

**AWPC Single Ply MEN'S OPEN RECORDS**

	Weight	Name	DOB	NAT	Date of Record	Location
<b>52 KG. CLASS</b>						
S	185	Trubin Stanislav	95	RUS	7/22/2017	Blagoveschensk
B	120	Trubin Stanislav	95	RUS	7/22/2017	Blagoveschensk
D	160	Trubin Stanislav	95	RUS	7/22/2017	Blagoveschensk
T	465	Trubin Stanislav	95	RUS	7/22/2017	Blagoveschensk
<b>56 KG. CLASS</b>						
S	180	Danilin Sergei	88	RUS	7/3/2014	Novosibirsk
B	110	Danilin Sergei	88	RUS	7/3/2014	Novosibirsk
D	180	Danilin Sergei	88	RUS	7/3/2014	Novosibirsk
T	470	Danilin Sergei	88	RUS	7/3/2014	Novosibirsk
<b>60 KG. CLASS</b>						
S	155	Menaissy Mohamed Yasser Mohamed	98	EGY	9/2/2015	Idaho Falls ID
B	115	Menaissy Mohamed Yasser Mohamed	98	EGY	9/2/2015	Idaho Falls ID
D	175	Menaissy Mohamed Yasser Mohamed	98	EGY	9/2/2015	Idaho Falls ID
T	445	Menaissy Mohamed Yasser Mohamed	98	EGY	9/2/2015	Idaho Falls ID
<b>67.5 KG. CLASS</b>						
S	200	Konoferchuk Alexei	86	RUS	7/7/2016	Novosibirsk
B	137.5	Krasnoschekov Roman	96	RUS	3/22/2014	Vologda
D	210	Konoferchuk Alexei	86	RUS	7/7/2016	Novosibirsk
T	530	Konoferchuk Alexei	86	RUS	7/7/2016	Novosibirsk
<b>75 KG. CLASS</b>						
S	287.5	Telidis Kostas	89	RUS	7/31/2016	Blagoveschensk
B	247.5	Telidis Kostas	89	RUS	7/31/2016	Blagoveschensk
D	265	Telidis Kostas	89	RUS	7/31/2016	Blagoveschensk
T	795	Telidis Kostas	89	RUS	7/31/2016	Blagoveschensk
<b>82.5 KG. CLASS</b>						
S	302.5	Bykhovets Artem	83	RUS	7/7/2016	Novosibirsk
B	212.5	Bykhovets Artem	83	RUS	7/7/2016	Novosibirsk
D	280	Bykhovets Artem	83	RUS	8/22/2014	Moscow
T	792.5	Bykhovets Artem	83	RUS	7/7/2016	Novosibirsk
<b>90 KG. CLASS</b>						
S	335	Strelets Mikhail	84	RUS	8/1/2015	Blagoveschensk
B	230	Tayvantimur Amarzayaa	87	MGL	7/3/2014	Novosibirsk
D	292.5	Umerenkov Igor	80	RUS	8/22/2014	Moscow
T	835	Strelets Mikhail	84	RUS	8/1/2015	Blagoveschensk
<b>100 KG. CLASS</b>						
S	392.5	Sonntag Joseph	90	USA	4/12/2015	Glen Ellyn IL
B	252.5	Sonntag Joseph	90	USA	4/12/2015	Glen Ellyn IL
D	315	Gnatyuk Nikolai	87	RUS	10/26/2014	Krasnodar
T	907.5	Sonntag Joseph	90	USA	4/12/2015	Glen Ellyn IL
<b>110 KG. CLASS</b>						
S	340	Omrani Khameneh	85	IRN	8/11/2017	Kursk
B	267.5	Gansukh Batmagnay	88	MGL	7/2/2016	Chelyabinsk
D	320	Kartel Alexei	88	RUS	8/12/2016	Kursk
T	875	Kartel Alexei	88	RUS	8/12/2016	Kursk
<b>125 KG. CLASS</b>						
S	332.5	Grosz Joseph	81	USA	4/12/2015	Glen Ellyn IL
B	280	Erdenekhoo Tumurbaatar		MGL	9/2/2015	Idaho Falls ID
D	295	Grosz Joseph	81	USA	9/2/2015	Idaho Falls ID
T	890	Grosz Joseph	81	USA	9/2/2015	Idaho Falls ID
<b>140 KG. CLASS</b>						
S	340	Damdin Ankhbayar	79	MGL	7/3/2014	Novosibirsk
B	210	Damdin Ankhbayar	79	MGL	7/3/2014	Novosibirsk
D	170	Damdin Ankhbayar	79	MGL	7/3/2014	Novosibirsk
T	720	Damdin Ankhbayar	79	MGL	7/3/2014	Novosibirsk
<b>140+ KG. CLASS</b>						
S						
B						
D						
T						

**Women's Open AWPC Single Ply Records**

	Weight	Name	DOB	NAT	Date of Record	Location
<b>44 KG. CLASS</b>						
S	130	Kozintseva Anastasiya	95	RUS	8/11/2016	Kursk

B	65	Kozintseva Anastasiya	95	RUS	8/11/2016	Kursk
D	125	Kozintseva Anastasiya	95	RUS	8/11/2016	Kursk
T	320	Kozintseva Anastasiya	95	RUS	8/11/2016	Kursk
48 KG. CLASS						
S	150	Vakhterova Yuliya	80	RUS	7/31/2016	Blagoveschensk
B	75	Vakhterova Yuliya	80	RUS	12/3/2015	Kursk
D	152.5	Vakhterova Yuliya	80	RUS	7/31/2016	Blagoveschensk
T	377.5	Vakhterova Yuliya	80	RUS	7/31/2016	Blagoveschensk
52 KG. CLASS						
S	180	Vysotskova Yekaterina	90	RUS	4/15/2015	Rostov
B	107.5	Vysotskova Yekaterina	90	RUS	4/15/2015	Rostov
D	162.5	Sysotskova Yekaterina	90	RUS	9/24/2015	Rostov
T	447.5	Vysotskova Yekaterina	90	RUS	4/15/2015	Rostov
56 KG. CLASS						
S	180.5	Pustovit Mariya	85	RUS	8/13/2015	Kursk
B	105	Blinkova Natalya	91	RUS	12/3/2015	Kursk
D	162.5	Blinkova Natalya	91	RUS	12/3/2015	Kursk
T	425	Pustovit Mariya	88	RUS	5/29/2014	Kursk
60 KG. CLASS						
S	150	Marochenko Lyubov	96	RUS	7/22/2017	Blagoveschensk
B	85	Maletskaya Svetlana	83	RUS	4/15/2015	Rostov
D	145	Maletskaya Svetlana	83	RUS	4/15/2015	Rostov
T	375	Maletskaya Svetlana	83	RUS	4/15/2015	Rostov
67.5 KG. CLASS						
S	215	Vins Yuliya	96	RUS	8/11/2016	Kursk
B	120	Vins Yuliya	96	RUS	8/11/2016	Kursk
D	190	Vins Yuliya	96	RUS	8/11/2016	Kursk
T	525	Vins Yuliya	96	RUS	8/11/2016	Kursk
75 KG. CLASS						
S	157.5	Rodichkina Valentina	86	RUS	10/26/2014	Krasnodar
B	82.5	Rodichkina Valentina	86	RUS	10/26/2014	Krasnodar
D	142.5	Rodichkina Valentina	86	RUS	10/26/2014	Krasnodar
T	382.5	Rodichkina Valentina	86	RUS	10/26/2014	Krasnodar
82.5 KG. CLASS						
S	175	Kuznetsova Nadezhda	79	RUS	4/25/2016	Krasnodar
B	77.5	Kuznetsova Nadezhda	79	RUS	4/25/2016	Krasnodar
D	170	Kuznetsova Nadezhda	79	RUS	4/25/2016	Krasnodar
T	422.5	Kuznetsova Nadezhda	79	RUS	4/25/2016	Krasnodar
90 KG. CLASS						
S						
B						
D						
T						
90+ KG. CLASS						
S						
B						
D						
T						

### Men's Junior AWPC Single Ply Records

	Weight	Name	DOB	NAT	Date of Record	Location
52 KG. CLASS						
S	185	Trubin Stanislav	95	RUS	7/22/2017	Blagoveschensk
B	120	Trubin Stanislav	95	RUS	7/22/2017	Blagoveschensk
D	160	Trubin Stanislav	95	RUS	7/22/2017	Blagoveschensk
T	465	Trubin Stanislav	95	RUS	7/22/2017	Blagoveschensk
56 KG. CLASS						
S						
B						
D						
T						

## 60 KG CLASS

S  
B  
D  
T

## 67.5 KG CLASS

S	172.5	Sevostyanov Denis	96	RUS	6/2/2017	Moscow
B	107.5	Sevostyanov Denis	96	RUS	6/2/2017	Moscow
D	182.5	Sevostyanov Denis	96	RUS	6/2/2017	Moscow
T	462.5	Sevostyanov Denis	96	RUS	6/2/2017	Moscow

## 75 KG CLASS

S	260	Avdalkhamid Beyrdmurat	92	MGL	8/22/2014	Moscow
B	175	Avdalkhamid Beyrdmurat	92	MGL	8/22/2014	Moscow
D	260	Avdalkhamid Beyrdmurat	92	MGL	8/22/2014	Moscow
T	695	Avdalkhamid Beyrdmurat	92	MGL	8/22/2014	Moscow

## 82.5 KG CLASS

S	270	Sergeev Maxim	92	RUS	7/3/2014	Novosibirsk
B	220	Patyupin Dmitriy	91	RUS	6/3/2015	St Petersburg
D	267.5	Pisarev Sergei	91	RUS	6/3/2015	St Petersburg
T	702.5	Sergeev Maxim	92	RUS	7/3/2014	Novosibirsk

## 90 KG CLASS

S	285	Sizikov Alexandr	93	RUS	7/3/2014	Novosibirsk
B	182.5	Campo Anthony	96	USA	8/31/2017	Idaho Falls ID
D	260	Campo Anthony	96	USA	8/31/2017	Idaho Falls ID
T	680	Pisarev Sergei	91	RUS	8/22/2014	Moscow

## 100 KG CLASS

S	325	Fomenko Daniil	92	RUS	7/3/2014	Novosibirsk
B	210	Patyupin Dmitriy	91	RUS	8/22/2014	Moscow
D	290	Fomenko Daniil	92	RUS	7/3/2014	Novosibirsk
T	815	Fomenko Daniil	92	RUS	7/3/2014	Novosibirsk

## 110 KG CLASS

S  
B  
D  
T

## 125 KG CLASS

S  
B  
D  
T

## 140 KG CLASS

S  
B  
D  
T

## 140+ KG CLASS

S  
B  
D  
T**Women's Junior AWPC Single Ply Records**

	Weight	Name	DOB	NAT	Date of Record	Location
44 KG. CLASS						
S	130	Kozintseva Anastasiya	95	RUS	8/11/2016	Kursk
B	65	Kozintseva Anastasiya	95	RUS	8/11/2016	Kursk
D	125	Kozintseva Anastasiya	95	RUS	8/11/2016	Kursk
T	320	Kozintseva Anastasiya	95	RUS	8/11/2016	Kursk

## 48 KG. CLASS

S  
B  
D  
T

## 52 KG CLASS

S	140	Bondarenko Tatyana	91	RUS	4/15/2015	Rostov
B	77.5	Bondarenko Tatyana	91	RUS	4/15/2015	Rostov
D	130	Goryachkina Polina	96	RUS	7/22/2017	Blagoveschensk

T	332.5	Bondarenko Tatyana	91	RUS	4/15/2015	Rostov
56 KG CLASS						
S	150	Blinkova Natalya	91	RUS	5/29/2014	Kursk
B	100	Blinkova Natalya	91	RUS	5/29/2014	Kursk
D	162.5	Khalina Tatyana	93	RUS	8/11/2016	Kursk
T	410	Blinkova Natalya	91	RUS	5/29/2014	Kursk
60 KG CLASS						
S	150	Marochenko Lyubov	96	RUS	7/11/2017	Blagoveschensk
B	75	Marochenko Lyubov	96	RUS	7/11/2017	Blagoveschensk
D	145	Marochenko Lyubov	96	RUS	7/11/2017	Blagoveschensk
T	370	Marochenko Lyubov	96	RUS	7/11/2017	Blagoveschensk
67.5 KG CLASS						
S	215	Vins Yuliya	96	RUS	8/11/2016	Kursk
B	120	Vins Yuliya	96	RUS	8/11/2016	Kursk
D	190	Vins Yuliya	96	RUS	8/11/2016	Kursk
T	525	Vins Yuliya	96	RUS	8/11/2016	Kursk
75 KG CLASS						
S						
B						
D						
T						
82.5 KG CLASS						
S						
B						
D						
T						
90 KG CLASS						
S						
B						
D						
T						
90+ KG CLASS						
S						
B						
D						
T						

### Men's Teenage 13-15 AWPC Single Ply Records

	Weight	Name	DOB	NAT	Date of Record	Location
52 KG. CLASS						
S	82.5	Khuzin Marcel	2002	RUS	8/13/2015	Kursk
B	47.5	Khuzin Marcel	2002	RUS	8/13/2015	Kursk
D	90	Khuzin Marcel	2002	RUS	8/13/2015	Kursk
T	220	Khuzin Marcel	2002	RUS	8/13/2015	Kursk
56 KG. CLASS						
S	180	Peredriy Daniil	99	RUS	8/13/2015	Kursk
B	70	Peredriy Daniil	99	RUS	8/13/2015	Kursk
D	150	Peredriy Daniil	99	RUS	8/13/2015	Kursk
T	400	Peredriy Daniil	99	RUS	8/13/2015	Kursk
60 KG CLASS						
S						
B						
D						
T						
67.5 KG CLASS						
S						
B						
D						
T						
75 KG CLASS						

S  
B  
D  
T

82.5 KG CLASS

S  
B  
D  
T

90 KG CLASS

S  
B  
D  
T

100 KG CLASS

S  
B  
D  
T

110 KG CLASS

S  
B  
D  
T

125 KG CLASS

S  
B  
D  
T

140 KG CLASS

S  
B  
D  
T

140+ KG CLASS

S  
B  
D  
T

**Men's Teenage 16-17 AWPC Single Ply Records**

Weight	Name	DOB	NAT	Date of Record	Location	
52 KG. CLASS						
S						
B						
D						
T						
56 KG. CLASS						
S						
B						
D						
T						
60 KG CLASS						
S	210	Peredriy Daniil	99	RUS	8/11/2016	Kursk
B	115	Menaissy Mohamed Yasser Mohamed	98	EGY	9/2/2015	Idaho Falls ID
D	175	Menaissy Mohamed Yasser Mohamed	98	EGY	9/2/2015	Idaho Falls ID
T	472.5	Peredriy Daniil	99	RUS	8/11/2016	Kursk
67.5 KG CLASS						
S	172.5	Krasnoschekov Roman	96	RUS	3/22/2014	Vologda
B	137.5	Krasnoschekov Roman	96	RUS	3/22/2014	Vologda
D	180	Krasnoschekov Roman	96	RUS	3/22/2014	Vologda
T	490	Krasnoschekov Roman	96	RUS	3/22/2014	Vologda
75 KG CLASS						
S	230	Farvaev Alexander	97	RUS	2/8/2014	Yekaterinburg
B	120	Farvaev Alexander	97	RUS	2/8/2014	Yekaterinburg
D	225	Farvaev Alexander	97	RUS	2/8/2014	Yekaterinburg
T	575	Farvaev Alexander	97	RUS	2/8/2014	Yekaterinburg
		230-120-225				
82.5 KG CLASS						
S						

B  
D  
T

90 KG CLASS

S	230	Pocherevin Dmitriy	97	RUS	8/1/2015	Blagoveschensk
B	115	Pocherevin Dmitriy	97	RUS	8/1/2015	Blagoveschensk
D	220	Pocherevin Dmitriy	97	RUS	8/1/2015	Blagoveschensk
T	565	Pocherevin Dmitriy	97	RUS	8/1/2015	Blagoveschensk

100 KG CLASS

S	200	Smirnov Sergei	66	RUS	10/31/2014	Saint Petersburg
B	150	Smirnov Sergei	66	RUS	10/31/2014	Saint Petersburg
D	170	Smirnov Sergei	66	RUS	10/31/2014	Saint Petersburg
T	520	Smirnov Sergei	66	RUS	10/31/2014	Saint Petersburg

110 KG CLASS

S	170	Noskov Pavel	99	RUS	6/3/2015	Saint Petersburg
B	80	Noskov Pavel	99	RUS	6/3/2015	Saint Petersburg
D	170	Noskov Pavel	99	RUS	6/3/2015	Saint Petersburg
T	420	Noskov Pavel	99	RUS	6/3/2015	Saint Petersburg

125 KG CLASS

S  
B  
D  
T

140 KG CLASS

S  
B  
D  
T

140+ KG CLASS

S  
B  
D  
T

**Men's Teenage 18-19 AWPC Single Ply Records**

Weight	Name	DOB	NAT	Date of Record	Location	
52 KG. CLASS						
S						
B						
D						
T						
56 KG. CLASS						
S						
B						
D						
T						
60 KG CLASS						
S	140	Mourad Mohamed Ahmed Mohamed Elsaid	96	EGY	9/2/2015	Idaho Falls ID
B	100	Mourad Mohamed Ahmed Mohamed Elsaid	96	EGY	9/2/2015	Idaho Falls ID
D	190	Mourad Mohamed Ahmed Mohamed Elsaid	96	EGY	9/2/2015	Idaho Falls ID
T	430	Mourad Mohamed Ahmed Mohamed Elsaid	96	EGY	9/2/2015	Idaho Falls ID
67.5 KG CLASS						
S	210	Batzaan Battamir	95	MGL	8/22/2014	Moscow
B	100	Batzaan Battamir	95	MGL	8/22/2014	Moscow
D	207.5	Kormishev Ilya	94	RUS	8/22/2014	Moscow
T	507.5	Batzaan Battamir	95	MGL	8/22/2014	Moscow
75 KG CLASS						
S	240	Rogozhkin Roman	97	RUS	7/7/2016	Novosibirsk
B	160	Rogozhkin Roman	97	RUS	7/7/2016	Novosibirsk
D	220	Rogozhkin Roman	97	RUS	7/7/2016	Novosibirsk
T	620	Rogozhkin Roman	97	RUS	7/7/2016	Novosibirsk
82.5 KG CLASS						
S	207.5	Ruane Peter	96	USA	4/11/2015	Glen Ellyn IL
B	127.5	Ruane Peter	96	USA	4/11/2015	Glen Ellyn IL
D	242.5	Ruane Peter	96	USA	4/11/2015	Glen Ellyn IL
T	570	Ruane Peter	96	USA	4/11/2015	Glen Ellyn IL
90 KG CLASS						
S	300	Raspopin Roman	96	RUS	7/2/2015	Novosibirsk
B	180	Raspopin Roman	96	RUS	7/2/2015	Novosibirsk

D	285	Raspopin Roman	96	RUS	7/3/2014	Novosibirsk
T	760	Raspopin Roman	96	RUS	7/2/2015	Novosibirsk

100 KG CLASS

S	300	Zybarev Vladislav	97	RUS	7/7/2016	Novosibirsk
B	162.5	Zybarev Vladislav	97	RUS	7/7/2016	Novosibirsk
D	230	Zybarev Vladislav	97	RUS	7/7/2016	Novosibirsk
T	692.5	Zybarev Vladislav	97	RUS	7/7/2016	Novosibirsk

110 KG CLASS

S	310	Kiselev Sergei	95	RUS	8/22/2014	Moscow
B	210	Kiselev Sergei	95	RUS	8/22/2014	Moscow
D	270	Kiselev Sergei	95	RUS	8/22/2014	Moscow
T	790	Kiselev Sergei	95	RUS	8/22/2014	Moscow

125 KG CLASS

S	220	Anan Mostafa Osama Mostafa	96	EGY	9/2/2015	Idaho Falls ID
B	140	Anan Mostafa Osama Mostafa	96	EGY	9/2/2015	Idaho Falls ID
D	230	Anan Mostafa Osama Mostafa	96	EGY	9/2/2015	Idaho Falls ID
T	570	Anan Mostafa Osama Mostafa	96	EGY	9/2/2015	Idaho Falls ID

140 KG CLASS

S  
B  
D  
T

140+ KG CLASS

S  
B  
D  
T

**Women's Teenage 13-15 AWPC Single Ply Records**

Weight	Name	DOB	NAT	Date of Record	Location
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44 KG. CLASS

S  
B  
D  
T

48 KG. CLASS

S  
B  
D  
T

52 KG CLASS

S  
B  
D  
T

56 KG CLASS

S  
B  
D  
T

60 KG CLASS

S  
B  
D  
T

67.5 KG CLASS

S  
B  
D  
T

75 KG CLASS

S  
B  
D  
T

82.5 KG CLASS

S  
B  
D  
T

90 KG CLASS

S  
B  
D  
T

90+ KG CLASS

S  
B  
D  
T

### Women's Teenage 16-17 AWPC Single Ply Records

Weight	Name	DOB	NAT	Date of Record	Location	
44 KG. CLASS						
S						
B						
D						
T						
48 KG. CLASS						
S						
B						
D						
T						
52 KG CLASS						
S						
B						
D						
T						
56 KG CLASS						
S	120	Cherdantseva Yekaterina	2000	RUS	7/22/2017	Blagoveschensk
B	55	Cherdantseva Yekaterina	2000	RUS	7/22/2017	Blagoveschensk
D	120	Cherdantseva Yekaterina	2000	RUS	7/22/2017	Blagoveschensk
T	295	Cherdantseva Yekaterina	2000	RUS	7/22/2017	Blagoveschensk
60 KG CLASS						
S						
B						
D						
T						
67.5 KG CLASS						
S						
B						
D						
T						
75 KG CLASS						
S						
B						
D						
T						
82.5 KG CLASS						
S	120	Altangerel Dolgor	96	MGL	7/3/2014	Novosibirsk
B	65	Altangerel Dolgor	96	MGL	7/3/2014	Novosibirsk
D	130	Altangerel Dolgor	96	MGL	7/3/2014	Novosibirsk
T	315	Altangerel Dolgor	96	MGL	7/3/2014	Novosibirsk
90 KG CLASS						



S  
B  
D  
T

90+ KG CLASS

S  
B  
D  
T

### Women's Teenage 18-19 AWPC Single Ply Records

	Weight	Name	DOB	NAT	Date of Record	Location
44 KG. CLASS						
S	117.5	Yenina Natalya	96	RUS	12/3/2015	Kursk
B	55	Yenina Natalya	96	RUS	12/3/2015	Kursk
D	105	Yenina Natalya	96	RUS	8/13/2015	Kursk
T	275	Yenina Natalya	96	RUS	12/3/2015	Kursk

48 KG. CLASS

S  
B  
D  
T

52 KG CLASS

S  
B  
D  
T

56 KG CLASS

S	105	Marochenko Lyubov	96	RUS	8/1/2015	Blagoveschensk
B	50	Marochenko Lyubov	96	RUS	8/1/2015	Blagoveschensk
D	125	Marochenko Lyubov	96	RUS	8/1/2015	Blagoveschensk
T	280	Marochenko Lyubov	96	RUS	8/1/2015	Blagoveschensk

60 KG CLASS

S	120	Cherepanova Yelena	97	RUS	7/31/2016	Blagoveschensk
B	50	Cherepanova Yelena	97	RUS	7/31/2016	Blagoveschensk
D	130	Cherepanova Yelena	97	RUS	7/31/2016	Blagoveschensk
T	300	Cherepanova Yelena	97	RUS	7/31/2016	Blagoveschensk

67.5 KG CLASS

S	175	Vins Yuliya	96	RUS	8/22/2014	Moscow
B	100	Orudzhova Lidiya	95	RUS	4/20/2014	Krasnodar
D	165	Vins Yuliya	96	RUS	8/22/2014	Moscow
T	440	Vins Yuliya	96	RUS	8/22/2014	Moscow

75 KG CLASS

S  
B  
D  
T

82.5 KG CLASS

S  
B  
D  
T

90 KG CLASS

S  
B  
D  
T

90+ KG CLASS

S  
B  
D  
T

### Men's Submaster 33-39 AWPC Single Ply Records

	Weight	Name	DOB	NAT	Date of Record	Location
	52 KG. CLASS					
	S					
	B					
	D					
	T					
	56 KG. CLASS					
	S					
	B					
	D					
	T					
	60 KG CLASS					
	S					
	B					
	D					
	T					
	67.5 KG CLASS					
	S					
	B					
	D					
	T					
	75 KG CLASS					
	S					
	B					
	D					
	T					
	82.5 KG CLASS					
S	282.5	Polfuntikov Alexandr	82	RUS	10/1/2016	Rostov
B	170	Ovchinnikov Grigoriy	82	RUS	7/22/2017	Blagoveschensk
D	235	Sementsov Semen	75	RUS	4/15/2015	Rostov
T	680	Polfuntikov Alexandr	82	RUS	10/1/2016	Rostov
	90 KG CLASS					
S	325	Umerenkov Igor	80	RUS	8/22/2014	Moscow
B	225	Khripunov Yevgeniy	81	RUS	8/22/2014	Moscow
D	292.5	Umerenkov Igor	80	RUS	8/22/2014	Moscow
T	820	Umerenkov Igor	80	RUS	8/22/2014	Moscow
	100 KG CLASS					
S	335.5	Umerenkov Igor	80	RUS	8/13/2015	Kursk
B	235	Ivlev Denis	80	RUS	12/4/2014	Kursk
D	300	Umerenkov Igor	80	RUS	8/13/2015	Kursk
T	850	Umerenkov Igor	80	RUS	8/13/2015	Kursk
	110 KG CLASS					
S	345	Vakhtin Akim	83	RUS	4/23/2017	Rostov
B	180	Zaytsev Valeriy	76	RUS	2/8/2014	Yekaterinburg
D	330	Vakhtin Akim	83	RUS	4/23/2017	Rostov
T	855	Vakhtin Akim	83	RUS	4/23/2017	Rostov
	125 KG CLASS					
S	332.5	Grosz Joseph	81	USA	4/12/2015	Glen Ellyn IL
B	265	Grosz Joseph	81	USA	8/2/2015	Idaho Falls ID
D	295	Grosz Joseph	81	USA	8/2/2015	Idaho Falls ID
T	890	Grosz Joseph	81	USA	8/2/2015	Idaho Falls ID
	140 KG CLASS					
S	340	Damdin Ankhbayar	79	MGL	7/3/2014	Novosibirsk
B	210	Damdin Ankhbayar	79	MGL	7/3/2014	Novosibirsk
D	182.5	Damdin Ankhbayar	79	MGL	8/22/2014	Moscow
T	720	Damdin Ankhbayar	79	MGL	7/3/2014	Novosibirsk
	140+ KG CLASS					

S  
B  
D  
T

### Women's Submaster 33-39 AWPC Single Ply Records

	Weight	Name	DOB	NAT	Date of Record	Location
44 KG. CLASS						
S	112.5	Zemnukhova Yelena	77	RUS	8/22/2014	Moscow
B	52.5	Tskhay Natalya	75	KAZ	7/3/2014	Novosibirsk
D	110	Tskhay Natalya	75	KAZ	7/3/2014	Novosibirsk
T	275	Zemnukhova Yelena	77	RUS	8/22/2014	Moscow
48 KG. CLASS						
S	150	Vakhterova Yuliya	80	RUS	7/31/2016	Blagoveschensk
B	75	Vakhterova Yuliya	80	RUS	12/3/2015	Kursk
D	152.5	Vakhterova Yuliya	80	RUS	7/31/2016	Blagoveschensk
T	377.5	Vakhterova Yuliya	80	RUS	7/31/2016	Blagoveschensk
52 KG CLASS						
S	145	Kamyshnikova Marina	79	RUS	6/2/2017	Moscow
B	67.5	Kamyshnikova Marina	79	RUS	6/2/2017	Moscow
D	160	Kamyshnikova Marina	79	RUS	6/2/2017	Moscow
T	372.5	Kamyshnikova Marina	79	RUS	6/2/2017	Moscow
56 KG CLASS						
S	130	Lobacheva Irina	82	RUS	3/25/2016	Rostov
B	80	Lobacheva Irina	82	RUS	3/25/2016	Rostov
D	145	Lobacheva Irina	82	RUS	3/25/2016	Rostov
T	355	Lobacheva Irina	82	RUS	3/25/2016	Rostov
60 KG CLASS						
S	132.5	Ermak Inga	82	RUS	3/25/2016	Rostov
B	82.5	Ermak Inga	82	RUS	3/25/2016	Rostov
D	120	Ermak Inga	82	RUS	3/25/2016	Rostov
T	335	Ermak Inga	82	RUS	3/25/2016	Rostov
67.5 KG CLASS						
S						
B						
D						
T						
75 KG CLASS						
S						
B						
D						
T						
82.5 KG CLASS						
S	175	Kuznetsova Nadezhda	79	RUS	4/25/2016	Krasnodar
B	77.5	Kuznetsova Nadezhda	79	RUS	4/25/2016	Krasnodar
D	170	Kuznetsova Nadezhda	79	RUS	4/25/2016	Krasnodar
T	422.5	Kuznetsova Nadezhda	79	RUS	4/25/2016	Krasnodar
90 KG CLASS						
S						
B						
D						
T						
90+ KG CLASS						
S						
B						
D						
T						

### Men's Master 40-44 AWPC Single Ply Records

Weight	Name	DOB	NAT	Date of Record	Location
--------	------	-----	-----	----------------	----------

## 52 KG. CLASS

S  
B  
D  
T

## 56 KG. CLASS

S  
B  
D  
T

## 60 KG CLASS

S  
B  
D  
T

## 67.5 KG CLASS

S  
B  
D  
T

## 75 KG CLASS

S	180	Lapynin Vladimir	70	RUS	8/22/2014	Moscow
B	160	Lapynin Vladimir	70	RUS	8/22/2014	Moscow
D	200	Lapynin Vladimir	70	RUS	8/22/2014	Moscow
T	540	Lapynin Vladimir	70	RUS	8/22/2014	Moscow

## 82.5 KG CLASS

S	260	Sementsov Ruslan	75	RUS	9/24/2015	Rostov
B	160	Sementsov Ruslan	75	RUS	9/24/2015	Rostov
D	255	Ramezani Feridoun	72	IRN	12/2/2016	Kursk
T	660	Sementsov Ruslan	75	RUS	9/24/2015	Rostov

## 90 KG CLASS

S	290	Sosorbaram Jargasaykhan	70	MGL	7/3/2014	Novosibirsk
B	172.5	Sosorbaram Jargasaykhan	70	MGL	8/22/2014	Moscow
D	240	Sosorbaram Jargasaykhan	70	MGL	8/22/2014	Moscow
T	695	Sosorbaram Jargasaykhan	70	MGL	7/3/2014	Novosibirsk

## 100 KG CLASS

S	275	Matlock Michael	72	USA	4/11/2015	Glen Ellyn IL
B	190	Davaatseren Ulzil-Orshikh	73	MGL	8/22/2014	Moscow
D	240	Matlock Michael	72	USA	4/11/2015	Glen Ellyn IL
T	697.5	Matlock Michael	72	USA	4/11/2015	Glen Ellyn IL

## 110 KG CLASS

S	310	Dashzegve Tumenjargal	87	MGL	8/22/2014	Moscow
B	265	Dashzegve Tumenjargal	87	MGL	8/22/2014	Moscow
D	290	Rodnin Roman	75	RUS	4/23/2017	Rostov
T	855	Dashzegve Tumenjargal	87	RUS	8/22/2014	Moscow

## 125 KG CLASS

S	250	Uurtsaikh Tsolmon		MGL	9/2/2015	Idaho Falls ID
B	190	Belanchik Alexei	74	RUS	8/22/2014	Moscow
D	275	Belanchik Alexei	74	RUS	8/22/2014	Moscow
T	705	Belanchik Alexei	74	RUS	8/22/2014	Moscow

## 140 KG CLASS

S  
B  
D  
T

## 140+ KG CLASS

S  
B  
D  
T**Men's Master 45-49 AWPC Single Ply Records**

	Weight	Name	DOB	NAT	Date of Record	Location
52 KG. CLASS						
S						
B						
D						
T						

## 56 KG. CLASS

S  
B  
D  
T

60 KG CLASS

S  
B  
D  
T

67.5 KG CLASS

S  
B  
D  
T

75 KG CLASS

S	165	Khuzin Rinat	69	RUS	6/3/2015	St Petersburg
B	142.5	Khuzin Rinat	69	RUS	6/3/2015	St Petersburg
D	177.5	Khuzin Rinat	69	RUS	6/3/2015	St Petersburg
T	485	Khuzin Rinat	69	RUS	6/3/2015	St Petersburg

82.5 KG CLASS

S  
B  
D  
T

90 KG CLASS

S	225	Chertushkin Dmitriy	65	RUS	8/22/2014	Moscow
B	180	Chertushkin Dmitriy	65	RUS	8/9/2014	Yekaterinburg
D	205	Chertushkin Dmitriy	65	RUS	8/22/2014	Moscow
T	600	Chertushkin Dmitriy	65	RUS	8/9/2014	Yekaterinburg

100 KG CLASS

S	270	Galayda Pavel	68	RUS	8/22/2014	Moscow
B	200	Galayda Pavel	68	RUS	8/22/2014	Moscow
D	260	Galayda Pavel	68	RUS	8/22/2014	Moscow
T	730	Galayda Pavel	68	RUS	8/22/2014	Moscow

110 KG CLASS

S	220	Grigoryev Andrei	65	RUS	8/22/2014	Moscow
B	172.5	Grigoryev Andrei	65	RUS	8/22/2014	Moscow
D	225	Grigoryev Andrei	65	RUS	8/22/2014	Moscow
T	617.5	Grigoryev Andrei	65	RUS	8/22/2014	Moscow

125 KG CLASS

S  
B  
D  
T

140 KG CLASS

S	285	Bierschbach Robert	68	USA	4/11/2015	Glen Ellyn IL
B	205	Bierschbach Robert	68	USA	4/11/2015	Glen Ellyn IL
D	272.5	Bierschbach Robert	68	USA	4/11/2015	Glen Ellyn IL
T	762.5	Bierschbach Robert	68	USA	4/11/2015	Glen Ellyn IL

140+ KG CLASS

S  
B  
D  
T

**Men's Master 50-54 AWPC Single Ply Records**

	Weight	Name	DOB	NAT	Date of Record	Location
--	--------	------	-----	-----	----------------	----------

52 KG. CLASS

S  
B  
D  
T

56 KG. CLASS

S  
B  
D  
T

60 KG CLASS

S

B  
D  
T

67.5 KG CLASS

S	210	Sukhobok Maxim	65	RUS	8/13/2015	Kursk
B	115	Sukhobok Maxim	65	RUS	8/13/2015	Kursk
D	215	Sukhobok Maxim	65	RUS	8/13/2015	Kursk
T	540	Sukhobok Maxim	65	RUS	8/13/2015	Kursk

75 KG CLASS

S  
B  
D  
T

82.5 KG CLASS

S	190	Golovin Valeriy	61	RUS	4/15/2015	Rostov
B	115	Golovin Valeriy	61	RUS	4/15/2015	Rostov
D	195	Golovin Valeriy	61	RUS	4/15/2015	Rostov
T	500	Golovin Valeriy	61	RUS	4/15/2015	Rostov

90 KG CLASS

S	250	Lee Yong Soo	54	KOR	9/2/2015	Idaho Falls ID
B	197.5	Chertushkin Dmitriy	65	RUS	12/12/2015	Yekaterinburg
D	220	Lee Yong Soo	54	KOR	9/2/2015	Idaho Falls ID
T	667.5	Chertushkin Dmitriy	65	RUS	12/12/2015	Yekaterinburg

100 KG CLASS

S	182.5	Zambello Jeff	65	CAN	9/2/2015	Idaho Falls ID
B	120	Zambello Jeff	65	CAN	9/2/2015	Idaho Falls ID
D	200	Zambello Jeff	65	CAN	9/2/2015	Idaho Falls ID
T	495	Zambello Jeff	65	CAN	9/2/2015	Idaho Falls ID

110 KG CLASS

S  
B  
D  
T

125 KG CLASS

S	205	McAteer Wade	64	USA	5/27/2017	Lisle IL
B	227.5	McAteer Wade	64	USA	5/27/2017	Lisle IL
D	62.5	McAteer Wade	64	USA	5/27/2017	Lisle IL
T	487.5	McAteer Wade	64	USA	5/27/2017	Lisle IL

140 KG CLASS

S  
B  
D  
T

140+ KG CLASS

S  
B  
D  
T

**Men's Master 55-59 AWPC Single Ply Records**

	Weight	Name	DOB	NAT	Date of Record	Location
--	--------	------	-----	-----	----------------	----------

52 KG. CLASS

S  
B  
D  
T

56 KG. CLASS

S  
B  
D  
T

60 KG CLASS

S  
B  
D  
T

67.5 KG CLASS

S  
B

D  
T

75 KG CLASS

S	137.5	Shiple Cliff	59	USA	5/27/2017	Lisle IL
B	95	Shiple Cliff	59	USA	5/27/2017	Lisle IL
D	200	Shiple Cliff	59	USA	5/27/2017	Lisle IL
T	432.5	Shiple Cliff	59	USA	5/27/2017	Lisle IL

82.5 KG CLASS

S	205	Skokin Viktor	57	RUS	8/13/2015	Kursk
B	130	Shagdarsuren Bat-Erdene	59	MGL	8/13/2015	Kursk
D	232.5	Skokin Viktor	57	RUS	8/13/2015	Kursk
T	532.5	Skokin Viktor	57	RUS	8/13/2015	Kursk

90 KG CLASS

S  
B  
D  
T

100 KG CLASS

S	260	Weikert Tim	62	USA	5/27/2017	Lisle IL
B	182.5	Weikert Tim	62	USA	5/27/2017	Lisle IL
D	242.5	Weikert Tim	62	USA	5/27/2017	Lisle IL
T	685	Weikert Tim	62	USA	5/27/2017	Lisle IL

110 KG CLASS

S  
B  
D  
T

125 KG CLASS

S  
B  
D  
T

140 KG CLASS

S  
B  
D  
T

140+ KG CLASS

S  
B  
D  
T

**Men's Master 60-64 AWPC Single Ply Records**

Weight	Name	DOB	NAT	Date of Record	Location
--------	------	-----	-----	----------------	----------

52 KG. CLASS

S  
B  
D  
T

56 KG. CLASS

S  
B  
D  
T

60 KG CLASS

S  
B  
D  
T

67.5 KG CLASS

S  
B  
D  
T

75 KG CLASS

S  
B  
D

T

82.5 KG CLASS

S  
B  
D  
T

90 KG CLASS

S  
B  
D  
T

100 KG CLASS

S  
B  
D  
T

110 KG CLASS

S  
B  
D  
T

125 KG CLASS

S  
B  
D  
T

140 KG CLASS

S  
B  
D  
T

140+ KG CLASS

S  
B  
D  
T

**Men's Master 65-69 AWPC Single Ply Records**

	Weight	Name	DOB	NAT	Date of Record	Location
	52 KG. CLASS					
	S					
	B					
	D					
	T					
	56 KG. CLASS					
	S					
	B					
	D					
	T					
	60 KG CLASS					
	S					
	B					
	D					
	T					
	67.5 KG CLASS					
	S					
	B					
	D					
	T					
	75 KG CLASS					
	S					
	B					
	D					
	T					
	82.5 KG CLASS					
S	155	Pereira Birchmans	46	CAN	8/31/2014	Idaho Falls
B	90	Zhurkin Yevgeniy	45	RUS	8/22/2014	Moscow
D	205	Pereira Birchmans	46	CAN	8/31/2014	Idaho Falls
T	420	Pereira Birchmans	46	CAN	8/31/2014	Idaho Falls



90 KG CLASS

S  
B  
D  
T

100 KG CLASS

S	190	Bishop Jimmy	48	USA	5/27/2017	Lisle IL
B	105	Bishop Jimmy	48	USA	5/27/2017	Lisle IL
D	182.5	Bishop Jimmy	48	USA	5/27/2017	Lisle IL
T	477.5	Bishop Jimmy	48	USA	5/27/2017	Lisle IL

110 KG CLASS

S  
B  
D  
T

125 KG CLASS

S  
B  
D  
T

140 KG CLASS

S  
B  
D  
T

140+ KG CLASS

S  
B  
D  
T

**Men's Master 70-74 AWPC Single Ply Records**

	Weight	Name	DOB	NAT	Date of Record	Location
52 KG. CLASS						
S						
B						
D						
T						
56 KG. CLASS						
S						
B						
D						
T						
60 KG CLASS						
S						
B						
D						
T						
67.5 KG CLASS						
S						
B						
D						
T						
75 KG CLASS						
S						
B						
D						
T						
82.5 KG CLASS						
S	195	Zhuravlev Mikhail	43	RUS	8/12/2016	Kursk
B	150	Lichtle Lee	44	USA	9/2/2015	Idaho Falls ID
D	205	Zhuravlev Mikhail	43	RUS	8/12/2016	Kursk
T	525	Zhuravlev Mikhail	43	RUS	8/12/2016	Kursk

90 KG CLASS

S  
B  
D  
T

100 KG CLASS

S  
B  
D  
T

110 KG CLASS

S  
B  
D  
T

125 KG CLASS

S  
B  
D  
T

140 KG CLASS

S  
B  
D  
T

140+ KG CLASS

S  
B  
D  
T

**Men's Master 75-79 AWPC Single Ply Records**

Weight	Name	DOB	NAT	Date of Record	Location	
52 KG. CLASS						
S						
B						
D						
T						
56 KG. CLASS						
S						
B						
D						
T						
60 KG CLASS						
S						
B						
D						
T						
67.5 KG CLASS						
S						
B						
D						
T						
75 KG CLASS						
S						
B						
D						
T						
82.5 KG CLASS						
S	161	Byambaa Tsegmed	40	MGL	7/7/2016	Novosibirsk
B	101	Byambaa Tsegmed	40	MGL	7/7/2016	Novosibirsk
D	185	Byambaa Tsegmed	40	MGL	7/7/2016	Novosibirsk
T	440	Byambaa Tsegmed	40	MGL	7/7/2016	Novosibirsk
90 KG CLASS						
S						
B						
D						
T						
100 KG CLASS						
S	185	Nugumanov Valeriy	39	RUS	12/12/2015	Yekaterinburg
B	105	Nugumanov Valeriy	39	RUS	12/12/2015	Yekaterinburg
D	180	Nugumanov Valeriy	39	RUS	12/12/2015	Yekaterinburg
T	470	Nugumanov Valeriy	39	RUS	12/12/2015	Yekaterinburg

110 KG CLASS

S  
B  
D  
T

125 KG CLASS

S  
B  
D  
T

140 KG CLASS

S  
B  
D  
T

140+ KG CLASS

S  
B  
D  
T

**Men's Master 80+ AWPC Single Ply Records**

Weight	Name	DOB	NAT	Date of Record	Location
--------	------	-----	-----	----------------	----------

52 KG. CLASS

S  
B  
D  
T

56 KG. CLASS

S  
B  
D  
T

60 KG CLASS

S  
B  
D  
T

67.5 KG CLASS

S  
B  
D  
T

75 KG CLASS

S  
B  
D  
T

82.5 KG CLASS

S  
B  
D  
T

90 KG CLASS

S  
B  
D  
T

100 KG CLASS

S  
B  
D  
T

110 KG CLASS

S  
B  
D  
T

125 KG CLASS

S  
B  
D  
T

140 KG CLASS

S  
B  
D  
T

140+ KG CLASS

S  
B  
D  
T

**Women's Master 40-44 AWPC Single Ply Records**

Weight	Name	DOB	NAT	Date of Record	Location
--------	------	-----	-----	----------------	----------

44 KG. CLASS

S  
B  
D  
T

48 KG. CLASS

S  
B  
D  
T

52 KG CLASS

S  
B  
D  
T

56 KG CLASS

S  
B  
D  
T

60 KG CLASS

S  
B  
D  
T

67.5 KG CLASS

S  
B  
D  
T

75 KG CLASS

S  
B  
D  
T

82.5 KG CLASS

S  
B  
D  
T

90 KG CLASS

S  
B  
D  
T

90+ KG CLASS

S

B  
D  
T

**Women's Master 45-49 AWPC Single Ply Records**

Weight	Name	DOB	NAT	Date of Record	Location	
44 KG. CLASS						
S						
B						
D						
T						
48 KG. CLASS						
S						
B						
D						
T						
52 KG CLASS						
S						
B						
D						
T						
56 KG CLASS						
S						
B						
D						
T						
60 KG CLASS						
S						
B						
D						
T						
67.5 KG CLASS						
S	130	Mukhortova Nina	66	RUS	10/26/2014	Krasnodar
B	100	Mukhortova Nina	66	RUS	10/26/2014	Krasnodar
D	150	Mukhortova Nina	66	RUS	10/26/2014	Krasnodar
T	380	Mukhortova Nina	66	RUS	10/26/2014	Krasnodar
75 KG CLASS						
S						
B						
D						
T						
82.5 KG CLASS						
S						
B						
D						
T						
90 KG CLASS						
S						
B						
D						
T						
90+ KG CLASS						
S						
B						
D						
T						

### Women's Master 50-54 AWPC Single Ply Records

Weight	Name	DOB	NAT	Date of Record	Location	
44 KG. CLASS						
S						
B						
D						
T						
48 KG. CLASS						
S						
B						
D						
T						
52 KG CLASS						
S	110	Vallejo Alexandra	65	USA	5/26/2017	Lisle IL
B	57.5	Vallejo Alexandra	65	USA	5/26/2017	Lisle IL
D	117.5	Vallejo Alexandra	65	USA	5/26/2017	Lisle IL
T	285	Vallejo Alexandra	65	USA	5/26/2017	Lisle IL
56 KG CLASS						
S						
B						
D						
T						
60 KG CLASS						
S						
B						
D						
T						
67.5 KG CLASS						
S						
B						
D						
T						
75 KG CLASS						
S						
B						
D						
T						
82.5 KG CLASS						
S						
B						
D						
T						
90 KG CLASS						
S						
B						
D						
T						
90+ KG CLASS						
S						
B						
D						
T						

### Women's Master 55-59 AWPC Single Ply Records

Weight	Name	DOB	NAT	Date of Record	Location
44 KG. CLASS					
S					
B					
D					
T					
48 KG. CLASS					
S					
B					
D					
T					
52 KG CLASS					
S					
B					
D					
T					
56 KG CLASS					
S					
B					
D					
T					
60 KG CLASS					
S					
B					
D					
T					
67.5 KG CLASS					
S					
B					
D					
T					
75 KG CLASS					
S					
B					
D					
T					
82.5 KG CLASS					
S					
B					
D					
T					
90 KG CLASS					
S					
B					
D					
T					
90+ KG CLASS					
S					
B					
D					
T					

### Women's Master 60-64 AWPC Single Ply Records

Weight	Name	DOB	NAT	Date of Record	Location
44 KG. CLASS					
S					
B					
D					
T					
48 KG. CLASS					
S					
B					
D					
T					
52 KG CLASS					
S					
B					
D					
T					
56 KG CLASS					
S					
B					
D					
T					
60 KG CLASS					
S					
B					
D					
T					
67.5 KG CLASS					
S					
B					
D					
T					
75 KG CLASS					
S					
B					
D					
T					
82.5 KG CLASS					
S					
B					
D					
T					
90 KG CLASS					
S					
B					
D					
T					
90+ KG CLASS					
S					
B					
D					
T					



### Women's Master 65-69 AWPC Single Ply Records

Weight	Name	DOB	NAT	Date of Record	Location
44 KG. CLASS					
S					
B					
D					
T					
48 KG. CLASS					
S					
B					
D					
T					
52 KG CLASS					
S					
B					
D					
T					
56 KG CLASS					
S					
B					
D					
T					
60 KG CLASS					
S					
B					
D					
T					
67.5 KG CLASS					
S					
B					
D					
T					
75 KG CLASS					
S					
B					
D					
T					
82.5 KG CLASS					
S					
B					
D					
T					
90 KG CLASS					
S					
B					
D					
T					
90+ KG CLASS					
S					
B					
D					
T					

# Women's Master 70-74 AWPC Single Ply Records

Weight	Name	DOB	NAT	Date of Record	Location
44 KG. CLASS					
S					
B					
D					
T					
48 KG. CLASS					
S					
B					
D					
T					
52 KG CLASS					
S					
B					
D					
T					
56 KG CLASS					
S					
B					
D					
T					
60 KG CLASS					
S					
B					
D					
T					
67.5 KG CLASS					
S					
B					
D					
T					
75 KG CLASS					
S					
B					
D					
T					
82.5 KG CLASS					
S					
B					
D					
T					
90 KG CLASS					
S					
B					
D					
T					
90+ KG CLASS					
S					
B					
D					
T					

Lifts to achieve total

185-120-160

180-110-180

155-115-175

200-120-210

4th

287.5-242.5-265

302.5-212.5-277.5

335-217.5-282.5

367.5-252.5-287.5

335-220-320

330-265-295

340-210-170

Lifts to achieve total

130-65-125

150-75-152.5

180-107.5-160

175-100-150

145-85-145

215-120-190

157.5-82.5-142.5

175-77.5-170

Lifts to achieve total

185-120-160

172.5-107.5-182.5

260-175-260

4th

270-170-262.5

260-175-245

325-200-290

Lifts to achieve total

130-65-125

140-77.5-115

150-100-160

150-75-145

215-120-190

Lifts to achieve total

82.5-47.5-90

180-70-150

Lifts to achieve total

210-90-172.5

172.5-137.5-180

230-115-220

200-150-170

170-80-170

Lifts to achieve total

140-100-190

210-100-197.5

240-160-220

4th  
4th  
4th  
200-127.5-242.5



300-180-280

300-162.5-230

310-210-270

4th

200-140-230

Lifts to achieve total

Lifts to achieve total

120-55-120

120-65-130

Lifts to achieve total

117.5-55-102.5

105-50-125

120-50-130

175-100-165

Lifts to achieve total

282.5-167.5-230

325-202.5-292.5

335-215-300

345-180-330

330-265-295

340-210-170

Lifts to achieve total

112.5-52.5-110

150-75-152.5

145-67.5-160

130-80-145

132.5-82.5-120

175-77.5-170

Lifts to achieve total

180-160-200

260-160-240

290-170-235

275-182.5-240

330-265-260

240-190-275

Lifts to achieve total

165-142.5-177.5

220-180-200

270-200-260

220-172.5-225

285-205-272.5

Lifts to achieve total

210-115-215

190-115-195

250-197.5-220

4th

175-120-200

4th

205-220-62.5

Lifts to achieve total



137.5-95-200

205-95-232.5

260-182.5-242.5

Lifts to achieve total

Lifts to achieve total

190-105-182.5

Lifts to achieve total

4th

195-125-205

Lifts to achieve total

4th

160-95-185

185-105-180

Lifts to achieve total

Lifts to achieve total

Lifts to achieve total

130-100-150

Lifts to achieve total

110-57.5-117.5



Lifts to achieve total

Lifts to achieve total

Lifts to achieve total

Lifts to achieve total