# RECORDS - Power unequipped Women

*Updated 28th February 2014*

## OPEN (23-39 yrs) UNEQUIPPED

| WGT | Squat | Kg | Bench Press | kg | Deadlift | kg | Total | kg |
|---|---|---|---|---|---|---|---|---|
| -44 | | | | | | | | |
| -47,5 | | | | | | | | |
| -50 | Lässer-Walt Michaela (2006) | 80 | Lässer-Walt Michaela (2004) | 47.5 | Lässer-Walt Michaela (2006) | 122.5 | Lässer-Walt Michaela (2006) | 247.5 |
| -53 | | | | | | | | |
| -55.5 | Wyss Anna (2014) | 100 | Wagner Nancy (2005) | 65 | Eugster Sibylle (2012) | 120 | Wyss Anna (2014) | 262.5 |
| -58.5 | Gerhards Claudia (2010) | 115 | Gerhards Claudia (2010) | 60 | Gerhards Claudia (2010) | 140 | Gerhards Claudia (2010) | 315 |
| -63 | Gerhards Claudia (2010 PL WM) | 120 | Bleiker Elena (2007) | 80 | Gerhards Claudia (2010 PL WM) | 155 | Gerhards Claudia (2010 PL WM) | 347.5 |
| -70 | Garhammer Vogt Caroline (2012) | 120 | Vogt Caroline (2007) | 80 | Garhammer Vogt Caroline (2012) | 165 | Garhammer Vogt Caroline (2012) | 360 |
| -80 | Christen Nicole (2012) | 120 | Vogt Caroline (2008) | 75 | Kiefer Tanja (2012) | 157.5 | Christen Nicole (2012) | 340 |
| -90 | Ortega Christel (2004) | 100 | Ortega Christel (2006) | 80 | Ortega Christel (2004) | 130 | Ortega Christel (2006) | 310 |
| +90 | | | | | | | | |

## TEENAGE 1 (14-15 yrs) UNEQUIPPED

| WGT | Squat | Kg | Bench Press | kg | Deadlift | kg | Total | kg |
|---|---|---|---|---|---|---|---|---|
| -44 | | | | | | | | |
| -47,5 | | | | | | | | |
| -50 | | | | | | | | |
| -53 | | | | | | | | |
| -55.5 | | | | | | | | |
| -58.5 | | | | | | | | |
| -63 | | | | | | | | |
| -70 | | | | | | | | |
| -80 | | | | | | | | |
| -90 | | | | | | | | |
| +90 | | | | | | | | |

## TEENAGE 2 (16-17 yrs) UNEQUIPPED

| WGT | Squat | Kg | Bench Press | kg | Deadlift | kg | Total | kg |
|---|---|---|---|---|---|---|---|---|
| -44 | | | | | | | | |
| -47,5 | | | | | | | | |
| -50 | | | | | | | | |
| -53 | | | | | | | | |
| -55.5 | | | | | | | | |
| -58.5 | | | | | | | | |
| -63 | | | | | | | | |
| -70 | Jäggi Nora (2013) | 90 | Jäggi Nora (2013) | 55 | Jäggi Nora (2013) | 135 | Jäggi Nora (2013) | 280 |
| -80 | | | | | | | | |
| -90 | | | | | | | | |
| +90 | | | | | | | | |

## TEENAGE 3 (18-19 yrs) UNEQUIPPED

| WGT | Squat | Kg | Bench Press | kg | Deadlift | kg | Total | kg |
|---|---|---|---|---|---|---|---|---|
| -44 | | | | | | | | |
| -47,5 | | | | | | | | |
| -50 | | | | | | | | |
| -53 | | | | | | | | |
| -55.5 | | | | | | | | |
| -58.5 | | | | | | | | |
| -63 | | | | | | | | |
| -70 | | | | | | | | |
| -80 | | | | | | | | |
| -90 | | | | | | | | |
| +90 | | | | | | | | |

## JUNIOR (20-23 yrs) UNEQUIPPED

| WGT | Squat | Kg | Bench Press | kg | Deadlift | kg | Total | kg |
|---|---|---|---|---|---|---|---|---|
| -44 | | | | | | | | |
| -47,5 | | | | | | | | |
| -50 | Preiss Jessica (2014) | 70 | Preiss Jessica (2014) | 50 | Preiss Jessica (2014) | 107.5 | Preiss Jessica (2014) | 227.5 |
| -53 | Schönholzer Selina (2014) | 70 | Schönholzer Selina (2014) | 37.5 | Schönholzer Selina (2014) | 110 | Schönholzer Selina (2014) | 217.5 |
| -55.5 | | | | | | | | |
| -58.5 | | | | | | | | |
| -63 | | | | | | | | |
| -70 | | | | | | | | |
| -80 | | | | | | | | |
| -90 | | | | | | | | |
| +90 | | | | | | | | |

## MASTER 1 (40-44 yrs) UNEQUIPPED

| WGT | Squat | Kg | Bench Press | kg | Deadlift | kg | Total | kg |
|---|---|---|---|---|---|---|---|---|
| -44 | | | | | | | | |
| -47,5 | | | | | | | | |
| -50 | | | | | | | | |
| -53 | | | | | | | | |
| -55.5 | | | | | | | | |
| -58.5 | | | | | | | | |
| -63 | | | | | | | | |
| -70 | Reichmuth Nicole (2013) | 80 | Reichmuth Nicole (2013) | 55 | Reichmuth Nicole (2013) | 142.5 | Reichmuth Nicole (2013) | 277.5 |
| -80 | | | | | | | | |
| -90 | | | | | | | | |
| +90 | | | | | | | | |

# RECORDS - Power unequipped Women

*Updated 28th February 2014*

## MASTER 2 (45-49 yrs) UNEQUIPPED

| WGT | Squat | Kg | Bench Press | kg | Deadlift | kg | Total | kg |
|---|---|---|---|---|---|---|---|---|
| -44 | | | | | | | | |
| -47,5 | | | | | | | | |
| -50 | | | | | | | | |
| -53 | | | | | | | | |
| -55.5 | Richoz Fabienne (2014) | 75 | Richoz Fabienne (2014) | 50 | Richoz Fabienne (2014) | 120 | Richoz Fabienne (2014) | 245 |
| -58.5 | | | | | | | | |
| -63 | | | | | | | | |
| -70 | | | | | | | | |
| -80 | | | | | | | | |
| -90 | | | | | | | | |
| +90 | | | | | | | | |

## MASTER 3 (50-54 yrs) UNEQUIPPED

| WGT | Squat | Kg | Bench Press | kg | Deadlift | kg | Total | kg |
|---|---|---|---|---|---|---|---|---|
| -44 | | | | | | | | |
| -47,5 | | | | | | | | |
| -50 | | | | | | | | |
| -53 | | | | | | | | |
| -55.5 | | | | | | | | |
| -58.5 | | | | | | | | |
| -63 | | | | | | | | |
| -70 | | | | | | | | |
| -80 | | | | | | | | |
| -90 | | | | | | | | |
| +90 | | | | | | | | |

## MASTER 4 (55-59 yrs) UNEQUIPPED

| WGT | Squat | Kg | Bench Press | kg | Deadlift | kg | Total | kg |
|---|---|---|---|---|---|---|---|---|
| -44 | | | | | | | | |
| -47,5 | | | | | | | | |
| -50 | | | | | | | | |
| -53 | | | | | | | | |
| -55.5 | | | | | | | | |
| -58.5 | IACCARINO Teresa (2004) ITA | 70 | IACCARINO Teresa (2004) ITA | 40 | IACCARINO Teresa (2004) ITA | 100 | IACCARINO Teresa (2004) ITA | 210 |
| -63 | IACCARINO Teresa (2006) ITA | 75 | IACCARINO Teresa (2006) ITA | 45 | IACCARINO Teresa (2006) ITA | 110 | IACCARINO Teresa (2006) ITA | 230 |
| -70 | | | | | | | | |
| -80 | | | | | | | | |
| -90 | | | | | | | | |
| +90 | | | | | | | | |

## MASTER 5 (60-64 yrs) UNEQUIPPED

| WGT | Squat | Kg | Bench Press | kg | Deadlift | kg | Total | kg |
|---|---|---|---|---|---|---|---|---|
| -44 | | | | | | | | |
| -47,5 | | | | | | | | |
| -50 | | | | | | | | |
| -53 | | | | | | | | |
| -55.5 | | | | | | | | |
| -58.5 | | | | | | | | |
| -63 | | | | | | | | |
| -70 | | | | | | | | |
| -80 | | | | | | | | |
| -90 | | | | | | | | |
| +90 | | | | | | | | |