0 kg. @ 75.7 kg.) (Calgary, Alberta, Canada) (GPC)
20.	1372.4 (622.5)	*7.55X	Natalia Rumyantseva (Russia/71) 12/3/00 (240.0+152.5+230.0=622.5 kg. @ 82.4 kg.) (Hamm, Luxembourg) (IPF)

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**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**

	<b>Squat</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>804.7 (365.0)</b>	<b>*4.08X</b>	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.	575.0 (260.8)	*3.15X	Anna McCloskey (US/92) 1/20/08 (575.0 lb. @ 182.4 lb.) (Carteret, New Jersey) (IPA)
16.	574.3 (260.5)	*2.89X	Inna Orobets (Ukraine/71) 3/4/05 (260.5 kg. @ 90.0 kg.) (Mariupol, Ukraine) (IPF)
17.	573.2 (260.0)	*2.94X	Cathy Millen (New Zealand/67) 5/28/94 (260.0 kg. @ 88.4 kg.) (Rotorua, New Zealand) (IPF)
18.	573.2 (260.0)	*2.90X	Irina Lugovaya (Russia/74) 3/11/04 (260.0 kg. @ 89.8 kg.) (Krasnoyarsk, Russia) (IPF)
19.	573.2 (260.0)	*2.94X	Ielja Strik (Netherlands/73) 11/7/08 (260.0 kg. @ 88.32 kg.) (Saint John's, Canada) (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**

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>479.5 (217.5)</b>	<b>*2.43X</b>	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.	440.9 (200.0)	*2.42X	Viktoriya Sheludko (Russia/73) 11/19/09 (200.0 kg. @ 82.7 kg.) (Bournemouth, England) (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.	402.3 (182.5)	*2.07X	Tazzie Colomb (US/66) 12/4/05 (182.5 kg. @ 88.35 kg.) (Jacksonville, Florida) (APF)
6.	402.3 (182.5)	*2.08X	Ielja Strik (Netherlands/73) 7/22/06 (182.5 kg. @ 87.77 kg.) (Hamm, Luxembourg) (IPF)
7.	399.0 (181.0)	*2.05X	Valeria Scheglova (Russia/83) 3/17/07 (181.0 kg. @ 88.4 kg.) (Berdsk, Russia) (IPF)
8.	396.8 (180.0)	*2.00X	Irina Lugovaya (Russia/74) 3/11/04 (180.0 kg. @ 89.8 kg.) (Krasnoyarsk, Russia) (IPF)
9.	391.3 (177.5)	*2.02X	Iryna Karpova-Yavorska (Ukraine/81) 11/27/05 (177.5 kg. @ 88.0 kg.) (Oroshaza, Hungary) (IPF)
10.	390.0 (176.9)	1.97X	Kym Allen (US/69) 4/26/97 (390.0 lb.) (Quebec, Canada) (APA/WPA)
11.	388.0 (176.0)	*2.00X	Natalia Romyantseva (Russia/71) 12/7/03 (176.0 kg. @ 88.2 kg.) (Trencin, Slovakia) (IPF)
12.	386.9 (175.5)	*2.09X	Timea Zavodszky (Hungary/71) 12/7/03 (175.5 kg. @ 84.0 kg.) (Trencin, Slovakia) (IPF)
13.	385.8 (175.0)	*1.99X	Cathy Millen (New Zealand/67) 12/3/94 (175.0 kg. @ 87.8 kg.) (Jarvenpaa, Finland) (IPF)
14.	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)
15.	381.4 (173.0)	*1.92X	Inna Orobets (Ukraine/71) 3/4/05 (173.0 kg. @ 90.0 kg.) (Mariupol, Ukraine) (IPF)
16.	380.3 (172.5)	*1.96X	Christi Witmer (US/68) 8/5/06 (172.5 kg. @ 194.0 lb.) (Boca Raton, Florida) (APF)
17.	378.1 (171.5)	*2.00X	Min-Chu Hung (Chinese Taipei/83) 5/4/06 (171.5 kg. @ 85.7 kg.) (Taebaek, Korea) (IPF)
18.	374.8 (170.0)	*1.92X	Tarja Rantanen (Finland/57) 11/2/05 (170.0 kg. @ 88.5 kg.) (Helsinki, Finland) (WPC)
19.	369.3 (167.5)	*2.01X	Yevgeniya Mazaylova (Russia/82) 3/5/06 (167.5 kg. @ 83.3 kg.) (Ufa, Russia) (IPF)
20.	363.8 (165.0)	*1.90X	Tatiana Puzanova (Russia/74) 3/5/06 (165.0 kg. @ 87.0 kg.) (Ufa, Russia) (IPF)

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

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Records accurate (as to my knowledge) as of **8/29/10**.

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## 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

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>604.0 (274.0)</b>	*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)	<b>*3.22X</b>	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

	<b>Total</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>1885.0 (855.0)</b>	<b>*9.56X</b>	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.	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)
9.	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)
10.	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)
11.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	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)
17.	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)
18.	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)
19.	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)
20.	1370.0 (621.4)	*6.92X	Cheryl Clodfelter (US/62) 6/28/09 (550.0+285.0+535.0=1370.0 lb. @ 197.9 lb.) (York, Pennsylvania) (IPA)

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## 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

	<b>Squat</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>854.3 (387.5)</b>	<b>*3.46X</b>	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.	705.5 (320.0)	*2.42X	Galina Karpova (Russia/68) 11/6/09 (320.0 kg. @ 132.06 kg.) (New Delhi, India) (IPF)
3.	675.0 (306.2)	*1.88X	Melissa Garrett (US/78) 10/3/09 (675.0 lb. @ 359.0 lb.) (Nashville, Tennessee) (SPF)
4.	661.4 (300.0)		Liz Willett (US/72) 7/9/04 (300.0 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
5.	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)
6.	639.3 (290.0)	*2.41X	Anastasia Pavlova (Russia/68) 3/3/05 (290.0 kg. @ 120.1 kg.) (Kazan, Russia) (IPF)
7.	639.3 (290.0)	*2.67X	Dorothy Shaw (Great Britain/63) 11/19/09 (290.0 kg. @ 108.7 kg.) (Bournemouth, England) (WPC)
8.	630.0 (285.8)	*3.06X	Sandi "Candyazz" McCaslin (US/64) 12/2/06 (630.0 lb. @ 206.0 lb.) (Riverhead, New York) (APF)
9.	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)
10.	625.0 (283.5)	*2.62X	Karen Sizemore (US/64) 4/12/03 (625.0 lb. @ 238.5 lb.) (Newark, Ohio) (IPA)
11.	622.8 (282.5)	*2.38X	Olga Gemaletdinova (Russia/86) 9/11/09 (282.5 kg. @ 118.6 kg.) (Ribeirao Preto, Sao Paulo, Brazil) (IPF)
12.	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)
13.	617.3 (280.0)	*2.56X	Elena Avilkina (Russia/77) 2/27/03 (280.0 kg. @ 109.3 kg.) (Kazan, Russia) (IPF)
14.	611.8 (277.5)		Juanita Trujillo (US/64) 7/31/94 (277.5 kg.) (Houston, Texas) (USPF/IPF)
15.	610.0 (276.7)	*2.84X	Jessica Watkins-O'Donnell (US/80) 8/9/08 (610.0 lb. @ 215.0 lb.) (Dayton, Ohio) (USAPL)
16.	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)
17.	606.3 (275.0)	*2.26X	Victoria Olenitsa (Ukraine/84) 3/4/05 (275.0 kg. @ 121.9 kg.) (Mariupol, Ukraine) (IPF)
18.	606.3 (275.0)	*2.80X	Tatyana Grigor (Russia/70) 3/5/06 (275.0 kg. @ 98.3 kg.) (Ufa, Russia) (IPF)
19.	600.8 (272.5)		Harriet Hall (US/50) 3/11/06 (272.5 kg.) (Anchorage, Alaska) (USAPL)
20.	600.0 (272.2)	*2.40X	April Mathis (US/87) 5/29/10 (600.0 lb. @ 250.0 lb., without a squat suit or knee wraps.) (Tampa, Florida) (APF)

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>600.8 (272.5)</b>	<b>*2.50X</b>	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.	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>
3.	500.0 (226.8)	*1.41X	Melissa Garrett (US/78) 12/6/08 (500.0 lb. @ 161.4 kg.) (Murfreesboro, Tennessee) (SPF)
4.	451.9 (205.0)	*2.12X	Ludmilla Gaiduchenko (Ukraine/56) 2/4/07 (205.0 kg. @ 96.6 kg.) (Melitopol, Ukraine) (IPF)
5.	451.9 (205.0)	*1.63X	Lisa Miller (US/76) 6/30/07 (205.0 kg. @ 126.0 kg.) (Willowbrook, Illinois) (APF)
6.	451.9 (205.0)	*1.84X	Irina Lugovaya (Russia/74) 5/28/10 (205.0 kg. @ 111.2 kg.) (Killeen, Texas) (IPF)
7.	450.0 (204.1)	*1.79X	Karen Sizemore (US/64) 3/30/02 (450.0 lb. @ 252.0 lb.) (Charleston, West Virginia) (IPA)
8.	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)
9.	444.2 (201.5)	*1.57X	Hildeborg Juvet Hugdal (Norway/83) 11/6/09 (201.5 kg. @ 128.14 kg.) (New Delhi, India) (IPF)
10.	429.9 (195.0)	*1.61X	Galina Karpova (Russia/68) 3/5/06 (195.0 kg. @ 120.9 kg.) (Ufa, Russia) (IPF)
11.	425.0 (192.8)	*2.00X	Sandi "Candyazz" McCaslin (US/64) 7/12/08 (425.0 lb. @ 213.0 lb.) (Bradford, Pennsylvania) (SSA)
12.	424.4 (192.5)		Machia Dudley (US/86) 2/04 (192.5 kg.) (Omaha, Nebraska) (APF)
13.	420.0 (190.5)	*1.57X	Deborah Ferrell (US/64) 5/27/06 (190.5 kg. @ 121.25 kg.) (Miskolc, Hungary) (USAPL/IPF)
14.	418.9 (190.0)	*1.61X	Chen-Yen Chao (Chinese Taipei/71) 5/2/03 (190.0 kg. @ 118.2 kg.) (Almaty, Kazakhstan) (IPF)
15.	413.4 (187.5)	*1.85X	Inna Orobets (Ukraine/71) 11/7/08 (187.5 kg. @ 101.12 kg.) (Saint John's, Canada) (IPF)
16.	412.3 (187.0)	*1.25X	Liz Willett (US/72) 5/1/04 (187.0 kg. @ 330.6 lb.) (Villa Park, Illinois) (Bench America2)
17.	407.9 (185.0)	*1.51X	Jean Putnam (US) 2/15/04 (185.0 kg. @ 270.5 lb.) (Manchester, New Hampshire) (USPF)
18.	407.9 (185.0)	*1.50X	Victoria Olenitsa (Ukraine/84) 11/27/05 (185.0 kg. @ 123.3 kg.) (Oroshaza, Hungary) (IPF)
19.	407.9 (185.0)	*1.54X	Kate Radon (US/81) 11/5/06 (185.0 kg. @ 120.3 kg.) (Lake George, New York) (APF/WPC)
20.	402.3 (182.5)	*1.40X	Rachel Nutter (US/71) 7/11/09 (182.5 kg. @ 130.0 kg.) (Dubuque, Iowa) (UPA)

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

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## 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

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>683.4 (310.0)</b>	*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.	573.2 (260.0)	*2.51X	Dorothy Shaw (Great Britain/63) 6/00 (260.0 kg. @ 103.5 kg.) (Port Talbot, Wales) (WPC)
4.	570.0 (258.5)	*2.28X	April Mathis (US/87) 5/29/10 (570.0 lb. @ 250.0 lb.) (Tampa, Florida) (APF)
5.	567.7 (257.5)	<b>*2.84X</b>	Dawn Reshel-Sharon (US/55-00) 12/1/89 (257.5 kg. @ 90.6 kg.) (Stone, England) (APF/WPC)
6.	565.0 (256.3)	*2.70X	Lisa Nawrocki (US/61) 5/6/90 (565.0 lb. @ 209.0 lb.) (Lakeland, Florida) (NSM)
7.	565.0 (256.3)	*2.62X	JoLynn Arvin (US/67) 2/8/98 (565.0 lb. @ 98.0 kg.) (Columbus, Ohio) (APF)
8.	556.7 (252.5)	*2.07X	Victoria Olenitsa (Ukraine/84) 3/4/05 (252.5 kg. @ 121.9 kg.) (Mariupol, Ukraine) (IPF)
9.	556.7 (252.5)	*2.13X	Olga Gemaletdinova (Russia/86) 9/11/09 (252.5 kg. @ 118.6 kg.) (Ribeirao Preto, Sao Paulo, Brazil) (USAPL)
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.	545.6 (247.5)	*2.12X	Chia-Sui Lee (Chinese Taipei/77) 5/23/99 (247.5 kg. @ 116.9 kg.) (Thisted, Denmark) (IPF)
13.	540.1 (245.0)	*2.24X	Marlene Lewis (US) 3/19/88 (245.0 kg. @ 241.4 lb.) (Philadelphia, Pennsylvania) (USPF)
14.	540.1 (245.0)	*2.17X	Anastasia Pavlova (Russia/68) 3/3/01 (245.0 kg. @ 112.7 kg.) (Saint Petersburg, Russia) (IPF)
15.	540.1 (245.0)		Josefin Brander (Sweden/78) 11/16/08 (245.0 kg.) (Las Vegas, Nevada) (WABDL)
16.	535.7 (243.0)	*2.69X	Natalia Payousova (Russia/75) 9/27/00 (243.0 kg. @ 90.2 kg.) (Sochi, Russia) (IPF)
17.	534.6 (242.5)		Carloss Lott (US) 10/26/85 (242.5 kg.) (Hattiesburg, Mississippi) (USPF)
18.	534.6 (242.5)	*2.35X	Ulrike Herchenheim (Germany/62) 12/8/96 (242.5 kg. @ 103.2 kg.) (Erba, Italy) (IPF)
19.	534.6 (242.5)	*1.83X	Tetyana Varlamova (Ukraine/89) 11/6/09 (242.5 kg. @ 132.2 kg.) (New Delhi, India) (IPF)
20.	530.0 (240.4)	*2.52X	Sue Meany (US) 11/16/86 (530.0 lb. @ 210.0 lb.) (Maui, Hawaii) (APF/WPC)

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

	<b>Total</b>	<b>X-Bwt</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>2050.3 (930.0)</b>	<b>*8.30X</b>	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. Only woman to total over 1700 pounds.) (Chicago, Illinois) (WPO) <TOP20F>
2.	1675.0 (759.8)	*4.67X	Melissa Garrett (US/78) 10/3/09 (675.0+500.0+500.0=1675.0 lb. @ 359.0 lb.) (Nashville, Tennessee) (SPF)
3.	1642.4 (745.0)	*5.64X	Galina Karpova (Russia/68) 11/6/09 (320.0+190.0+235.0=745.0 kg. @ 132.06 kg.) (New Delhi, India) (IPF)
4.	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)
5.	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 without a squat suit, knee wraps or a bench press shirt.) (Tampa, Florida) (APF)
6.	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)
7.	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)
8.	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)
9.	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)
10.	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)
11.	1526.7 (692.5)	*5.84X	Olga Gemaletdinova (Russia/86) 9/11/09 (282.5+157.5+252.5=692.5 kg. @ 118.6 kg.) (Ribeirao Preto, Sao Paulo, Brazil) (USAPL)
12.	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)
13.	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)
14.	1499.1 (680.0)	*6.77X	Irina Lugovaya (Russia/74) 10/19/07 (265.0+180.0+235.0=680.0 kg. @ 100.4 kg.) (Soelden, Austria) (IPF)
15.	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)
16.	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)
17.	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)
18.	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)
19.	1458.4 (661.5)	*5.16X	Hildeborg Juvet Hugdal (Norway/83) 11/6/09 (260.0+201.5+200.0=661.5 kg. @ 128.14 kg.) (New Delhi, India) (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)

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## 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.	<b>854.3</b> *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 #20	#34	#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 #18	=37	=17
18.	486.1 *4.12X	123	Margaret Kirkland (US/63) 5/30/08 (220.5 kg. @ 118.0 lb.) (Omaha, Nebraska) (APF/WPC)	*592.58 #20	*459.97 #17	=37	=17
19.	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 #21	*460.15 #16	=37	=17
20.	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 #21	#38	#20
21.	611.8 *3.83X	165	Yulia Zaugolova (Russia/81) 8/24/05 (277.5 kg. @ 72.45 kg.) (Oriol, Russia) (IPF)	*594.68 #18	*452.47 #22	#40	#21
22.	440.9 *4.18X	105	Olesia Lafina (Russia/79) 2/26/03 (200.0 kg. @ 47.8 kg.) (Kazan, Russia) (IPF)	*585.75 #22	*457.24 #19	#41	#22

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## 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 * <b>3.19X</b>	165	Laura Phelps-Sweatt (US/80) 8/20/10 (525.0 lb. @ 164.6 lb.) (Cincinnati, Ohio) (SPF)	* <b>500.52</b> #1	* <b>380.16</b> #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.	<b>600.8</b> *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 #12	*319.52 #9	#21	#10
11.	345.0 *2.80X	123	Tina Rinehart (US/68) 7/16/06 (345.0 lb. @ 123.0 lb.) (Worthington, Ohio) (APF)	*407.13 #14	*314.30 #11	#25	#11
12.	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 #20	=26	=12
13.	429.9 *2.61X	165	Julie Scanlon (US/76) 3/5/04 (195.0 kg. @ 74.65 kg.) (Columbus, Ohio) (WPO)	*409.87 #13	*311.27 #13	=26	=12
14.	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 #17	#27	#14
15.	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 #16	*312.06 #12	#28	#15
16.	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 #17	*307.40 #15	#32	#16
17.	286.6 *2.84X	105	Justyna Kozdryk (Poland/80) 5/25/10 (130.0 kg. @ 45.8 kg.) (Killeen, Texas) (IPF)	*392.61 #21	*307.58 #14	#35	#17
18.	418.9 *2.55X	165	Svetlana Dedulia-Miklasevich (Russia/75) 3/3/05 (190.0 kg. @ 74.65 kg.) (Kazan, Russia) (IPF)	*399.36 #18	*303.29 #18	#36	#18
19.	468.5 2.36X	198	Karen Campbell (US/63) 5/15/10 (212.5 kg.) (Wisconsin Dells, Wisconsin) (WABDL)	404.82 #15	295.61 #22	#37	#19
20.	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 #22	*305.67 #16	#38	#20
21.	402.3 *2.56X	165	Sonji "Shorty" Baldwin (US/69) 6/8/08 (182.5 kg. @ 71.4 kg.) (Norfolk, Virginia) (APC/WUAP)	*394.90 #20	*300.75 #19	#39	#21
22.	440.9 *2.42X	198	Viktoriya Sheludko (Russia/73) 11/19/09 (200.0 kg. @ 82.7 kg.) (Bournemouth, England) (WPC)	*396.30 #19	*296.26 #21	#40	#22

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## ALL TIME HISTORICAL GREATEST UNEQUIPPED 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.*

	<b>Bench Press</b>	<b>Wt. Div.</b>	<b>Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>	<b>Wilks</b>	<b>Malone</b>	<b>Sum</b>	<b>Rank</b>
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 #1	*252.17 #1	#2	—#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.	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 #4	*233.20 #3	#7	#3
4.	402.3 *1.40X	SHW	April Mathis (US/87) 1/30/10 (182.5 kg. @ 117.5 kg. Heaviest female bench press of all time without a bench press shirt.) (Tampa, Florida) (RUM3)	*322.96 #2	*226.04 #6	#8	#4
5.	305.0 *1.92X	165	Julie Scanlon (US/76) 5/6/06 (305.0 lb. @ 159.0 lb.) (Amherst, Massachusetts) (Atlantis)	*297.34 #7	*226.65 #4	#11	#5
6.	<b>391.3</b> *1.11X	SHW	Roberta Collins (US) 1/11/03 (177.5 kg. @ 353.0 lb.) (West Liberty, Ohio) (NASA)	*300.96 #5	*221.06 #11	=16	=6
7.	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 #6	222.59 #10	=16	=6
8.	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 #7	=17	=8
9.	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 #5	=17	=8
10.	308.6 1.87X	165	Beverly Francis (Australia/55) 10/18/81 (140.0 kg.) (Melbourne, Australia) (IPF)	293.40 #9	222.72 #9	#18	#10
11.	330.0 *1.80X	198	Shannon Sanders (US/72) 6/6/10 (330.0 lb. @ 183.4 lb.) (Nashville, Tennessee) (SPF)	*295.71 #8	*220.74 #12	#20	#11
12.	231.5 2.02X	114	Mary Ryan-Jeffrey (US/60) 7/26/91 (105.0 kg.) (Dallas, Texas) (USPF)	288.57 #13	224.22 #8	#21	#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 #13	#24	#13
14.	264.6 *1.94X	148	Clara Kasbarian (France/59) 6/17/89 (120.0 kg. @ 136.5 lb.) (Chicago, Illinois) (WDFPF)	*287.89 #14	*217.72 #15	#29	#14
15.	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 #15	*216.34 #16	=31	=15
16.	237.0 *1.94X	123	Julie Sylvan-Thomas (US/60) 1/29/83 (107.5 kg. @ 55.35 kg.) (Chicago, Illinois) (USPF)	*281.42 #17	*218.06 #14	=31	=15
17.	237.0 1.92X	123	Mary Ryan-Jeffrey (US/60) 7/14/89 (107.5 kg.) (Las Vegas, Nevada) (USPF/IPF)	278.85 #18	215.95 #17	#35	#17
18.	350.0 *1.40X	SHW	Artelia Watson (US/67) 8/7/04 (350.0 lb. @ 250.0 lb.) (Waukegan, Illinois) (APA)	*282.84 #16	*197.72 #22	=38	=18
19.	270.0 *1.82X	148	Amy Weisberger (US/65) 8/20/10 (270.0 lb. @ 148.2 lb.) (Cincinnati, Ohio) (SPF)	*276.39 #19	*211.02 #19	=38	=18
20.	203.9 *1.96X	105	Svetlana Stepanova (Russia/75) 6/5/93 (92.5 kg. @ 47.2 kg.) (Darmstadt, Germany) (IPF)	*273.43 #21	*213.63 #18	#39	#20
21.	292.1 *1.75X	181	Anna Turaeva (Russia/78) 10/4/09 (132.5 kg. @ 75.8 kg.) (Rostov-on-Don, Russia) (WPC)	*275.87 #20	*209.18 #21	#41	#21
22.	242.5 *1.85X	132	Judith Averbach (US) 2/1/86 (110.0 kg. @ 59.3 kg.) (Salt Lake City, Utah) (USPF/IPF)	*272.85 #22	*210.69 #20	#42	#22

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Records accurate (as to my knowledge) as of **8/29/10**.

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## 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 #6	=11	=5
6.	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 #6	*443.18 #5	=11	=5
7.	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 #7	*434.59 #7	#14	#7
8.	501.6 *3.81X	132	Larisa Vitsievskaja-Soloviova (Ukraine/78) 11/27/04 (227.5 kg. @ 59.7 kg.) (Trencin, Slovakia) (IPF)	*561.34 #10	*433.34 #8	#18	#8
9.	584.2 *3.64X	165	Elana Zhukova-Soukhorouk (Ukraine/72) 5/22/99 (265.0 kg. @ 72.8 kg.) (Thisted, Denmark) (IPF)	*566.05 #8	*430.69 #11	#19	#9
10.	474.0 3.84X	123	Vanessa Gibson (Great Britain/69) --/--/-- (215.0 kg.) (WPC)	557.70 #11	431.90 #10	#21	#10
11.	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 #13	*432.95 #9	#22	#11
12.	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 #9	*428.47 #16	#25	#12
13.	440.9 *3.88X	114	Oksana Belova (Russia/75) 11/26/99 (200.0 kg. @ 51.6 kg.) (Paris, France) (IPF)	*552.96 #15	*429.77 #12	#27	#13
14.	468.5 *3.82X	123	Diana Rowell (US/57) 6/1/85 (212.5 kg. @ 55.62 kg.) (Vienna, Austria) (USPF/IPF)	*554.16 #14	*429.33 #14	#28	#14
15.	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 #18	*428.64 #15	#33	#15
16.	<b>683.4</b> *2.80X	SHW	Becca Swanson (US/73) 11/5/05 (310.0 kg. @ 110.8 kg.) (Helsinki, Finland) (WPO)	*554.81 #12	*388.53 #22	=34	=16
17.	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 #16	*426.11 #18	=34	=16
18.	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 #13	#35	#18
19.	435.4 *3.86X	114	Diana Rowell (US/57) 1/28/84 (197.5 kg. @ 51.2 kg.) (Austin, Texas) (USPF/IPF)	*549.32 #19	*427.10 #17	#36	#19
20.	529.1 *3.65X	148	Lesya Guminska (Ukraine/80) 2/24/00 (240.0 kg. @ 65.7 kg.) (Vinnitsa, Ukraine) (IPF)	*550.70 #17	*421.65 #21	#38	#20
21.	490.5 *3.73X	132	Irina Abramova (Russia/74) 5/21/99 (222.5 kg. @ 59.7 kg.) (Thisted, Denmark) (IPF)	*549.00 #20	*423.82 #19	#39	#21
22.	464.1 *3.77X	123	Inna Filimonova (Russia/76) 3/1/06 (210.5 kg. @ 55.9 kg.) (Ufa, Russia) (IPF)	*546.82 #21	*423.51 #20	#41	#22

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## 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.) (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. Only woman to total over 1700 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. Heaviest female 10X bodyweight total of all time.) (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.) (Orjol, 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.	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 #15	*1114.1 #16	#31	#13
14.	1412.1 *9.59X	148	Kara Bohigian-Smith (US/75) 11/7/03 (250.5+170.0+220.0=640.5 kg. @ 66.8 kg.) (Atlanta, Georgia) (WPO)	*1452.0 #13	*1109.46 #19	#32	#14
15.	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 #19	*1116.6 #14	=33	=15
16.	1185.0 *10.00X	123	Margaret Kirkland (US/63) 2/23/08 (480.0+255.0+450.0=1185.0 lb. @ 118.5 lb.) (Orlando, Florida) (APF)	*1439.7 #20	*1117.0 #13	=33	=15
17.	1516.8 *9.19X	165	Sarah Keller (US/83) 5/30/08 (688.0 kg. @ 165.0 lb.) (Omaha, Nebraska) (APF/WPC)	*1443.8 #14	*1096.63 #21	#35	#17
18.	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 #16	*1103.9 #20	#36	#18
19.	1284.2 *9.77X	132	Maria Revva (Russia/77) 8/25/04 (582.5 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF)	*1439.2 #21	*1111.1 #17	=38	=19
20.	1145.0 *10.04X	114	Margaret Kirkland (US/63) 10/13/07 (1145.0 lb. @ 114.0 lb.) (Tampa, Florida) (APF)	*1433.5 #23	*1114.2 #15	=38	=19
21.	1499.1 *9.24X	165	Marina Kudinova (Russia/77) 3/3/05 (680.0 kg. @ 73.6 kg.) (Kazan, Russia) (IPF)	*1442.3 #17	*1096.62 #22	#39	#21
22.	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 #22	*1109.54 #18	#40	#22
23.	1592.8 *8.85X	181	Svetlana Dedulia-Miklasevich (Russia/75) 3/5/06 (722.5 kg. @ 81.6 kg.) (Ufa, Russia) (IPF)	*1441.8 #18	*1080.9 #23	#41	#23

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## ALL TIME HISTORICAL GREATEST FEMALE SQUAT/BODYWEIGHT COEFFICIENTS

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

	<b>Squat</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
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.	<b>804.7 (365.0)</b>	*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.	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)
18.	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)
19.	518.1 (235.0)	*3.976X	132 (60)	Irina Tatarova (Russia/75) 8/25/04 (235.0 kg. @ 59.1 kg.) (Voronezh, Russia) (IPF)
20.	551.2 (250.0)	*3.968X	148 (67.5)	Andrea Zurcher (Switzerland/78) 5/4/03 (250.0 kg. @ 63.0 kg.) (Nancy, France) (WPC)

## ALL TIME HISTORICAL GREATEST FEMALE BENCH-PRESS/BODYWEIGHT COEFFICIENTS

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
1.	<b>525.0 (238.1)</b>	*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.	303.1 (137.5)	*2.701X	114 (52)	Olesia Lafina (Russia/79) 3/1/06 (137.5 kg. @ 50.9 kg.) (Ufa, Russia) (IPF)
14.	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)
15.	325.2 (147.5)	*2.660X	123 (56)	Anna Olsson (Sweden/74) 5/31/07 (147.5 kg. @ 55.45 kg.) (Thisted, Denmark) (IPF)
16.	303.1 (137.5)	*2.652X	114 (52)	Anna Olsson (Sweden/74) 12/2/05 (137.5 kg. @ 51.85 kg.) (Stockholm, Sweden) (IPF)
17.	347.2 (157.5)	*2.629X	132 (60)	Irina Poletayeva (Russia/82) 9/21/06 (157.5 kg. @ 59.9 kg.) (Syktyfkar, Russia) (IPF)
18.	308.6 (140.0)	*2.622X	123 (56)	Tamara Althaus (Germany/76) 12/3/04 (140.0 kg. @ 53.4 kg.) (Cleveland, Ohio) (IPF)
19.	429.9 (195.0)	*2.612X	165 (75)	Julie Scanlon (US/76) 3/5/04 (195.0 kg. @ 74.65 kg.) (Columbus, Ohio) (WPO)
20.	331.8 (150.5)	*2.608X	132 (60)	Tamara Althaus (Germany/76) 11/4/06 (150.5 kg. @ 57.7 kg.) (Russelsheim, Germany) (IPF)

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

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

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

	<b>Bench Press</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
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.	203.9 (92.5)	*1.960X	105 (48)	Svetlana Stepanova (Russia/75) 6/5/93 (92.5 kg. @ 47.2 kg.) (Darmstadt, Germany) (IPF)
7.	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)
8.	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)
9.	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)
10.	237.0 (107.5)	1.920X	123 (56)	Mary Ryan-Jeffrey (US/60) 7/14/89 (107.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
11.	305.0 (138.3)	*1.918X	165 (75)	Julie Scanlon (US/76) 5/6/06 (305.0 lb. @ 159.0 lb.) (Amherst, Massachusetts) (Atlantis)
12.	181.9 (82.5)	*1.875X	97 (44)	Irina Krylova (Russia/78) 6/5/93 (82.5 kg. @ 44.0 kg.) (Darmstadt, Germany) (IPF)
13.	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)
14.	308.6 (140.0)	1.867X	165 (75)	Beverly Francis (Australia/55) 10/18/81 (140.0 kg.) (Melbourne, Australia) (IPF)
15.	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)
16.	270.0 (122.5)	*1.822X	148 (67.5)	Amy Weisberger (US/65) 8/20/10 (270.0 lb. @ 148.2 lb.) (Cincinnati, Ohio) (SPF)
17.	176.6 (80.1)	1.820X	97 (44)	Elizabeth "Ann" Leverett (US/54) 7/26/91 (75.5 kg., which was accidentally misloaded to 80.1 kg.) (Dallas, Texas) (USPF)
18.	181.9 (82.5)	*1.819X	105 (48)	Michelle Efris (US) 5/3/81 (82.5 kg. @ 100.0 lb.) (Cleveland, Ohio) (USPF)
19.	<b>330.7 (150.0)</b>	1.818X	181 (82.5)	Beverly Francis (Australia/55) 5/12/81 (150.0 kg. First woman to bench press 300 pounds.) (Honolulu, Hawaii) (IPF)
20.	240.0 (108.9)	1.814X	132 (60)	Carrie Boudreau (US/67) 5/17/97 (240.0 lb.) (Taunton, Massachusetts) (AAU)

## ALL TIME HISTORICAL GREATEST FEMALE DEADLIFT/BODYWEIGHT COEFFICIENTS

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

	<b>Deadlift</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
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.	<b>545.0 (247.2)</b>	*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.	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)
14.	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)
15.	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)
16.	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)
17.	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)
18.	397.9 (180.5)	*3.796X	105 (48)	Svetlana Tesleva (Russia/75) 2/28/06 (180.5 kg. @ 47.55 kg.) (Ufa, Russia) (IPF)
19.	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)
20.	364.9 (165.5)	*3.787X	97 (44)	Anna-Lisa Prinkkala (Finland/55) 2/28/98 (165.5 kg. @ 43.7 kg.) (Jyvaskyla, Finland) (IPF)

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## ALL TIME HISTORICAL GREATEST FEMALE TOTAL/BODYWEIGHT COEFFICIENTS

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

	<b>Total</b>	<b>X-Bwt</b>	<b>Wt. Div.</b>	<b>Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation</b>
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.) (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.	<b>1725.0 (782.4)</b>	*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. Heaviest female 10X bodyweight total of all time.) (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.	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)
12.	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)
13.	1031.8 (468.0)	*9.842X	105 (48)	Svetlana Tesleva (Russia/75) 2/28/06 (182.5+105.0+180.5=468.0 kg. @ 47.55 kg.) (Ufa, Russia) (IPF)
14.	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)
15.	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)
16.	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)
17.	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)
18.	1440.0 (653.2)	*9.769X	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)
19.	1284.2 (582.5)	*9.757X	132 (60)	Larisa Vitsievskaja-Soloviova (Ukraine/78) 11/27/04 (212.5+142.5+227.5=582.5 kg. @ 59.7 kg.) (Trencin, Slovakia) (IPF)
20.	1102.3 (500.0)	*9.728X	114 (52)	Hartati Sri (Indonesia/84) 7/25/09 (197.5+117.5+185.0=500.0 kg. @ 51.4 kg.) (Kaohsiung, Chinese Taipei) (IPF)

**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
<b>114 (52)</b>	496.0 (225.0)	4.33X	320.8 (145.5)	2.80X	501.6 (227.5)	4.38X	1224.7 (555.5)	10.68X	<b>114 (52)</b>
<b>123 (56)</b>	529.1 (240.0)	4.29X	374.8 (170.0)	3.04X	551.2 (250.0)	<b>4.464X</b>	1344.8 (610.0)	10.89X	<b>123 (56)</b>
<b>132 (60)</b>	595.2 (270.0)	4.50X	418.9 (190.0)	3.17X	589.7 (267.5)	4.458X	1471.6 (667.5)	11.13X	<b>132 (60)</b>
<b>148 (67.5)</b>	680.0 (308.4)	4.57X	474.0 (215.0)	3.19X	650.0 (294.8)	4.37X	1686.5 (765.0)	<b>11.33X</b>	<b>148 (67.5)</b>
<b>165 (75)</b>	760.6 (345.0)	<b>4.60X</b>	540.0 (244.9)	3.27X	711.0 (322.5)	4.30X	1862.9 (845.0)	11.27X	<b>165 (75)</b>
<b>181 (82.5)</b>	804.7 (365.0)	4.42X	600.8 (272.5)	3.30X	749.6 (340.0)	4.12X	1965.0 (891.3)	10.80X	<b>181 (82.5)</b>
<b>198 (90)</b>	848.8 (385.0)	4.28X	665.0 (301.6)	<b>3.35X</b>	777.1 (352.5)	3.92X	2110.9 (957.5)	10.64X	<b>198 (90)</b>
<b>220 (100)</b>	937.0 (425.0)	4.25X	727.5 (330.0)	3.30X	805.0 (365.1)	3.65X	2270.8 (1030.0)	10.30X	<b>220 (100)</b>
<b>242 (110)</b>	1003.1 (455.0)	4.14X	766.1 (347.5)	3.16X	826.7 (375.0)	3.41X	2397.5 (1087.5)	9.89X	<b>242 (110)</b>
<b>275 (125)</b>	1040.0 (471.7)	3.77X	800.0 (362.9)	2.90X	850.0 (385.6)	3.08X	2485.7 (1127.5)	9.02X	<b>275 (125)</b>
<b>308 (140)</b>	1063.7 (482.5)	3.45X	805.0 (365.1)	2.61X	843.3 (382.5)	2.73X	2513.3 (1140.0)	8.14X	<b>308 (140)</b>
<b>SHW</b>	<b>1100.0 (499.0)</b>		<b>826.7 (375.0)</b>		<b>855.0 (387.8)</b>		<b>2551.9 (1157.5)</b>		<b>SHW</b>

**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
<b>97 (44)</b>	314.2 (142.5)	3.24X	181.9 (82.5)	1.88X	336.2 (152.5)	3.47X	782.6 (355.0)	8.07X	<b>97 (44)</b>
<b>105 (48)</b>	363.8 (165.0)	3.44X	220.5 (100.0)	2.08X	369.3 (167.5)	3.49X	909.4 (412.5)	8.59X	<b>105 (48)</b>
<b>114 (52)</b>	407.9 (185.0)	<b>3.56X</b>	248.0 (112.5)	2.16X	402.3 (182.5)	<b>3.51X</b>	1003.1 (455.0)	8.75X	<b>114 (52)</b>
<b>123 (56)</b>	429.9 (195.0)	3.48X	275.6 (125.0)	2.23X	425.5 (193.0)	3.45X	1085.8 (492.5)	8.79X	<b>123 (56)</b>
<b>132 (60)</b>	468.5 (212.5)	3.54X	308.6 (140.0)	<b>2.33X</b>	463.0 (210.0)	3.50X	1168.4 (530.0)	<b>8.83X</b>	<b>132 (60)</b>
<b>148 (67.5)</b>	512.6 (232.5)	3.44X	326.3 (148.0)	2.19X	490.5 (222.5)	3.30X	1280.0 (580.6)	8.60X	<b>148 (67.5)</b>
<b>165 (75)</b>	551.2 (250.0)	3.33X	358.3 (162.5)	2.17X	518.1 (235.0)	3.13X	1344.8 (610.0)	8.13X	<b>165 (75)</b>
<b>181 (82.5)</b>	557.8 (253.0)	3.07X	363.8 (165.0)	2.00X	518.1 (235.0)	2.85X	1372.4 (622.5)	7.55X	<b>181 (82.5)</b>
<b>198 (90)</b>	562.2 (255.0)	2.83X	363.8 (165.0)	1.83X	518.1 (235.0)	2.61X	1370.0 (621.4)	6.90X	<b>198 (90)</b>
<b>SHW</b>	<b>600.0 (272.2)</b>		<b>402.3 (182.5)</b>		<b>530.0 (240.4)</b>		<b>1446.2 (656.0)</b>		<b>SHW</b>

**ALL TIME HISTORICAL POWERLIFTING TOP 20 FORMULA RANKINGS QUALIFICATIONS**

<u>Formula Qualifications</u>	<u>SQ</u>	<u>BP</u>	<u>UNEQ-BP</u>	<u>DL</u>	<u>TOT</u>
<b>Men (Wilks/Schwartz)</b>	640.13 --582.86	503.09 --461.06	359.94 -- 329.24	539.30 --512.11	1518.0 --1391.0
<b>Women (Wilks/Malone)</b>	592.58 --455.52	394.90 --299.96	275.87 -- 210.69	549.00 --423.51	1439.7 --1103.9

**ALL TIME HISTORICAL POWERLIFTING TOP 20**  
**BODYWEIGHT COEFFICIENT RANKINGS QUALIFICATIONS**

<u>Bodyweight Coefficient Qualifications</u>	<u>SQ</u>	<u>BP</u>	<u>UNEQ-BP</u>	<u>DL</u>	<u>TOT</u>
<b>Men</b>	5.127X	3.758X	2.885	4.730X	12.333X
<b>Women</b>	3.968X	2.608X	1.814	3.787X	9.728X

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<http://www.criticalbench.com/powerlifting-benchpress-halloffame.htm>

Records website-- <http://www.powerliftingwatch.com/records>

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