# **European records - benchpress - women and men - European Powerlifting Congress**

## Update April 25.2013

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| **Women** | **Open** | **15-19** | **Junior** | **40-44** | **45-49** | **50-54** | **55-59** | **60-64** | **65-69** | **70-74** | **75-79** | **80+** |
| **48 kg** | 65,0 | 50,0 | 62,5 | 65,0 | 40,0 | 45,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| **52 kg** | 87,5 | 52,5 | 50,0 | 67,5 | 50,0 | 67,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| **56 kg** | 111,0 | 62,5 | 75,0 | 82,5 | 68,0 | 90,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| **60 kg** | 117,5 | 82,5 | 70,0 | 82,5 | 67,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| **67,5 kg** | 120,0 | 90,0 | 116,0 | 97,5 | 92,5 | 85,0 | 48,0 | 45,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| **75 kg** | 145,0 | 60,0 | 80,0 | 120,0 | 52,5 | 85,0 | 40,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| **82,5 kg** | 137,5 | 67,5 | 82,5 | 85,0 | 0,0 | 82,5 | 77,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| **90 kg** | 132,5 | 62,5 | 70,0 | 0,0 | 0,0 | 85,0 | 91,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| **90 + kg** | 155,0 | 65,0 | 85,0 | 112,5 | 0,0 | 57,5 | 95,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
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| **Men** | **Open** | **15-19** | **Junior** | **40-44** | **45-49** | **50-54** | **55-59** | **60-64** | **65-69** | **70-74** | **75-79** | **80+** |
| **56 kg** | 120,0 | 77,5 | 125,5 | 112,5 | 80,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| **60 kg** | 145,0 | 145,0 | 110,0 | 125,0 | 65,0 | 113,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| **67,5 kg** | 210,0 | 145,0 | 210,5 | 145,0 | 150,0 | 112,5 | 130,0 | 92,5 | 92,5 | 0,0 | 0,0 | 0,0 |
| **75 kg** | 245,0 | 155,0 | 220,0 | 225,0 | 172,5 | 156,0 | 160,0 | 147,5 | 105,5 | 95,0 | 0,0 | 0,0 |
| **82,5 kg** | 220,0 | 175,0 | 212,5 | 215,0 | 200,0 | 187,5 | 170,0 | 150,0 | 120,0 | 90,0 | 0,0 | 0,0 |
| **90 kg** | 236,0 | 200,0 | 217,5 | 235,0 | 215,0 | 202,5 | 212,5 | 150,0 | 162,5 | 0,0 | 95,0 | 0,0 |
| **100 kg** | 305,0 | 205,0 | 215,0 | 260,0 | 250,0 | 225,0 | 215,0 | 175,0 | 167,5 | 0,0 | 0,0 | 0,0 |
| **110 kg** | 302,5 | 227,5 | 227,5 | 252,5 | 260,0 | 230,0 | 220,5 | 200,0 | 162,5 | 0,0 | 0,0 | 0,0 |
| **125 kg** | 307,5 | 200,0 | 260,0 | 255,0 | 300,0 | 237,5 | 235,0 | 190,0 | 137,5 | 0,0 | 0,0 | 0,0 |
| **140 kg** | 300,0 | 0,0 | 290,0 | 257,5 | 255,0 | 150,0 | 230,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |
| **140 + kg** | 342,5 | 0,0 | 200,0 | 217,5 | 255,0 | 177,5 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 | 0,0 |

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| **Women** |  | **Open** |  |  |  | **15-19** |  |  |  |  | **Junior** |  |  |  |
| **48 kg** | 65,0 | Watson | GBR | 50,0 | Summerfield | GBR |  | 62,5 | Summerfield | GBR |  |
| **52 kg** | 87,5 | Barker | GBR | 52,5 | Oster | Bel |  | 50,0 | Anna Vasina | UZB | 29.06.08 |
| **56 kg** | 111,0 | Gibson | GBR | 62,5 | Picone | Bel |  | 75,0 | Carr-Hill | GBR |  |
| **60 kg** | 117,5 | Gibson | GBR | 82,5 | M.Berezenko | Rus | 14.11.08 | 70,0 | Metz, M. | Ger |  |
| **67,5 kg** | 120,0 | Gibson | GBR | 90,0 | Callan | GBR |  | 116,0 | Ferschneider |  |  |
| **75 kg** | 145,0 | Keidel | Ger | 60,0 | Tassi, A. | Ita |  | 80,0 | Papilloud | Sui |  |
| **82,5 kg** | 137,5 | Zimmer | Aut | 67,5 | A.Smith | Ger | 04.05.08 | 82,5 | Bialostochl, Adriana | Ger | 26.06.05 |
| **90 kg** | 132,5 | Pongracz | Aut | 62,5 | Heese, J | Ger | 14.05.06 | 70,0 | J-Hees | Ger | 04.05.08 |
| **90 + kg** | 155,0 | Shaw D | GBR | 65,0 | Kruk, Karolina | Pol |  | 85,0 | Kruk, Karoline | Pol | 20.06.03 |
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| **Men** |  | **Open** |  |  |  |  | **15-19** |  |  |  |  | **Junior** |  |  |  |
| **56 kg** | 120,0 | Huppke, Gunar | Ger |  | 77,5 | Th.Sartory | Ger | 29.04.07 | 125,5 | Tronke | Ger |  |
| **60 kg** | 145,0 | Mouchfig | Azn |  | 145,0 | Mushfik | Azn |  | 110,0 | Ch.Phelps | GBR | 16.04.11 |
| **67,5 kg** | 210,0 | Schick | Ger |  | 145,0 | Marsden | GBR |  | 210,5 | Schick | Ger |  |
| **75 kg** | 245,0 | Schick | Ger |  | 155,0 | Grzeblen | Pol |  | 220,0 | Schick | Ger |  |
| **82,5 kg** | 220,0 | Bartlett | GBR |  | 175,0 | Jones | GBR |  | 212,5 | Gerrard Hart | GBR | 20.04.13 |
| **90 kg** | 236,0 | Mikhail Veber | Rus | 04.06.11 | 200,0 | Logunov, Artem | Rus | 28.06.09 | 217,5 | Hoffmann, Jacob | Ger |  |
| **100 kg** | 305,0 | Sebastian Wajncetel | GBR | 03.11.12 | 205,0 | Caffery, Owen | IRL | 24.11.06 | 215,0 | Gallois | Ger |  |
| **110 kg** | 302,5 | Sebastian Wajncetel | GBR | 02.04.12 | 227,5 | Quirke, Jason | IRL | 24.11.06 | 227,5 | J.Quirke | Irl | 28.06.06 |
| **125 kg** | 307,5 | Evlogi Georgiev | Bul | 04.06.11 | 200,0 | Joshua Harris | GBR | 04.11.12 | 260,0 | Buck | GBR |  |
| **140 kg** | 300,0 | Robert Wiejas | GBR | 21.04.13 |  | | | | 290,0 | Victor Malyugin | Rus | 13.11.11 |
| **140 + kg** | 342,5 | S.Fossdal | Ice | 15.11.09 |  | | | | 200,0 | Wegscheider | Ger |  |

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| **Women** |  | **40-44** | | |  |  |  |  | **45-49** | |  |  | | |  | **50-54** | |  | |  |  |
| **48 kg** | 65,0 | | | Watson | GBR |  | 40,0 | | Milham | GBR | | | 45,0 | | Milham | | GBR |  |
| **52 kg** | 67,5 | | | Watson | GBR |  | 50,0 | | McCalmon | GBR | | | 67,5 | | Plouviez | | Bel |  |
| **56 kg** | 82,5 | | | Seabright, Alison | GBR | 22.06.07 | 68,0 | | Allison Hough | GBR 20.04.13 | | | 90,0 | | Hollis, Tony | | GBR | 22.04.06 |
| **60 kg** | 82,5 | | | Seabright, Alison | GBR | 27.06.08 | 67,5 | | Jensch, Angelika | Ger 28.06.09 | | |  | |  | |  |  |
| **67,5 kg** | 97,5 | | | Martin | GBR |  | 92,5 | | Giachellini | Ita | | | 85,0 | | Butzelaar, Marry | | Ned | 26.06.05 |
| **75 kg** | 120,0 | | | S.Davies | GBR | 06.11.10 | 52,5 | | Evans, Linda | GBR 24.11.06 | | | 85,0 | | Dawn Morrell | | GBR | 04.06.11 |
| **82,5 kg** | 85,0 | | | Pearcy, Jeanette | GBR | 16.11.03 |  | | | | | | 82,5 | | Kirsten Schwade | | Ger | 14.11.08 |
| **90 kg** |  | | |  |  |  |  | | | | | | 85,0 | | Kirsten Schwade | | Ger | 12.11.11 |
| **90 + kg** | 112,5 | | | Coulon | Fra |  |  | | | | | | 57,5 | | Van Camp | | Bel |  |
|  |  |  | | |  |  |  |  |  | | | | | |  |  | |  | |  |  |
| **Men** |  | **40-44** |  | | |  |  |  | **45-49** | |  |  | |  |  | **50-54** |  | | |  |  |
| **56 kg** | 112,5 | Molinari | | | Ita |  | 80,0 | | M.Knetsch | Ger | | 28.06.09 |  |  | | |  |  |
| **60 kg** | 125,0 | Galkine | | | Rus |  | 65,0 | | M.Knetsch | Ger | | 14.11.09 | 113,0 | Steinhöfler | | | Aut |  |
| **67,5 kg** | 145,0 | Fialdini | | | Ita |  | 150,0 | | G.Dowers | GBR | | 24.04.10 | 112,5 | Mullan B | | | GBR |  |
| **75 kg** | 225,0 | Robert Truscott | | | GBR | 20.04.13 | 172,5 | | G.Dowers | GBR | | 01.11.12 | 156,0 | M'Pasqua | | | Ita |  |
| **82,5 kg** | 215,0 | Marescotti, Stefano | | | Ita |  | 200,0 | | V.Rshetnikov | Rus | | 13.11.08 | 187,5 | Ph.Beniston | | | GBR | 06.11.10 |
| **90 kg** | 235,0 | Robert Preston | | | GBR | 02.11.12 | 215,0 | | Terry Smith | GBR | | 20.04.13 | 202,5 | M.Winkelreith | | | Ger | 25.11.07 |
| **100 kg** | 260,0 | S.Gromov | | | Rus | 15.11.09 | 250,0 | | Frederic Buttigier | Fra | | 03.11.12 | 225,0 | Riede, Fred | | | Ger | 11.11.05 |
| **110 kg** | 252,5 | Eilenberger | | | Aut |  | 260,0 | | I.J.Ingvarsson | Ice | | 28.06.09 | 230,0 | Kevin Maher | | | GBR | 03.11.12 |
| **125 kg** | 255,0 | Neighbour | | | GBR |  | 300,0 | | I.J.Ingvarsson | Ice | | 15.11.09 | 237,5 | Fahner Jaap | | | NL | 23.06.2013 |
| **140 kg** | 257,5 | H.Winkelmann | | | Ger | 13.11.08 | 255,0 | | Duncan Tanner | GBR | | 13.11.11 | 150,0 | Paaviliainen, Valdur | | | Est | 22.06.06 |
| **140 + kg** | 217,5 | Fricker, Richard | | | GBR | 25.11.04 | 255,0 | | J.Garcia | SPN | | 06.11.10 | 177,5 | Richard Fricker | | | GBR | 22.04.12 |
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| **Women** |  | **55-59** | | |  |  |  |  | **60-64** | | | | | |  | **65-69** | | | | | |
| **48 kg** |  | | |  |  |  |  | | | | | |  | | | | | |
| **52 kg** |  | | |  |  |  |  | | | | | |  | | | | | |
| **56 kg** |  | | |  |  |  |  | | | | | |  | | | | | |
| **60 kg** |  | | |  |  |  |  | | | | | |  | | | | | |
| **67,5 kg** | 48,0 | | | Carter | GBR |  | 45,0 Carter GBR | | | | | |  | | | | | |
| **75 kg** | 40,0 | | | Carter | GBR |  |  | | | | | |  | | | | | |
| **82,5 kg** | 77,5 | | | Kirsten Schwade | GER | 14.11.09 |  | | | | | |  | | | | | |
| **90 kg** | 91,0 | | | Kirsten Schwade | GER | 04.06.11 |  | | | | | |  | | | | | |
| **90 + kg** | 95,5 | | | Kirsten Schwade | GER | EU 12 |  | | | | | |  | | | | | |
|  |  |  | | |  |  |  |  |  | | | | | |  |  | | | | | |
| **Men** |  | **55-59** | |  | |  |  |  | **60-64** |  | | |  |  |  | **65-69** | | |  |  |  |
| **56 kg** |  | |  | |  |  |  |  | | |  |  |  | | |  |  |  |
| **60 kg** |  | |  | |  |  |  |  | | |  |  |  | | |  |  |  |
| **67,5 kg** | 130,0 | | Furfari | | Fra |  | 92,5 | Necessany | | | Aut |  | 92,5 | | | Necessany | Aut |  |
| **75 kg** | 160,0 | | K.Elison | | Ice | 01.11.12 | 147,5 | Mastrapasqua, Mauro | | | ITA | 11.11.05 | 105,5 | | | Claude | Fra |  |
| **82,5 kg** | 170,0 | | Riedl Detlef | | Ger | 17.06.17 | 150,0 | Dillon, Thomas | | | IRL | 11.11.05 | 120,0 | | | D'Aniversa | Ita |  |
| **90 kg** | 212,5 | | Terry Smith | | GBR | 02.11.12 | 150,0 | R.Schaumann Kelch | | | Ger | 12.11.11 | 162,5 | | | Fred Marienfeld | Deutsch | Juni 2015 |
| **100 kg** | 215,0 | | A.Gersdorf | | Ger | 28.06.09 | 175,0 | Juan Moles | | | Esp | 04.06.11 | 167,5 | | | L.Hildebrandt | Ger | 25.04.09 |
| **110 kg** | 220,5 | | Harry Whale | | GBR | 22.04.12 | 200,0 | Kurscheit | | | Ger |  | 162,5 | | | L.Hildebrandt | Ger | 13.11.08 |
| **125 kg** | 235,0 | | Baldvin Skularson | | Ice | 03.11.12 | 190,0 | A.Maximushkin | | | Rus | 26.06.10 | 137,5 | | | David Carter | GBR | 04.11.12 |
| **140 kg** | 230,0 | | M.King | | GBR | 19.04.08 |  | | | | | |  | | | | | |
| **140 + kg** |  | | | | | |  | | | | | |  | | | | | |
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| **Women** |  | **70-74** | | | | | |  | **75-79** | | | | | |  | **80+** | | | | | |
| **48 kg** |  | | | | | |  | | | | | |  | | | | | |
| **52 kg** |  | | | | | |  | | | | | |  | | | | | |
| **56 kg** |  | | | | | |  | | | | | |  | | | | | |
| **60 kg** |  | | | | | |  | | | | | |  | | | | | |
| **67,5 kg** |  | | | | | |  | | | | | |  | | | | | |
| **75 kg** |  | | | | | |  | | | | | |  | | | | | |
| **82,5 kg** |  | | | | | |  | | | | | |  | | | | | |
| **90 kg** |  | | | | | |  | | | | | |  | | | | | |
| **90 + kg** |  | | | | | |  | | | | | |  | | | | | |
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| **Men** |  | **70-74** | | | | | |  | **75-79** | | | | | |  | **80+** | | | | | |
| **56 kg** |  | | | | | |  | | | | | |  | | | | | |
| **60 kg** |  | | | | | |  | | | | | |  | | | | | |
| **67,5 kg** |  | | | | | |  | | | | | |  | | | | | |
| **75 kg** | 95,0 Muller, Werner Ger 11.11.05 | | | | | |  | | | | | |  | | | | | |
| **82,5 kg** | 90,0 Sam Sandu GBR 41215 | | | | | |  | | | | | |  | | | | | |
| **90 kg** |  | | | | | | 95,0 Conti, Luigi Ita | | | | | |  | | | | | |
| **100 kg** |  | | | | | |  | | | | | |  | | | | | |
| **110 kg** |  | | | | | |  | | | | | |  | | | | | |
| **125 kg** |  | | | | | |  | | | | | |  | | | | | |
| **140 kg** |  | | | | | |  | | | | | |  | | | | | |
| **140 + kg** |  | | | | | |  | | | | | |  | | | | | |