

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

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	662.5 (300.5)	*6.01X	Andrzej Stanaszek (Poland/71) 11/5/03 (300.5 kg. @ 50.0 kg. First man to squat quintuple bodyweight. Only man to squat sextuple bodyweight.) (Vejle, Denmark) (IPF) <TOP20C> <TOP20F>
2.	639.3 (290.0)	*5.65X	Andrzej Stanaszek (Poland/71) 5/9/02 (290.0 kg. @ 51.3 kg., without a squat suit or knee wraps.) (Eskilstuna, Sweden) (IPF) <TOP20C> <TOP20F>
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

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	402.3 (182.5)	*3.65X	Andrzej Stanaszek (Poland/71) 11/5/03 (182.5 kg. @ 50.0 kg.) (Vejle, Denmark) (IPF)
2.	391.3 (177.5)	*3.51X	Andrzej Stanaszek (Poland/71) 11/18/94 (177.5 kg. @ 50.6 kg., without a bench press shirt) (Johannesburg, South Africa) (IPF) <TOP20UC> <TOP20UF>
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	Kazuuya 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) <TOP20UC>
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)

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

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

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

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1515.7 (687.5)	*13.25X	Sergey Fedosienko (Russia/82) 3/3/05 (270.0+160.0+257.5=687.5 kg. @ 51.9 kg. First man to total 13X bodyweight.) (Kazan, Russia) (IPF) <TOP20C> <TOP20F>
2.	1384.5 (628.0)	*12.56X	Andrzej Staszek (Poland/71) 11/5/03 (300.5+182.5+145.0=628.0 kg. @ 50.0 kg.) (Vejle, Denmark) (IPF) <TOP20C> <TOP20F>
3.	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)
4.	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)
5.	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)
6.	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)
7.	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)
8.	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)
9.	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)
10.	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)
11.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	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)
17.	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)
18.	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)
19.	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)
20.	1223.6 (555.0)	10.82X	Joe Cunha (US/59) 4/2/83 (237.5+137.5+180.0=555.0 kg.) (Pittsburg, California) (USPF)

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TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

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

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	644.9 (292.5)	*5.61X	Andrzej Stanaszek (Poland/71) 3/22/03 (292.5 kg. @ 52.1 kg., without a squat suit or knee wraps.) (Landshut, Germany) (IPF) <TOP20C> <TOP20F>
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.	617.3 (280.0)	*5.08X	Sergey Fedosienko (Russia/82) 10/15/07 (280.0 kg. @ 55.1 kg.) (Soelden, Austria) (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.	551.2 (250.0)	4.46X	Dave Buterbaugh (US) 8/10/96 (250.0 kg.) (Las Vegas, Nevada) (APF/WPC)
10.	551.2 (250.0)	*4.67X	Mike Booker (US/81) 3/9/02 (250.0 kg. @ 118.0 lb., without a squat suit) (Moreno Valley, California) (AAU)
11.	551.2 (250.0)	*4.47X	Fanil Mukhamatyanov (Russia/72) 2/27/03 (250.0 kg. @ 55.96 kg.) (Kazan, Russia) (IPF)
12.	551.2 (250.0)	*4.48X	Konstantin Danilov (Russia/86) 6/17/05 (250.0 kg. @ 55.8 kg.) (Mariupol, Ukraine) (IPF)
13.	551.2 (250.0)	*4.51X	Dariusz Wszola (Poland/78) 5/8/07 (250.0 kg. @ 55.45 kg.) (Koscian, Poland) (IPF)
14.	540.1 (245.0)	4.38X	Joe Cunha (US/59) 5/5/84 (245.0 kg.) (Mission San Jose, California) (USPF/ADFPA)
15.	540.1 (245.0)	*4.39X	Ivalin Petrov (Bulgaria/65) 5/13/94 (245.0 kg. @ 55.8 kg.) (Pitea, Sweden) (IPF)
16.	534.6 (242.5)	4.33X	Hideaki Inaba (Japan/44) 6/19/88 (242.5 kg.) (Tokyo, Japan) (IPF)
17.	530.2 (240.5)	*4.37X	Peter Kemp (Great Britain/71) 6/28/03 (240.5 kg. @ 55.0 kg.) (Birmingham, England) (IPF)
18.	529.1 (240.0)	4.29X	Jose DeSousa (South Africa) 11/24/91 (240.0 kg.) (Las Vegas, Nevada) (WPC)
19.	529.1 (240.0)	*4.30X	Aleksey Romanov (Russia/81) 1/16/04 (240.0 kg. @ 55.85 kg.) (Cherepovets, Russia) (IPF)
20.	529.1 (240.0)	*4.29X	Nikolay Asabin (Russia/79) 8/26/04 (240.0 kg. @ 56.0 kg.) (Voronezh, Russia) (IPF)

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

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	424.4 (192.5)	*3.44X	Konstantin Pavlov (Russia/73) 8/25/05 (192.5 kg. @ 56.0 kg.) (Oriol, Russia) (IPF)
2.	424.4 (192.5)	*3.51X	Anton Kraft (Denmark/64) 6/26/08 (192.5 kg. @ 54.8 kg.) (Prague, Czech Republic) (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.	407.9 (185.0)	*3.36X	Yuji Miyazaki (Japan/68) 12/6/02 (185.0 kg. @ 55.1 kg.) (Hamm, Luxembourg) (IPF)
7.	407.9 (185.0)	*3.31X	Fanil Mukhamatyanov (Russia/72) 12/5/03 (185.0 kg. @ 55.9 kg.) (Trencin, Slovakia) (IPF)
8.	402.3 (182.5)	*3.35X	Mike Booker (US/81) 6/20/04 (182.5 kg. @ 120.0 lb.) (Vista, California) (AAU)
9.	396.8 (180.0)	*3.24X	Ravil Kazakov (Russia/82) 6/13/03 (180.0 kg. @ 55.5 kg.) (Nymburk, Czech Republic) (IPF)
10.	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>
11.	391.3 (177.5)	*3.22X	Tagy Parnian (Netherlands/68) 12/3/04 (177.5 kg. @ 55.1 kg.) (Cleveland, Ohio) (IPF)
12.	391.3 (177.5)	*3.22X	Sergey Fedosienko (Russia/82) 10/15/07 (177.5 kg. @ 55.1 kg.) (Soelden, Austria) (IPF)
13.	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>
14.	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>
15.	374.8 (170.0)	3.04X	Dave Buterbaugh (US) 11/11/95 (170.0 kg.) (Chicago, Illinois) (APF/WPC)
16.	374.8 (170.0)	3.04X	Kerwin Unten (US/68) 11/15/98 (170.0 kg.) (Portland, Oregon) (WABDL)
17.	374.8 (170.0)	*3.06X	Hisayuki Nakayama (Japan/63) 12/5/03 (170.0 kg. @ 55.6 kg.) (Trencin, Slovakia) (IPF)
18.	374.8 (170.0)	*3.04X	Nikolay Asabin (Russia/79) 3/3/05 (170.0 kg. @ 56.0 kg.) (Kazan, Russia) (IPF)
19.	374.8 (170.0)	*3.04X	Naoya Ikeda (Japan/70) 5/31/07 (170.0 kg. @ 55.77 kg.) (Thisted, Denmark) (IPF)
20.	374.8 (170.0)	*3.05X	Dariusz Wszola (Poland/78) 6/26/08 (170.0 kg. @ 55.8 kg.) (Prague, Czech Republic) (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 **8/31/08**.

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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

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	639.3 (290.0)	*5.18X	Lamar Gant (US/57) 7/10/82 (290.0 kg. @ 56.0 kg. First man to deadlift quintuple bodyweight.) (Dayton, Ohio) (USPF/IPF) <TOP20> <TOP20F>
2.	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) <TOP20> <TOP20F>
3.	587.5 (266.5)	*4.78X	N. Ambu (India/78) 5/16/02 (266.5 kg. @ 55.7 kg.) (Dong Hae City, Korea) (IPF) <TOP20> <TOP20F>
4.	578.7 (262.5)	*4.80X	Komarudin (Indonesia/71) 6/24/94 (262.5 kg. @ 54.7 kg.) (Bali, Indonesia) (IPF) <TOP20> <TOP20F>
5.	578.7 (262.5)	*4.69X	Damarrio "Doc" Holloway (US/80) 4/30/06 (262.5 kg. @ 56.0 kg.) (Duluth, Georgia) (USAPL)
6.	573.2 (260.0)	*4.71X	Shih-Wu Lu (Chinese Taipei/75) 11/14/02 (260.0 kg. @ 55.2 kg.) (Trencin, Slovakia) (IPF) <TOP20> <TOP20F>
7.	573.2 (260.0)	*4.65X	Richard Hawthorne (US/84) 5/17/03 (260.0 kg. @ 123.4 lb.) (Gadsden, Alabama) (WABDL)
8.	573.2 (260.0)	*4.68X	Mike Ewoldsen (US/65) 2/13/05 (260.0 kg. @ 122.5 lb.) (Oklahoma City, Oklahoma) (NASA)
9.	562.2 (255.0)	4.55X	Nanda Talambanua (Indonesia/66) 9/17/87 (255.0 kg.) (Lima, Peru) (IPF)
10.	562.2 (255.0)	4.55X	Tim Taylor (US/66) 10/28/89 (255.0 kg.) (Hills Air Force Base, Utah) (NSM)
11.	562.2 (255.0)	*4.60X	Tsung-Ting Hsieh (Chinese Taipei/82) 11/14/02 (255.0 kg. @ 55.4 kg.) (Trencin, Slovakia) (IPF)
12.	556.7 (252.5)	4.51X	Dave Pattaway (US/59) 7/28/90 (252.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
13.	551.2 (250.0)	4.46X	Precious MacKenzie (New Zealand/36) 11/2/79 (250.0 kg.) (Dayton, Ohio) (IPF)
14.	551.2 (250.0)	4.46X	Alfonso DeVega (Columbia/66) 8/3/90 (250.0 kg.) (IPF)
15.	551.2 (250.0)	4.46X	Denny Thios (Indonesia/69) 11/8/92 (250.0 kg.) (Semarang, Indonesia) (IPF)
16.	551.2 (250.0)	*4.47X	Azat Rakhmankulov (Uzbekistan/76) 5/16/02 (250.0 kg. @ 55.9 kg.) (Dong Hae City, Korea) (IPF)
17.	551.2 (250.0)	4.46X	Eric Kupperstein (US/66) 3/6/04 (250.0 kg.) (Plymouth, Massachusetts) (USAPL)
18.	549.5 (249.2)	4.45X	Mike Cross (US/47) 8/30/74 (550.0 lb., which later weighed out at 549.5 lb.) (Arlington, Texas) (AAU)
19.	548.3 (248.7)	4.44X	Allen Clark (US/51) 2/19/72 (548.25 lb.) (Texas) (AAU)
20.	545.6 (247.5)	*4.44X	Lucien De Faria (France/42) 11/20/92 (247.5 kg. @ 55.8 kg.) (Birmingham, England) (IPF)

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

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1543.2 (700.0)	*12.70X	Sergey Fedosienko (Russia/82) 10/15/07 (280.0+177.5+242.5=700.0 kg. @ 55.1 kg.) (Soelden, Austria) (IPF) <TOP20> <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.) (Vejle, 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.) (Vejle, 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.	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)
13.	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)
14.	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)
15.	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)
16.	1366.9 (620.0)	*11.18X	Dariusz Wszola (Poland/78) 5/8/07 (250.0+157.5+212.5=620.0 kg. @ 55.45 kg.) (Koscian, Poland) (IPF)
17.	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)
18.	1344.8 (610.0)	*10.93X	Ivalin Petrov (Bulgaria/65) 5/13/94 (245.0+145.0+220.0=610.0 kg. @ 55.8 kg.) (Pitea, Sweden) (IPF)
19.	1333.8 (605.0)	*10.86X	Magnus Karlsson (Sweden/67) 11/14/96 (287.5+187.5+130.0=605.0 kg. @ 55.7 kg.) (Salzburg, Austria) (IPF)
20.	1328.3 (602.5)	*10.78X	Roy Brandtzaeg (Norway/71) 10/15/07 (232.5+140.0+230.0=602.5 kg. @ 55.9 kg.) (Soelden, 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.*

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

Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 705.5 (320.0)	5.33X	Magnus Karlsson (Sweden/67) 10/2/99 (320.0 kg.) (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) <TOP20C>
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. 606.3 (275.0)	*4.68X	Konstantin Danilov (Russia/86) 3/14/07 (275.0 kg. @ 58.8 kg.) (Bersdsk, Russia) (IPF)
13. 605.0 (274.4)	*4.58X	Doug Heath (US/55) 3/7/98 (605.0 lb. @ 132.0 lb.) (Avon Lake, Ohio) (IPA)
14. 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) (ADFFPA)
15. 595.2 (270.0)	4.50X	Lamar Gant (US/57) 4/8/88 (270.0 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
16. 595.2 (270.0)	*4.53X	Nanda Talambanua (Indonesia/66) 1/13/96 (270.0 kg. @ 59.55 kg.) (Jakarta, Indonesia) (IPF)
17. 595.2 (270.0)	*4.64X	Konstantin Pavlov (Russia/73) 2/27/03 (270.0 kg. @ 58.15 kg.) (Kazan, Russia) (IPF)
18. 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)
19. 595.2 (270.0)	*4.50X	Oleg Tibilov (Russia/90) 2/9/07 (270.0 kg. @ 60.0 kg.) (Chelyabinsk, Russia) (WPC)
20. 595.2 (270.0)	*4.50X	Suradzh Chebotar (Ukraine/77) 2/3/07 (270.0 kg. @ 60.0 kg.) (Melitopol, Ukraine) (IPF)

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

Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 490.5 (222.5)	*3.73X	Ayrat Zakiyev (Russia/81) 5/25/06 (222.5 kg. @ 59.6 kg.) (Miskolc, Hungary) (IPF)
2. 463.0 (210.0)	3.50X	Kenichiro Matsumoto (Japan/75) 10/2/04 (210.0 kg.) (Tokyo, Japan) (IPF)
3. 463.0 (210.0)	3.50X	Kerwin Unten (US/68) 6/17/06 (210.0 kg.) (Honolulu, Hawaii) (WABDL)
4. 457.5 (207.5)	*3.48X	Ravil Kazakov (Russia/82) 11/10/04 (207.5 kg. @ 59.7 kg.) (Cape Town, South Africa) (IPF)
5. 457.5 (207.5)	*3.51X	Hisayuki Nakayama (Japan/63) 6/26/08 (207.5 kg. @ 59.1 kg.) (Prague, Czech Republic) (IPF)
6. 453.0 (205.5)	*3.43X	Hiroyaki Isagawa (Japan/53) 12/7/01 (205.5 kg. @ 59.88 kg.) (Christchurch, New Zealand) (IPF)
7. 451.9 (205.0)	*3.42X	Toshihir Kawakami (Japan/63) 9/1/01 (205.0 kg. @ 59.86 kg.) (Takamatsu, Japan) (IPF)
8. 451.9 (205.0)	*3.42X	August Clark (US/62) 11/8/02 (205.0 kg. @ 60.0 kg.) (New Orleans, Louisiana) (WPO)
9. 440.9 (200.0)	*3.36X	Tagy Parnian (Netherlands/68) 8/8/03 (200.0 kg. @ 59.6 kg.) (Lviv, Ukraine) (IPF)
10. 440.9 (200.0)	*3.35X	Fanil Mukhamatyanov (Russia/72) 3/4/05 (200.0 kg. @ 59.7 kg.) (Kazan, Russia) (IPF)
11. 429.9 (195.0)	*3.27X	Roy Fokken (US/70) 9/16/00 (205.0 kg. @ 131.5 lb.) (Ocean City, Maryland) (NSM)
12. 426.6 (193.5)	*3.27X	Tsung-Ting Hsieh (Chinese Taipei/82) 5/3/06 (193.5 kg. @ 59.25 kg.) (Taebaek, Korea) (IPF)
13. 425.0 (192.8)	*3.21X	Doug Heath (US/55) 2/27/99 (425.0 lb. @ 132.25 lb.) (Elyria, Ohio) (IPA)
14. 424.4 (192.5)	3.21X	Greg Warr (US/69) 5/9/98 (192.5 kg.) (Dallas-Irving, Texas) (WABDL)
15. 424.4 (192.5)	*3.24X	Mike Kuhns (US/86) 6/13/08 (192.5 kg. @ 59.4 kg.) (Killeen, Texas) (USAPL/IPF)
16. 418.9 (190.0)	*3.18X	Markus Schick (Germany/76) 4/27/96 (190.0 kg. @ 59.7 kg.) (Essen, Germany) (FIBO)
17. 418.9 (190.0)	*3.22X	Magnus Karlsson (Sweden/67) 12/1/96 (190.0 kg. @ 59.0 kg.) (Silkeborg, Denmark) (IPF)
18. 418.9 (190.0)	*3.18X	Darimin Sutrisno (Indonesia/75) 11/9/05 (190.0 kg. @ 59.8 kg.) (Miami, Florida) (IPF)
19. 415.0 (188.2)	3.14X	Derek Ito (US) 7/23/94 (415.0 lb.) (Wahiawa, Hawaii) (NSM)
20. 413.4 (187.5)	*3.18X	Konstantin Pavlov (Russia/73) 10/15/07 (187.5 kg. @ 58.9 kg.) (Soelden, Austria) (IPF)

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

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

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

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	683.4 (310.0)	*5.17X	Lamar Gant (US/57) 11/11/88 (310.0 kg. @ 60.0 kg.) (Perth, Australia) (USPF/IPF) <TOP20C> <TOP20F>
2.	633.8 (287.5)	4.79X	Lucien De Faria (France/42) 5/20/90 (287.5 kg.) (Boulogne, France) (IPF) <TOP20C> <TOP20F>
3.	628.3 (285.0)	*4.75X	Mikhail Andruchin (Russia/70) 8/25/05 (285.0 kg. @ 59.95 kg.) (Oriol, Russia) (IPF) <TOP20C> <TOP20F>
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.	600.0 (272.2)	*4.65X	Joe Bradley (US/56) 4/7/79 (600.0 lb. @ 129.0 lb.) (Wisconsin Rapids, Michigan) (USPF/IPF)
18.	595.2 (270.0)	*4.52X	Gerry McNamara (Ireland/63) 9/9/00 (270.0 kg. @ 59.8 kg.) (Coppeen, Ireland) (IPF)
19.	589.7 (267.5)	*4.47X	Genady Chetin (Russia/43) 5/1/92 (267.5 kg. @ 59.9 kg.) (Horsens, Denmark) (IPF)
20.	589.7 (267.5)	*4.49X	Damarrio "Doc" Holloway (US/80) 4/21/07 (267.5 kg. @ 59.6 kg.) (Duluth, Georgia) (USAPL)

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

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1653.5 (750.0)	*12.51X	Ayrat Zakiyev (Russia/81) 3/1/06 (310.0+220.0+220.0=750.0 kg. @ 59.95 kg.) (Ufa, Russia) (IPF) <TOP20C>
2.	1639.1 (743.5)	*12.42X	Darimin Sutrisno (Indonesia/75) 5/2/07 (286.0+190.0+267.5=743.5 kg. @ 59.85 kg.) (Kaohsiung, Chinese Taipei) (IPF) <TOP20C>
3.	1631.4 (740.0)	*12.40X	Ravil Kazakov (Russia/82) 11/10/04 (300.0+207.5+232.5=740.0 kg. @ 59.7 kg.) (Cape Town, South Africa) (IPF) <TOP20C>
4.	1625.9 (737.5)	*12.30X	Mikhail Andruchin (Russia/70) 8/25/05 (282.5+170.0+285.0=737.5 kg. @ 59.95 kg.) (Oriol, Russia) (IPF) <TOP20C>
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.	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)
9.	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)
10.	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)
11.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	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)
17.	1482.6 (672.5)	*11.44X	Konstantin Danilov (Russia/86) 3/14/07 (275.0+147.5+250.0=672.5 kg. @ 58.8 kg.) (Berds, Russia) (IPF)
18.	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)
19.	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)
20.	1471.6 (667.5)	*11.17X	Caleb Williams (US/84) 7/9/04 (272.5+152.5+242.5=667.5 kg. @ 59.78 kg.) (Baton Rouge, Louisiana) (USAPL/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 **8/31/08**.

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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

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	804.7 (365.0)	*5.50X	Thomas James "T.J." Hoerner (US/77) 4/1/06 (365.0 kg. @ 146.2 lb.) (Houston, Texas) (APF) <TOP20C> <TOP20F>
2.	788.2 (357.5)	*5.30X	Nick Hatch (US/85) 3/4/05 (357.5 kg. @ 67.5 kg.) (Columbus, Ohio) (WPO) <TOP20C>
3.	765.0 (347.0)	*5.14X	Brian Schwab (US/74) 1/20/08 (765.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA) <TOP20C>
4.	749.6 (340.0)	*5.04X	Jaroslaw Olech (Poland/74) 11/11/04 (340.0 kg. @ 67.5 kg.) (Cape Town, South Africa) (IPF) <TOP20C>
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.	722.0 (327.5)	*4.87X	Caleb Williams (US/84) 11/7/06 (327.5 kg. @ 67.3 kg.) (Stavanger, Norway) (USAPL/IPF)
7.	720.0 (326.6)	*4.86X	Toni Haaparanta (Finland/73) 8/19/07 (720.0 lb. @ 148.2 lb.) (Franklin, Ohio) (IPA)
8.	716.5 (325.0)	*4.84X	Alexander Gromov (Russia/81) 8/25/05 (325.0 kg. @ 67.2 kg.) (Oriol, Russia) (IPF)
9.	716.5 (325.0)	*4.84X	Ravil Kazakov (Russia/82) 11/10/05 (325.0 kg. @ 67.2 kg.) (Miami, Florida) (IPF) <TOP20C>
10.	711.0 (322.5)	*4.78X	Jesse Jackson (US) 7/28/90 (322.5 kg. @ 67.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
11.	705.0 (319.8)	*4.76X	Doug Heath (US/55) 12/13/03 (705.0 lb. @ 148.25 lb.) (Avon Lake, Ohio) (IPA)
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.	672.4 (305.0)	*4.55X	Wade Hooper (US/70) 11/12/98 (305.0 kg. @ 67.1 kg.) (Cherkasy, Ukraine) (USAPL/IPF)

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

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	600.0 (272.2)	4.03X	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.	518.1 (235.0)	*3.53X	Markus Schick (Germany/76) 5/24/03 (235.0 kg. @ 66.5 kg.) (Giessen, Germany) (IPF)
5.	512.6 (232.5)	*3.46X	Ravil Kazakov (Russia/82) 11/10/05 (232.5 kg. @ 67.2 kg.) (Miami, Florida) (IPF)
6.	510.0 (231.3)	*3.51X	Greg Warr (US/69) 6/4/94 (510.0 lb. @ 145.5 lb.) (Eufala, Alabama) (NSM)
7.	509.3 (231.0)	*3.44X	Keisuke Takahashi (Japan/73) 3/2/08 (231.0 kg. @ 67.2 kg.) (Columbus, Ohio) (IPF)
8.	507.1 (230.0)	*3.41X	Alexander Gromov (Russia/81) 12/2/05 (230.0 kg. @ 67.5 kg.) (Stockholm, Sweden) (IPF)
9.	507.1 (230.0)	3.41X	Kerwin Unten (US/68) 7/14/07 (230.0 kg.) (Honolulu, Hawaii) (WABDL)
10.	501.6 (227.5)	*3.42X	August Clark (US/62) 3/1/03 (227.5 kg. @ 66.6 kg.) (Columbus, Ohio) (WPO)
11.	496.0 (225.0)	*3.33X	Kimihisa Itoh (Japan/72) 6/29/02 (225.0 kg. @ 67.5 kg.) (Nikko, Japan) (IPF)
12.	490.5 (222.5)	*3.31X	Toshihiko Noda (Japan/79) 6/26/08 (222.5 kg. @ 67.2 kg.) (Prague, Czech Republic) (IPF)
13.	485.0 (220.0)	*3.26X	Nick Hatch (US/85) 10/8/04 (220.0 kg. @ 67.5 kg.) (Atlanta, Georgia) (WPO)
14.	485.0 (220.0)	*3.26X	Kenichiro Matsumoto (Japan/75) 12/2/05 (220.0 kg. @ 67.5 kg.) (Stockholm, Sweden) (IPF)
15.	485.0 (220.0)	*3.32X	Mikhail Speransky (Russia/76) 11/3/07 (220.0 kg. @ 66.3 kg.) (Togliatti, Russia) (WPC)
16.	475.0 (215.5)	3.19X	Joe Smith (US/76) 3/31/07 (475.0 lb.) (Cleveland, Ohio) (USAPL)
17.	474.0 (215.0)	*3.21X	Aleksander Zolov (Russia/80) 3/4/05 (215.0 kg. @ 66.9 kg.) (Kazan, Russia) (IPF)
18.	474.0 (215.0)	*3.27X	Koji Higashizaka (Japan/79) 5/25/06 (215.0 kg. @ 65.8 kg.) (Miskolc, Hungary) (IPF)
19.	474.0 (215.0)	*3.22X	Andrey Huk (Belorussia/79) 5/25/06 (215.0 kg. @ 66.7 kg.) (Miskolc, Hungary) (IPF)
20.	474.0 (215.0)	*3.19X	Caleb Williams (US/84) 7/7/06 (215.0 kg. @ 67.5 kg.) (Miami, Florida) (USAPL/IPF)

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

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

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

Rank	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	705.5 (320.0)	*4.74X	Dan Austin (US/58) 8/1/92 (320.0 kg. @ 67.5 kg.) (Raleigh, North Carolina) (USPF) <TOP20C> <TOP20F>
2.	702.2 (318.5)	*4.76X	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.	683.4 (310.0)	*4.59X	Bob Bridges (US/64) 7/6/85 (310.0 kg. @ 67.5 kg.) (Chicago, Illinois) (USPF)
7.	683.4 (310.0)	*4.59X	Hassan El Beghiti (France/75) 5/6/08 (310.0 kg. @ 67.5 kg.) (Frydek-Mistek, Czech Republic) (IPF)
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	Nikolai Podsozony (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

Rank	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1930.0 (875.4)	*12.97X	Brian Schwab (US/74) 1/20/08 (765.0+565.0+600.0=1930.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA) <TOP20C> <TOP20F>
2.	1835.3 (832.5)	*12.33X	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.	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)
19.	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)
20.	1675.0 (759.8)	*11.30X	Toni Haaparanta (Finland/73) 8/19/07 (720.0+385.0+570.0=1675.0 lb. @ 148.2 lb.) (Franklin, Ohio) (IPA)

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

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

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

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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> <TOP20F>
2.	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> <TOP20F>
3.	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>
4.	825.0 (374.2)	*5.00X	Angelo Berardinelli (US/65) 7/9/04 (825.0 lb. @ 165.0 lb.) (Shamokin Dam, Pennsylvania) (IPA)
5.	825.0 (374.2)	*5.16X	Brian Schwab (US/74) 8/23/08 (825.0 lb. @ 159.8 lb.) (Sharonville, Ohio) (IPA) <TOP20C>
6.	820.0 (371.9)	*4.97X	Al Caslow (US/80) 8/23/08 (820.0 lb. @ 165.0 lb.) (Sharonville, Ohio) (IPA)
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.	800.0 (362.9)	*4.85X	Rickey Dale Crain (US/53) 11/22/96 (800.0 lb. @ 165.0 lb.) (New Carrollton, Maryland) (IPA)
9.	799.2 (362.5)	*4.85X	Ron "Lionheart" Palmer (US/73) 3/4/05 (362.5 kg. @ 74.8 kg.) (Columbus, Ohio) (WPO)
10.	782.6 (355.0)	*4.73X	Dan Petrillo (US/79) 3/2/07 (355.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
11.	782.6 (355.0)	*4.75X	Jaroslaw Olech (Poland/74) 5/7/08 (355.0 kg. @ 74.7 kg.) (Frydek-Mistek, Czech Republic) (IPF)
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.	771.6 (350.0)	*4.67X	Jarmo Laine (Finland/66) 2/24/02 (350.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
14.	771.6 (350.0)	*4.68X	Brian Tincher (US/70) 3/2/07 (350.0 kg. @ 74.8 kg.) (Columbus, Ohio) (WPO)
15.	771.6 (350.0)	*4.70X	Sergey Ayvazov (Russia/77) 11/3/07 (350.0 kg. @ 74.4 kg.) (Togliatty, Russia) (WPO)
16.	766.1 (347.5)	*4.65X	Jay Rosciglione (US/56) 5/31/96 (347.5 kg. @ 74.7 kg.) (Atlanta, Georgia) (APF/WPC)
17.	765.0 (347.0)	4.63X	Jose Perez (US/60) 11/20/94 (765.0 lb) (Brick, New Jersey) (APF/WPC)
18.	760.6 (345.0)	*4.62X	Vasily Tsvetkov (Russia/83) 11/3/05 (345.0 kg. @ 74.6 kg.) (Helsinki, Finland) (WPC)
19.	751.8 (341.0)	*4.61X	Ausby Alexander (US/56) 4/2/89 (341.0 kg. @ 163.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)
20.	750.0 (340.2)	*4.67X	Martin Hardy (US/79) 1/27/07 (750.0 lb. @ 160.6 lb.) (Columbus, Ohio) (APF)

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

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	655.0 (297.1)	*3.98X	Joe Mazza (US/66) 10/13/07 (655.0 lb. @ 164.5 lb.) (Leesport, Pennsylvania) (IPA) <TOP20C>
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.	619.5 (281.0)	*3.76X	Daiki Kodama (Japan/79) 9/17/05 (281.0 kg. @ 74.75 kg.) (Saitama, Japan) (IPF) <TOP20C>
4.	605.0 (274.4)	*3.79X	Brian Schwab (US/74) 8/23/08 (605.0 lb. @ 159.8 lb.) (Sharonville, Ohio) (IPA) <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.	556.7 (252.5)	*3.37X	Dan Petrillo (US/79) 3/2/07 (252.5 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
9.	551.2 (250.0)	*3.36X	Fred Boldt (US/76) 3/1/03 (250.0 kg. @ 74.4 kg.) (Columbus, Ohio) (WPO)
10.	551.2 (250.0)	*3.33X	Oleksandr Kutcher (Ukraine/80) 3/3/06 (250.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
11.	550.0 (249.5)	*3.35X	Greg Warr (US/69) 9/16/95 (550.0 lb. @ 164 lb.) (Dallas, Texas) (NSM)
12.	542.3 (246.0)	*3.31X	Andrey Tchesnokov (Russia/74) 11/26/03 (246.0 kg. @ 74.3 kg.) (Calgary, Alberta, Canada) (WPC)
13.	540.1 (245.0)	*3.28X	Nick Hatch (US/85) 6/2/06 (245.0 kg. @ 74.8 kg.) (Las Vegas, Nevada) (APF/WPC)
14.	540.0 (244.9)	*3.33X	Damian Osgood (US/84) 6/26/05 (540.0 lb. @ 162.0 lb.) (Norwich, Connecticut) (APA)
15.	540.0 (244.9)	*3.30X	Angelo Berardinelli (US/65) 8/23/08 (540.0 lb. @ 163.4 lb.) (Sharonville, Ohio) (IPA)
16.	540.0 (244.9)	*3.27X	Al Caslow (US/80) 8/23/08 (540.0 lb. @ 165.0 lb.) (Sharonville, Ohio) (IPA)
17.	536.8 (243.5)	*3.28X	Toru Miyake (Japan/85) 9/8/07 (243.5 kg. @ 74.35 kg.) (LaGarde, France) (IPF)
18.	535.7 (243.0)	*3.26X	Ray Hickman (US/71) 11/20/05 (243.0 kg. @ 164.2 lb.) (Reno, Nevada) (WABDL)
19.	534.6 (242.5)	*3.26X	Larry Miller (US/54) 8/25/02 (242.5 kg. @ 74.5 kg.) (Bedford Heights, Ohio) (USAPL)
20.	534.6 (242.5)	*3.25X	Sergey Kniazev (Russia/76) 11/14/03 (242.5 kg. @ 74.55 kg.) (Serov, Russia) (IPF)

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

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

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

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	793.7 (360.0)	*4.80X	Oleksandr Kutcher (Ukraine/80) 3/3/06 (360.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO) <TOP20C> <TOP20F>
2.	780.0 (353.8)	*4.73X	John Inzer (US/62) 9/16/95 (780.0 lb. @ 164.75 lb.) (Dallas, Texas) (NSM) <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) (ADFPFA)
19.	711.0 (322.5)	*4.33X	Viktor Baranov (Russia/67) 9/29/00 (322.5 kg. @ 74.4 kg.) (Sochi, 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

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2171.6 (985.0)	*13.13X	Oleksandr Kutcher (Ukraine/80) 3/3/06 (375.0+250.0+360.0=985.0 kg. @ 75.0 kg. Heaviest 13X bodyweight male total of all time.) (Columbus, Ohio) (WPO) <TOP20C> <TOP20F>
2.	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>
3.	2045.0 (927.6)	*12.39X	Al Caslow (US/80) 8/23/08 (820.0+540.0+685.0=2045.0 lb. @ 165.0 lb.) (Sharonville, Ohio) (IPA) <TOP20C>
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.	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)
8.	1934.6 (877.5)	*11.75X	Jaroslav Olech (Poland/74) 5/7/08 (355.0+210.0+312.5=877.5 kg. @ 74.7 kg.) (Frydek-Mistek, Czech Republic) (IPF)
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.	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)
17.	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.) (Syktyvkar, Russia) (IPF)
18.	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)
19.	1857.4 (842.5)	*11.37X	Alexander Gromov (Russia/81) 3/2/06 (340.0+225.0+277.5=842.5 kg. @ 74.1 kg.) (Ufa, Russia) (IPF)
20.	1846.4 (837.5)	*11.17X	Jarmo Laine (Finland/66) 2/24/02 (350.0+195.0+292.5=837.5 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)

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

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Records accurate (as to my knowledge) as of **8/31/08**.

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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.*

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

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	905.0 (410.5)	*4.99X	Phil Harrington (US/73) 7/29/06 (905.0 lb. @ 181.5 lb.) (Middletown, Ohio) (APF)
2.	890.0 (403.7)	*4.90X	Michael Cartinian (US/76) 8/23/08 (890.0 lb. @ 181.5 lb.) (Sharonville, Ohio) (IPA)
3.	859.8 (390.0)	*5.06X	Oleksandr Kutcher (Ukraine/80) 10/22/06 (390.0 kg. @ 77.1 kg.) (Stuttgart, Germany) (WPC) <TOP20C>
4.	855.0 (387.8)	*4.76X	Brad Vargason (US/76) 4/29/06 (855.0 lb. @ 179.5 lb.) (New Castle, Delaware) (APF)
5.	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)
6.	848.8 (385.0)	*4.82X	Greg "Spanky" Fields (US/75) 12/2/06 (385.0 kg. @ 79.8 kg.) (Lake City, Florida) (APF)
7.	845.0 (383.3)	*4.67X	Tony Kamand (US/61) 3/28/93 (845.0 lb. @ 180.75 lb.) (Lancaster, Pennsylvania) (APA/WPA)
8.	844.4 (383.0)	*4.66X	Arnold Coleman (US/65) 3/4/05 (383.0 kg. @ 82.2 kg.) (Columbus, Ohio) (WPO)
9.	843.3 (382.5)	4.64X	Gene Bell (US/56) 4/8/88 (382.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
10.	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)
11.	815.7 (370.0)	4.48X	Neville Primich (South Africa/67) 6/22/01 (370.0 kg.) (Pretoria, South Africa) (WPC)
12.	815.7 (370.0)	*4.57X	Al Caslow (US/80) 5/31/08 (370.0 kg. @ 178.5 lb.) (Omaha, Nebraska) (APF/WPC)
13.	815.7 (370.0)	*4.56X	Wade Hooper (US/70) 6/14/08 (370.0 kg. @ 81.1 kg.) (Killeen, Texas) (USAPL/IPF)
14.	810.0 (367.4)	*4.48X	Tony Ramos (US/71) 8/23/08 (810.0 lb. @ 181.0 lb.) (Sharonville, Ohio) (IPA)
15.	804.7 (365.0)	*4.52X	Ron "Lionheart" Palmer (US/73) 5/10/03 (365.0 kg. @ 80.7 kg.) (Daytona Beach, Florida) (APF)
16.	804.7 (365.0)	*4.42X	Mike Danforth (US/69) 3/5/04 (365.0 kg. @ 82.5 kg.) (Columbus, Ohio) (WPO)
17.	804.7 (365.0)	*4.48X	Tyler Tessler (Canada/85) 3/26/05 (365.0 kg. @ 81.5 kg.) (Okotoks, Alberta, Canada) (WPC)
18.	804.7 (365.0)	*4.50X	Tony Runde (US/81) 8/12/06 (365.0 kg. @ 81.2 kg.) (Dubuque, Iowa) (APF)
19.	804.7 (365.0)	*4.51X	Bob Benedix (US/60) 11/2/06 (365.0 kg. @ 81.0 kg.) (Lake George, New York) (APF/WPC)
20.	804.7 (365.0)	*4.47X	Maksim Tomchin (Russia/80) 6/21/08 (365.0 kg. @ 81.7 kg.) (Riga, Latvia) (WPC)

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

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	725.0 (328.9)	*3.99X	Jason Fry (US/79) 6/7/08 (725.0 lb. @ 181.5 lb.) (Bowling Green, Ohio) (APA) <TOP20C>
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.	700.0 (317.5)	*3.86X	Michael Cartinian (US/76) 8/23/08 (700.0 lb. @ 181.5 lb.) (Sharonville, Ohio) (IPA) <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) <TOP20C>
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.	619.5 (281.0)	*3.49X	Daiki Kodama (Japan/79) 3/2/08 (281.0 kg. @ 80.6 kg.) (Columbus, Ohio) (IPF)
15.	617.3 (280.0)	*3.40X	Vladimir Chadkov (Russia/73) 3/3/07 (280.0 kg. @ 82.4 kg.) (Columbus, Ohio) (WPO)
16.	611.8 (277.5)	*3.36X	James "Priest" Burdette (US/73) 3/4/06 (277.5 kg. @ 82.5 kg.) (Columbus, Ohio) (WPO)
17.	600.8 (272.5)	*3.32X	Tony Runde (US/81) 1/20/07 (272.5 kg. @ 82.0 kg.) (Dubuque, Iowa) (APF)
18.	600.0 (272.2)	*3.31X	Dave Waterman (US/71) 3/1/97 (600.0 lb. @ 82.25 kg.) (Columbus, Ohio) (APF/WPC)
19.	595.2 (270.0)	*3.28X	Greg Savino (US/74) 3/6/04 (270.0 kg. @ 82.4 kg.) (Columbus, Ohio) (WPO)
20.	595.2 (270.0)	*3.30X	Yuji Watanabe (Japan/80) 12/3/05 (270.0 kg. @ 81.9 kg.) (Stockholm, Sweden) (IPF)

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

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

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

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

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

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2235.0 (1013.8)	*12.31X	Michael Cartinian (US/76) 8/23/08 (890.0+700.0+645.0=2235.0 lb. @ 181.5 lb.) (Sharonville, Ohio) (IPA) <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.	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)
5.	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)
6.	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)
7.	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)
8.	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)
9.	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)
10.	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)
11.	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)
12.	2006.2 (910.0)	*11.24X	Al Caslow (US/80) 5/31/08 (370.0+242.5+297.5=910.0 kg. @ 178.5 lb.) (Omaha, Nebraska) (APF/WPC)
13.	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)
14.	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)
15.	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)
16.	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)
17.	1962.1 (890.0)	*10.79X	Mike Danforth (US/69) 3/5/04 (365.0+215.0+310.0=890.0 kg. @ 82.5 kg.) (Columbus, Ohio) (WPO)
18.	1962.1 (890.0)	*10.80X	Dimitriy Soloviov (Ukraine/70) 3/3/06 (360.0+215.0+315.0=890.0 kg. @ 82.4 kg.) (Columbus, Ohio) (WPO)
19.	1962.1 (890.0)	*10.79X	Jan Wegiera (Poland/65) 5/12/06 (332.5+260.0+297.5=890.0 kg. @ 82.5 kg.) (Prostejov, Czech Republic) (IPF)
20.	1951.1 (885.0)	10.73X	Daniel Gay (US) 6/29/86 (332.5+220.0+332.5=885.0 kg.) (Dayton, Ohio) (APF/WPC)

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Records accurate (as to my knowledge) as of **8/31/08**.

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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

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1050.0 (476.3)	*5.30X	Sam Byrd (US/81) 8/19/07 (1050.0 lb. @ 198.2 lb.) (Franklin, Ohio) (IPA) <TOP20C> <TOP20F>
2.	990.0 (449.1)	*5.02X	Sergiy Naleykin (Ukraine/81) 1/20/08 (990.0 lb. @ 89.5 kg.) (Columbus, Ohio) (IPA) <TOP20F>
3.	975.5 (442.5)	*4.93X	Shawn Frankl (US/77) 11/10/07 (442.5 kg. @ 198.0 lb.) (Omaha, Nebraska) (APF)
4.	945.0 (428.6)	*4.78X	Phil Harrington (US/73) 1/20/08 (945.0 lb. @ 89.7 kg.) (Columbus, Ohio) (IPA)
5.	925.9 (420.0)	*4.70X	Adam Driggers (US/72) 1/26/08 (420.0 kg. @ 89.34 kg.) (Clayton, North Carolina) (APF)
6.	914.9 (415.0)	*4.63X	Michael Cartinian (US/76) 3/3/06 (415.0 kg. @ 89.7 kg.) (Columbus, Ohio) (WPO)
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.	900.0 (408.2)	4.54X	Tony Kamand (US/61) 12/13/03 (900.0 lb.) (Avon Lake, Ohio) (IPA)
9.	887.4 (402.5)	*4.47X	Matthew Zweng (US/72) 2/24/02 (402.5 kg. @ 90.0 kg.) (Columbus, Ohio) (WPO)
10.	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)
11.	870.8 (395.0)	*4.44X	Arkadiy Bukhtiyuchuk (Ukraine/75) 2/4/07 (395.0 kg. @ 88.9 kg.) (Melitopol, Ukraine) (IPF)
12.	859.8 (390.0)	*4.35X	Ed Coan (US/63) 7/7/85 (390.0 kg. @ 89.7 kg.) (Chicago, Illinois) (USPF)
13.	859.8 (390.0)	*4.39X	Tatu Avola (Finland/73) 10/8/04 (390.0 kg. @ 88.9 kg.) (Atlanta, Georgia) (WPO)
14.	855.0 (387.8)	*4.37X	Ron "Lionheart" Palmer (US/73) 7/23/06 (855.0 lb. @ 88.8 kg.) (York, Pennsylvania) (IPA)
15.	854.3 (387.5)	*4.31X	Phillip DelMonti (US/82) 11/4/06 (387.5 kg. @ 90.0 kg.) (Lake George, New York) (WPO)
16.	848.8 (385.0)	*4.29X	John Wardell (US/68) 11/8/02 (385.0 kg. @ 89.8 kg.) (New Orleans, Louisiana) (WPO)
17.	843.3 (382.5)	*4.30X	Tony Runde (US/81) 3/24/07 (382.5 kg. @ 196.0 lb.) (Omaha, Nebraska) (APF)
18.	840.0 (381.0)	4.23X	Joe Walden (US/57) 8/21/87 (840.0 lb.) (Palm Bay, Florida) (NSM)
19.	840.0 (381.0)	4.23X	George Herring (US/59) 8/10/91 (840.0 lb.) (Lilburn, Georgia) (USPF)
20.	837.8 (380.0)	4.22X	Dennis Wright (US/46-97) 2/21/87 (380.0 kg.) (Oklahoma City, Oklahoma) (USPF)

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

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	850.0 (385.6)	*4.29X	Shawn Frankl (US/77) 8/23/08 (850.0 lb. @ 198.0 lb. Heaviest quadruple bodyweight bench press of all time.) (Sharonville, Ohio) (IPA) <TOP20C> <TOP20F>
2.	805.0 (365.1)	*4.35X	Jason Coker (US/75) 8/23/08 (805.0 lb. @ 185.2 lb.) (Sharonville, Ohio) (IPA) <TOP20C> <TOP20F>
3.	766.1 (347.5)	*3.87X	George Halbert (US/71) 4/19/08 (347.5 kg. @ 89.8 kg.) (Columbus, Ohio) (UPA) <TOP20C> <TOP20F>
4.	740.0 (335.7)	*3.75X	Scott Sceppe (US/78) 5/26/07 (740.0 lb. @ 197.2 lb.) (West Hempstead, New York) (APF) <TOP20C>
5.	738.5 (335.0)	*3.73X	Mike Wolfley (US/77) 3/3/07 (335.0 kg. @ 89.8 kg.) (Columbus, Ohio) (WPO)
6.	733.0 (332.5)	3.69X	Jesse Kellum (US/65) 2/16/08 (332.5 kg.) (Los Angeles, California) (APF)
7.	730.0 (331.1)	*3.69X	Sergiy Naleykin (Ukraine/81) 8/23/08 (730.0 lb. @ 198.0 lb.) (Sharonville, Ohio) (IPA)
8.	705.5 (320.0)	*3.56X	Jeff McVicar (US/68) 1/20/07 (320.0 kg. @ 90.0 kg.) (Dubuque, Iowa) (APF)
9.	705.5 (320.0)	3.56X	Matt Lamarque (US/74) 3/17/07 (320.0 kg.) (Chico, California) (WABDL)
10.	705.5 (320.0)	3.56X	Anthony "Frank" Caminita (US/70) 6/24/07 (320.0 kg.) (Marietta, Georgia) (APC/GPC)
11.	700.0 (317.5)	3.53X	Jason Fry (US/79) 2/24/08 (700.0 lb.) (Circleville, Ohio) (UPA)
12.	700.0 (317.5)	*3.54X	James "Priest" Burdette (US/73) 6/16/07 (317.5 kg. @ 89.8 kg.) (Concord, California) (UPA)
13.	685.6 (311.0)	*3.46X	Scott Rabine (US/71) 9/25/04 (311.0 kg. @ 89.8 kg.) (Orlando, Florida) (WPO)
14.	679.0 (308.0)	*3.45X	Michael Cartinian (US/76) 3/2/07 (308.0 kg. @ 89.2 kg.) (Columbus, Ohio) (WPO)
15.	661.4 (300.0)	*3.37X	Gustavo Warrington (US) 7/15/06 (300.0 kg. @ 196.2 lb.) (Portland, Oregon) (WABDL)
16.	661.4 (300.0)	3.33X	Oleg Bazilevich (Ukraine/82) 2/16/08 (300.0 kg.) (Los Angeles, California) (WPC)
17.	660.0 (299.4)	*3.38X	Matt Handshue (US/86) 7/16/06 (660.0 lb. @ 195.5 lb.) (Worthington, Ohio) (APF)
18.	650.0 (294.8)	*3.29X	Dewayne Nealy (US/71) 5/11/02 (650.0 lb. @ 197.6 lb.) (New Roads, Louisiana) (NSM)
19.	650.0 (294.8)	*3.28X	Matthew Zweng (US/72) 3/19/05 (650.0 lb. @ 90.0 kg.) (Redford, Michigan) (APF)
20.	644.9 (292.5)	*3.26X	Adam Driggers (US/72) 12/1/07 (292.5 kg. @ 89.8 kg.) (Jacksonville, 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.*

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

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	859.8 (390.0)	*4.35X	Ed Coan (US/63) 7/7/85 (390.0 kg. @ 89.7 kg.) (Chicago, Illinois) (USPF) <TOP20F>
2.	837.8 (380.0)	*4.25X	Andrey Belyaev (Russia/83) 9/21/06 (380.0 kg. @ 89.35 kg.) (Syktyfkar, Russia) (IPF)
3.	823.4 (373.5)	*4.43X	Eddie Coppin (Belgium/60-01) 11/14/87 (373.5 kg. @ ~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.	800.0 (362.9)	4.03X	Steve Scialpi (US/66) 6/14/92 (800.0 lb.) (New Rochelle, New York) (WNPF)
11.	799.2 (362.5)	4.03X	Chip McCain (US/?-91) 12/15/79 (362.5 kg.) (Arlington, Texas) (USPF)
12.	799.2 (362.5)	*4.08X	Ivan Shliakhta (Ukraine/81) 3/5/04 (362.5 kg. @ 88.8 kg.) (Kolomya, Ukraine) (IPF)
13.	793.7 (360.0)	4.00X	Jim Cash (US/49) 3/1/80 (360.0 kg.) (Memphis, Tennessee) (USPF/IPF)
14.	793.7 (360.0)	*4.02X	Daniele Ghilardi (Italy/71) 4/7/02 (360.0 kg. @ 89.6 kg.) (Marina Di Carrara, Italy) (IPF)
15.	793.7 (360.0)	*4.02X	Konstantin Pozdeev (Russia/84) 11/22/03 (360.0 kg. @ 89.5 kg.) (Moscow, Russia) (IPF)
16.	790.0 (358.3)	3.98X	John "Omega Crush" Brookins (US) 10/27/01 (790.0 lb.) (Graterford, Pennsylvania) (FCI)
17.	788.2 (357.5)	*3.99X	Buddy Duke (US/56) 7/8/84 (357.5 kg. @ 89.5 kg.) (Dayton, Ohio) (USPF)
18.	782.6 (355.0)	*3.95X	Alexander Matveev (Kazakhstan/74) 11/3/05 (355.0 kg. @ 89.8 kg.) (Helsinki, Finland) (WPC)
19.	777.1 (352.5)	3.92X	Ernie Frantz (US/34) 6/15/80 (352.5 kg.) (Moline, Illinois) (USPF/IPF)
20.	777.1 (352.5)	3.92X	Vince Keyhea (US/62) 11/10/91 (352.5 kg.) (Bendigo, Australia) (ADFPA/WDFPF)

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

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2470.0 (1120.4)	*12.46X	Shawn Frankl (US/77) 1/20/08 (940.0+800.0+730.0=2470.0 lb. @ 89.9 kg. Heaviest 12X bodyweight male total of all time.) (Columbus, Ohio) (IPA) <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.	2260.8 (1025.5)	*11.50X	Michael Cartinian (US/76) 3/2/07 (410.0+308.0+307.5=1025.5 kg. @ 89.2 kg.) (Columbus, Ohio) (WPO)
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.	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)
6.	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)
7.	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)
8.	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)
9.	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)
10.	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)
11.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	2116.4 (960.0)	*10.69X	Jason Coker (US/75) 10/27/07 (375.0+332.5+252.5=960.0 kg. @ 198.0 lb.) (Plano, Texas) (APF)
17.	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)
18.	2110.9 (957.5)	*10.64X	Ivan Freydon (Ukraine/81) 11/7/03 (352.5+257.5+347.5=957.5 kg. @ 89.95 kg.) (Vejle, Denmark) (IPF)
19.	2105.4 (955.0)	*10.76X	Arnold Coleman (US/65) 11/8/02 (365.0+255.0+335.0=955.0 kg. @ 88.75 kg.) (New Orleans, Louisiana) (WPO)
20.	2105.4 (955.0)	*10.61X	Phillip DelMonti (US/82) 11/4/06 (387.5+247.5+320.0=955.0 kg. @ 90.0 kg.) (Lake George, New York) (WPO)

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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

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1100.0 (499.0)	*5.02X	Sam Byrd (US/81) 6/7/08 (1100.0 lb. @ 219.0 lb. Heaviest men's quintuple bodyweight squat of all time.) (Gatlinburg, Tennessee) (SPF) <TOP20F>
2.	1050.0 (476.3)	*4.78X	Dondell Blue (US/75) 10/28/06 (1050.0 lb. @ 219.5 lb.) (Indianapolis, Indiana) (MPF) <TOP20F>
3.	1030.7 (467.5)	*4.68X	Brian Carroll (US/81) 11/4/06 (467.5 kg. @ 100.0 kg.) (Lake George, New York) (WPO)
4.	1025.0 (464.9)	*4.66X	Chuck Vogelpohl (US/65) 3/30/02 (1025.0 lb. @ 220.0 lb.) (Charleston, West Virginia) (IPA)
5.	1008.6 (457.5)	*4.60X	Christian Simmons (US/80) 6/17/07 (457.5 kg. @ 99.55 kg.) (Daytona Beach, Florida) (APF/WPC)
6.	1003.1 (455.0)	*4.56X	Joe Norman (US/68) 12/3/06 (455.0 kg. @ 99.8 kg.) (Lake City, Florida) (APF)
7.	1003.1 (455.0)	*4.56X	Michael Schwanke (US/78) 6/14/08 (455.0 kg. @ 220.0 lb.) (Kennesaw, Georgia) (APF)
8.	1003.1 (455.0)	*4.62X	Shawn Frankl (US/77) 6/28/08 (455.0 kg. @ 98.4 kg.) (Willowbrook, Illinois) (APF)
9.	981.1 (445.0)	*4.49X	Larry Hook (US/69) 3/2/07 (445.0 kg. @ 99.0 kg.) (Columbus, Ohio) (WPO)
10.	981.1 (445.0)	*4.45X	Vadim Dovganyuk (Ukraine/87) 3/2/07 (445.0 kg. @ 100.0 kg.) (Columbus, Ohio) (WPO)
11.	976.6 (443.0)	*4.47X	Jesse Kellum (US/65) 11/7/03 (443.0 kg. @ 99.2 kg.) (Atlanta, Georgia) (WPO)
12.	970.0 (440.0)	*4.40X	Travis Mash (US/73) 3/4/05 (440.0 kg. @ 100.0 kg.) (Columbus, Ohio) (WPO)
13.	970.0 (440.0)	*4.41X	Matt Kroczaleski (US/73) 3/2/07 (440.0 kg. @ 99.8 kg., without knee wraps) (Columbus, Ohio) (WPO)
14.	964.5 (437.5)	*4.49X	Ed Coan (US/63) 11/22/87 (437.5 kg. @ 215.0 lb.) (Dayton, Ohio) (APF/WPC)
15.	960.0 (435.4)	*4.49X	Phil Harrington (US/73) 4/12/08 (960.0 lb. @ 214.0 lb.) (Columbus, Ohio) (IPA)
16.	950.0 (430.9)	*4.31X	Jason Cox (US/72) 11/20/04 (950.0 lb. @ 100.0 kg.) (Shamokin Dam, Pennsylvania) (IPA)
17.	948.0 (430.0)	*4.35X	Chris "Ox" Mason (US/72) 3/3/06 (430.0 kg. @ 98.8 kg.) (Columbus, Ohio) (WPO)
18.	937.0 (425.0)	4.25X	Paul Urchick (US/59) 5/18/97 (425.0 kg.) (Aurora, Illinois) (APF/WPC)
19.	937.0 (425.0)	*4.34X	Harald Selsam (Germany/68) 3/4/05 (425.0 kg. @ 98.0 kg.) (Columbus, Ohio) (WPO)
20.	937.0 (425.0)	*4.26X	Tyson Hubbard (US/81) 11/4/06 (425.0 kg. @ 99.8 kg.) (Lake George, New York) (WPO)

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

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	832.2 (377.5)	*3.78X	Rob Luyando (US/70) 1/20/07 (377.5 kg. @ 100.0 kg.) (Dubuque, Iowa) (APF) <TOP20C> <TOP20F>
2.	821.2 (372.5)	*3.75X	Jason Coker (US/75) 6/1/08 (372.5 kg. @ 219.0 lb.) (Omaha, Nebraska) (APF/WPC) <TOP20C> <TOP20F>
3.	815.7 (370.0)	*3.76X	Shawn Frankl (US/77) 6/28/08 (370.0 kg. @ 98.4 kg.) (Willowbrook, Illinois) (APF) <TOP20C> <TOP20F>
4.	806.0 (365.6)	*3.72X	Jake Prazak (US/77) 6/21/08 (806.0 lb. @ 216.5 lb.) (Elk River, Minnesota) (UPA) <TOP20F>
5.	782.6 (355.0)	*3.56X	Vitaliy Ponomarenko (Ukraine/74-08) 11/5/05 (355.0 kg. @ 99.6 kg.) (Helsinki, Finland) (WPO)
6.	771.6 (350.0)	*3.54X	Matt Lamarque (US/74) 11/13/04 (350.0 kg. @ 218.0 lb.) (Reno, Nevada) (WABDL)
7.	766.1 (347.5)	*3.49X	Dondell Blue (US/75) 3/2/07 (347.5 kg. @ 99.6 kg.) (Columbus, Ohio) (WPO)
8.	765.0 (347.0)	*3.53X	Clint Smith (US/79) 2/23/08 (765.0 lb. @ 216.5 lb.) (Orlando, Florida) (APF)
9.	755.1 (342.5)	*3.44X	Matt Minuth (US/80) 7/12/08 (342.5 kg. @ 99.6 kg.) (Dubuque, Iowa) (UPA)
10.	750.0 (340.2)	3.40X	Scott Sceppe (US/78) 2/16/08 (750.0 lb.) (Tribes Hill, New York) (SSA)
11.	750.0 (340.2)	*3.41X	Chris Smith (US/68) 4/12/08 (750.0 lb. @ 220.0 lb.) (Columbus, Ohio) (IPA)
12.	735.0 (333.4)	*3.52X	Jesse Kellum (US/65) 4/26/03 (735.0 lb. @ 209.0 lb.) (New Roads, Louisiana) (NSM)
13.	733.0 (332.5)	*3.40X	George Halbert (US/71) 9/8/01 (332.5 kg. @ 97.8 kg.) (Daytona Beach, Florida) (WPO)
14.	733.0 (332.5)	*3.34X	Christian Simmons (US/80) 6/17/07 (332.5 kg. @ 99.55 kg.) (Daytona Beach, Florida) (APF/WPC)
15.	733.0 (332.5)	*3.34X	Tony Acome (US/72) 6/17/07 (332.5 kg. @ 99.55 kg.) (Daytona Beach, Florida) (APF/WPC)
16.	717.6 (325.5)	*3.27X	Kenny Patterson (US/72) 3/4/05 (325.5 kg. @ 99.6 kg.) (Columbus, Ohio) (WPO)
17.	711.0 (322.5)	*3.23X	Brad Hein (US/80) 10/2/04 (322.5 kg. @ 220.0 lb.) (Omaha, Nebraska) (APF)
18.	705.5 (320.0)	*3.22X	Scott Albano (US/74) 3/6/04 (320.0 kg. @ 99.45 kg.) (Columbus, Ohio) (WPO)
19.	705.5 (320.0)	*3.20X	Travis Mash (US/73) 3/4/05 (320.0 kg. @ 100.0 kg.) (Columbus, Ohio) (WPO)
20.	705.0 (319.8)	3.20X	Kyle Robertson (US/81) 1/22/05 (705.0 lb.) (Clayton, North Carolina) (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.*

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

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	901.7 (409.0)	*4.10X	Ed Coan (US/63) 7/28/91 (407.5 kg. @ 99.8 kg., with the actual value of the overweight plates being 409.0 kg.) (Dallas, Texas) (USPF) <TOP20F>
2.	837.8 (380.0)	*3.80X	Jim Cash (US/49) 7/8/84 (380.0 kg. @ 100.0 kg.) (Dayton, Ohio) (USPF)
3.	832.2 (377.5)	*3.91X	Alexey Zvarykin (Russia/79) 9/22/06 (377.5 kg. @ 96.55 kg.) (Syktyfkar, Russia) (IPF)
4.	830.0 (376.5)	*3.86X	Chad Holmes (US/71) 2/24/96 (830.0 lb. @ 215.0 lb.) (Tuscola, Illinois) (SLP)
5.	826.7 (375.0)	*3.81X	Aleksei Vishnitskiy (Ukraine/79) 11/17/01 (375.0 kg. @ 98.4 kg.) (Sotkamo, Finland) (IPF)
6.	821.2 (372.5)	*3.77X	Steve Goggins (US/63) 12/6/87 (372.5 kg. @ 218.0 lb.) (Dallas, Texas) (USPF)
7.	821.2 (372.5)	*3.73X	Robert Washington (US) 10/28/89 (372.5 kg.) (Greensboro, North Carolina) (USPF)
8.	821.2 (372.5)	*3.87X	Konstantin Pozdeev (Russia/84) 8/27/05 (372.5 kg. @ 96.15 kg.) (Oriol, Russia) (IPF)
9.	821.2 (372.5)	*3.77X	Mikhail Kim (Russia/80) 1/22/06 (372.5 kg. @ 98.9 kg.) (Moscow, Russia) (IPF)
10.	815.7 (370.0)	3.70X	Johnny Jackson (US) 6/16/01 (370.0 kg.) (Plano, Texas) (INSA)
11.	815.7 (370.0)	*3.70X	Yuriy Fedorenko (Russia/74) 10/4/03 (370.0 kg. @ 99.95 kg.) (Syktyvkar, Russia) (IPF)
12.	815.7 (370.0)	*3.70X	Chuck Vogelpohl (US/65) 3/5/04 (370.0 kg. @ 100.0 kg.) (Columbus, Ohio) (WPO)
13.	815.7 (370.0)	*3.71X	Maxim Barkhatov (Russia/81) 11/13/04 (370.0 kg. @ 99.64 kg.) (Cape Town, South Africa) (IPF)
14.	815.7 (370.0)	*3.71X	Ivan Freydzun (Ukraine/81) 11/12/05 (370.0 kg. @ 99.6 kg.) (Miami, Florida) (IPF)
15.	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)
16.	810.2 (367.5)	*3.68X	Oleksiy Nazarenko (Ukraine/77) 3/6/05 (367.5 kg. @ 100.0 kg.) (Mariupol, Ukraine) (IPF)
17.	810.0 (367.4)	*3.68X	Matt Kroczaleski (US/73) 8/24/08 (810.0 lb. @ 220.2 lb.) (Sharonville, Ohio) (IPA)
18.	805.0 (365.1)	3.65X	Charr Gahagan (US/76) 1/20/01 (805.0 lb.) (Saint Amant, Louisiana) (USAPL)
19.	804.7 (365.0)	3.65X	Sherman Backus (US) 9/26/82 (365.0 kg.) (Nashua, New Hampshire) (NSM)
20.	804.7 (365.0)	3.65X	Jimmy Pegues (US/64) 2/18/88 (365.0 kg.) (El Tora, California) (USPF)

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

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2535.3 (1150.0)	*11.69X	Shawn Frankl (US/77) 6/28/08 (455.0+370.0+325.0=1150.0 kg. @ 98.4 kg. Heaviest men's 11X bodyweight Total of all time.) (Willowbrook, Illinois) (APF) <TOP20F>
2.	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>
3.	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>
4.	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)
5.	2414.1 (1095.0)	*10.97X	Matt Kroczaleski (US/73) 3/2/07 (440.0+300.0+355.0=1095.0 kg. @ 99.8 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.	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)
9.	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)
10.	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)
11.	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)
12.	2345.0 (1063.7)	*10.83X	Clint Smith (US/79) 2/23/08 (850.0+765.0+730.0=2345.0 lb. @ 216.5 lb.) (Orlando, Florida) (APF)
13.	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)
14.	2303.8 (1045.0)	*10.47X	Joe Norman (US/68) 12/3/06 (455.0+255.0+335.0=1045.0 kg. @ 99.8 kg.) (Lake City, Florida) (APF)
15.	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)
16.	2287.3 (1037.5)	*10.42X	Ivan Freydzun (Ukraine/81) 11/12/05 (377.5+290.0+370.0=1037.5 kg. @ 99.6 kg.) (Miami, Florida) (IPF)
17.	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)
18.	2270.8 (1030.0)	*11.41X	Sergiy Naleykin (Ukraine/81) 7/28/07 (420.0+270.0+340.0=1030.0 kg. @ 90.3 kg.) (Krivoy Rog, Ukraine) (WPO)
19.	2270.0 (1029.7)	*10.42X	Konstantin Milyutin (Ukraine/78) 1/20/08 (925.0+615.0+730.0=2270.0 lb. @ 98.8 kg.) (Columbus, Ohio) (IPA)
20.	2265.2 (1027.5)	*11.42X	Jason Coker (US/75) 3/29/08 (410.0+365.0+252.5=1027.5 kg. @ 198.3 lb.) (Houston, Texas) (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 **8/31/08**.

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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.*

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

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1107.8 (502.5)	*4.86X	Sam Byrd (US/81) 6/14/08 (502.5 kg. @ 228.0 lb.) (Kennesaw, Georgia) (APF) <TOP20F>
2.	1085.0 (492.1)	*4.50X	Justin Graafls (US/79) 7/23/06 (1085.0 lb. @ 109.4 kg.) (York, Pennsylvania) (IPA) <TOP20F>
3.	1055.0 (478.5)	*4.36X	Greg Panora (US/80) 8/24/08 (1055.0 lb. @ 242.0 lb.) (Sharonville, Ohio) (IPA)
4.	1052.7 (477.5)	*4.37X	Brian Carroll (US/81) 1/26/08 (477.5 kg. @ 109.3 kg.) (Clayton, North Carolina) (APF)
5.	1050.0 (476.3)	*4.36X	Jason Cox (US/72) 11/18/07 (1050.0 lb. @ 240.6 lb.) (York, Pennsylvania) (IPA)
6.	1045.0 (474.0)	*4.32X	Steve Goggins (US/63) 3/5/05 (474.0 kg. @ 109.65 kg.) (Columbus, Ohio) (WPO)
7.	1038.4 (471.0)	*4.38X	Ed Coan (US/63) 8/12/01 (471.0 kg. @ 107.6 kg.) (Orlando, Florida) (WPO)
8.	1015.0 (460.4)	*4.19X	James Grandick (US/68) 8/24/08 (1015.0 lb. @ 242.4 lb.) (Sharonville, Ohio) (IPA)
9.	1014.1 (460.0)	*4.43X	Matt Kroczaleski (US/73) 7/13/08 (460.0 kg. @ 103.8 kg.) (Dubuque, Iowa) (UPA)
10.	1008.6 (457.5)	*4.19X	Toby Irby (US/74) 5/4/08 (457.5 kg. @ 109.2 kg.) (Baton Rouge, Louisiana) (APF/WPC)
11.	1004.2 (455.5)	*4.29X	Willie Wessels (US/63) 11/11/95 (455.5 kg. @ 106.1 kg.) (Chicago, Illinois) (APF/WPC)
12.	1003.1 (455.0)	*4.14X	Jason Patrick (US/72) 6/26/04 (455.0 kg. @ 109.8 kg.) (Waukegan, Illinois) (APF)
13.	1003.1 (455.0)	4.14X	Christian Simmons (US/80) 4/23/05 (455.0 kg.) (Baton Rouge, Louisiana) (APF)
14.	1003.1 (455.0)	*4.21X	Justin Redding (US/77) 11/10/07 (455.0 kg. @ 238.0 lb.) (Omaha, Nebraska) (APF)
15.	1003.1 (455.0)	*4.22X	Joe Norman (US/68) 12/2/07 (455.0 kg. @ 107.8 kg.) (Jacksonville, Florida) (APF)
16.	1000.0 (453.6)	*4.29X	Brian Weston (US/68) 5/30/04 (1000.0 lb. @ 233.0 lb.) (Bethlehem, Pennsylvania) (IPA)
17.	1000.0 (453.6)	*4.18X	Dondell Blue (US/75) 4/1/06 (1000.0 lb. @ 108.6 kg.) (Jacksonville, Florida) (APF)
18.	986.6 (447.5)	*4.11X	Jeremiah Frey (US/81) 7/13/08 (447.5 kg. @ 109.0 kg.) (Dubuque, Iowa) (UPA)
19.	981.1 (445.0)	*4.14X	Tony Acome (US/72) 11/10/07 (445.0 kg. @ 237.0 lb.) (Omaha, Nebraska) (APF)
20.	975.5 (442.5)	*4.02X	Jose Garcia (US/77) 6/26/04 (442.5 kg. @ 110.0 kg.) (Waukegan, Illinois) (APF)

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

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	905.0 (410.5)	*3.78X	Rob Luyando (US/70) 9/1/07 (410.5 kg. @ 108.6 kg.) (Dubuque, Iowa) (UPA) <TOP20C> <TOP20F>
2.	848.8 (385.0)	*3.51X	Richie Briggs (US/84) 11/10/07 (385.0 kg. @ 242.0 lb.) (Omaha, Nebraska) (APF) <TOP20F>
3.	815.7 (370.0)	*3.45X	Vitaliy Ponomarenko (Ukraine/74-08) 7/28/07 (370.0 kg. @ 107.2 kg.) (Krivoy Rog, Ukraine) (WPO)
4.	805.0 (365.1)	*3.32X	James Grandick (US/68) 8/24/08 (805.0 lb. @ 242.4 lb.) (Sharonville, Ohio) (IPA)
5.	804.7 (365.0)	*3.37X	Chip Stewart (US/75) 7/29/06 (365.0 kg. @ 108.4 kg.) (Clayton, North Carolina) (APF)
6.	804.7 (365.0)	*3.35X	Jason "Action" Jackson (US/64) 11/16/06 (365.0 kg. @ 240.2 lb.) (Las Vegas, Nevada) (WABDL)
7.	804.7 (365.0)	*3.35X	Brad Hein (US/80) 5/30/08 (365.0 kg. @ 240.0 lb.) (Omaha, Nebraska) (APF/WPC)
8.	801.4 (363.5)	*3.51X	Matt Lamarque (US/74) 6/11/05 (363.5 kg. @ 228.0 lb.) (Honolulu, Hawaii) (WABDL)
9.	785.0 (356.1)	*3.26X	Brian Carroll (US/81) 8/24/08 (785.0 lb. @ 241.0 lb.) (Sharonville, Ohio) (IPA)
10.	777.1 (352.5)	*3.30X	Jake Prazak (US/77) 4/20/08 (352.5 kg. @ 106.8 kg.) (Columbus, Ohio) (UPA)
11.	775.0 (351.5)	*3.42X	Clint Smith (US/79) 4/19/08 (775.0 lb. @ 226.5 lb.) (Tampa, Florida) (APA)
12.	772.5 (350.4)	*3.25X	Brad Kelley (US/71) 3/5/05 (772.5 lb. @ 238.0 lb.) (Williamston, South Carolina) (APA)
13.	771.6 (350.0)	*3.26X	Tony Acome (US/72) 3/3/07 (350.0 kg. @ 107.3 kg.) (Columbus, Ohio) (WPO)
14.	770.0 (349.3)	*3.18X	Greg Panora (US/80) 8/24/08 (770.0 lb. @ 242.0 lb.) (Sharonville, Ohio) (IPA)
15.	766.1 (347.5)	*3.18X	George Halbert (US/71) 9/25/04 (347.5 kg. @ 109.4 kg.) (Orlando, Florida) (WPO)
16.	766.1 (347.5)	*3.24X	Dondell Blue (US/75) 12/3/06 (347.5 kg. @ 107.4 kg.) (Lake City, Florida) (APF)
17.	760.6 (345.0)	*3.16X	Aaron Wilson (US/74) 3/4/06 (345.0 kg. @ 109.3 kg.) (Columbus, Ohio) (WPO)
18.	755.1 (342.5)	*3.11X	Christian Simmons (US/80) 12/3/06 (342.5 kg. @ 110.0 kg.) (Lake City, Florida) (APF)
19.	755.0 (342.5)	*3.23X	Bobby Fields (US/72) 12/8/07 (755.0 lb. @ 234.0 lb.) (Leesport, Pennsylvania) (IPA)
20.	750.0 (340.2)	*3.09X	Chris Taylor (US/73) 8/24/08 (750.0 lb. @ 242.4 lb.) (Sharonville, Ohio) (IPA)

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Records accurate (as to my knowledge) as of **8/31/08**.

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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.*

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

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	892.9 (405.0)	*3.695X	Yuriy Fedorenko (Russia/74) 3/4/06 (405.0 kg. @ 109.6 kg.) (Ufa, Russia) (IPF)
2.	887.4 (402.5)	*3.699X	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)	3.52X	Charlie Driscoll (US) 6/8/86 (387.5 kg.) (Dallas, Texas) (USPF)
8.	848.8 (385.0)	*3.51X	Aarre Kapyla (Finland/64) 11/18/90 (385.0 kg. @ 109.8 kg.) (The Hague, Netherlands) (IPF)
9.	845.0 (383.3)	*3.60X	Jim Cash (US/49) 12/14/85 (845.0 lb. @ 234.5 lb.) (Longmont, Colorado) (NSM)
10.	843.3 (382.5)	*3.53X	Alexey Gankov (Russia/70) 11/14/98 (382.5 kg. @ 108.5 kg.) (Cherkasy, Ukraine) (IPF)
11.	837.8 (380.0)	*3.47X	Arthur White (Great Britain/51) 4/17/82 (380.0 kg. @ 109.4 kg.) (Munich, West Germany) (IPF)
12.	837.8 (380.0)	*3.48X	Dave Carter (Great Britain) 4/18/82 (380.0 kg. @ 109.1 kg.) (Featherstone Prison, Great Britain) (IPF)
13.	837.8 (380.0)	3.45X	Mike Poretta (US) 7/10/88 (380.0 kg.) (Las Vegas, Nevada) (USPF/IPF)
14.	837.8 (380.0)	*3.45X	Roman Voroshilin (Ukraine/83) 3/6/05 (380.0 kg. @ 110.0 kg.) (Mariupol, Ukraine) (IPF)
15.	837.8 (380.0)	*3.47X	Maxim Barkhatov (Russia/81) 10/19/07 (380.0 kg. @ 109.4 kg.) (Soelden, Austria) (IPF)
16.	832.2 (377.5)	3.43X	Terry McCormick (US/46) 7/13/80 (377.5 kg.) (Madison, Wisconsin) (USPF/IPF)
17.	832.2 (377.5)	3.43X	Steve Wilson (US/54) 6/29/86 (377.5 kg.) (Dayton, Ohio) (APF/WPC)
18.	832.2 (377.5)	3.43X	Willie Bell (US) 12/3/88 (377.5 kg.) (Adel, Georgia) (USPF)
19.	826.7 (375.0)	*3.44X	George Hechter (US/61) 3/23/87 (375.0 kg. @ 240.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)
20.	826.7 (375.0)	*3.41X	Nikolai Suslov (Russia/79) 3/4/06 (375.0 kg. @ 109.9 kg.) (Ufa, Russia) (IPF)

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

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2625.0 (1190.7)	* 10.85X	Greg Panora (US/80) 8/24/08 (1055.0+770.0+800.0=2625.0 lb. @ 242.0 lb.) (Sharonville, Ohio) (IPA) <TOP20F>
2.	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) <TOP20F>
3.	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) <TOP20F>
4.	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) <TOP20F>
5.	2491.2 (1130.0)	*10.37X	Jeremiah Frey (US/81) 7/13/08 (447.5+320.0+362.5=1130.0 kg. @ 109.0 kg.) (Dubuque, Iowa) (UPA)
6.	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)
7.	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)
8.	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)
9.	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)
10.	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)
11.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	2381.0 (1080.0)	*10.05X	Tony Acome (US/72) 11/10/07 (445.0+337.5+297.5=1080.0 kg. @ 237.0 lb.) (Omaha, Nebraska) (APF)
17.	2375.5 (1077.5)	*9.89X	Joseph Bayles (US/76) 6/5/05 (410.0+320.0+347.5=1077.5 kg. @ 109.0 kg.) (Detroit, Michigan) (APF/WPC)
18.	2364.5 (1072.5)	*9.91X	Alexei Soloviov (Ukraine/75) 11/6/05 (410.0+300.0+362.5=1072.5 kg. @ 108.2 kg.) (Helsinki, Finland) (WPO)
19.	2347.9 (1065.0)	*9.70X	Jason Patrick (US/72) 8/7/04 (440.0+290.0+335.0=1065.0 kg. @ 242.0 lb.) (Dubuque, Iowa) (APF)
20.	2336.9 (1060.0)	*9.70X	Juha Someroja (Finland/75) 4/5/08 (400.0+340.0+320.0=1060.0 kg. @ 109.3 kg.) (Juva, Finland) (WPC)

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 **8/31/08**.

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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

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1150.0 (521.6)	*4.36X	Chuck Vogelpohl (US/65) 4/1/07 (1150.0 lb. @ 264.0 lb.) (Newark, Ohio) (IPA) <TOP20F>
2.	1124.4 (510.0)	*4.09X	Yevgen Yarymbash (Ukraine/83) 3/3/07 (510.0 kg. @ 124.7 kg.) (Columbus, Ohio) (WPO) <TOP20F>
3.	1107.8 (502.5)	*4.04X	Marc "Spuds" Bartley (US/68) 3/4/06 (502.5 kg. @ 124.4 kg.) (Columbus, Ohio) (WPO) <TOP20F>
4.	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) <TOP20F>
5.	1102.3 (500.0)	*4.01X	Ano Turtiainen (Finland/67) 3/25/07 (500.0 kg. @ 124.8 kg.) (Juva, Finland) (WPC) <TOP20F>
6.	1102.3 (500.0)	4.00X	Charles Bailey (US/63) 6/24/07 (500.0 kg.) (Marietta, Georgia) (APC/GPC)
7.	1102.3 (500.0)	4.00X	Al Mehan (Canada/74) 9/22/07 (500.0 kg.) (Saint Francisville, Louisiana) (APF)
8.	1074.8 (487.5)	*3.92X	Michael Griffin (US/75) 6/1/08 (487.5 kg. @ 274.5 lb.) (Omaha, Nebraska) (APF/WPC)
9.	1069.2 (485.0)	*4.00X	Sergey Moser (Ukraine/77) 10/22/06 (485.0 kg. @ 121.1 kg.) (Stuttgart, Germany) (WPC)
10.	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)
11.	1050.0 (476.3)	*3.89X	James Grandick (US/68) 7/23/06 (1050.0 lb. @ 122.4 kg.) (York, Pennsylvania) (IPA)
12.	1050.0 (476.3)	*3.83X	Ron "Scott" Yard (US/82) 9/30/06 (1050.0 lb. @ 274.5 lb.) (New Castle, Delaware) (APF)
13.	1041.7 (472.5)	*3.79X	Oan Basson (US/78) 3/4/06 (472.5 kg. @ 124.8 kg.) (Columbus, Ohio) (WPO)
14.	1041.7 (472.5)	*4.11X	Jose Garcia (US/77) 7/13/08 (472.5 kg. @ 115.0 kg.) (Dubuque, Iowa) (UPA)
15.	1040.0 (471.7)	*3.96X	Greg Panora (US/80) 1/20/08 (1040.0 lb. @ 119.1 kg.) (Columbus, Ohio) (IPA)
16.	1035.0 (469.5)	*3.76X	Sergiy Karnaukhov (Ukraine/78) 8/24/08 (1035.0 lb. @ 275.2 lb.) (Sharonville, Ohio) (IPA)
17.	1030.7 (467.5)	*3.75X	Dave Pasanella (US/62-90) 5/28/89 (467.5 kg. @ 124.8 kg.) (Rosemont, Illinois) (APF/WPC)
18.	1030.7 (467.5)	*4.04X	Justin Graalfs (US/79) 11/29/05 (467.5 kg. @ 255.0 lb.) (Omaha, Nebraska) (APF)
19.	1014.1 (460.0)	*3.93X	Fred Hatfield (US/42) 3/23/87 (460.0 kg. @ 117.0 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
20.	1014.1 (460.0)	*3.68X	Jim Hoskinson (US/65) 3/28/04 (460.0 kg. @ 125.0 kg.) (Lewiston, Maine) (APF/WPC)

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

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	948.0 (430.0)	*3.69X	Rob Luyando (US/70) 7/13/08 (430.0 kg. @ 116.6 kg.) (Dubuque, Iowa) (UPA) <TOP20F>
2.	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) <TOP20F>
3.	859.8 (390.0)	*3.22X	Richie Briggs (US/84) 6/28/08 (390.0 kg. @ 121.1 kg.) (Willowbrook, Illinois) (APF) <TOP20F>
4.	845.0 (383.3)	*3.07X	Bill Crawford (US/71) 6/25/05 (845.0 lb. @ 275.0 lb.) (Glens Falls, New York) (APF)
5.	843.3 (382.5)	*3.23X	John Zemmin (US/69) 1/20/07 (382.5 kg. @ 118.6 kg.) (Dubuque, Iowa) (APF)
6.	840.0 (381.0)	*3.06X	Ron "Scott" Yard (US/82) 9/30/06 (840.0 lb. @ 274.5 lb.) (New Castle, Delaware) (APF)
7.	826.7 (375.0)	*3.07X	Andy Fiedler (US/66) 8/7/04 (375.0 kg. @ 269.0 lb.) (Dubuque, Iowa) (APF)
8.	826.7 (375.0)	*3.08X	Tommy Harrison (US/74) 11/17/07 (375.0 kg. @ 268.2 lb.) (Anaheim, California) (WABDL)
9.	804.7 (365.0)	*2.92X	Sebastian Burns (US/72) 6/21/08 (365.0 kg. @ 125.0 kg.) (Vaudreuil-Dorion, Quebec, Canada) (WPC)
10.	800.0 (362.9)	*2.96X	James Grandick (US/68) 7/23/06 (800.0 lb. @ 122.4 kg.) (York, Pennsylvania) (IPA)
11.	800.0 (362.9)	*3.16X	Bill Carpenter (US/73) 4/14/07 (800.0 lb. @ 253.0 lb.) (Lake George, New York) (APF)
12.	780.0 (353.8)	*3.04X	Dave "Neutron" Hoff (US/88) 8/24/08 (780.0 lb. @ 256.2 lb.) (Sharonville, Ohio) (IPA)
13.	777.1 (352.5)	*2.82X	Mike Womack (US/83) 11/19/06 (352.5 kg. @ 275.2 lb.) (Las Vegas, Nevada) (WABDL)
14.	775.0 (351.5)	*2.83X	Joel "Cuban Bull" Toranzo (US/71) 9/15/07 (775.0 lb. @ 273.75 lb.) (New Castle, Delaware) (APF)
15.	775.0 (351.5)	*2.95X	Greg Panora (US/80) 1/20/08 (775.0 lb. @ 119.1 kg.) (Columbus, Ohio) (IPA)
16.	771.6 (350.0)	*2.81X	Yevgen Yarymbash (Ukraine/83) 10/22/06 (350.0 kg. @ 124.6 kg.) (Stuttgart, Germany) (WPC)
17.	771.6 (350.0)	*2.83X	Vladimir Maximov (Russia/66) 11/5/06 (350.0 kg. @ 123.6 kg.) (Lake George, New York) (WPC)
18.	771.6 (350.0)	*3.05X	Oleg Kushnarev (Russia/73) 3/2/08 (350.0 kg. @ 114.8 kg.) (Perm, Russia) (WPC)
19.	770.0 (349.3)	2.79X	Marcus Coulter (US/73) 8/27/05 (770.0 lb.) (Beaver Springs, Pennsylvania) (USA)
20.	770.0 (349.3)	*3.02X	Kyle Robertson (US/81) 5/12/07 (770.0 lb. @ 255.0 lb.) (Mocksville, North Carolina) (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 -- Deadlift

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	948.0 (430.0)	*3.45X	Konstantin Konstantinovs (Latvia/79) 4/2/06 (430.0 kg. @ 124.8 kg.) (Riga, Latvia) (IPF) <TOP20F>
2.	904.0 (410.0)	*3.37X	Dan Wohleber (US/61) 12/12/82 (900.0 lb. @ 268.0 lb., which later weighed out at 904.0 lb. First man to deadlift 900 pounds.) (Sandusky, Ohio) (NSM)
3.	894.0 (405.5)	*3.29X	Ano Turtiainen (Finland/67) 2/24/02 (405.5 kg. @ 123.3 kg.) (Columbus, Ohio) (WPO)
4.	888.5 (403.0)	*3.24X	Andrey Malanichev (Russia/77) 8/28/05 (403.0 kg. @ 124.35 kg.) (Oriol, Russia) (IPF)
5.	887.4 (402.5)	*3.23X	Maxim Podtynny (Russia/72) 3/3/02 (402.5 kg. @ 124.7 kg.) (Syktyvkar, Russia) (IPF)
6.	881.8 (400.0)	*3.32X	Steve Goggins (US/63) 3/1/03 (400.0 kg. @ 120.45 kg.) (Columbus, Ohio) (WPO)
7.	881.8 (400.0)	3.20X	Mika Hiltunen (Finland) 8/27/05 (400.0 kg.) (Tampere, Finland) (WABDL)
8.	881.8 (400.0)	*3.21X	Istvan Arvai (Hungary/74) 3/4/06 (400.0 kg. @ 124.7 kg.) (Columbus, Ohio) (WPO)
9.	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)	*3.55X	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) 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

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2667.6 (1210.0)	*9.70X	Yevgen Yarymbash (Ukraine/83) 3/3/07 (510.0+330.0+370.0=1210.0 kg. @ 124.7 kg.) (Columbus, Ohio) (WPO) <TOP20F>
2.	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) <TOP20F>
3.	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)
4.	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)
5.	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) <TOP20F>
6.	2600.0 (1179.3)	*9.64X	James Grandick (US/68) 7/23/06 (1050.0+800.0+750.0=2600.0 lb. @ 122.4 kg.) (York, Pennsylvania) (IPA)
7.	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)
8.	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)
9.	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)
10.	2524.3 (1145.0)	*9.45X	Sergey Moser (Ukraine/77) 10/22/06 (485.0+290.0+370.0=1145.0 kg. @ 121.1 kg.) (Stuttgart, Germany) (WPC)
11.	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)
12.	2510.0 (1138.5)	*9.80X	Dave "Neutron" Hoff (US/88) 8/24/08 (930.0+780.0+800.0=2510.0 lb. @ 256.2 lb.) (Sharonville, Ohio) (IPA)
13.	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)
14.	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)
15.	2480.2 (1125.0)	9.00X	Al Mehan (Canada/74) 9/22/07 (500.0+292.5+332.5=1125.0 kg.) (Saint Francisville, Louisiana) (APF)
16.	2480.2 (1125.0)	*9.04X	Michael Griffin (US/75) 6/1/08 (487.5+292.5+345.0=1125.0 kg. @ 274.5 lb.) (Omaha, Nebraska) (APF/WPC)
17.	2475.8 (1123.0)	*9.03X	Andrey Malanichev (Russia/77) 8/28/05 (440.0+280.0+403.0=1123.0 kg. @ 124.35 kg.) (Oriol, Russia) (IPF)
18.	2463.7 (1117.5)	*8.97X	Anthony Carlquist (US/79) 7/13/08 (457.5+325.0+335.0=1117.5 kg. @ 124.6 kg.) (Dubuque, Iowa) (UPA)
19.	2458.2 (1115.0)	*8.93X	Dave Pasanella (US/62-90) 5/28/89 (467.5+260.0+387.5=1115.0 kg. @ 124.8 kg.) (Rosemont, Illinois) (APF/WPC)
20.	2452.6 (1112.5)	*8.91X	Oan Basson (US/78) 3/4/06 (472.5+310.0+330.0=1112.5 kg. @ 124.8 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.*

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

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1147.5 (520.5)	*3.75X	Paul Childress (US/71) 3/3/07 (520.5 kg. @ 138.7 kg.) (Columbus, Ohio) (WPO) <TOP20F>
2.	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) <TOP20F>
3.	1110.0 (503.5)	*3.61X	Jonathan Bernor (US/75) 2/17/07 (1110.0 lb. @ 307.5 lb.) (Tribes Hill, New York) (APF)
4.	1107.8 (502.5)	*3.61X	Jim Hoskinson (US/65) 3/16/08 (502.5 kg. @ 139.25 kg.) (Rainbow City, Alabama) (APF)
5.	1103.4 (500.5)	*3.84X	Jonas Rantanen (Finland/82) 4/5/08 (500.5 kg. @ 130.3 kg.) (Juva, Finland) (WPC)
6.	1102.3 (500.0)	*3.58X	Vladislav Alhazov (Israel/77) 3/27/05 (500.0 kg. @ 139.5 kg.) (Okotoks, Alberta, Canada) (WPC)
7.	1102.3 (500.0)	*3.63X	Scott Weech (US/85) 12/4/05 (500.0 kg. @ 137.85 kg.) (Jacksonville, Florida) (APF)
8.	1102.3 (500.0)	*3.75X	Ano Turtiainen (Finland/67) 11/4/07 (500.0 kg. @ 133.3 kg.) (Togliatty, Russia) (WPO)
9.	1102.3 (500.0)	*3.58X	Scott Cartwright (US/69) 6/1/08 (500.0 kg. @ 308.0 lb.) (Omaha, Nebraska) (APF/WPC)
10.	1085.0 (492.1)	*3.57X	Matt Wenning (US/79) 8/24/08 (1085.0 lb. @ 304.0 lb.) (Sharonville, Ohio) (IPA)
11.	1080.3 (490.0)	*3.75X	Al Mehan (Canada/74) 5/4/08 (490.0 kg. @ 130.6 kg.) (Baton Rouge, Louisiana) (APF/WPC)
12.	1080.0 (489.9)	*3.54X	Chuck Fought (US/85) 8/24/08 (1080.0 lb. @ 305.0 lb.) (Sharonville, Ohio) (IPA)
13.	1074.8 (487.5)	*3.51X	Mike Brown (US/85) 3/3/07 (487.5 kg. @ 138.8 kg.) (Columbus, Ohio) (WPO)
14.	1063.7 (482.5)	*3.56X	Jeffrey Vaughn (US/77) 12/2/07 (482.5 kg. @ 135.4 kg.) (Jacksonville, Florida) (APF)
15.	1058.2 (480.0)	*3.49X	Craig Stutes (US/73) 5/4/08 (480.0 kg. @ 137.5 kg.) (Baton Rouge, Louisiana) (APF/WPC)
16.	1052.7 (477.5)	*3.44X	Craig Gallo (US/72) 10/30/05 (477.5 kg. @ 138.7 kg.) (Chicago, Illinois) (WPO)
17.	1052.7 (477.5)	*3.48X	Sylvester Crumbley (US/69) 6/17/07 (477.5 kg. @ 137.05 kg.) (Daytona Beach, Florida) (APF/WPC)
18.	1052.7 (477.5)	*3.44X	Mike White (US/76) 6/28/08 (477.5 kg. @ 138.8 kg.) (Kalamazoo, Michigan) (APF)
19.	1050.0 (476.3)	3.40X	Anthony Bolognone (US/76) 6/23/07 (1050.0 lb.) (Grove City, Ohio) (APF)
20.	1047.2 (475.0)	*3.70X	Karl Tillman (US/63) 11/2/06 (475.0 kg. @ 128.5 kg.) (Lake George, New York) (APF/WPC)

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

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	942.5 (427.5)	*3.06X	Paul "Tiny" Meeker (US/71) 2/18/06 (427.5 kg. @ 307.5 lb.) (Pasadena, California) (APF) <TOP20F>
2.	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>
3.	914.9 (415.0)	*3.02X	Scot Mendelson (US/69) 8/7/05 (415.0 kg. @ 302.5 lb.) (Sherman Oaks, California) (APF) <TOP20F>
4.	914.9 (415.0)	*3.31X	Rob Luyando (US/70) 11/10/07 (415.0 kg. @ 276.0 lb.) (Omaha, Nebraska) (APF) <TOP20F>
5.	905.0 (410.5)	*3.01X	Ryan Kennelly (US/74) 9/16/06 (905.0 lb. @ 301.0 lb.) (Spokane Valley, Washington) (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) <TOP20F>
7.	859.8 (390.0)	*2.97X	Vladimir Maximov (Russia/66) 3/1/08 (390.0 kg. @ 131.2 kg.) (Perm, Russia) (WPC)
8.	855.4 (388.0)	2.77X	Mike Womack (US/83) 7/8/06 (388.0 kg.) (Rancho Cardova, California) (WABDL)
9.	835.0 (378.7)	*2.74X	Paul Key (US/74) 3/15/08 (835.0 lb. @ 305.0 lb.) (Birmingham, Alabama) (SPF)
10.	821.2 (372.5)	*2.78X	Bill Crawford (US/71) 3/4/06 (372.5 kg. @ 133.9 kg.) (Columbus, Ohio) (WPO)
11.	815.0 (369.7)	*2.68X	Matt Wenning (US/79) 8/24/08 (815.0 lb. @ 304.0 lb.) (Sharonville, Ohio) (IPA)
12.	810.2 (367.5)	*2.64X	Mark "JackAss" Bell (US/76) 7/13/08 (367.5 kg. @ 139.2 kg.) (Dubuque, Iowa) (UPA)
13.	806.9 (366.0)	*2.67X	Richard Ligier (France/74) 4/21/07 (366.0 kg. @ 137.2 kg.) (Montbeliard, France) (WPC)
14.	805.0 (365.1)	*2.67X	Jeff Peshek (US/63) 7/16/06 (805.0 lb. @ 302.0 lb.) (Worthington, Ohio) (APF)
15.	805.0 (365.1)	*2.74X	Joel "Cuban Bull" Toranzo (US/71) 12/2/06 (805.0 lb. @ 294.0 lb.) (Riverhead, New York) (APF)
16.	804.7 (365.0)	*2.63X	Jani Murtomaki (Finland/81) 6/11/06 (365.0 kg. @ 138.8 kg.) (Juva, Finland) (WPO)
17.	804.7 (365.0)	*2.84X	Vladimir Kravtsov (Russia/72) 3/3/07 (365.0 kg. @ 128.7 kg.) (Columbus, Ohio) (WPO)
18.	804.7 (365.0)	*2.67X	Mike DeLaval (US/62) 3/31/07 (365.0 kg. @ 301.6 lb.) (Houston, Texas) (APF)
19.	804.7 (365.0)	*2.63X	Tom Webster (US/85) 7/15/07 (365.0 kg. @ 138.8 kg.) (Columbus, Ohio) (UPA)
20.	804.7 (365.0)	*2.68X	Jussi Tuomainen (Finland/77) 11/17/07 (365.0 kg. @ 300.8 lb.) (Anaheim, California) (WABDL)

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

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

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

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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)
2.	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)
3.	898.4 (407.5)	*2.99X	Andy Bolton (Great Britain/70) 11/19/00 (407.5 kg. @ 136.5 kg.) (Las Vegas, Nevada) (WPC)
4.	889.6 (403.5)	*3.05X	Lars Noren (Sweden/61) 4/4/87 (403.5 kg. @ 132.3 kg.) (Jarfalla, Sweden) (IPF)
5.	887.4 (402.5)	*2.90X	Gerrit Badenhurst (South Africa/62) 10/14/90 (402.5 kg. @ 138.8 kg.) (Pescara, Italy) (WPC)
6.	883.0 (400.5)	*2.90X	Alexander Klyushev (Russia/83) 3/5/06 (400.5 kg. @ 138.3 kg.) (Ufa, Russia) (IPF)
7.	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)
8.	881.8 (400.0)	*3.04X	Rudi Kuester (Germany/55) 8/27/88 (400.0 kg. @ 290.0 lb.) (Mannheim, Germany) (IPF)
9.	875.0 (396.9)	*2.87X	Chuck Fought (US/85) 8/24/08 (875.0 lb. @ 305.0 lb.) (Sharonville, Ohio) (IPA)
10.	865.3 (392.5)	*2.89X	Terry Long (US/59-05) 3/6/83 (392.5 kg. @ 299.0 lb.) (Greensboro, North Carolina) (USPF)
11.	859.8 (390.0)	*3.08X	Bruce Greig (Canada/52-08) 12/10/94 (390.0 kg. @ 279.4 lb.) (Lethbridge, Alberta, Canada) (WPC)
12.	859.8 (390.0)	*2.93X	Maxim Gurianov (Russia/75) 9/20/98 (390.0 kg. @ 132.95 kg.) (Kaluga, Russia) (IPF)
13.	859.8 (390.0)	*2.98X	Ano Turtiainen (Finland/67) 3/1/03 (390.0 kg. @ 130.7 kg.) (Columbus, Ohio) (WPO)
14.	848.8 (385.0)	2.75X	Dan Wohleber (US/61) 11/11/84 (385.0 kg.) (Huntington, West Virginia) (USPF)
15.	848.8 (385.0)	*2.75X	Yuriy Spinov (Ukraine/62) 10/17/93 (385.0 kg. @ 139.9 kg.) (Kiev, Ukraine) (IPF)
16.	848.8 (385.0)	*2.80X	Audunn Jonsson (Iceland/72) 4/16/05 (385.0 kg. @ 137.7 kg.) (Reykjavik, Iceland) (IPF)
17.	843.3 (382.5)	*2.77X	Andy Kerr (Great Britain/47) 11/28/82 (382.5 kg. @ 137.86 kg.) (Gloucester, England) (IPF)
18.	843.3 (382.5)	2.73X	Lou Grande (US) 4/17/94 (382.5 kg.) (Rosemont, Illinois) (APF/WPC)
19.	840.0 (381.0)	*3.00X	Mark Chaillet (US/57) 11/16/86 (840.0 lb. @ 280.0 lb.) (Maui, Hawaii) (APF/WPC)
20.	840.0 (381.0)	*2.73X	Aaron Lawrence (US/70) 6/10/06 (840.0 lb. @ 308.0 lb.) (Stevensville, Maryland) (NPA)

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

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

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

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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)
2.	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)
3.	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)
4.	2613.6 (1185.5)	*9.10X	Jonas Rantanen (Finland/82) 4/5/08 (500.5+340.0+345.0=1185.5 kg. @ 130.3 kg.) (Juva, Finland) (WPC)
5.	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)
6.	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)
7.	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)
8.	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)
9.	2540.0 (1152.1)	8.23X	Anthony Bolognone (US/76) 6/23/07 (1050.0+780.0+710.0=2540.0 lb.) (Grove City, Ohio) (APF)
10.	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)
11.	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)
12.	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)
13.	2507.8 (1137.5)	*8.71X	Al Mehan (Canada/74) 5/4/08 (490.0+320.0+327.5=1137.5 kg. @ 130.6 kg.) (Baton Rouge, Louisiana) (APF/WPC)
14.	2502.2 (1135.0)	8.11X	Mark "JackAss" Bell (US/76) 12/1/07 (455.0+360.0+320.0=1135.0 kg.) (Concord, California) (UPA)
15.	2502.2 (1135.0)	*8.18X	Mike White (US/76) 6/28/08 (477.5+307.5+350.0=1135.0 kg. @ 138.8 kg.) (Kalamazoo, Michigan) (APF)
16.	2500.0 (1134.0)	*8.11X	Jim Hoskinson (US/65) 1/20/08 (1100.0+690.0+710.0=2500.0 lb. @ 139.8 kg.) (Columbus, Ohio) (IPA)
17.	2469.2 (1120.0)	*8.03X	Vladislav Alhazov (Israel/77) 3/27/05 (500.0+255.0+365.0=1120.0 kg. @ 139.5 kg.) (Okotoks, Alberta, Canada) (WPC)
18.	2463.7 (1117.5)	*8.12X	Audunn Jonsson (Iceland/72) 4/16/05 (432.5+300.0+385.0=1117.5 kg. @ 137.7 kg.) (Reykjavik, Iceland) (IPF)
19.	2458.2 (1115.0)	*8.09X	Scott Weech (US/85) 12/4/05 (500.0+287.5+327.5=1115.0 kg. @ 137.85 kg.) (Jacksonville, Florida) (APF)
20.	2458.2 (1115.0)	*8.07X	Jussi Tuomainen (Finland/77) 5/25/08 (425.0+340.0+350.0=1115.0 kg. @ 138.1 kg.) (Vienna, Austria) (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.*

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

	Squat	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1250.0 (567.0)	*3.71X	Vladislav Alhazov (Israel/77) 1/20/08 (1250.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA) <TOP20F>
2.	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>
3.	1213.6 (550.5)	*3.52X	Andy Bolton (Great Britain/70) 3/3/07 (550.5 kg. @ 156.6 kg.) (Columbus, Ohio) (WPO) <TOP20F>
4.	1212.5 (550.0)	*2.29X	Jeff Lewis (US/70) 3/4/06 (550.0 kg. @ 240.0 kg.) (Columbus, Ohio) (WPO) <TOP20F>
5.	1174.0 (532.5)	*3.20X	Chad Aichs (US/72) 3/3/07 (532.5 kg. @ 166.55 kg.) (Columbus, Ohio) (WPO) <TOP20F>
6.	1160.0 (526.2)	*3.07X	Matt Smith (US/74) 8/19/07 (1160.0 lb. @ 378.0 lb.) (Franklin, Ohio) (IPA)
7.	1155.0 (523.9)	*3.08X	Donnie Thompson (US/64) 1/20/08 (1155.0 lb. @ 169.9 kg.) (Columbus, Ohio) (IPA)
8.	1140.9 (517.5)	*3.57X	Brent Mikesell (US/67) 11/30/03 (517.5 kg. @ 145.0 kg.) (Calgary, Alberta, Canada) (APF/WPC) <TOP20F>
9.	1125.5 (510.5)	*3.38X	Beau Moore (US/66) 3/5/05 (510.5 kg. @ 151.1 kg.) (Columbus, Ohio) (WPO)
10.	1102.3 (500.0)	*3.00X	Garry Frank (US/64) 9/24/05 (500.0 kg. @ 166.5 kg.) (New Port Richey, Florida) (APF)
11.	1102.3 (500.0)	*3.24X	Jonathan Bernor (US/75) 10/30/05 (500.0 kg. @ 154.5 kg.) (Chicago, Illinois) (WPO)
12.	1102.3 (500.0)	*3.31X	Matt Court (Canada/84) 6/21/08 (500.0 kg. @ 151.0 kg.) (Vaudreuil-Dorion, Quebec, Canada) (WPC)
13.	1100.0 (499.0)	*3.37X	Matt Wilson (US/79) 11/12/06 (1100.0 lb. @ 326.3 lb.) (York, Pennsylvania) (IPA)
14.	1074.8 (487.5)	*3.37X	Sylvester Crumbley (US/69) 12/4/05 (487.5 kg. @ 144.65 kg.) (Jacksonville, Florida) (APF)
15.	1069.2 (485.0)	*3.18X	Craig Gallo (US/72) 12/2/06 (485.0 kg. @ 152.4 kg.) (Kalamazoo, Michigan) (APF)
16.	1063.7 (482.5)	*3.21X	Paul Stratakis (US/68) 6/5/05 (482.5 kg. @ 331.8 lb.) (Detroit, Michigan) (APF/WPC)
17.	1058.2 (480.0)	*3.08X	Kari Kalliola (Finland/63) 3/4/06 (480.0 kg. @ 156.0 kg.) (Columbus, Ohio) (WPO)
18.	1050.0 (476.3)	*3.02X	Michael Ruggiera (US/68) 4/4/04 (1050.0 lb. @ 348.0 lb.) (Newark, Ohio) (IPA)
19.	1047.2 (475.0)	*3.28X	Todd Greninger (US/69) 11/4/06 (475.0 kg. @ 145.0 kg.) (Lake George, New York) (WPO)
20.	1041.7 (472.5)	*3.24X	John Ewing (US/80) 3/16/08 (472.5 kg. @ 145.9 kg.) (Rainbow City, Alabama) (APF)

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

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1074.8 (487.5)	*3.21X	Ryan Kennelly (US/74) 7/13/08 (487.5 kg. @ 152.0 kg. Heaviest male triple bodyweight bench press of all time.) (Dubuque, Iowa) (UPA) <TOP20F>
2.	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>
3.	1008.6 (457.5)	*3.05X	Scot Mendelson (US/69) 2/18/06 (457.5 kg. @ 331.0 lb.) (Pasadena, California) (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) <TOP20F>
5.	925.9 (420.0)	*2.47X	Garry Frank (US/64) 11/18/06 (420.0 kg. @ 170.2 kg.) (Lake City, Florida) (APF) <TOP20F>
6.	909.4 (412.5)	*2.42X	Robert Vick (US/74) 5/17/08 (412.5 kg. @ 375.2 lb.) (Wisconsin Dells, Wisconsin) (WABDL)
7.	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)
8.	900.6 (408.5)	*2.90X	Paul "Tiny" Meeker (US/71) 11/17/07 (408.5 kg. @ 311.0 lb.) (Anaheim, California) (WABDL) <TOP20F>
9.	900.0 (408.2)	*2.40X	Donnie Thompson (US/64) 1/20/08 (900.0 lb. @ 169.9 kg.) (Columbus, Ohio) (IPA)
10.	900.0 (408.2)	*2.42X	Robert "Tee" McCray (US/72) 6/29/08 (900.0 lb. @ 371.5 lb.) (York, Pennsylvania) (IPA)
11.	881.8 (400.0)	*2.73X	Jani Murtomaki (Finland/81) 11/4/06 (400.0 kg. @ 146.3 kg.) (Lake George, New York) (WPO)
12.	870.8 (395.0)	*2.81X	Mike Womack (US/83) 7/15/06 (395.0 kg. @ 310.4 lb.) (Portland, Oregon) (WABDL)
13.	859.8 (390.0)	*2.51X	Mike Wolfe (US/75) 3/3/07 (390.0 kg. @ 155.55 kg.) (Columbus, Ohio) (WPO)
14.	854.3 (387.5)	*2.76X	Steve Wong (US/68) 2/16/08 (387.5 kg. @ 310.0 lb.) (Los Angeles, California) (APF)
15.	848.8 (385.0)	*2.38X	Kari Kalliola (Finland/63) 6/18/08 (385.0 kg. @ 162.0 kg.) (Riga, Latvia) (WPC)
16.	830.0 (376.5)	*2.58X	Anthony Bolognone (US/76) 6/7/08 (830.0 lb. @ 322.0 lb.) (Bowling Green, Ohio) (APA)
17.	826.7 (375.0)	*2.53X	Travis Rogers (US/68) 3/3/07 (375.0 kg. @ 148.0 kg.) (Columbus, Ohio) (WPO)
18.	821.2 (372.5)	*2.18X	Chad Aichs (US/72) 11/4/06 (372.5 kg. @ 170.5 kg.) (Lake George, New York) (WPO)
19.	815.7 (370.0)	*1.54X	Jeff Lewis (US/70) 3/4/06 (370.0 kg. @ 240.0 kg.) (Columbus, Ohio) (WPO)
20.	810.2 (367.5)		James Crawford (US/74) 7/5/08 (367.5 kg.) (Honolulu, Hawaii) (WABDL)

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Records accurate (as to my knowledge) as of **8/31/08**.

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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

	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1003.1 (455.0)	*2.84X	Andy Bolton (Great Britain/70) 11/4/06 (455.0 kg. @ 160.0 kg. Only man to deadlift over 1000 pounds.) (Lake George, New York) (WPO) <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)	*2.91X	Tibor Meszaros (Hungary/67) 11/27/04 (420.5 kg. @ 144.55 kg., without a belt) (Trnava, Slovakia) (GPC)
5.	925.0 (419.6)	*2.58X	Gary Heisey (US/57) 3/15/92 (925.0 lb. @ 358.0 lb.) (Lancaster, Pennsylvania) (APA/WPA)
6.	925.0 (419.6)	*2.75X	Vladislav Alhazov (Israel/77) 1/20/08 (925.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA)
7.	903.9 (410.0)	*2.23X	Marc Henry (US/71) 7/16/95 (410.0 kg. @ 405.8 lb.) (Wilkes-Barre, Pennsylvania) (ADFPA/WDFPF)
8.	895.1 (406.0)	*2.86X	Lars Noren (Sweden/61) 4/10/88 (406.0 kg. @ 142.2 kg.) (Gothenburg, Sweden) (IPF)
9.	887.4 (402.5)	*2.52X	Peter Tregloan (Great Britain/57) 7/6/97 (402.5 kg. @ ~352.0 lb.) (Derby, England) (WPC)
10.	886.7 (402.0)	*2.73X	Bill Kazmaier (US/53) 11/29/81 (886.69 lb. @ ~325.0 lb.) (Atlanta, Georgia) (USPF/IPF)
11.	885.5 (401.7)	*2.48X	Don Reinhouldt (US/45) 5/3/75 (895.0 lb. @ 357.0 lb., which later weighed out at 885.5 lb.) (Chattanooga, Tennessee) (AAU/IPF)
12.	881.8 (400.0)	*2.74X	Vladimir Bondarenko (Russia/78) 1/18/04 (400.0 kg. @ 146.0 kg.) (Blagoveshchensk, Russia) (IPF)
13.	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)
14.	876.3 (397.5)	*2.69X	Vladimir Kalinichenko (Russia/72) 8/28/05 (397.5 kg. @ 147.8 kg.) (Oriol, Russia) (IPF)
15.	865.3 (392.5)	*2.57X	Brian Siders (US/78) 12/1/07 (392.5 kg. @ 152.5 kg.) (Scranton, Pennsylvania) (USAPL/IPF)
16.	865.3 (392.5)	*2.68X	Brad Gillingham (US/63) 3/1/08 (392.5 kg. @ 146.2 kg.) (Columbus, Ohio) (USAPL/IPF)
17.	865.0 (392.4)	*2.52X	Gus Rethwisch (US/47) 1/25/86 (865.0 lb. @ 343.0 lb.) (Bend, Oregon) (APF)
18.	859.8 (390.0)	*2.73X	Doyle Kenady (US/48-99) 5/4/79 (390.0 kg. @ 142.75 kg.) (Honolulu, Hawaii) (USPF/IPF)
19.	855.0 (387.8)	*2.48X	Paul Wrenn (US/47) 8/15/76 (855.0 lb. @ 345.0 lb.) (Arlington, Texas) (AAU)
20.	855.0 (387.8)	*2.16X	Tim Harold (US/84) 2/4/06 (855.0 lb. @ 396.2 lb.) (Fremont, 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.*

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

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2850.0 (1292.7)	*7.61X	Donnie Thompson (US/64) 1/20/08 (1155.0+900.0+795.0=2850.0 lb. @ 169.9 kg.) (Columbus, Ohio) (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)	*8.33X	Vladislav Alhazov (Israel/77) 1/20/08 (1250.0+630.0+925.0=2805.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA) <TOP20F>
5.	2799.9 (1270.0)	*5.29X	Jeff Lewis (US/70) 3/4/06 (550.0+370.0+350.0=1270.0 kg. @ 240.0 kg.) (Columbus, Ohio) (WPO)
6.	2733.7 (1240.0)	*7.45X	Chad Aichs (US/72) 3/3/07 (532.5+365.0+342.5=1240.0 kg. @ 166.55 kg.) (Columbus, Ohio) (WPO)
7.	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)
8.	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)
9.	2601.5 (1180.0)	*7.74X	Brian Siders (US/78) 12/1/07 (435.0+352.5+392.5=1180.0 kg. @ 152.5 kg.) (Scranton, Pennsylvania) (USAPL/IPF)
10.	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)
11.	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)
12.	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)
13.	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)
14.	2513.3 (1140.0)	*7.52X	Brent Mikesell (US/67) 6/29/03 (502.5+272.5+365.0=1140.0 kg. @ 334.0 lb.) (Newport, Oregon) (APF)
15.	2513.3 (1140.0)	*7.82X	Jani Murtomaki (Finland/81) 3/25/07 (425.0+365.0+350.0=1140.0 kg. @ 145.7 kg.) (Juva, Finland) (WPC)
16.	2510.0 (1138.5)	*7.21X	Michael Ruggiera (US/68) 4/17/05 (1020.0+675.0+815.0=2510.0 lb. @ 348.0 lb.) (Newark, Ohio) (IPA)
17.	2502.2 (1135.0)	*7.87X	Chris Wiers (US/77) 12/8/07 (405.0+350.0+380.0=1135.0 kg. @ 318.0 lb.) (Westbrook, Maine) (APF)
18.	2502.2 (1135.0)	*7.52X	Matt Court (Canada/84) 6/21/08 (500.0+330.0+305.0=1135.0 kg. @ 151.0 kg.) (Vaudreuil-Dorion, Quebec, Canada) (WPC)
19.	2485.7 (1127.5)	*7.13X	Kari Kalliola (Finland/63) 11/4/06 (475.0+355.0+297.5=1127.5 kg. @ 158.1 kg.) (Ghent, Belgium) (GPC)
20.	2474.7 (1122.5)	*7.43X	Vladimir Kalinichenko (Russia/72) 1/22/06 (422.5+315.0+385.0=1122.5 kg. @ 151.0 kg.) (Moscow, Russia) (IPF)

ALL TIME HISTORICAL GREATEST MALE SQUATTERS BY FORMULA

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

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

	Squat	Wt. Div.	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Schwartz	Sum	Rank
1.	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 #2	* 660.24 #1	#3	—#1—
2.	1250.0 *3.71X	SHW	Vladislav Alhazov (Israel/77) 1/20/08 (1250.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA)	* 689.88 #1	*612.75 #4	#5	#2
3.	1050.0 *5.30X	198	Sam Byrd (US/81) 8/19/07 (1050.0 lb. @ 198.2 lb.) (Franklin, Ohio) (IPA)	*670.70 #4	*615.03 #3	#7	#3
4.	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 #3	*611.16 #6	#9	#4
5.	1107.8 *4.86X	242	Sam Byrd (US/81) 6/14/08 (502.5 kg. @ 228.0 lb.) (Kennesaw, Georgia) (APF)	*665.58 #6	*605.65 #8	#14	#5
6.	1213.6 *3.52X	SHW	Andy Bolton (Great Britain/70) 3/3/07 (550.5 kg. @ 156.6 kg.) (Columbus, Ohio) (WPO)	*667.38 #5	*590.44 #10	=15	=6
7.	1150.0 *4.36X	275	Chuck Vogelpohl (US/65) 4/1/07 (1150.0 lb. @ 264.0 lb.) (Newark, Ohio) (IPA)	*661.48 #8	*606.40 #7	=15	=6
8.	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 #15	*618.05 #2	#17	#8
9.	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 #7	*582.77 #14	#21	#9
10.	1124.4 *4.09X	275	Yevgen Yarymbash (Ukraine/83) 3/3/07 (510.0 kg. @ 124.7 kg.) (Columbus, Ohio) (WPO)	*641.00 #11	*586.24 #11	#22	#10
11.	1050.0 *4.78X	220	Dondell Blue (US/75) 10/28/06 (1050.0 lb. @ 219.5 lb.) (Indianapolis, Indiana) (MPF)	*640.13 #12	*582.80 #13	#25	#11
12.	1085.0 *4.50X	242	Justin Graalfs (US/79) 7/23/06 (1085.0 lb. @ 109.4 kg.) (York, Pennsylvania) (IPA)	*639.61 #14	*582.86 #12	=26	=12
13.	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 #21	*612.22 #5	=26	=12
14.	1147.5 *3.75X	308	Paul Childress (US/71) 3/3/07 (520.5 kg. @ 138.7 kg.) (Columbus, Ohio) (WPO)	*642.14 #10	*579.26 #17	#27	#14
15.	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 #22	*593.52 #9	#31	#15
16.	990.0 *5.02X	198	Sergiy Naleykin (Ukraine/81) 1/20/08 (990.0 lb. @ 89.5 kg.) (Columbus, Ohio) (IPA)	*633.80 #17	*581.43 #15	#32	#16
17.	1212.5 *2.29X	SHW	Jeff Lewis (US/70) 3/4/06 (550.0 kg. @ 240.0 kg.) (Columbus, Ohio) (WPO)	*644.83 #9	*553.63 #24	#33	#17
18.	1102.3 *4.15X	275	Steve Goggins (US/63) 3/1/03 (500.0 kg. @ 120.45 kg. First man to squat 1100 pounds.) (Columbus, Ohio) (WPO)	*633.22 #18	*580.42 #16	#34	#18
19.	1174.0 *3.20X	SHW	Chad Aichs (US/72) 3/3/07 (532.5 kg. @ 166.55 kg.) (Columbus, Ohio) (WPO)	*639.69 #13	*560.69 #23	#36	#19
20.	1140.9 *3.57X	SHW	Brent Mikesell (US/67) 11/30/03 (517.5 kg. @ 145.0 kg.) (Calgary, Alberta, Canada) (APF/WPC)	*634.34 #16	*568.05 #22	=38	=20
21.	1107.8 *4.04X	275	Marc "Spuds" Bartley (US/68) 3/4/06 (502.5 kg. @ 124.4 kg.) (Columbus, Ohio) (WPO)	*631.90 #19	*578.17 #19	=38	=20
22.	1124.4 *3.77X	308	Marc "Spuds" Bartley (US/68) 11/4/06 (510.0 kg. @ 135.4 kg.) (Lake George, New York) (WPO)	*631.55 #20	*571.74 #21	#41	#22
23.	870.8 *5.27X	165	Oleksandr Kutcher (Ukraine/80) 11/3/06 (395.0 kg. @ 75.0 kg.) (Lake George, New York) (WPO)	*620.55 #24	*578.66 #18	#42	#23
24.	1102.3 *4.01X	275	Ano Turtiainen (Finland/67) 3/25/07 (500.0 kg. @ 124.8 kg.) (Juva, Finland) (WPC)	*628.32 #23	*574.63 #20	#43	#24

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

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

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

Records accurate (as to my knowledge) as of **8/31/08**.

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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.

	Bench Press	Wt. Div.	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Schwartz	Sum	Rank
1.	1074.8 *3.21X	SHW	Ryan Kennelly (US/74) 7/13/08 (487.5 kg. @ 152.0 kg. Heaviest male triple bodyweight bench press of all time.) (Dubuque, Iowa) (UPA)	*593.59 #1	*527.60 #1	#2	—#1—
2.	1008.6 *3.05X	SHW	Scot Mendelson (US/69) 2/18/06 (457.5 kg. @ 331.0 lb.) (Pasadena, California) (APF)	*557.97 #2	*497.05 #4	=6	=2
3.	948.0 *3.69X	275	Rob Luyando (US/70) 7/13/08 (430.0 kg. @ 116.6 kg.) (Dubuque, Iowa) (UPA)	*548.88 #4	*502.43 #2	=6	=2
4.	850.0 *4.29X	198	Shawn Frankl (US/77) 8/23/08 (850.0 lb. @ 198.0 lb. Heaviest quadruple bodyweight bench press of all time.) (Sharonville, Ohio) (IPA)	*543.24 #5	*498.19 #3	#8	#4
5.	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 #3	*487.33 #6	#9	#5
6.	805.0 *4.35X	198	Jason Coker (US/75) 8/23/08 (805.0 lb. @ 185.2 lb.) (Sharonville, Ohio) (IPA)	*533.55 #7	*492.39 #5	#12	#6
7.	905.0 *3.78X	242	Rob Luyando (US/70) 9/1/07 (410.5 kg. @ 108.6 kg.) (Dubuque, Iowa) (UPA)	*534.76 #6	*487.07 #7	#13	#7
8.	942.5 *3.06X	308	Paul "Tiny" Meeker (US/71) 2/18/06 (427.5 kg. @ 307.5 lb.) (Pasadena, California) (APF)	*526.94 #8	*475.01 #9	#17	#8
9.	914.9 *3.31X	308	Rob Luyando (US/70) 11/10/07 (415.0 kg. @ 276.0 lb.) (Omaha, Nebraska) (APF)	*521.23 #10	*476.49 #8	#18	#9
10.	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 #9	*472.95 #10	#19	#10
11.	804.7 *4.06X	220	Jason Coker (US/75) 3/29/08 (365.0 kg. @ 198.3 lb.) (Houston, Texas) (APF)	*513.87 #11	*471.19 #11	#22	#11
12.	914.9 *3.02X	308	Scot Mendelson (US/69) 8/7/05 (415.0 kg. @ 302.5 lb.) (Sherman Oaks, California) (APF)	*512.86 #12	*463.36 #12	#24	#12
13.	905.0 *3.01X	308	Ryan Kennelly (US/74) 9/16/06 (905.0 lb. @ 301.0 lb.) (Spokane Valley, Washington) (APF)	*507.71 #13	*459.02 #14	=27	=13
14.	832.2 *3.78X	220	Rob Luyando (US/70) 1/20/07 (377.5 kg. @ 100.0 kg.) (Dubuque, Iowa) (APF)	*506.50 #14	*461.06 #13	=27	=13
15.	900.6 *2.90X	SHW	Paul "Tiny" Meeker (US/71) 11/17/07 (408.5 kg. @ 311.0 lb.) (Anaheim, California) (WABDL)	*502.71 #16	*452.28 #15	#31	#15
16.	815.7 *3.76X	220	Shawn Frankl (US/77) 6/28/08 (370.0 kg. @ 98.4 kg.) (Willowbrook, Illinois) (APF)	*499.70 #18	*455.25 #17	#35	#16
17.	848.8 *3.51X	242	Richie Briggs (US/84) 11/10/07 (385.0 kg. @ 242.0 lb.) (Omaha, Nebraska) (APF)	*499.85 #20	*455.54 #16	#36	#17
18.	925.9 *2.47X	SHW	Garry Frank (US/64) 11/18/06 (420.0 kg. @ 170.2 kg.) (Lake City, Florida) (APF)	*502.79 #15	*439.19 #22	#37	#18
19.	931.5 *2.33X	SHW	Harlan "Clay" Brandenburg (US/74) 10/27/07 (422.5 kg. @ 181.7 kg.) (Kamamazoo, Michigan) (APF)	*500.56 #17	*432.17 #23	=40	=19
20.	881.8 *2.92X	308	Steve Wong (US/68) 11/17/06 (400.0 kg. @ 301.6 lb.) (Las Vegas, Nevada) (WABDL)	*494.56 #19	*447.01 #21	=40	=19
21.	859.8 *3.22X	275	Alberto Franco (US/73) 11/5/06 (390.0 kg. @ 121.0 kg.) (Lake George, New York) (APF/WPC)	*493.35 #22	*452.26 #18	=40	=19
22.	806.0 *3.72X	242	Jake Prazak (US/77) 6/21/08 (806.0 lb. @ 216.5 lb.) (Elk River, Minnesota) (UPA)	*494.16 #21	*450.23 #20	#41	#22
23.	859.8 *3.22X	275	Richie Briggs (US/84) 6/28/08 (390.0 kg. @ 121.1 kg.) (Willowbrook, Illinois) (APF)	*493.27 #23	*452.17 #19	#42	#23

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

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Records accurate (as to my knowledge) as of **8/31/08**.

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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 #7	*360.65 #2	#9 #4
5.	666.9 *2.33X	308	Ted Arcidi (US/59) 4/1/84 (302.5 kg. @ 286.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)	*377.33 #5	*343.72 #8	=13 =5
6.	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 #6	*345.02 #7	=13 =5
7.	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 #14	=18 =7
8.	391.3 *3.23X	123	Mike Booker (US/81) 6/21/03 (177.5 kg. @ 121.0 lb.) (Vista, California) (AAU)	*363.34 #13	*350.08 #5	=18 =7
9.	650.4 *2.36X	275	Ted Arcidi (US/59) 11/13/83 (295.0 kg. @ 125.0 kg.) (Westminster, Maryland) (NSM)	*370.58 #10	*338.84 #10	#20 #9
10.	665.0 *2.16X	308	Glen Chabot (US/66) 4/6/02 (665.0 lb. @ 308.0 lb.) (Queensbury, New York) (IPA)	*371.74 #8	*334.96 #13	#21 #10
11.	565.0 *2.96X	198	Larry Danaher (US) 10/4/86 (565.0 lb. @ 191 lb.) (Indianapolis, Indiana) (USPF/APF)	*367.98 #11	*338.66 #11	#22 #11
12.	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 #20	*347.25 #6	#26 #12
13.	675.0 *1.97X	SHW	Jim Williams (US/41-07) 11/9/72 (675.0 lb. @ 343.25 lb.) (Harrisburg, Pennsylvania) (AAU)	*371.49 #9	*328.93 #18	#27 #13
14.	615.0 *2.56X	242	Jeremy Hoornstra (US/81) 9/29/06 (615.0 lb. @ 240.0 lb.) (Las Vegas, Nevada) (WPO)	*363.10 #15	*330.81 #16	=31 =14
15.	360.5 3.14X	114	Mike Booker (US/81) 12/1/01 (163.5 kg.) (Laughlin, Nevada) (AAU)	353.72 #22	342.97 #9	=31 =14
16.	661.4 *2.00X	SHW	Bill Kazmaier (US/53) 1/31/81 (300.0 kg. @ 330.0 lb.) (Columbus, Georgia) (USPF/IPF)	*366.08 #12	*326.20 #22	#34 #16
17.	650.0 2.11X	308	Bob Hickey (US) 11/20/99 (650.0 lb.) (York, Pennsylvania) (IPA)	363.22 #14	327.21 #21	=35 =17
18.	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 #23	*336.61 #12	=35 =17
19.	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 #16	*327.48 #20	=36 =19
20.	562.2 *2.84X	198	Mike MacDonald (US/48) 10/4/80 (255.0 kg. @ 198.25 lb.) (Lebec, California) (USPF/IPF)	*359.05 #19	*329.24 #17	=36 =19
21.	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 #24	*330.83 #15	#39 #21
22.	529.1 *2.92X	181	Mike Bridges (US/57) 11/7/81 (240.0 kg. @ 82.2 kg.) (Calcutta, India) (USPF/IPF)	*355.24 #21	*328.52 #19	#40 #22
23.	650.4 *1.96X	SHW	Andrew Collura (US/76) 8/17/02 (295.0 kg. @ 331.0 lb.) (Lantana, Florida) (NSM)	*359.78 #17	*320.50 #24	=41 =23
24.	639.3 *2.16X	308	Vladimir Kravtsov (Russia/72) 4/29/01 (290.0 kg. @ 134.0 kg.) (Saratov, Russia) (IPF)	*359.76 #18	*326.19 #23	=41 =23

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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.*

	Deadlift	Wt. Div.	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Schwartz	Sum	Rank
1.	683.4 *5.17X	132	Lamar Gant (US/57) 11/11/88 (310.0 kg. @ 60.0 kg.) (Perth, Australia) (USPF/IPF)	*582.90 #1	*555.49 #2	=3	—#1—
2.	639.3 *5.18X	123	Lamar Gant (US/57) 7/10/82 (290.0 kg. @ 56.0 kg. First man to deadlift quintuple bodyweight.) (Dayton, Ohio) (USPF/IPF)	*581.99 #2	*559.29 #1	=3	—#1—
3.	573.2 5.00X	114	E. Sajeeva Bhaskaran (India/62) 1993 (260.0 kg.) (India Nationals) (IPF)	562.48 #4	545.40 #3	#7	#3
4.	793.7 *4.80X	165	Oleksandr Kutcher (Ukraine/80) 3/3/06 (360.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)	*565.57 #3	*527.39 #5	#8	#4
5.	567.7 *4.96X	114	Sergey Fedosienko (Russia/82) 3/3/05 (257.5 kg. @ 51.9 kg.) (Kazan, Russia) (IPF)	*558.21 #5	*541.35 #4	#9	#5
6.	780.0 *4.73X	165	John Inzer (US/62) 9/16/95 (780.0 lb. @ 164.75 lb.) (Dallas, Texas) (NSM)	*557.24 #6	*519.81 #7	#13	#6
7.	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 #13	522.75 #6	#19	#7
8.	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 #14	*518.33 #10	#24	#8
9.	702.2 *4.76X	148	Jaroslav Olech (Poland/74) 11/10/05 (318.5 kg. @ 66.9 kg.) (Miami, Florida) (IPF)	*545.31 #10	*513.78 #16	#26	#9
10.	578.7 *4.80X	123	Komarudin (Indonesia/71) 6/24/94 (262.5 kg. @ 54.7 kg.) (Bali, Indonesia) (IPF)	*539.19 #20	*519.63 #8	#28	#10
11.	633.8 4.79X	132	Lucien De Faria (France/42) 5/20/90 (287.5 kg.) (Boulogne, France) (IPF)	540.59 #15	515.18 #14	#29	#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 #7	*505.23 #23	=30	=12
13.	705.5 *4.74X	148	Dan Austin (US/58) 8/1/92 (320.0 kg. @ 67.5 kg.) (Raleigh, North Carolina) (USPF)	*543.92 #12	*512.11 #18	=30	=12
14.	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 #18	*515.12 #15	=33	=14
15.	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 #22	*517.03 #11	=33	=14
16.	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 #24	519.18 #9	=33	=14
17.	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	#17
18.	1003.1 *2.84X	SHW	Andy Bolton (Great Britain/70) 11/4/06 (455.0 kg. @ 160.0 kg. Only man to deadlift over 1000 pounds.) (Lake George, New York) (WPO)	*549.90 #8	*484.90 #27	=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 #11	*502.21 #24	=35	=18
20.	540.1 *4.73X	114	N. Ambu (India/78) 11/16/00 (245.0 kg. @ 51.8 kg.) (Akita City, Japan) (IPF)	*532.19 #25	*516.26 #12	#37	#20
21.	700.0 4.70X	148	Tony Conyers (US/59) 5/20/00 (317.5 kg.) (Daytona Beach, Florida) (WPO)	539.68 #17	508.04 #21	=38	=21
22.	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 #21	*513.53 #17	=38	=21
23.	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 #26	*516.26 #13	#39	#23
24.	697.8 *4.70X	148	Alexei Sivokon (Kazakhstan/73) 11/12/98 (316.5 kg. @ 67.3 kg.) (Cherkasy, Ukraine) (IPF)	*539.30 #19	*507.83 #22	#41	#24
25.	948.0 *3.45X	275	Konstantin Konstantinovs (Latvia/79) 4/2/06 (430.0 kg. @ 124.8 kg.) (Riga, Latvia) (IPF)	*540.35 #16	*494.19 #26	=42	=25
26.	628.3 *4.75X	132	Mikhail Andrushin (Russia/70) 8/25/05 (285.0 kg. @ 59.95 kg.) (Oriol, Russia) (IPF)	*536.30 #23	*511.14 #19	=42	=25
27.	573.2 *4.71X	123	Shih-Wu Lu (Chinese Taipei/75) 11/14/02 (260.0 kg. @ 55.2 kg.) (Trencin, Slovakia) (IPF)	*529.24 #27	*509.46 #20	#47	#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.*

	Total	Wt. Div.	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Schwartz	Sum	Rank
1.	2469.2 *12.47X	198	Shawn Frankl (US/77) 11/10/07 (442.5+350.0+327.5=1120.0 kg. @ 198.0 lb.) (Omaha, Nebraska) (APF)	*1578.1 #1	*1447.2 #1	#2	—#1—
2.	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 #2	*1441.8 #4	#6	#2
3.	2535.3 *11.69X	220	Shawn Frankl (US/77) 6/28/08 (455.0+370.0+325.0=1150.0 kg. @ 98.4 kg. Heaviest men's 11X bodyweight Total of all time.) (Willowbrook, Illinois) (APF)	*1553.1 #3	*1415.0 #5	#8	#3
4.	2171.6 *13.13X	165	Oleksandr Kutcher (Ukraine/80) 3/3/06 (375.0+250.0+360.0=985.0 kg. @ 75.0 kg. Heaviest 13X bodyweight male total of all time.) (Columbus, Ohio) (WPO)	*1547.4 #6	*1443.0 #3	#9	#4
5.	2625.0 *10.85X	242	Greg Panora (US/80) 8/24/08 (1055.0+770.0+800.0=2625.0 lb. @ 242.0 lb.) (Sharonville, Ohio) (IPA)	*1545.9 #7	*1408.8 #6	#13	#5
6.	2500.0 *11.39X	220	Dondell Blue (US/75) 10/28/06 (1050.0+700.0+750.0=2500.0 lb. @ 219.5 lb.) (Indianapolis, Indiana) (MPF)	*1524.13 #9	*1387.6 #12	#21	#6
7.	2502.2 *11.37X	220	Michael Schwanke (US/78) 6/14/08 (455.0+315.0+365.0=1135.0 kg. @ 220.0 lb.) (Kennesaw, Georgia) (APF)	*1524.12 #10	*1387.5 #13	=23	=7
8.	2667.6 *9.70X	275	Yevgen Yarymbash (Ukraine/83) 3/3/07 (510.0+330.0+370.0=1210.0 kg. @ 124.7 kg.) (Columbus, Ohio) (WPO)	*1520.8 #12	*1390.9 #11	=23	=7
9.	2805.0 *8.33X	SHW	Vladislav Alhazov (Israel/77) 1/20/08 (1250.0+630.0+925.0=2805.0 lb. @ 152.7 kg.) (Columbus, Ohio) (IPA)	*1548.08 #5	*1375.0 #19	=24	=9
10.	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 #22	*1445.4 #2	=24	=9
11.	2149.5 *12.65X	181	Oleksandr Kutcher (Ukraine/80) 10/22/06 (390.0+240.0+345.0=975.0 kg. @ 77.1 kg.) (Stuttgart, Germany) (WPC)	*1503.2 #17	*1398.3 #8	#25	#11
12.	2230.0 *12.42X	181	Brad Vargason (US/76) 4/29/06 (855.0+625.0+750.0=2230.0 lb. @ 179.5 lb.) (New Castle, Delaware) (APF)	*1506.0 #16	*1393.8 #10	#26	#12
13.	2850.0 *7.61X	SHW	Donnie Thompson (US/64) 1/20/08 (1155.0+900.0+795.0=2850.0 lb. @ 169.9 kg.) (Columbus, Ohio) (IPA)	*1548.12 #4	*1352.6 #24	#28	#13
14.	2570.0 *10.66X	242	Brian Carroll (US/81) 8/24/08 (2570.0 lb. @ 241.0 lb.) (Sharonville, Ohio) (IPA)	*1515.5 #13	*1380.9 #16	#29	#14
15.	2620.0 *9.98X	275	Greg Panora (US/80) 1/20/08 (1040.0+775.0+805.0=2620.0 lb. @ 119.1 kg.) (Columbus, Ohio) (IPA)	*1508.9 #15	*1382.8 #15	=30	=15
16.	2045.0 *12.80X	165	Brian Schwab (US/74) 8/23/08 (2045.0 lb. @ 159.8 lb.) (Sharonville, Ohio) (IPA)	*1493.01 #21	*1396.5 #9	=30	=15
17.	1930.0 *12.97X	148	Brian Schwab (US/74) 1/20/08 (1930.0 lb. @ 67.5 kg.) (Columbus, Ohio) (IPA)	*1488.0 #23	*1400.8 #7	=30	=15
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 #8	*1365.4 #23	#31	#18
19.	2565.0 *10.58X	242	James Grandick (US/68) 8/24/08 (2565.0 lb. @ 242.4 lb.) (Sharonville, Ohio) (IPA)	*1509.7 #14	*1376.1 #18	#32	#19
20.	2235.0 *12.31X	181	Michael Cartinian (US/76) 8/23/08 (2235.0 lb. @ 181.5 lb.) (Sharonville, Ohio) (IPA)	*1499.2 #19	*1386.1 #14	#33	#20
21.	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 pounds.) (Jacksonville, Florida) (APF)	*1523.0 #11	*1329.9 #25	#36	#21
22.	2502.2 *10.93X	242	Matt Kroczaleski (US/73) 7/13/08 (1135.0 kg. @ 103.8 kg.) (Dubuque, Iowa) (UPA)	*1501.3 #18	*1366.0 #22	#40	#22
23.	2605.0 *9.87X	275	Chuck Vogelpohl (US/65) 4/1/07 (2605.0 lb. @ 264.0 lb.) (Newark, Ohio) (IPA)	*1498.4 #20	*1373.6 #21	#41	#23
24.	1384.5 *12.56X	114	Andrzej Stanaszek (Poland/71) 11/5/03 (628.0 kg. @ 50.0 kg.) (Vejlø, Denmark) (IPF)	*1416.6 #25	*1379.8 #17	#42	#24
25.	1543.2 *12.70X	123	Sergey Fedosienko (Russia/82) 10/15/07 (700.0 kg. @ 55.1 kg.) (Soelden, Austria) (IPF)	*1427.5 #24	*1374.4 #20	#44	#25

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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.*

	Squat	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	662.5 (300.5)	* 6.010X	114 (52)	Andrzej Stanaszek (Poland/71) 11/5/03 (300.5 kg. @ 50.0 kg. First man to squat quintuple bodyweight. Only man to squat sextuple bodyweight.) (Vejele, 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.	705.5 (320.0)	5.333X	132 (60)	Magnus Karlsson (Sweden/67) 10/2/99 (320.0 kg.) (Malmo, Sweden) (IPF)
6.	1050.0 (476.3)	*5.298X	198 (90)	Sam Byrd (US/81) 8/19/07 (1050.0 lb. @ 198.2 lb.) (Franklin, Ohio) (IPA)
7.	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)
8.	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)
9.	595.2 (270.0)	*5.202X	114 (52)	Sergey Fedosienko (Russia/82) 3/3/05 (270.0 kg. @ 51.9 kg.) (Kazan, Russia) (IPF)
10.	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)
11.	683.4 (310.0)	*5.171X	132 (60)	Ayrat Zakiyev (Russia/81) 3/1/06 (310.0 kg. @ 59.95 kg.) (Ufa, Russia) (IPF)
12.	825.0 (374.2)	*5.163X	165 (75)	Brian Schwab (US/74) 8/23/08 (825.0 lb. @ 159.8 lb.) (Sharonville, Ohio) (IPA)
13.	633.8 (287.5)	*5.162X	123 (56)	Magnus Karlsson (Sweden/67) 11/14/96 (287.5 kg. @ 55.7 kg.) (Salzburg, Austria) (IPF)
14.	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)
15.	833.3 (378.0)	*5.136X	165 (75)	Nick Hatch (US/85) 10/29/05 (378.0 kg. @ 73.6 kg.) (Chicago, Illinois) (WPO)
16.	688.9 (312.5)	*5.106X	148 (67.5)	Ravil Kazakov (Russia/82) 7/16/05 (312.5 kg. @ 61.2 kg.) (Duisburg, Germany) (IPF)
17.	617.3 (280.0)	*5.082X	123 (56)	Sergey Fedosienko (Russia/82) 10/15/07 (280.0 kg. @ 55.1 kg.) (Soelden, Austria) (IPF)
18.	859.8 (390.0)	*5.058X	181 (82.5)	Oleksandr Kutcher (Ukraine/80) 10/22/06 (390.0 kg. @ 77.1 kg.) (Stuttgart, Germany) (WPC)
19.	749.6 (340.0)	*5.037X	148 (67.5)	Jaroslav Olech (Poland/74) 11/11/04 (340.0 kg. @ 67.5 kg.) (Cape Town, South Africa) (IPF)
20.	661.4 (300.0)	*5.025X	132 (60)	Ravil Kazakov (Russia/82) 11/10/04 (300.0 kg. @ 59.7 kg.) (Cape Town, South Africa) (IPF)

ALL TIME HISTORICAL GREATEST MALE BENCH-PRESS/BODYWEIGHT COEFFICIENTS

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

	Bench Press	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	805.0 (365.1)	* 4.347X	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. Heaviest quadruple bodyweight bench press of all time.) (Sharonville, Ohio) (IPA)
3.	804.7 (365.0)	*4.058X	220 (100)	Jason Coker (US/75) 3/29/08 (365.0 kg. @ 198.3 lb.) (Houston, Texas) (APF)
4.	600.0 (272.2)	4.032X	148 (67.5)	Joe Ceklovsky (US/74) 1/20/08 (600.0 lb.) (Carteret, New Jersey) (IPA)
5.	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)
6.	725.0 (328.9)	*3.994X	181 (82.5)	Jason Fry (US/79) 6/7/08 (725.0 lb. @ 181.5 lb.) (Bowling Green, Ohio) (APA)
7.	655.0 (297.1)	*3.982X	165 (75)	Joe Mazza (US/66) 10/13/07 (655.0 lb. @ 164.5 lb.) (Leesport, Pennsylvania) (IPA)
8.	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)
9.	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)
10.	766.1 (347.5)	*3.870X	198 (90)	George Halbert (US/71) 4/19/08 (347.5 kg. @ 89.8 kg.) (Columbus, Ohio) (UPA)
11.	700.0 (317.5)	*3.857X	181 (82.5)	Michael Cartinian (US/76) 8/23/08 (700.0 lb. @ 181.5 lb.) (Sharonville, Ohio) (IPA)
12.	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)
13.	605.0 (274.4)	*3.7860X	165 (75)	Brian Schwab (US/74) 8/23/08 (605.0 lb. @ 159.8 lb.) (Sharonville, Ohio) (IPA)
14.	905.0 (410.5)	*3.780X	242 (110)	Rob Luyando (US/70) 9/1/07 (410.5 kg. @ 108.6 kg.) (Dubuque, Iowa) (UPA)
15.	832.2 (377.5)	*3.775X	220 (100)	Rob Luyando (US/70) 1/20/07 (377.5 kg. @ 100.0 kg.) (Dubuque, Iowa) (APF)
16.	815.7 (370.0)	*3.760X	220 (100)	Shawn Frankl (US/77) 6/28/08 (370.0 kg. @ 98.4 kg.) (Willowbrook, Illinois) (APF)
17.	619.5 (281.0)	*3.759X	165 (75)	Daiiki Kodama (Japan/79) 9/17/05 (281.0 kg. @ 74.75 kg.) (Saitama, Japan) (IPF)
18.	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)
19.	677.9 (307.5)	*3.755X	181 (82.5)	Jason Coker (US/75) 3/3/07 (307.5 kg. @ 81.9 kg.) (Columbus, Ohio) (WPO)
20.	740.0 (335.7)	*3.753X	198 (90)	Scott Sceppe (US/78) 5/26/07 (740.0 lb. @ 197.2 lb.) (West Hempstead, New York) (APF)

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

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

	Bench Press	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	391.3 (177.5)	*3.508X	114 (52)	Andrzej Stanaszek (Poland/71) 11/18/94 (177.5 kg. @ 50.6 kg.) (Johannesburg, South Africa) (IPF)
2.	385.8 (175.0)	*3.314X	123 (56)	Andrzej Stanaszek (Poland/71) 5/20/00 (175.0 kg. @ 52.8 kg.) (Landshut, Germany) (IPF)
3.	391.3 (177.5)	*3.234X	123 (56)	Mike Booker (US/81) 6/21/03 (177.5 kg. @ 121.0 lb.) (Vista, California) (AAU)
4.	370.0 (167.8)	*3.190X	123 (56)	Christopher O' Neil (US) 11/21/92 (370.0 lb. @ 116.0 lb.) (Port Charlotte, Florida) (APA/WPA)
5.	360.5 (163.5)	3.144X	114 (52)	Mike Booker (US/81) 12/1/01 (163.5 kg.) (Laughlin, Nevada) (AAU)
6.	410.0 (186.0)	*3.130X	132 (60)	Rick "Taz" Couch (US) 11/20/93 (410.0 lb. @ 131.0 lb.) (Thousand Oaks, California) (APA/WPA/UBPF)
7.	556.7 (252.5)	*3.064X	181 (82.5)	Rick Weil (US/58) 6/29/86 (252.5 kg. @ 82.4 kg. Heaviest unequipped triple bodyweight bench press of all time.) (Dayton, Ohio) (APF/WPC)
8.	377.5 (171.2)	*3.063X	123 (56)	Rick "Taz" Couch (US) 4/10/93 (377.5 lb. @ 123.25 lb.) (Fresno, California) (APA/WPA/UBPF)
9.	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)
10.	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)
11.	366.0 (166.0)	*2.980X	123 (56)	Magnus Karlsson (Sweden/67) 9/7/91 (166.0 kg. @ 55.7 kg.) (Frederikshavn, Denmark) (IPF)
12.	565.0 (256.3)	*2.958X	198 (90)	Larry Danaher (US) 10/4/86 (565.0 lb. @ 191 lb.) (Indianapolis, Indiana) (USPF/APF)
13.	363.8 (165.0)	2.946X	123 (56)	Hiroyaki Isagawa (Japan/53) 6/24/90 (165.0 kg.) (Sapporo City, Hokkaido, Japan) (IPF)
14.	485.0 (220.0)	*2.937X	165 (75)	Rick Weil (US/58) 7/23/83 (220.0 kg. @ 74.9 kg.) (Austin, Texas) (USPF)
15.	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)
16.	479.5 (217.5)	2.900X	165 (75)	Jim Rouse (US/41) 11/8/80 (217.5 kg.) (Arlington, Texas) (USPF/IPF)
17.	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)
18.	418.9 (190.0)	*2.889X	148 (67.5)	Josef Poinnee/Ponnier (France/52) 6/25/88 (190.0 kg. @ 145.0 lb.) (Reading, England) (WDFPF)
19.	522.1 (236.8)	*2.885X	181 (82.5)	Mike MacDonald (US/48) 10/13/79 (237.5 kg. @ 181.0 lb., which later weighed out at 522.1 lb.) (Camp Spring, Maryland) (USPF)
20.	325.2 (147.5)	*2.881X	114 (52)	Chuck Dunbar (US/57) 7/7/84 (147.5 kg. @ 51.2 kg.) (Dayton, Ohio) (USPF)

ALL TIME HISTORICAL GREATEST MALE DEADLIFT/BODYWEIGHT COEFFICIENTS

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

	Deadlift	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	639.3 (290.0)	*5.179X	123 (56)	Lamar Gant (US/57) 7/10/82 (290.0 kg. @ 56.0 kg. First man to deadlift quintuple bodyweight.) (Dayton, Ohio) (USPF/IPF)
2.	683.4 (310.0)	*5.167X	132 (60)	Lamar Gant (US/57) 11/11/88 (310.0 kg. @ 60.0 kg.) (Perth, Australia) (USPF/IPF)
3.	573.2 (260.0)	5.000X	114 (52)	E. Sajeeva Bhaskaran (India/62) 1993 (260.0 kg.) (India Nationals) (IPF)
4.	567.7 (257.5)	*4.961X	114 (52)	Sergey Fedosienko (Russia/82) 3/3/05 (257.5 kg. @ 51.9 kg.) (Kazan, Russia) (IPF)
5.	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)
6.	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)
7.	793.7 (360.0)	*4.800X	165 (75)	Oleksandr Kutcher (Ukraine/80) 3/3/06 (360.0 kg. @ 75.0 kg.) (Columbus, Ohio) (WPO)
8.	578.7 (262.5)	*4.799X	123 (56)	Komarudin (Indonesia/71) 6/24/94 (262.5 kg. @ 54.7 kg.) (Bali, Indonesia) (IPF)
9.	633.8 (287.5)	4.792X	132 (60)	Lucien De Faria (France/42) 5/20/90 (287.5 kg.) (Boulogne, France) (IPF)
10.	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)
11.	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)
12.	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)
13.	702.2 (318.5)	*4.761X	148 (67.5)	Jaroslaw Olech (Poland/74) 11/10/05 (318.5 kg. @ 66.9 kg.) (Miami, Florida) (IPF)
14.	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)
15.	628.3 (285.0)	*4.754X	132 (60)	Mikhail Andrushin (Russia/70) 8/25/05 (285.0 kg. @ 59.95 kg.) (Oriol, Russia) (IPF)
16.	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)
17.	780.0 (353.8)	*4.734X	165 (75)	John Inzer (US/62) 9/16/95 (780.0 lb. @ 164.75 lb.) (Dallas, Texas) (NSM)
18.	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)
19.	540.1 (245.0)	*4.730X	114 (52)	Chun-Hsiung Hu (Chinese Taipei/74) 11/14/02 (245.0 kg. @ 51.8 kg.) (Trencin, Slovakia) (IPF)
20.	573.2 (260.0)	*4.710X	123 (56)	Shih-Wu Lu (Chinese Taipei/75) 11/14/02 (260.0 kg. @ 55.2 kg.) (Trencin, Slovakia) (IPF)

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Records accurate (as to my knowledge) as of **8/31/08**.

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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.*

	Total	X-Bwt	Wt. Div.	Male Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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)
2.	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. Heaviest 13X bodyweight male total of all time.) (Columbus, Ohio) (WPO)
3.	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)
4.	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)
5.	1543.2 (700.0)	*12.704X	123 (56)	Sergey Fedosienko (Russia/82) 10/15/07 (280.0+177.5+242.5=700.0 kg. @ 55.1 kg.) (Soelden, Austria) (IPF)
6.	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)
7.	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)
8.	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)
9.	2469.2 (1120.0)	*12.471X	198 (90)	Shawn Frankl (US/77) 11/10/07 (442.5+350.0+327.5=1120.0 kg. @ 198.0 lb.) (Omaha, Nebraska) (APF)
10.	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)
11.	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)
12.	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)
13.	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)
14.	2045.0 (927.6)	*12.394X	165 (75)	Al Caslow (US/80) 8/23/08 (820.0+540.0+685.0=2045.0 lb. @ 165.0 lb.) (Sharonville, Ohio) (IPA)
15.	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)
16.	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)
17.	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)
18.	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)
19.	2235.0 (1013.8)	*12.314X	181 (82.5)	Michael Cartinian (US/76) 8/23/08 (890.0+700.0+645.0=2235.0 lb. @ 181.5 lb.) (Sharonville, Ohio) (IPA)
20.	1625.9 (737.5)	*12.302X	132 (60)	Mikhail Andrushin (Russia/70) 8/25/05 (282.5+170.0+285.0=737.5 kg. @ 59.95 kg.) (Oriol, Russia) (IPF)

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

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

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

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	378.1 (171.5)	*3.92X	Wei-Ling Chen (Chinese Taipei/82) 5/27/05 (171.5 kg. @ 43.8 kg.) (Ylitorniolla, Finland) (IPF)
2.	377.0 (171.0)	*3.90X	Raija Koskinen-Jurkko (Finland/63) 11/28/03 (171.0 kg. @ 43.8 kg.) (Trencin, Slovakia) (IPF)
3.	363.8 (165.0)	*3.81X	Olesia Lafina (Russia/79) 11/6/99 (165.0 kg. @ 43.3 kg.) (Nymburk, Czech Republic) (IPF)
4.	358.3 (162.5)	*3.76X	Svetlana Tesleva (Russia/75) 5/25/00 (162.5 kg. @ 43.2 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
5.	347.2 (157.5)	*3.62X	Chun-Ju Chen (Chinese Taipei/82) 5/25/00 (157.5 kg. @ 43.5 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
6.	347.2 (157.5)	*3.58X	Olga Golubeva (Russia/70) 8/23/05 (157.5 kg. @ 43.95 kg.) (Oriol, Russia) (IPF)
7.	341.7 (155.0)	*3.54X	Valentina 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

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	248.0 (112.5)	*2.61X	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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Records accurate (as to my knowledge) as of **8/31/08**.

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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

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	385.8 (175.0)	*4.00X	Wei-Ling Chen (Chinese Taipei/82) 5/23/03 (175.0 kg. @ 43.7 kg.) (Chicago, Illinois) (IPF) <TOP20C> <TOP20F>
2.	374.8 (170.0)	*3.94X	Svetlana Tesleva (Russia/75) 5/25/00 (170.0 kg. @ 43.2 kg.) (Pinamar, Buenos Aires, Argentina) (IPF) <TOP20C> <TOP20F>
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) <TOP20C>
7.	358.3 (162.5)	*3.69X	Shirley Scheffler (US/59) 5/7/94 (162.5 kg.) (Chicago, Illinois) (ADFPA)
8.	358.3 (162.5)	*3.70X	Vuokko Viitasaari (Finland/54) 2/26/00 (162.5 kg. @ 43.9 kg.) (Laukaa, Finland) (IPF)
9.	358.3 (162.5)	*3.71X	Valentina Vermeniuk (Russia/86) 9/19/06 (162.5 kg. @ 43.75 kg.) (Syktyfkar, Russia) (IPF)
10.	347.2 (157.5)	*3.60X	Elizabeth "Ann" Leverett (US/54) 6/26/96 (157.5 kg. @ 43.8 kg.) (Kitchener, Canada) (USPF/IPF)
11.	347.2 (157.5)	*3.58X	Olga Golubeva (Russia/70) 8/23/05 (157.5 kg. @ 43.95 kg.) (Oriol, Russia) (IPF)
12.	345.0 (156.5)	*3.56X	Carol Patterson (US/57) 3/3/84 (345.0 lb. @ 97.0 lb.) (Redmond, Washington) (USPF)
13.	341.7 (155.0)	*3.54X	Natalie Jaqueline Janot (France/69) 11/28/93 (155.0 kg. @ 43.8 kg.) (Jonkoping, Sweden) (IPF)
14.	338.4 (153.5)	*3.52X	Sue Strezze-Benford (US) 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)

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

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	937.0 (425.0)	*9.84X	Svetlana Tesleva (Russia/75) 5/25/00 (162.5+95.0+167.5=425.0 kg. @ 43.2 kg.) (Pinamar, Buenos Aires, Argentina) (IPF) <TOP20C>
2.	914.9 (415.0)	*9.45X	Raija Koskinen-Jurkko (Finland/63) 11/29/02 (167.5+80.0+167.5=415.0 kg. @ 43.9 kg.) (Laukaa, Finland) (IPF)
3.	890.7 (404.0)	*9.22X	Wei-Ling Chen (Chinese Taipei/82) 5/27/05 (171.5+62.5+170.0=404.0 kg. @ 43.8 kg.) (Ylitoriolla, 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	Sue Strezze-Benford (US) 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

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	463.0 (210.0)	*4.40X	Margaret Kirkland (US/63) 8/4/07 (210.0 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC) <TOP20C> <TOP20F>
2.	440.9 (200.0)	*4.18X	Olesia Lafina (Russia/79) 2/26/03 (200.0 kg. @ 47.8 kg.) (Kazan, Russia) (IPF) <TOP20C> <TOP20F>
3.	435.4 (197.5)	*4.23X	Wei-Ling Chen (Chinese Taipei/82) 10/15/07 (197.5 kg. @ 46.7 kg.) (Soelden, Austria) (IPF) <TOP20C>
4.	402.3 (182.5)	*3.84X	Svetlana Tesleva (Russia/75) 2/28/06 (182.5 kg. @ 47.55 kg.) (Ufa, Russia) (IPF)
5.	399.0 (181.0)	*3.79X	Raija Koskinen-Jurkko (Finland/63) 3/9/03 (181.0 kg. @ 47.75 kg.) (Dickursby, Finland) (IPF)
6.	391.3 (177.5)	*3.70X	Taisiya Kuznetsova (Ukraine/86) 3/2/07 (177.5 kg. @ 48.0 kg.) (Columbus, Ohio) (WPO)
7.	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)
8.	385.8 (175.0)	*3.69X	Yulia Taranova (Russia/79) 2/26/03 (175.0 kg. @ 47.44 kg.) (Kazan, Russia) (IPF)
9.	385.8 (175.0)	*3.72X	Valentina Vermeuiuk (Russia/86) 2/28/06 (175.0 kg. @ 47.1 kg.) (Ufa, Russia) (IPF)
10.	380.3 (172.5)	*3.62X	Natalia Shapovalova (Russia/83) 5/30/02 (172.5 kg. @ 47.6 kg.) (Riesa, Germany) (IPF)
11.	377.0 (171.0)	*3.62X	Natalia Frolova (Canada/80) 6/26/04 (171.0 kg. @ 47.2 kg.) (Okotoks, Alberta, Canada) (WPC)
12.	375.9 (170.5)	*3.59X	Petra Thyse (South Africa) 11/7/92 (170.5 kg. @ 47.5 kg.) (Stone, England) (WPC)
13.	374.8 (170.0)	*3.57X	Oksana Dmytruk (Ukraine/83) 9/10/03 (170.0 kg. @ 47.65 kg.) (Koscian, Poland) (IPF)
14.	374.8 (170.0)	*3.65X	Yukako Fukushima (Japan/70) 10/15/07 (170.0 kg. @ 46.6 kg.) (Soelden, Austria) (IPF)
15.	369.3 (167.5)	*3.49X	Oxana Sokovkina (Russia/86) 3/31/05 (167.5 kg. @ 48.0 kg.) (Kemerovo, Russia) (IPF)
16.	365.0 (165.6)	*3.48X	Elaine "Scraps" Kunkle-Grimwood (US/70) 7/23/06 (365.0 lb. @ 47.6 kg.) (York, Pennsylvania) (IPA)
17.	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)
18.	363.8 (165.0)	*3.47X	Tatiana Eltsova (Russia/78) 9/26/00 (165.0 kg. @ 47.6 kg.) (Sochi, Russia) (IPF)
19.	363.8 (165.0)	*3.44X	Yana Zadorina (Russia/82) 3/31/05 (165.0 kg. @ 48.0 kg.) (Kemerovo, Russia) (IPF)
20.	363.8 (165.0)	*3.44X	Vilma Ochoa Vargas (Ecuador/80) 11/6/06 (165.0 kg. @ 48.0 kg.) (Stavanger, Norway) (IPF)

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

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	286.6 (130.0)	*2.76X	Yukako Fukushima (Japan/70) 7/14/02 (130.0 kg. @ 47.1 kg.) (Matsuda City, Kanagawa, Japan) (IPF) <TOP20C> <TOP20F>
2.	275.6 (125.0)	*2.78X	Justyna Kozdryk (Poland/80) 6/26/08 (125.0 kg. @ 44.9 kg.) (Prague, Czech Republic) (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.	237.0 (107.5)	*2.24X	Yana Zadorina (Russia/82) 3/31/05 (107.5 kg. @ 48.0 kg.) (Kemerovo, Russia) (IPF)
6.	237.0 (107.5)	*2.27X	Svetlana Tesleva (Russia/75) 5/27/05 (107.5 kg. @ 47.35 kg.) (Ylitorniolla, Finland) (IPF)
7.	231.5 (105.0)	*2.20X	Oxana Sokovkina (Russia/86) 11/25/05 (105.0 kg. @ 47.65 kg.) (Oroshaza, Hungary) (IPF)
8.	226.0 (102.5)	*2.14X	Nadezhda Vaganova (Russia/83) 2/28/06 (102.5 kg. @ 48.0 kg.) (Ufa, Russia) (IPF)
9.	226.0 (102.5)	*2.17X	Eva Svjantekova (Slovakia/73) 5/25/06 (102.5 kg. @ 47.15 kg.) (Miskolc, Hungary) (IPF)
10.	225.0 (102.1)	*2.16X	Janet Faraone (US/67) 12/21/02 (225.0 lb. @ 104.0 lb.) (Queensbury, New York) (IPA)
11.	220.5 (100.0)	2.08X	April Delmore (US/67) 12/7/96 (100.0 kg.) (Adel, Georgia) (USPF)
12.	220.5 (100.0)	*2.10X	Marlina (Indonesia/79) 10/31/97 (100.0 kg. @ 47.7 kg.) (Yuan Lin, Taiwan) (IPF)
13.	220.5 (100.0)	*2.15X	Chihiro Iwaki (Japan/64) 9/1/01 (100.0 kg. @ 46.55 kg.) (Takamatsu, Japan) (IPF)
14.	220.5 (100.0)	*2.20X	Cosette Fernandez-Neely (US/82) 6/5/04 (100.0 kg. @ 100.0 lb.) (Rancho Cordova, California) (WABDL)
15.	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)
16.	220.5 (100.0)	*2.17X	Natalia Frolova (Canada/80) 9/12/04 (100.0 kg. @ 46.0 kg.) (Okotoks, Alberta, Canada) (WPC)
17.	220.5 (100.0)	*2.17X	Taisiya Kuznetsova (Ukraine/86) 11/5/06 (100.0 kg. @ 46.0 kg.) (Lake George, New York) (WPC)
18.	215.0 (97.5)	*2.04X	Tsuko Watanabe (Japan/62) 11/30/96 (97.5 kg. @ 47.8 kg.) (Silkeborg, Denmark) (IPF)
19.	215.0 (97.5)	*2.05X	Elena Yamskich (Russia/74) 5/25/00 (97.5 kg. @ 47.5 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
20.	215.0 (97.5)	*2.04X	Kuan-Ting Chen (Chinese Taipei/77) 4/22/01 (97.5 kg. @ 47.8 kg.) (Novgorod, 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.*

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

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	407.9 (185.0)	*3.96X	Wei-Ling Chen (Chinese Taipei/82) 10/15/07 (185.0 kg. @ 46.7 kg.) (Soelden, Austria) (IPF) <TOP20C> <TOP20F>
2.	403.4 (183.0)	*3.81X	Jennifer Maile (US/84) 2/9/02 (183.0 kg. @ 48.0 kg.) (Chicago, Illinois) (USAPL/IPF) <TOP20C>
3.	402.3 (182.5)	*3.82X	Majik Jones (US/53) 1/28/84 (182.5 kg. @ 47.8 kg.) (Austin, Texas) (USPF/IPF) <TOP20C>
4.	397.9 (180.5)	*3.80X	Svetlana Tesleva (Russia/75) 2/28/06 (180.5 kg. @ 47.55 kg.) (Ufa, Russia) (IPF) <TOP20C>
5.	392.4 (178.0)	*3.74X	Elena Yamskich (Russia/74) 11/26/99 (178.0 kg. @ 47.6 kg.) (Saint Prix, France) (IPF)
6.	391.3 (177.5)	*3.70X	Vilma Ochoa Vargas (Ecuador/80) 11/6/06 (177.5 kg. @ 48.0 kg.) (Stavanger, Norway) (IPF)
7.	388.0 (176.0)	3.67X	Vuokko Viitasaari (Finland/54) 10/4/97 (176.0 kg.) (Rovaniemi, Finland) (IPF)
8.	385.8 (175.0)	*3.65X	Natalia Shapovalova (Russia/83) 2/26/03 (175.0 kg. @ 48.0 kg.) (Kazan, Russia) (IPF)
9.	385.8 (175.0)	*3.72X	Valentina Verмениuk (Russia/86) 2/28/06 (175.0 kg. @ 47.1 kg.) (Ufa, Russia) (IPF)
10.	385.8 (175.0)	*3.65X	Chia Yu Li (Chinese Taipei/87) 10/15/07 (175.0 kg. @ 47.9 kg.) (Soelden, Austria) (IPF)
11.	380.3 (172.5)	*3.62X	Diana Rowell (US/57) 1/29/83 (172.5 kg. @ 47.6 kg.) (Chicago, Illinois) (USPF)
12.	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)
13.	380.3 (172.5)	*3.62X	Margaret Kirkland (US/63) 8/4/07 (172.5 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)
14.	374.8 (170.0)	*3.57X	Claudine Cognacq (France/55) 11/28/93 (170.0 kg. @ 47.6 kg.) (Jonkoping, Sweden) (IPF)
15.	374.8 (170.0)	*3.56X	Raija Koskinen-Jurkko (Finland/63) 3/9/03 (170.0 kg. @ 47.75 kg.) (Dickursby, Finland) (IPF)
16.	369.3 (167.5)	*3.53X	Gloria Doncel (Spain/66) 5/28/92 (167.5 kg. @ 47.5 kg.) (Ghent, Belgium) (IPF)
17.	369.3 (167.5)	3.49X	Elizabeth "Ann" Leverett (US/54) 12/7/96 (167.5 kg.) (Adel, Georgia) (USPF)
18.	369.3 (167.5)	*3.53X	Yuni Setiowati (Indonesia/84) 5/2/07 (167.5 kg. @ 47.45 kg.) (Kaohsiung, Chinese Taipei) (IPF)
19.	363.8 (165.0)	*3.44X	Sherri "Renee" Burns (US) 5/6/88 (165.0 kg. @ 47.9 kg.) (Brussels, Belgium) (USPF/IPF)
20.	363.8 (165.0)	*3.52X	Iryna Trubilina (Ukraine/83) 6/17/04 (165.0 kg. @ 46.9 kg.) (Sofia, Bulgaria) (IPF)

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

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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>
2.	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>
3.	1008.6 (457.5)	*9.80X	Wei-Ling Chen (Chinese Taipei/82) 10/15/07 (197.5+75.0+185.0=457.5 kg. @ 46.7 kg.) (Soelden, Austria) (IPF) <TOP20C>
4.	997.6 (452.5)	*9.71X	Yukako Fukushima (Japan/70) 10/15/07 (170.0+122.5+160.0=452.5 kg. @ 46.6 kg.) (Soelden, Austria) (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.	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)
11.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	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)
17.	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)
18.	909.4 (412.5)	*8.59X	Oxana Sokovnina (Russia/86) 3/31/05 (167.5+100.0+145.0=412.5 kg. @ 48.0 kg.) (Kemerovo, Russia) (IPF)
19.	905.0 (410.5)	*8.62X	Irina Krylova (Russia/78) 6/18/98 (155.5+112.5+142.5=410.5 kg. @ 47.6 kg.) (Vladimir, Russia) (IPF)
20.	903.9 (410.0)	*8.71X	Natalia Salamon (Russia/70) 3/10/04 (160.0+95.0+155.0=410.0 kg. @ 47.05 kg.) (Krasnoyarsk, Russia) (IPF)

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TOP 20 WORLD RANKINGS IN POUNDS/KILOGRAMS

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

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

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	512.6 (232.5)	*4.57X	Olesia Lafina (Russia/79) 3/1/06 (232.5 kg. @ 50.9 kg.) (Ufa, Russia) (IPF) <TOP20C> <TOP20F>
2.	479.5 (217.5)	*4.19X	Margaret Kirkland (US/63) 6/16/07 (217.5 kg. @ 51.9 kg.) (Daytona Beach, Florida) (APF/WPC) <TOP20C> <TOP20F>
3.	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>
4.	451.9 (205.0)	*3.94X	Kim Sommers (US/65) 7/4/98 (205.0 kg. @ 52.0 kg.) (Northbrook, Illinois) (APF/WPC) <TOP20C>
5.	440.9 (200.0)	*3.87X	Svetlana Nikolaenko (Russia/81) 2/26/03 (200.0 kg. @ 51.7 kg.) (Kazan, Russia) (IPF)
6.	429.9 (195.0)	*3.76X	Natalia Salnikova (Russia/86) 3/15/07 (195.0 kg. @ 51.9 kg.) (Berdsk, Russia) (IPF)
7.	418.9 (190.0)	*3.68X	Natalia Tokareva (Russia/84) 4/15/04 (190.0 kg. @ 51.6 kg.) (Saint Petersburg, Russia) (IPF)
8.	418.9 (190.0)	*3.73X	Yulia Taranova (Russia/79) 8/25/04 (190.0 kg. @ 51.0 kg.) (Voronezh, Russia) (IPF)
9.	418.9 (190.0)	*3.65X	Anna Komlaeva (Russia/79) 3/15/07 (190.0 kg. @ 52.0 kg.) (Berdsk, Russia) (IPF)
10.	415.0 (188.2)	*3.71X	Shannon Parrish (US/62) 4/12/03 (415.0 lb. @ 112.0 lb.) (Bangor, Pennsylvania) (IPA)
11.	413.4 (187.5)	*3.62X	Olena Dmytruk (Ukraine/83) 11/26/04 (187.5 kg. @ 51.75 kg.) (Trencin, Slovakia) (IPF)
12.	409.0 (185.5)	*3.57X	Petra Pavel (South Africa) 11/9/96 (185.5 kg.) (Durban, South Africa) (WPC)
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)	*3.59X	Oksana Belova (Russia/75) 11/26/99 (185.0 kg. @ 51.6 kg.) (Saint Prix, France) (IPF)
15.	407.9 (185.0)	*3.57X	Tatiana Eltsova (Russia/78) 5/25/01 (185.0 kg. @ 51.8 kg.) (Frydek-Mistek, Czech Republic) (IPF)
16.	407.9 (185.0)	*3.57X	Anna Ryzhkova (Russia/86) 3/2/05 (185.0 kg. @ 51.85 kg.) (Kazan, Russia) (IPF)
17.	407.9 (185.0)	*3.60X	Vilma Ochoa Vargas (Ecuador/80) 10/16/07 (185.0 kg. @ 51.4 kg.) (Soelden, Austria) (IPF)
18.	397.9 (180.5)	*3.74X	Raija Koskinen-Jurkko (Finland/63) 1/25/03 (180.5 kg. @ 48.3 kg.) (Helsinki, Finland) (IPF)
19.	396.8 (180.0)	*3.47X	Oksana Dmytruk (Ukraine/83) 3/3/04 (180.0 kg. @ 51.8 kg.) (Kolomya, Ukraine) (IPF)
20.	396.8 (180.0)	*3.52X	Stephani Cornette (France/75) 11/26/04 (180.0 kg. @ 51.2 kg.) (Trencin, Slovakia) (IPF)

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

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	319.7 (145.0)	*2.82X	Janet Faraone (US/67) 12/1/07 (145.0 kg. @ 51.5 kg.) (Montreal, Quebec, Canada) (APF/WPC) <TOP20C> <TOP20F>
2.	303.1 (137.5)	*2.65X	Anna Olsson (Sweden/74) 12/2/05 (137.5 kg. @ 51.85 kg.) (Stockholm, Sweden) (IPF) <TOP20C>
3.	303.1 (137.5)	*2.70X	Olesia Lafina (Russia/79) 3/1/06 (137.5 kg. @ 50.9 kg.) (Ufa, Russia) (IPF) <TOP20C>
4.	281.1 (127.5)	*2.49X	Irina Krylova (Russia/78) 5/28/04 (127.5 kg. @ 51.3 kg.) (Rybinsk, Russia) (IPF)
5.	275.6 (125.0)	*2.42X	Kaori Nagaya-Shirakawa (Japan/63) 6/26/08 (125.0 kg. @ 51.6 kg.) (Prague, Czech Republic) (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.	259.0 (117.5)	*2.27X	Ashley Awalt (US/83) 10/1/05 (117.5 kg. @ 114.0 lb.) (Elgin, Illinois) (Bench America3)
11.	259.0 (117.5)	*2.29X	Jill Darling (US/78) 5/31/07 (117.5 kg. @ 51.38 kg.) (Thisted, Denmark) (USAPL/IPF)
12.	253.5 (115.0)	*2.27X	Tamara Podpalnaya (Russia/72) 6/12/99 (115.0 kg. @ 50.7 kg.) (Novgorod, Russia) (IPF)
13.	253.5 (115.0)	*2.36X	Oxana Sokovnina (Russia/86) 6/15/06 (115.0 kg. @ 48.75 kg.) (Bratislava, Slovakia) (IPF)
14.	250.2 (113.5)	*2.22X	Natalia Frolova (Canada/80) 3/27/05 (113.5 kg. @ 51.2 kg.) (Okotoks, Alberta, Canada) (WPC)
15.	249.1 (113.0)	*2.18X	Kirsi Rintala (Finland/72) 10/27/02 (113.0 kg. @ 51.8 kg.) (Helsinki, Finland) (WPC)
16.	248.0 (112.5)	2.16X	Mary Ryan-Jeffrey (US/60) 4/2/89 (112.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
17.	248.0 (112.5)	*2.17X	Oksana Dmytruk (Ukraine/83) 3/3/04 (112.5 kg. @ 51.8 kg.) (Kolomya, Ukraine) (IPF)
18.	248.0 (112.5)	*2.17X	Jennie Hollier (US/80) 9/17/05 (112.5 kg. @ 51.96 kg.) (Maryland Heights, Missouri) (USAPL/IPF)
19.	248.0 (112.5)	*2.17X	Evgenia Arkipenko (Ukraine/83) 5/10/06 (112.5 kg. @ 51.8 kg.) (Prostejov, Czech Republic) (IPF)
20.	248.0 (112.5)	*2.20X	Alesia Shynkevich (Belorussia/84) 5/31/07 (112.5 kg. @ 51.18 kg.) (Thisted, Denmark) (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 **8/31/08**.

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

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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

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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>
2.	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>
3.	430.0 (195.0)	*3.77X	Margaret Kirkland (US/63) 10/13/07 (430.0 lb. @ 114.0 lb.) (Tampa, Florida) (APF) <TOP20C>
4.	429.9 (195.0)	3.75X	Valeri Tyree (US/73) 11/16/00 (195.0 kg.) (Reno, Nevada) (WABDL)
5.	424.4 (192.5)	*3.70X	Gavina Landysh (Russia/80) 3/15/07 (192.5 kg. @ 52.0 kg.) (Berdsk, Russia) (IPF)
6.	421.1 (191.0)	*3.79X	Yi-Ju Chou (Chinese Taipei/80) 5/2/08 (191.0 kg. @ 50.45 kg.) (Tashkent, Uzbekistan) (IPF) <TOP20C>
7.	418.9 (190.0)	*3.71X	Ludmilla Starova (Ukraine/70) 2/23/00 (190.0 kg @ 51.15 kg.) (Vinnitsa, Ukraine) (IPF)
8.	418.9 (190.0)	*3.69X	Svetlana Nikolaenko (Russia/81) 2/27/02 (190.0 kg. @ 51.55 kg.) (Syktyfkar, Russia) (IPF)
9.	413.4 (187.5)	*3.62X	Yueh-Chun Chang (US/70) 1/24/98 (187.5 kg. @ 51.8 kg.) (Seattle, Washington) (USAPL/IPF)
10.	413.4 (187.5)	*3.61X	Irina Ayugina (Russia/76) 5/25/00 (187.5 kg. @ 52.0 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
11.	407.9 (185.0)	3.56X	Mary Ryan-Jeffrey (US/60) 11/21/87 (185.0 kg.) (Dayton, Ohio) (APF/WPC)
12.	402.3 (182.5)	*3.61X	Majik Jones (US/53) 5/11/85 (182.5 kg. @ ~50.5 kg.) (Chicago, Illinois) (ADFPA)
13.	402.3 (182.5)	3.51X	Teresa Mims-DeVultz (US) 4/25/87 (182.5 kg.) (Houston, Texas) (USPF)
14.	402.3 (182.5)	3.51X	Sisi Dolman (Netherlands/46) 10/30/88 (182.5 kg.) (Utrecht, Netherlands) (IPF)
15.	402.3 (182.5)	3.51X	Paulette Shepherd (US) 9/24/83 (182.5 kg.) (San Diego, California) (USPF)
16.	402.3 (182.5)	*3.57X	Claudine Cognacq (Denmark/55) 5/5/95 (182.5 kg. @ 51.1 kg.) (Chiba City, Japan) (IPF)
17.	402.3 (182.5)	*3.57X	Kim Goff (US/80) 3/9/01 (182.5 kg. @ 51.1 kg.) (Alexandria, Louisiana) (USAPL)
18.	402.3 (182.5)	*3.51X	Valentina Morozova (Russia/69) 10/1/03 (182.5 kg. @ 52.0 kg.) (Syktyfkar, Russia) (IPF)
19.	402.3 (182.5)	*3.51X	Jennifer Maile (US/84) 2/5/05 (182.5 kg. @ 52.0 kg.) (Saint Louis, Missouri) (USAPL/IPF)
20.	400.0 (181.4)	3.49X	Jacqueline Davis-Manzo (US/61) 7/6/96 (400.0 lb.) (New York, New York) (IPA)

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

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1157.4 (525.0)	*10.31X	Olesia Lafina (Russia/79) 3/1/06 (232.5+137.5+155.0=525.0 kg. @ 50.9 kg. First woman to total 10X bodyweight.) (Ufa, Russia) (IPF) <TOP20C> <TOP20F>
2.	1145.0 (519.4)	*10.04X	Margaret Kirkland (US/63) 10/13/07 (475.0+240.0+430.0=1145.0 lb. @ 114.0 lb.) (Tampa, 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.	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)
5.	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)
6.	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)
7.	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)
8.	1030.7 (467.5)	*9.01X	Natalia Salnikova (Russia/86) 3/15/07 (195.0+107.5+165.0=467.5 kg. @ 51.9 kg.) (Berdsk, Russia) (IPF)
9.	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)
10.	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)
11.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	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)
17.	992.1 (450.0)	*8.80X	Ludmilla Starova (Ukraine/70) 2/23/00 (160.0+100.0+190.0=450.0 kg. @ 51.15 kg.) (Vinnitsa, Ukraine) (IPF)
18.	992.1 (450.0)	*8.65X	Irina Ayugina (Russia/76) 5/25/00 (172.5+90.0+187.5=450.0 kg. @ 52.0 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
19.	992.1 (450.0)	*8.68X	Mervi Rantamaki (Finland/74) 5/27/05 (180.0+92.5+177.5=450.0 kg. @ 51.85 kg.) (Ylitorniolla, Finland) (IPF)
20.	992.1 (450.0)	*8.86X	Yi-Ju Chou (Chinese Taipei/80) 10/16/07 (175.0+85.0+190.0=450.0 kg. @ 50.8 kg.) (Soelden, Austria) (IPF)

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.*

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

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	529.1 (240.0)	*4.29X	Inna Filimonova (Russia/76) 3/1/06 (240.0 kg. @ 55.9 kg.) (Ufa, Russia) (IPF) <TOP20C> <TOP20F>
2.	486.1 (220.5)	*4.12X	Margaret Kirkland (US/63) 5/30/08 (220.5 kg. @ 118.0 lb.) (Omaha, Nebraska) (APF/WPC) <TOP20C> <TOP20F>
3.	485.0 (220.0)	*3.94X	Tatiana Eltsova (Russia/78) 8/25/04 (220.0 kg. @ 55.8 kg.) (Voronezh, Russia) (IPF) <TOP20C>
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.	451.9 (205.0)	*3.85X	Leslie Jayne Thomas (Great Britain/66) 11/6/04 (205.0 kg. @ 53.3 kg.) (Athens, Georgia) (GPC)
10.	451.9 (205.0)	*3.77X	Jenn "Pup" Rotsinger (US/78) 12/2/06 (205.0 kg. @ 54.4 kg.) (Lake City, Florida) (APF)
11.	450.0 (204.1)	3.64X	Amy Weisberger (US/65) 2/20/00 (450.0 lb.) (Columbus, Ohio) (IPA)
12.	446.4 (202.5)	*3.65X	Veronika Kanutkina (Russia/79) 3/10/04 (202.5 kg. @ 55.45 kg.) (Krasnoyarsk, Russia) (IPF)
13.	440.9 (200.0)	*3.58X	Mary Ryan-Jeffrey (US/60) 7/16/88 (200.0 kg. @ 123.0 lb.) (Columbus, Ohio) (APF/WPC)
14.	440.9 (200.0)	*3.64X	Olga Kabanova (Russia/78) 3/1/06 (200.0 kg. @ 54.9 kg.) (Ufa, Russia) (IPF)
15.	435.4 (197.5)	*3.63X	Irina Tatarova (Russia/75) 3/1/00 (197.5 kg. @ 54.45 kg.) (Syktyfkar, Russia) (IPF)
16.	435.4 (197.5)	*3.54X	Virpi Kehanen (Finland/79) 5/9/07 (197.5 kg. @ 55.8 kg.) (Koscian, Poland) (IPF)
17.	435.4 (197.5)	*3.55X	Tatiana Prymenchuk (Ukraine/72) 5/7/08 (197.5 kg. @ 55.6 kg.) (Frydek-Mistek, Czech Republic) (IPF)
18.	429.9 (195.0)	*3.49X	Elena Nikulina (Russia/77) 3/10/04 (195.0 kg. @ 55.8 kg.) (Krasnoyarsk, Russia) (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.	429.9 (195.0)	*3.51X	Nadezhed Malyugina (Uzbekistan/80) 6/4/04 (195.0 kg. @ 55.6 kg.) (Cahors, France) (IPF)

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

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	347.0 (157.4)	*2.84X	Janet Faraone (US/67) 12/15/07 (347.0 lb. @ 122.0 lb.) (Lake George, New York) (APF) <TOP20C> <TOP20F>
2.	345.0 (156.5)	*2.80X	Tina Rinehart (US/68) 7/16/06 (345.0 lb. @ 123.0 lb.) (Worthington, Ohio) (APF) <TOP20C> <TOP20F>
3.	325.2 (147.5)	*2.66X	Anna Olsson (Sweden/74) 5/31/07 (147.5 kg. @ 55.45 kg.) (Thisted, Denmark) (IPF) <TOP20C>
4.	308.6 (140.0)	*2.62X	Tamara Althaus (Germany/76) 12/3/04 (140.0 kg. @ 53.4 kg.) (Cleveland, Ohio) (IPF) <TOP20C>
5.	297.6 (135.0)	*2.43X	Valentina Nelubova (Russia/66) 5/25/01 (135.0 kg. @ 55.6 kg.) (Frydek-Mistek, Czech Republic) (IPF)
6.	297.6 (135.0)	*2.42X	Tatiana Eltsova (Russia/78) 3/10/04 (135.0 kg. @ 55.85 kg.) (Krasnoyarsk, Russia) (IPF)
7.	292.1 (132.5)	*2.37X	Amy Weisberger (US/65) 2/26/00 (132.5 kg. @ 55.8 kg.) (Columbus, Ohio) (WPO)
8.	281.1 (127.5)	*2.36X	Ekaterina Aliyeva (Russia/82) 1/21/06 (127.5 kg. @ 54.05 kg.) (Moscow, Russia) (IPF)
9.	276.7 (125.5)	*2.31X	Olena Dmytruk (Ukraine/83) 3/3/05 (125.5 kg. @ 54.4 kg.) (Mariupol, Ukraine) (IPF)
10.	275.6 (125.0)	*2.24X	Mary Ryan-Jeffrey (US/60) 7/16/88 (125.0 kg. @ 123.0 lb.) (Columbus, Ohio) (APF/WPC)
11.	275.6 (125.0)	*2.24X	Irina Safonova (Russia/75) 6/6/03 (125.0 kg. @ 55.8 kg.) (Perm, Russia) (IPF)
12.	275.6 (125.0)	2.23X	Ashley Awalt (US/83) 4/16/05 (125.0 kg.) (Baton Rouge, Louisiana) (USAPL)
13.	275.6 (125.0)	*2.25X	Angelika Kond (Russia/75) 3/1/06 (125.0 kg. @ 55.55 kg.) (Ufa, Russia) (IPF)
14.	275.6 (125.0)	*2.24X	Larisa Kotkova (Russia/74) 3/1/06 (125.0 kg. @ 55.8 kg.) (Ufa, Russia) (IPF)
15.	275.6 (125.0)	*2.26X	Natalia Nebaeva (Russia/76) 5/25/06 (125.0 kg. @ 55.4 kg.) (Miskolc, Hungary) (IPF)
16.	275.6 (125.0)	*2.25X	Marina Yurina (Russia/86) 11/2/07 (125.0 kg. @ 55.5 kg.) (Togliatti, Russia) (WPC)
17.	275.0 (124.7)	2.23X	Anna Blakely (US) 12/12/92 (275.0 lb.) (Port Charlotte, Florida) (APA/WPA)
18.	270.1 (122.5)	*2.21X	Irina Simakhina (Russia/75) 8/23/02 (122.5 kg. @ 55.4 kg.) (Nymburk, Czech Republic) (IPF)
19.	270.1 (122.5)	*2.19X	Irina Poletayeva (Russia/82) 6/12/03 (122.5 kg. @ 56.0 kg.) (Nymburk, Czech Republic) (IPF)
20.	270.1 (122.5)	*2.27X	Jill Darling (US/78) 12/2/05 (122.5 kg. @ 54.0 kg.) (Stockholm, Sweden) (USAPL/IPF)

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.*

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

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	490.5 (222.5)	*4.05X	Carrie Boudreau (US/67) 7/21/95 (222.5 kg. @ 54.9 kg. First woman to deadlift quadruple bodyweight.) (Baton Rouge, Louisiana) (USPF/IPF) <TOP20C> <TOP20F>
2.	474.0 (215.0)	3.84X	Vanessa Gibson (Great Britain/69) --/--/-- (215.0 kg.) (WPC) <TOP20C> <TOP20F>
3.	468.5 (212.5)	*3.82X	Diana Rowell (US/57) 6/1/85 (212.5 kg. @ 55.62 kg.) (Vienna, Austria) (USPF/IPF) <TOP20C> <TOP20F>
4.	464.1 (210.5)	*3.77X	Inna Filimonova (Russia/76) 3/1/06 (210.5 kg. @ 55.9 kg.) (Ufa, Russia) (IPF) <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) <TOP20F>
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.	450.0 (204.1)	3.64X	Amy Weisberger (US/65) 2/20/00 (450.0 lb.) (Columbus, Ohio) (IPA)
9.	450.0 (204.1)	*3.80X	Margaret Kirkland (US/63) 2/23/08 (450.0 lb. @ 118.5 lb.) (Orlando, Florida) (APF)
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

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1223.6 (555.0)	*9.93X	Inna Filimonova (Russia/76) 3/1/06 (240.0+120.0+195.0=555.0 kg. @ 55.9 kg.) (Ufa, Russia) (IPF) <TOP20C> <TOP20F>
2.	1207.0 (547.5)	*9.80X	Tatiana Eltsova (Russia/78) 3/10/04 (215.0+135.0+197.5=547.5 kg. @ 55.85 kg.) (Krasnoyarsk, Russia) (IPF) <TOP20C> <TOP20F>
3.	1185.0 (537.5)	* 10.00X	Margaret Kirkland (US/63) 2/23/08 (480.0+255.0+450.0=1185.0 lb. @ 118.5 lb.) (Orlando, Florida) (APF) <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.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	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)
17.	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)
18.	1085.8 (492.5)	*8.80X	Tatiana Prymenchuk (Ukraine/72) 3/3/04 (190.0+115.0+187.5=492.5 kg. @ 55.95 kg.) (Kolomya, Ukraine) (IPF)
19.	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)
20.	1080.3 (490.0)	*9.00X	Irina Tatarova (Russia/75) 3/1/00 (197.5+100.0+192.5=490.0 kg. @ 54.45 kg.) (Syktyfkar, 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.*

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

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	556.7 (252.5)	*4.24X	Nance 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.	490.5 (222.5)	*3.78X	Tatiana Eltsova (Russia/78) 3/2/06 (222.5 kg. @ 58.8 kg.) (Ufa, Russia) (IPF)
10.	486.1 (220.5)	*3.71X	Irina Abramova (Russia/74) 12/2/00 (220.5 kg. @ 59.5 kg.) (Hamm, Luxembourg) (IPF)
11.	485.0 (220.0)	*3.69X	Irina Poletayeva (Russia/82) 3/2/06 (220.0 kg. @ 59.6 kg.) (Ufa, Russia) (IPF)
12.	485.0 (220.0)	*3.91X	Margaret Kirkland (US/63) 12/1/07 (220.0 kg. @ 56.2 kg.) (Jacksonville, Florida) (AAPF)
13.	479.5 (217.5)	*3.66X	Elena Nikulina (Russia/77) 3/2/05 (217.5 kg. @ 59.5 kg.) (Kazan, Russia) (IPF)
14.	479.5 (217.5)	*3.77X	Olesya Pokidko (Russia/82) 3/2/06 (217.5 kg. @ 57.75 kg.) (Ufa, Russia) (IPF)
15.	479.5 (217.5)	*3.63X	Valentina Nelubova (Russia/66) 3/2/06 (217.5 kg. @ 59.9 kg.) (Ufa, Russia) (IPF)
16.	474.0 (215.0)	*3.61X	Maria Revva (Russia/77) 8/25/04 (215.0 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF)
17.	468.5 (212.5)	*3.57X	Elena Fomina (Russia/69) 3/2/00 (212.5 kg. @ 59.6 kg.) (Syktyfkar, Russia) (IPF)
18.	468.5 (212.5)	*3.57X	Dava Matejova (Slovakia/75) 11/27/04 (212.5 kg. @ 59.6 kg.) (Trencin, Slovakia) (IPF)
19.	468.5 (212.5)	*3.56X	Larisa Vitsievskaja-Soloviova (Ukraine/78) 11/27/04 (212.5 kg. @ 59.7 kg.) (Trencin, Slovakia) (IPF)
20.	468.5 (212.5)	*3.55X	Mariana Plaksiva (Ukraine/87) 11/26/05 (212.5 kg. @ 59.9 kg.) (Oroshaza, Hungary) (IPF)

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

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	402.3 (182.5)	*3.04X	Tina Rinehart (US/68) 3/6/04 (182.5 kg. @ 60.0 kg. Only woman to bench press triple bodyweight.) (Columbus, Ohio) (WPO) <TOP20C> <TOP20F>
2.	353.0 (160.1)	*2.67X	Janet Faraone (US/67) 6/28/08 (353.0 lb. @ 132.0 lb.) (Albany, New York) (APF) <TOP20C> <TOP20F>
3.	347.2 (157.5)	*2.63X	Irina Poletayeva (Russia/82) 9/21/06 (157.5 kg. @ 59.9 kg.) (Syktyfkar, Russia) (IPF) <TOP20C>
4.	340.0 (154.2)	*2.60X	Amy Weisberger (US/65) 1/27/07 (340.0 lb. @ 131.0 lb.) (Columbus, Ohio) (APF)
5.	336.2 (152.5)	*2.55X	Valentina Nelubova (Russia/66) 8/23/05 (152.5 kg. @ 59.85 kg.) (Oriol, Russia) (IPF)
6.	331.8 (150.5)	*2.61X	Tamara Althaus (Germany/76) 11/4/06 (150.5 kg. @ 57.7 kg.) (Russelsheim, Germany) (IPF) <TOP20C>
7.	325.2 (147.5)	*2.47X	Kara Bohigian-Smith (US/75) 3/15/08 (147.5 kg. @ 59.6 kg.) (Rainbow City, Alabama) (APF)
8.	319.7 (145.0)	*2.42X	Jerri Lynn Lippert (US/73) 11/16/01 (145.0 kg. @ 132.25 lb.) (Reno, Nevada) (WABDL)
9.	319.7 (145.0)	*2.43X	Jennifer Thompson (US/73) 9/2/06 (145.0 kg. @ 59.56 kg.) (Charlotte, North Carolina) (USAPL/IPF)
10.	319.7 (145.0)	*2.42X	Gundula von Bachhaus-Fiona (Germany/81) 5/7/08 (145.0 kg. @ 59.8 kg.) (Frydek-Mistek, Czech Republic) (IPF)
11.	314.2 (142.5)	*2.39X	Larisa Vitsievskaja-Soloviova (Ukraine/78) 11/27/04 (142.5 kg. @ 59.7 kg.) (Trencin, Slovakia) (IPF)
12.	308.6 (140.0)	2.33X	Rachel Mathias (US/60) 8/21/94 (140.0 kg.) (Zionsville, Indiana) (USPF)
13.	308.6 (140.0)	*2.34X	Bettina Altizer (US/62) 1/31/04 (140.0 kg. @ 59.8 kg.) (Omaha, Nebraska) (USAPL/IPF)
14.	308.6 (140.0)	*2.34X	Galina Potseluyeva (Russia/80) 8/25/04 (140.0 kg. @ 59.8 kg.) (Voronezh, Russia) (IPF)
15.	308.6 (140.0)	*2.35X	Maria Revva (Russia/77) 3/2/05 (140.0 kg. @ 59.6 kg.) (Kazan, Russia) (IPF)
16.	308.6 (140.0)	*2.38X	Tatiana Eltsova (Russia/78) 3/2/06 (140.0 kg. @ 58.8 kg.) (Ufa, Russia) (IPF)
17.	308.6 (140.0)	*2.34X	Yulia Lukina (Russia/88) 3/16/07 (140.0 kg. @ 59.85 kg.) (Berdsk, Russia) (IPF)
18.	303.1 (137.5)	*2.30X	Jennifer Robertson (US/80) 9/11/04 (137.5 kg. @ 59.7 kg.) (Killeen, Texas) (USAPL)
19.	303.1 (137.5)	*2.32X	Irina Tatarova (Russia/75) 11/27/04 (137.5 kg. @ 59.35 kg.) (Trencin, Slovakia) (IPF)
20.	302.5 (137.2)	*2.30X	Anna Blakely (US) 12/11/93 (302.5 lb. @ 131.5 lb.) (Port Charlotte, Florida) (APA/WPA)

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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

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	518.1 (235.0)	*3.94X	Maria Revva (Russia/77) 8/25/04 (235.0 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF) <TOP20C> <TOP20F>
2.	501.6 (227.5)	*3.81X	Larisa Vitsievskaja-Soloviova (Ukraine/78) 11/27/04 (227.5 kg. @ 59.7 kg.) (Trencin, Slovakia) (IPF) <TOP20C> <TOP20F>
3.	490.5 (222.5)	*3.73X	Irina Abramova (Russia/74) 5/21/99 (222.5 kg. @ 59.7 kg.) (Thisted, Denmark) (IPF) <TOP20F>
4.	485.0 (220.0)	3.67X	Mariah Liggett-Brock (US/58) 11/25/88 (220.0 kg.) (Johannesburg, South Africa) (APF/WPC)
5.	480.6 (218.0)	*3.73X	Birgit Fischer (Germany/63) 9/7/01 (218.0 kg. @ 58.5 kg.) (Chemnitz, Germany) (IPF) <TOP20F>
6.	479.5 (217.5)	*3.63X	Ruthi Shafer (US/59) 1/30/83 (217.5 kg. @ 132.25 lb.) (Chicago, Illinois) (USPF)
7.	479.5 (217.5)	*3.66X	Irina Tatarova (Russia/75) 11/27/04 (217.5 kg. @ 59.35 kg.) (Trencin, Slovakia) (IPF)
8.	474.0 (215.0)	*3.60X	Amy Weisberger (US/65) 2/23/02 (215.0 kg. @ 59.7 kg.) (Columbus, Ohio) (WPO)
9.	474.0 (215.0)	*3.58X	Svetlana Bochko (Russia/63) 2/26/03 (215.0 kg. @ 60.0 kg.) (Kazan, Russia) (IPF)
10.	470.7 (213.5)	*3.61X	Ingeborg Marx (Belgium/70) 11/29/97 (213.5 kg. @ 59.2 kg.) (Fredrikstad, Norway) (IPF)
11.	466.3 (211.5)	*3.54X	Sari Noviana (Indonesia/84) 5/3/07 (211.5 kg. @ 59.75 kg.) (Kaohsiung, Chinese Taipei) (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 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

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1333.8 (605.0)	*10.19X	Amy Weisberger (US/65) 3/2/07 (240.0+152.5+212.5=605.0 kg. @ 59.4 kg.) (Columbus, Ohio) (WPO) <TOP20> <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) <TOP20> <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) <TOP20> <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) <TOP20> <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) <TOP20> <TOP20F>
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 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.	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)
13.	1201.5 (545.0)	*9.11X	Gundula von Bachhaus-Fiona (Germany/81) 5/7/08 (200.0+145.0+200.0=545.0 kg. @ 59.8 kg.) (Frydek-Mistek, Czech Republic) (IPF)
14.	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)
15.	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)
16.	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)
17.	1174.0 (532.5)	*8.89X	Mariah Liggett-Brock (US/58) 7/16/88 (202.5+112.5+217.5=532.5 kg. @ 132.0 lb.) (Columbus, Ohio) (APF/WPC)
18.	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)
19.	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)
20.	1168.4 (530.0)	*8.92X	Eleonora Mahpirova (Kazakhstan/86) 9/8/07 (225.0+110.0+195.0=530.0 kg. @ 59.4 kg.) (LaGarde, France) (IPF)

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.*

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

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	590.0 (267.6)	*4.00X	Amy Weisberger (US/65) 8/18/07 (590.0 lb. @ 147.4 lb.) (Franklin, Ohio) (IPA) <TOP20C> <TOP20F>
2.	584.2 (265.0)	*3.93X	Shannon Hartnett (US/65) 6/16/07 (265.0 kg. @ 67.5 kg.) (Daytona Beach, Florida) (APF/WPC) <TOP20F>
3.	573.2 (260.0)	*3.86X	Galina Potseluyeva (Russia/80) 9/22/06 (260.0 kg. @ 67.35 kg.) (Syktyfkar, Russia) (IPF) <TOP20F>
4.	562.2 (255.0)	*3.82X	Marina Kudinova (Russia/77) 3/3/06 (255.0 kg. @ 66.7 kg.) (Ufa, Russia) (IPF)
5.	552.3 (250.5)	*3.75X	Kara Bohigian-Smith (US/75) 11/7/03 (250.5 kg. @ 66.8 kg.) (Atlanta, Georgia) (WPO)
6.	551.2 (250.0)	*3.97X	Andrea Zurcher (Switzerland/78) 5/4/03 (250.0 kg. @ 63.0 kg.) (Nancy, France) (WPC) <TOP20C> <TOP20F>
7.	551.2 (250.0)	*3.75X	Viktoria Pisarenko-Borodkina (Russia/79) 3/10/04 (250.0 kg. @ 66.65 kg.) (Krasnoyarsk, Russia) (IPF)
8.	551.2 (250.0)	*3.78X	Zhanna Ivanova (Ukraine/84) 11/2/05 (250.0 kg. @ 66.1 kg.) (Helsinki, Finland) (WPC)
9.	546.7 (248.0)	*3.68X	Priscilla Ribic (US/72) 7/7/06 (248.0 kg. @ 67.4 kg.) (Miami, Florida) (USAPL/IPF)
10.	530.2 (240.5)	*3.60X	Mariah Liggett-Brock (US/58) 11/7/00 (240.5 kg. @ 66.8 kg.) (Las Vegas, Nevada) (APF/WPC)
11.	530.2 (240.5)	*3.56X	Tatiana Skripka (Ukraine/87) 3/4/05 (240.5 kg. @ 67.5 kg.) (Mariupol, Ukraine) (IPF)
12.	529.1 (240.0)	*3.57X	Natalia Baribina (Russia/83) 3/3/05 (240.0 kg. @ 67.25 kg.) (Kazan, Russia) (IPF)
13.	529.1 (240.0)	*3.60X	Olga Chuvileva (Russia/79) 3/3/06 (240.0 kg. @ 66.65 kg.) (Ufa, Russia) (IPF)
14.	529.1 (240.0)	3.56X	Sonji Baldwin (US/69) 6/24/07 (240.0 kg.) (Marietta, Georgia) (APC/GPC)
15.	518.1 (235.0)	*3.53X	Valida Iskandarova (Kazakhstan/74) 4/4/02 (235.0 kg. @ 66.5 kg.) (Shymkent, Kazakhstan) (IPF)
16.	518.1 (235.0)	*3.50X	Lesya Guminska (Ukraine/80) 2/28/03 (235.0 kg. @ 67.1 kg.) (Makeevka, Ukraine) (IPF)
17.	514.8 (233.5)	*3.51X	Amy "Firecracker" Vaughan (US/80) 3/8/03 (233.5 kg. @ 146.5 lb.) (Salisbury, Maryland) (APF)
18.	512.6 (232.5)	3.44X	Larisa Ivanova (Ukraine/63) 6/9/00 (232.5 kg.) (Mariupol, Ukraine) (IPF)
19.	512.6 (232.5)	*3.53X	Anastasia Yakovleva (Russia/83) 3/10/04 (232.5 kg. @ 65.9 kg.) (Krasnoyarsk, Russia) (IPF)
20.	510.0 (231.3)	*3.62X	Ruthi Shafer (US/59) 11/22/83 (510.0 lb. @ 141.0 lb.) (Salem, Oregon) (NSM)

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

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	413.4 (187.5)	*2.78X	Kara Bohigian-Smith (US/75) 3/18/07 (187.5 kg. @ 67.5 kg.) (Attalla, Alabama) (APF) <TOP20C> <TOP20F>
2.	380.0 (172.4)	*2.59X	Michelle Borzok (US/70) 6/24/07 (380.0 lb. @ 146.7 lb.) (York, Pennsylvania) (IPA) <TOP20F>
3.	374.8 (170.0)	*2.68X	Jerry Lynn Lippert (US/73) 12/14/03 (170.0 kg. @ 140.0 lb.) (Las Vegas, Nevada) (WABDL) <TOP20C> <TOP20F>
4.	358.3 (162.5)	*2.44X	Marina Kudinova (Russia/77) 3/3/06 (162.5 kg. @ 66.7 kg.) (Ufa, Russia) (IPF)
5.	358.3 (162.5)	*2.43X	Larisa Vitsievskaja-Soloviova (Ukraine/78) 10/18/07 (162.5 kg. @ 66.9 kg.) (Soelden, Austria) (IPF)
6.	355.0 (161.0)	*2.40X	Amy Weisberger (US/65) 4/16/05 (355.0 lb. @ 148.0 lb.) (Newark, Ohio) (IPA)
7.	352.7 (160.0)	*2.38X	Paula Suzuki (US/68) 4/28/95 (160.0 kg. @ 148.0 lb.) (Honolulu, Hawaii) (APF/WPC)
8.	352.7 (160.0)	*2.38X	Svetlana Dedulia-Miklasevich (Russia/75) 3/2/00 (160.0 kg. @ 67.1 kg.) (Syktyfkar, Russia) (IPF)
9.	352.7 (160.0)	2.37X	Sonji Baldwin (US/69) 7/7/06 (160.0 kg.) (Sacramento, California) (APC/GPC)
10.	352.7 (160.0)	*2.47X	Ludmilla Bobchenko (Ukraine/79) 7/28/07 (160.0 kg. @ 64.7 kg.) (Krivoy Rog, Ukraine) (WPO)
11.	347.2 (157.5)	*2.35X	Yulia Medvedeva (Russia/86) 9/22/06 (157.5 kg. @ 67.15 kg.) (Syktyfkar, Russia) (IPF)
12.	347.2 (157.5)	*2.34X	Galina Potseluyeva (Russia/80) 3/3/06 (157.5 kg. @ 67.25 kg.) (Ufa, Russia) (IPF)
13.	347.2 (157.5)	*2.53X	Gundula von Bachhaus-Fiona (Germany/81) 3/2/08 (157.5 kg. @ 62.2 kg.) (Columbus, Ohio) (IPF)
14.	341.7 (155.0)	*2.32X	Priscilla Ribic (US/72) 2/5/05 (155.0 kg. @ 66.9 kg.) (Saint Louis, Missouri) (USAPL/IPF)
15.	341.7 (155.0)	*2.52X	Irina Poletayeva (Russia/82) 5/11/06 (155.0 kg. @ 61.4 kg.) (Prostejov, Czech Republic) (IPF)
16.	336.2 (152.5)	*2.34X	Mayumi Kitamura (Japan/67) 10/18/07 (152.5 kg. @ 65.3 kg.) (Soelden, Austria) (IPF)
17.	330.7 (150.0)	*2.25X	Clara Kasbarian (France/59) 12/11/99 (150.0 kg. @ 66.6 kg.) (Vaasa, Finland) (IPF)
18.	330.7 (150.0)	*2.26X	Elena Fomina (Russia/69) 3/3/05 (150.0 kg. @ 66.5 kg.) (Kazan, Russia) (IPF)
19.	326.3 (148.0)	*2.21X	Tatiana Skripka (Ukraine/87) 6/16/05 (148.0 kg. @ 66.9 kg.) (Mariupol, Ukraine) (IPF)
20.	325.2 (147.5)	*2.23X	Antonette Orsini (Italy/64) 10/18/07 (147.5 kg. @ 66.2 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.*

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

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	552.3 (250.5)	*3.80X	Shannon Hartnett (US/65) 3/2/07 (250.5 kg. @ 66.0 kg.) (Columbus, Ohio) (WPO) <TOP20C> <TOP20F>
2.	551.2 (250.0)	*3.72X	Priscilla Ribic (US/72) 6/15/06 (250.0 kg. @ 67.2 kg.) (Dorado, Puerto Rico) (USAPL/IPF) <TOP20F>
3.	545.0 (247.2)	*3.87X	Ruthi Shafer (US/59) 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) <TOP20F>
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.	508.2 (230.5)	*3.46X	Marina Kudinova (Russia/77) 3/3/06 (230.5 kg. @ 66.7 kg.) (Ufa, Russia) (IPF)
9.	508.2 (230.5)	*3.44X	Evgenia Goncharova (Russia/81) 9/22/06 (230.5 kg. @ 67.05 kg.) (Syktyfkar, Russia) (IPF)
10.	507.1 (230.0)	*3.45X	Larisa Vitsievskaja-Soloviova (Ukraine/78) 11/26/05 (230.0 kg. @ 66.6 kg.) (Oroshaza, Hungary) (IPF)
11.	501.6 (227.5)	3.37X	Karen Franks (US) 12/1/89 (227.5 kg.) (Stone, England) (APF/WPC)
12.	501.6 (227.5)	*3.49X	Natalia Baribina (Russia/83) 3/10/04 (227.5 kg. @ 65.25 kg.) (Krasnoyarsk, Russia) (IPF)
13.	501.6 (227.5)	*3.37X	Kara Bohigian-Smith (US/75) 10/8/04 (227.5 kg. @ 67.5 kg.) (Atlanta, Georgia) (WPO)
14.	500.0 (226.8)	3.36X	Jackie Pierce-Austin (US/64-99) 10/31/87 (500.0 lb.) (Lakeland, Florida) (NSM)
15.	500.0 (226.8)	*3.57X	Judy Sverchek-Neff (US/77) 4/3/04 (500.0 lb. @ 140.0 lb.) (Spokane, Washington) (APF)
16.	500.0 (226.8)	*3.39X	Amy Weisberger (US/65) 8/18/07 (500.0 lb. @ 147.4 lb.) (Franklin, Ohio) (IPA)
17.	496.0 (225.0)	*3.41X	Elana Zhukova-Soukhorouk (Ukraine/72) 11/29/93 (225.0 kg. @ 65.9 kg.) (Jonkoping, Sweden) (IPF)
18.	496.0 (225.0)	*3.40X	Zhanna Ivanova (Ukraine/84) 11/2/05 (225.0 kg. @ 66.1 kg.) (Helsinki, Finland) (WPC)
19.	490.5 (222.5)	3.30X	Mariah Liggett-Brock (US/58) 11/24/91 (222.5 kg.) (Las Vegas, Nevada) (APF/WPC)
20.	490.5 (222.5)	3.30X	Carrie Boudreau (US/67) 12/10/94 (222.5 kg.) (Waterville, Maine) (USPF)

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

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1440.0 (653.2)	*9.77X	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.	1399.9 (635.0)	*9.41X	Shannon Hartnett (US/65) 6/16/07 (265.0+125.0+245.0=635.0 kg. @ 67.5 kg.) (Daytona Beach, Florida) (APF/WPC)
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 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.	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)
13.	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)
14.	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)
15.	1295.2 (587.5)	*8.81X	Viktoriya Pisarenko-Borodkina (Russia/79) 3/10/04 (250.0+130.0+207.5=587.5 kg. @ 66.65 kg.) (Krasnoyarsk, Russia) (IPF)
16.	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)
17.	1284.2 (582.5)	*9.49X	Irina Poletayeva (Russia/82) 5/11/06 (220.0+155.0+207.5=582.5 kg. @ 61.4 kg.) (Prostejov, Czech Republic) (IPF)
18.	1280.0 (580.6)	*9.08X	Ruthi Shafer (US/59) 11/22/83 (510.0+225.0+545.0=1280.0 lb. @ 141.0 lb.) (Salem, Oregon) (NSM)
19.	1267.7 (575.0)	*8.65X	Valida Iskandarova (Kazakhstan/74) 4/4/02 (235.0+120.0+220.0=575.0 kg. @ 66.5 kg.) (Shymkent, Kazakhstan) (IPF)
20.	1267.7 (575.0)	*8.73X	Anastasia Yakovleva (Russia/83) 3/10/04 (232.5+132.5+210.0=575.0 kg. @ 65.9 kg.) (Krasnoyarsk, 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 -- Squat

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	730.0 (331.1)	*4.44X	Laura Phelps-Sweatt (US/80) 4/12/08 (730.0 lb. @ 164.5 lb.) (Columbus, Ohio) (IPA) <TOP20F> <TOP20C>
2.	611.8 (277.5)	*3.83X	Yulia Zaigolova (Russia/81) 8/24/05 (277.5 kg. @ 72.45 kg.) (Oriol, Russia) (IPF) <TOP20F>
3.	606.3 (275.0)	*3.74X	Marina Kudinova (Russia/77) 3/3/05 (275.0 kg. @ 73.6 kg.) (Kazan, Russia) (IPF)
4.	600.8 (272.5)	*3.65X	Julie Scanlon (US/76) 3/5/04 (272.5 kg. @ 74.65 kg.) (Columbus, Ohio) (WPO)
5.	600.8 (272.5)	*3.78X	Shannon Hartnett (US/65) 5/30/08 (272.5 kg. @ 159.0 lb.) (Omaha, Nebraska) (APF/WPC)
6.	595.2 (270.0)	*3.60X	Elena Povolotskaya (Russia/78) 11/1/07 (270.0 kg. @ 75.0 kg.) (Togliatti, Russia) (WPC)
7.	589.7 (267.5)	*3.60X	Stephanie VanDeWeghe (US/55) 12/13/98 (267.5 kg. @ 163.9 lb.) (Aurora, Illinois) (APF/WPC)
8.	584.2 (265.0)	*3.55X	Svetlana Dedulia-Miklasevich (Russia/75) 3/3/05 (265.0 kg. @ 74.65 kg.) (Kazan, Russia) (IPF)
9.	573.2 (260.0)	*3.47X	Sarah Keller (US/83) 5/30/08 (260.0 kg. @ 165.0 lb.) (Omaha, Nebraska) (APF/WPC)
10.	567.7 (257.5)	*3.50X	Laura Dodd (US/57) 11/21/91 (257.5 kg. @ 73.5 kg.) (Las Vegas, Nevada) (APF/WPC)
11.	565.0 (256.3)	*3.50X	Carol Ann Myers (US/66) 12/17/05 (565.0 lb. @ 161.3 lb.) (Irmo, South Carolina) (APF)
12.	565.0 (256.3)	*3.42X	Kara Bohigian-Smith (US/75) 1/27/07 (565.0 lb. @ 165.0 lb.) (Columbus, Ohio) (APF)
13.	562.2 (255.0)	*3.48X	Rebecca Roberts (US/77) 6/5/04 (255.0 kg. @ 73.2 kg.) (Baton Rouge, Louisiana) (APF/WPC)
14.	562.2 (255.0)	*3.47X	Jill Brown-Mills (US/71) 11/19/05 (255.0 kg. @ 162.0 lb.) (Austin, Texas) (IPA)
15.	560.0 (254.0)	*3.50X	Deb Widdis (US/60) 9/16/06 (560.0 lb. @ 160.2 lb.) (Overland Park, Kansas) (APF)
16.	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)
17.	551.2 (250.0)	*3.40X	Anna Terentyeva (Russia/75) 8/24/05 (250.0 kg. @ 73.5 kg.) (Oriol, Russia) (IPF)
18.	551.2 (250.0)	*3.62X	Priscilla Ribic (US/72) 12/2/06 (250.0 kg. @ 69.0 kg.) (Palm Springs, California) (USAPL/IPF)
19.	550.0 (249.5)	3.33X	Lynne Boshoven (US/58) 5/30/04 (550.0 lb.) (Wyoming, Michigan) (NSM)
20.	542.3 (246.0)	*3.38X	Elana Zhukova-Soukhorouk (Ukraine/72) 5/22/99 (246.0 kg. @ 72.8 kg.) (Thisted, Denmark) (IPF)

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

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	455.0 (206.4)	*2.78X	Laura Phelps-Sweatt (US/80) 8/23/08 (455.0 lb. @ 163.4 lb.) (Sharonville, Ohio) (IPA) <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) <TOP20F>
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 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.	380.3 (172.5)	*2.34X	Marina Kudinova (Russia/77) 3/3/05 (172.5 kg. @ 73.6 kg.) (Kazan, Russia) (IPF)
11.	374.8 (170.0)	*2.29X	Stephanie VanDeWeghe (US/55) 12/13/98 (170.0 kg. @ 74.34 kg.) (Aurora, Illinois) (APF/WPC)
12.	374.8 (170.0)	*2.35X	Yulia Zaigolova (Russia/81) 8/24/05 (170.0 kg. @ 72.45 kg.) (Oriol, Russia) (IPF)
13.	370.0 (167.8)	*2.37X	Amy Weisberger (US/65) 11/12/05 (370.0 lb. @ 156.0 lb.) (York, Pennsylvania) (IPA)
14.	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)
15.	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)
16.	358.3 (162.5)	*2.18X	Elena Sheverdina (Russia/69) 2/9/07 (162.5 kg. @ 74.4 kg.) (Chelyabinsk, Russia) (WPC)
17.	356.0 (161.5)	*2.18X	Christy Newman (US/77) 6/1/07 (161.5 kg. @ 74.04 kg.) (Thisted, Denmark) (IPF)
18.	355.0 (161.0)	2.15X	Bonnie Graube (US/55) 7/16/05 (355.0 lb.) (York, Pennsylvania) (IPA)
19.	352.7 (160.0)	*2.18X	Jill Brown-Mills (US/71) 11/19/05 (160.0 kg. @ 162.0 lb.) (Austin, Texas) (IPA)
20.	350.0 (158.8)	*2.13X	Brooke Fineis-Curry (US/77) 6/28/08 (350.0 lb. @ 164.1 lb.) (York, Pennsylvania) (IPA)

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 **8/31/08**.

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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

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	584.2 (265.0)	*3.64X	Elana Zhukova-Soukhorouk (Ukraine/72) 5/22/99 (265.0 kg. @ 72.8 kg.) (Thisted, Denmark) (IPF) <TOP20F>
2.	560.0 (254.0)	*3.43X	Laura Phelps-Sweatt (US/80) 8/23/08 (560.0 lb. @ 163.4 lb.) (Sharonville, Ohio) (IPA)
3.	556.7 (252.5)	*3.69X	Priscilla Ribic (US/72) 6/24/07 (252.5 kg. @ 68.5 kg.) (Guatemala City, Guatemala) (USAPL/IPF) <TOP20F>
4.	556.7 (252.5)	*3.49X	Yulia Zaigolova (Russia/81) 8/24/05 (252.5 kg. @ 72.45 kg.) (Oriol, Russia) (IPF)
5.	552.9 (250.8)	*3.38X	Terry Byland-Rohal (US/60) 1/26/85 (250.0 kg. @ 74.2 kg., which later weighed out at 250.8 kg.) (Boston, Massachusetts) (USPF)
6.	545.6 (247.5)	*3.31X	Sarah Keller (US/83) 5/30/08 (247.5 kg. @ 165.0 lb.) (Omaha, Nebraska) (APF/WPC)
7.	541.2 (245.5)	*3.34X	Marina Kudinova (Russia/77) 3/3/05 (245.5 kg. @ 73.6 kg.) (Kazan, Russia) (IPF)
8.	540.1 (245.0)	*3.38X	Svetlana Zolotova (Russia/80) 8/26/04 (245.0 kg. @ 72.4 kg.) (Voronezh, Russia) (IPF)
9.	535.7 (243.0)	*3.37X	Shannon Hartnett (US/65) 5/30/08 (243.0 kg. @ 159.0 lb.) (Omaha, Nebraska) (APF/WPC)
10.	534.6 (242.5)	*3.30X	Laura Dodd (US/57) 11/21/91 (242.5 kg. @ 73.5 kg.) (Las Vegas, Nevada) (APF/WPC)
11.	534.6 (242.5)	*3.27X	Anja Wiezkowiak (Germany/75) 5/22/99 (242.5 kg. @ 74.1 kg.) (Thisted, Denmark) (IPF)
12.	534.6 (242.5)	*3.28X	Daniela Sell (Germany/70) 12/2/00 (242.5 kg. @ 73.9 kg.) (Hamm, Luxembourg) (IPF)
13.	529.1 (240.0)	*3.21X	Cathy Millen (New Zealand/67) 6/25/91 (240.0 kg. @ 74.8 kg.) (New Delhi, India) (IPF)
14.	529.1 (240.0)	*3.21X	Tamara Bagriy (Ukraine/74) 3/4/04 (240.0 kg. @ 74.85 kg.) (Kolomya, Ukraine) (IPF)
15.	523.6 (237.5)	*3.23X	Liz Odendaal (Netherlands/54-98) 3/26/95 (237.5 kg. @ 73.6 kg.) (North Scharwoude, Holland) (IPF)
16.	523.6 (237.5)	*3.25X	Daliann James (US/87) 3/1/08 (237.5 kg. @ 73.0 kg.) (Columbus, Ohio) (USAPL/IPF)
17.	518.1 (235.0)	*3.15X	Anna Terentyeva (Russia/75) 5/21/04 (235.0 kg. @ 74.7 kg.) (Voronezh, Russia) (IPF)
18.	518.1 (235.0)	*3.36X	Svetlana Tsvetkova (Russia/80) 3/3/05 (235.0 kg. @ 69.9 kg.) (Kazan, Russia) (IPF)
19.	518.1 (235.0)	*3.32X	Lesya Guminska (Ukraine/80) 3/4/05 (235.0 kg. @ 70.7 kg.) (Mariupol, Ukraine) (IPF)
20.	512.6 (232.5)	3.10X	Debbie Sorenson (US) 11/1/86 (232.5 kg.) (Parkersburg, West Virginia) (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.*

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

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1715.0 (777.9)	*10.50X	Laura Phelps-Sweatt (US/80) 8/23/08 (700.0+455.0+560.0=1715.0 lb. @ 163.4 lb.) (Sharonville, Ohio) (IPA) <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.	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)
6.	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)
7.	1444.0 (655.0)	*8.81X	Stephanie VanDeWeghe (US/55) 12/13/98 (267.5+170.0+217.5=655.0 kg. @ 163.9 lb.) (Aurora, Illinois) (APF/WPC)
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.	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)
16.	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)
17.	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)
18.	1339.3 (607.5)	*8.22X	Daniela Sell (Germany/70) 12/2/00 (220.0+145.0+242.5=607.5 kg. @ 73.9 kg.) (Hamm, Luxembourg) (IPF)
19.	1339.3 (607.5)	*8.30X	Svetlana Zolotova (Russia/80) 7/30/04 (232.5+135.0+240.0=607.5 kg. @ 73.2 kg.) (Moscow, Russia) (IPF)
20.	1339.3 (607.5)	*8.10X	Elena Povolotskaya (Russia/78) 11/1/07 (270.0+122.5+215.0=607.5 kg. @ 75.0 kg.) (Togliatti, Russia) (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 -- Squat

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	770.0 (349.3)	*4.56X	Laura Phelps-Sweatt (US/80) 1/27/07 (770.0 lb. @ 169.0 lb.) (Columbus, Ohio) (APF) <TOP20C> <TOP20F>
2.	650.4 (295.0)	*3.77X	Jill Brown-Mills (US/71) 7/22/06 (295.0 kg. @ 172.3 lb.) (San Antonio, Texas) (APF) <TOP20F>
3.	623.9 (283.0)	3.56X	Deb Widdis (US/60) 6/2/06 (283.0 kg. @ 79.6 kg.) (Las Vegas, Nevada) (APF/WPC)
4.	620.0 (281.2)	*3.46X	Tamara Rainwater-Grimwood (US/64-00) 4/15/95 (620.0 lb. @ 179.0 lb.) (Lebanon, Pennsylvania) (IPA)
5.	595.2 (270.0)	*3.42X	Yevgeniya Mazaylova (Russia/82) 8/26/04 (270.0 kg. @ 79.0 kg.) (Voronezh, Russia) (IPF)
6.	595.2 (270.0)	*3.34X	Svetlana Dedulia-Miklasevich (Russia/75) 8/24/05 (270.0 kg. @ 80.85 kg.) (Oriol, Russia) (IPF)
7.	589.7 (267.5)	*3.24X	Krista Ford (US/66) 11/3/06 (267.5 kg. @ 82.45 kg.) (Lake George, New York) (APF/WPC)
8.	582.0 (264.0)	*3.49X	Petra Stumpfova (Ireland/79) 10/23/07 (264.0 kg. @ 75.7 kg.) (Calgary, Alberta, Canada) (GPC)
9.	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)
10.	573.2 (260.0)	*3.45X	Yulia Zaugolova (Russia/81) 8/1/03 (260.0 kg. @ 75.3 kg.) (Moscow, Russia) (IPF)
11.	573.2 (260.0)	*3.20X	Alexandra Murashova (Russia/83) 3/11/04 (260.0 kg. @ 81.2 kg.) (Krasnoyarsk, Russia) (IPF)
12.	573.2 (260.0)	*3.24X	Shawna Mendelson (US/72) 6/5/04 (260.0 kg. @ 80.2 kg.) (Baton Rouge, Louisiana) (APF/WPC)
13.	567.7 (257.5)	*3.13X	Terry Byland-Rohal (US/60) 7/17/88 (257.5 kg. @ 181.5 lb.) (Columbus, Ohio) (APF/WPC)
14.	562.2 (255.0)	*3.13X	Elena Ignatenkova (Russia/71) 3/2/00 (255.0 kg. @ 81.4 kg.) (Syktyfkar, Russia) (IPF)
15.	562.2 (255.0)	*3.11X	Tatiana Puzanova (Russia/74) 5/24/03 (255.0 kg. @ 81.9 kg.) (Chicago, Illinois) (IPF)
16.	562.2 (255.0)	*3.16X	Yulia Kurina (Russia/81) 3/3/05 (255.0 kg. @ 80.65 kg.) (Kazan, Russia) (IPF)
17.	557.8 (253.0)	*3.15X	Stella Krupinski (US/62) 6/8/08 (253.0 kg. @ 80.2 kg.) (Norfolk, Virginia) (APF/WUAP)
18.	551.2 (250.0)	*3.28X	Shetty Sarala (India/59) 5/3/01 (250.0 kg. @ 76.3 kg.) (New Delhi, India) (IPF)
19.	551.2 (250.0)	*3.03X	Ali Huston (US/85) 6/4/05 (250.0 kg.) (Detroit, Michigan) (APF/WPC)
20.	551.2 (250.0)	*3.05X	Sarah Keller (US/83) 6/16/07 (250.0 kg. @ 81.95 kg.) (Daytona Beach, Florida) (APF/WPC)

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

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	465.0 (210.9)	*2.61X	Laura Phelps-Sweatt (US/80) 9/16/06 (465.0 lb. @ 178.3 lb.) (Fremont, Ohio) (APF) <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) <TOP20C> <TOP20F>
3.	413.4 (187.5)	*2.46X	Sarah Keller (US/83) 10/27/07 (187.5 kg. @ 168.2 lb.) (Plano, Texas) (APF) <TOP20F>
4.	405.0 (183.7)	*2.25X	Kathy Goliszczek-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.	391.3 (177.5)	*2.27X	Jill Brown-Mills (US/71) 7/22/06 (177.5 kg. @ 172.3 lb.) (San Antonio, Texas) (APF)
7.	381.4 (173.0)	*2.19X	Tatiana Kudryavtseva (Kazakhstan/82) 12/3/05 (173.0 kg. @ 79.1 kg.) (Stockholm, Sweden) (IPF)
8.	380.0 (172.4)	*2.10X	Katarina Murancanova (Slovakia/79) 12/17/05 (380.0 lb. @ 181.0 lb.) (Lake George, New York) (APF)
9.	374.8 (170.0)	*2.06X	Timea Zavodszky (Hungary/71) 12/5/04 (170.0 kg. @ 82.4 kg.) (Cleveland, Ohio) (IPF)
10.	369.3 (167.5)	*2.16X	Elena Sheverdina (Russia/69) 11/1/07 (167.5 kg. @ 77.65 kg.) (Togliatti, Russia) (WPC)
11.	365.0 (165.6)	*2.03X	Jan Harrell-Gable (US/59) 7/26/86 (365.0 lb. @ 180 lb.) (San Diego, California) (NSM)
12.	363.8 (165.0)	*2.19X	Anna Terentyeva (Russia/75) 5/28/04 (165.0 kg. @ 75.5 kg.) (Rybinsk, Russia) (IPF)
13.	363.8 (165.0)	*2.06X	Shawna Mendelson (US/72) 6/4/05 (165.0 kg. @ 176.3 lb.) (Detroit, Michigan) (APF/WPC)
14.	363.8 (165.0)	*2.07X	Viktoriya Sheludko (Russia/73) 6/18/08 (165.0 kg. @ 79.7 kg.) (Riga, Latvia) (WPC)
15.	355.0 (161.0)	*2.02X	Sandi "Candyazz" McCaslin (US/64) 8/27/05 (355.0 lb. @ 176.0 lb.) (Beaver Springs, Pennsylvania) (USA)
16.	353.8 (160.5)	*1.98X	Kateryna Boroday (Ukraine/83) 9/10/04 (160.5 kg. @ 81.15 kg.) (Pretoria, South Africa) (IPF)
17.	353.8 (160.5)	*1.96X	Kelly Womack (US/84) 11/21/05 (160.5 kg. @ 180.4 lb.) (Reno, Nevada) (WABDL)
18.	352.7 (160.0)	*2.02X	Bonnie Priest (US/72) 6/3/00 (160.0 kg. @ 79.3 kg.) (Seguin, Texas) (USPF)
19.	352.7 (160.0)	*2.00X	Yevgeniya Mazaylova (Russia/82) 3/11/04 (160.0 kg. @ 79.9 kg.) (Krasnoyarsk, Russia) (IPF)
20.	352.7 (160.0)	*1.95X	Olesya Rychkova (Russia/74) 3/3/05 (160.0 kg. @ 82.25 kg.) (Kazan, Russia) (IPF)

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Records accurate (as to my knowledge) as of **8/31/08**.

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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

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	590.8 (268.0)	*3.25X	Coral Blair (Austria/64) 11/19/99 (268.0 kg. @ 82.5 kg.) (Calgary, Alberta, Canada) (WPC)
2.	590.0 (267.6)	*3.26X	Dawn Reshel-Sharon (US/55-00) 6/16/90 (590.0 lb. @ 181.25 lb.) (Wilwaukee, Wisconsin) (APF/WPC)
3.	573.2 (260.0)	*3.29X	Yevgeniya Mazaylova (Russia/82) 8/26/04 (260.0 kg. @ 79.0 kg.) (Voronezh, Russia) (IPF)
4.	567.7 (257.5)	*3.15X	Cathy Millen (New Zealand/67) 7/25/93 (257.5 kg. @ 81.8 kg.) (Hague, Netherlands) (IPF)
5.	562.2 (255.0)	*3.09X	Krista Ford (US/66) 6/5/04 (255.0 kg. @ 82.5 kg.) (Baton Rouge, Louisiana) (APF/WPC)
6.	562.2 (255.0)	*3.26X	Jill Brown-Mills (US/71) 7/22/06 (255.0 kg. @ 172.3 lb.) (San Antonio, Texas) (APF)
7.	551.2 (250.0)	*3.06X	Svetlana Dedulia-Miklasevich (Russia/75) 3/5/06 (250.0 kg. @ 81.6 kg.) (Ufa, Russia) (IPF)
8.	550.0 (249.5)	*3.07X	Tamara Rainwater-Grimwood (US/64-00) 11/20/94 (550.0 lb. @ 179.0 lb.) (Brick, New Jersey) (APF/WPC)
9.	540.1 (245.0)	*3.13X	Anja Wiezkowiak (Germany/75) 5/27/00 (245.0 kg. @ 78.2 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
10.	540.0 (244.9)	2.97X	Debbie Sorenson (US) 4/18/87 (540.0 lb.) (Belpre, Ohio) (APF/WPC)
11.	534.6 (242.5)	*2.95X	Olesya Rychkova (Russia/74) 3/3/05 (242.5 kg. @ 82.25 kg.) (Kazan, Russia) (IPF)
12.	534.6 (242.5)	*3.02X	Alexandra Murashova (Russia/83) 9/10/05 (242.5 kg. @ 80.3 kg.) (Fort Wayne, Indiana) (IPF)
13.	529.1 (240.0)	*3.16X	Yulia 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.	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)
17.	520.0 (235.9)	*3.08X	Laura Phelps-Sweatt (US/80) 1/27/07 (520.0 lb. @ 169.0 lb.) (Columbus, Ohio) (APF)
18.	518.1 (235.0)	2.85X	Terry Byland-Rohal (US/60) 11/10/85 (235.0 kg.) (Parkersburg, West Virginia) (USPF)
19.	518.1 (235.0)	*2.86X	Natalia Rumyantseva (Russia/71) 5/23/98 (235.0 kg. @ 82.3 kg.) (Mo I Rana, Norway) (IPF)
20.	518.1 (235.0)	*2.87X	Elena Ignatenkova (Russia/71) 5/27/00 (235.0 kg. @ 81.8 kg.) (Pinamar, Buenos Aires, Argentina) (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.*

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

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1725.0 (782.4)	*10.21X	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) <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.	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)
8.	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)
9.	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)
10.	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)
11.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	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)
17.	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)
18.	1370.0 (621.4)	7.53X	Lynne Boshoven (US/58) 5/30/99 (540.0+315.0+515.0=1370.0 lb.) (Wyoming, Michigan) (NSM)
19.	1361.4 (617.5)	*7.50X	Annie Rivieccio (US/63) 6/7/03 (245.0+157.5+215.0=617.5 kg. @ 82.35 kg.) (Los Angeles, California) (APF/WPC)
20.	1358.0 (616.0)	*8.02X	Tatiana Kudryavtseva (Kazakhstan/82) 5/2/03 (230.0+156.0+230.0=616.0 kg. @ 76.85 kg.) (Almaty, Kazakhstan) (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

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	804.7 (365.0)	*4.08X	Becca Swanson (US/73) 3/3/06 (365.0 kg. @ 89.45 kg. Heaviest female quadruple bodyweight squat of all time.) (Columbus, Ohio) (WPO) <TOP20C> <TOP20F>
2.	633.0 (287.1)	*3.31X	Dawn Reshel-Sharon (US/55-00) 5/15/88 (655.0 lb. @ 191.0 lb., which later weighed out at 633.0 lb.) (Milwaukee, Wisconsin) (APF/WPC)
3.	620.0 (281.2)	3.12X	Lynn Boshoven (US) 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 Yavorska (Ukraine/81) 7/16/05 (262.5 kg. @ 87.55 kg.) (Duisburg, Germany) (IPF)
14.	575.0 (260.8)	*3.15X	Anna McCloskey (US/92) 1/20/08 (575.0 lb. @ 182.4 lb.) (Carteret, New Jersey) (IPA)
15.	574.3 (260.5)	*2.89X	Inna Orobets (Ukraine/71) 3/4/05 (260.5 kg. @ 90.0 kg.) (Mariupol, Ukraine) (IPF)
16.	573.2 (260.0)	*2.94X	Cathy Millen (New Zealand/67) 5/28/94 (260.0 kg. @ 88.4 kg.) (Rotorua, New Zealand) (IPF)
17.	573.2 (260.0)	*2.90X	Irina Lugovaya (Russia/74) 3/11/04 (260.0 kg. @ 89.8 kg.) (Krasnoyarsk, Russia) (IPF)
18.	562.2 (255.0)	*3.03X	Shawna Mendelson (US/72) 12/6/03 (255.0 kg. @ 84.25 kg.) (New Smyrna Beach, Florida) (APF)
19.	562.2 (255.0)	*2.91X	Ielja Strik (Netherlands/73) 9/22/07 (255.0 kg. @ 87.6 kg.) (Eghezee, Belgium) (IPF)
20.	557.8 (253.0)	2.81X	Shelby Corson (US/67) 6/19/93 (253.0 kg.) (Greensboro, North Carolina) (USPF/IPF)

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

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	479.5 (217.5)	*2.43X	Becca Swanson (US/73) 3/3/06 (217.5 kg. @ 89.45 kg.) (Columbus, Ohio) (WPO) <TOP20F>
2.	418.9 (190.0)	*2.12X	Ludmilla Gaiduchenko (Ukraine/56) 11/7/04 (190.0 kg. @ 89.6 kg.) (Helsinki, Finland) (WPO)
3.	402.3 (182.5)	*2.07X	Tazzie Colomb (US/66) 12/4/05 (182.5 kg. @ 88.35 kg.) (Jacksonville, Florida) (APF)
4.	402.3 (182.5)	*2.08X	Ielja Strik (Netherlands/73) 7/22/06 (182.5 kg. @ 87.77 kg.) (Hamm, Luxembourg) (IPF)
5.	400.1 (181.5)	*2.12X	Karen Campbell (US/63) 11/18/07 (181.5 kg. @ 188.6 lb.) (Anaheim, California) (WABDL)
6.	399.0 (181.0)	*2.05X	Valeria Scheglova (Russia/83) 3/17/07 (181.0 kg. @ 88.4 kg.) (Berdsk, Russia) (IPF)
7.	396.8 (180.0)	*2.00X	Irina Lugovaya (Russia/74) 3/11/04 (180.0 kg. @ 89.8 kg.) (Krasnoyarsk, Russia) (IPF)
8.	391.3 (177.5)	*2.02X	Iryna Yavorska (Ukraine/81) 11/27/05 (177.5 kg. @ 88.0 kg.) (Oroshaza, Hungary) (IPF)
9.	390.0 (176.9)	1.97X	Kym Allen (US) 4/26/97 (390.0 lb.) (Quebec, Canada) (APA/WPA)
10.	388.0 (176.0)	*2.00X	Natalia Rumyantseva (Russia/71) 12/7/03 (176.0 kg. @ 88.2 kg.) (Trencin, Slovakia) (IPF)
11.	386.9 (175.5)	*2.09X	Timea Zavodszky (Hungary/71) 12/7/03 (175.5 kg. @ 84.0 kg.) (Trencin, Slovakia) (IPF)
12.	385.8 (175.0)	*1.99X	Cathy Millen (New Zealand/67) 12/3/94 (175.0 kg. @ 87.8 kg.) (Jarvenpaa, Finland) (IPF)
13.	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)
14.	381.4 (173.0)	*1.92X	Inna Orobets (Ukraine/71) 3/4/05 (173.0 kg. @ 90.0 kg.) (Mariupol, Ukraine) (IPF)
15.	380.3 (172.5)	*1.96X	Christi Witmer (US/68) 8/5/06 (172.5 kg. @ 194.0 lb.) (Boca Raton, Florida) (APF)
16.	378.1 (171.5)	*2.00X	Min-Chu Hung (Chinese Taipei/83) 5/4/06 (171.5 kg. @ 85.7 kg.) (Taebaek, Korea) (IPF)
17.	374.8 (170.0)	*1.92X	Tarja Rantanen (Finland/57) 11/2/05 (170.0 kg. @ 88.5 kg.) (Helsinki, Finland) (WPC)
18.	369.3 (167.5)	*2.01X	Yevgeniya Mazaylova (Russia/82) 3/5/06 (167.5 kg. @ 83.3 kg.) (Ufa, Russia) (IPF)
19.	363.8 (165.0)	*1.90X	Tatiana Puzanova (Russia/74) 3/5/06 (165.0 kg. @ 87.0 kg.) (Ufa, Russia) (IPF)
20.	352.7 (160.0)	*1.79X	Natalia Payousova (Russia/75) 8/20/01 (160.0 kg. @ 89.5 kg.) (Akita City, Japan) (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 -- Deadlift

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	604.0 (274.0)	*3.16X	Dawn Reshel-Sharon (US/55-00) 5/15/88 (604.0 lb. @ 191.0 lb. First woman to deadlift 600 pounds.) (Milwaukee, Wisconsin) (APF/WPC)
2.	600.8 (272.5)	*3.05X	Becca Swanson (US/73) 3/3/06 (272.5 kg. @ 89.45 kg.) (Columbus, Ohio) (WPO)
3.	590.8 (268.0)	*3.22X	Yevgeniya Mazaylova (Russia/82) 3/5/06 (268.0 kg. @ 83.3 kg.) (Ufa, Russia) (IPF)
4.	589.7 (267.5)	*2.99X	Alla Korshunova-Chatimchenko (Russia/68) 3/3/05 (267.5 kg. @ 89.4 kg.) (Kazan, Russia) (IPF)
5.	573.2 (260.0)	*2.94X	Cathy Millen (New Zealand/67) 5/28/94 (260.0 kg. @ 88.4 kg.) (Rotorua, New Zealand) (IPF)
6.	573.2 (260.0)	*2.95X	Valeria Scheglova (Russia/83) 9/22/06 (260.0 kg. @ 88.2 kg.) (Syktyfkar, Russia) (IPF)
7.	567.7 (257.5)	*2.90X	Iryna 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.	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)
12.	530.2 (240.5)	2.67X	Katrina Robertson (Australia/60) 3/96 (240.5 kg.) (IPF)
13.	530.0 (240.4)	2.67X	Lisa Nawrocki (US) 5/7/89 (530.0 lb.) (Lakeland, Florida) (NSM)
14.	529.1 (240.0)	*2.67X	Ludmilla Gaiduchenko (Ukraine/56) 10/15/93 (240.0 kg. @ 90.0 kg.) (Kiev, Ukraine) (IPF)
15.	529.1 (240.0)	2.67X	Ulrike Herchenheim (Germany/62) 1999 (240.0 kg.) (WPC)
16.	529.1 (240.0)	*2.68X	Natalia Payousova (Russia/75) 12/2/01 (240.0 kg. @ 89.6 kg.) (Frydlant, Czechia) (IPF)
17.	525.0 (238.1)	*2.76X	Cheryl Clodfelter (US/62) 2/23/08 (525.0 lb. @ 190.5 lb.) (Orlando, Florida) (APF)
18.	520.0 (235.9)	2.62X	JoLynn Arvin (US/67) 11/12/95 (520.0 lb.) (Roseville, Michigan) (APF)
19.	520.0 (235.9)	2.62X	Lynn Boshoven (US) 10/28/01 (520.0 lb.) (Wyoming, Michigan) (NSM)
20.	518.1 (235.0)	*2.62X	Sue Meany (US) 3/9/86 (235.0 kg. @ 89.86 kg.) (Canton, Ohio) (APF/WPC)

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

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1885.0 (855.0)	*9.56X	Becca Swanson (US/73) 3/3/06 (365.0+217.5+272.5=855.0 kg. @ 89.45 kg. Heaviest 9X bodyweight female total of all time.) (Columbus, Ohio) (WPO) <TOP20F>
2.	1566.4 (710.5)	*8.06X	Valeria Scheglova (Russia/83) 9/22/06 (280.5+170.0+260.0=710.5 kg. @ 88.2 kg.) (Syktyfkar, Russia) (IPF)
3.	1564.0 (709.4)	*8.19X	Dawn Reshel-Sharon (US/55-00) 5/15/88 (1586.0 lb. @ 191.0 lb., which later weighed out at 1564.0 lb.) (FV: 655.0+327.0+604.0=1586.0 lb.) (AW: 633.0+327.0+604.0=1564.0 lb. First woman to total 1500 pounds.) (Milwaukee, Wisconsin) (APF/WPC)
4.	1548.7 (702.5)	*8.43X	Yevgeniya Mazaylova (Russia/82) 3/5/06 (280.0+167.5+255.0=702.5 kg. @ 83.3 kg.) (Ufa, Russia) (IPF)
5.	1521.2 (690.0)	*7.68X	Irina Lugovaya (Russia/74) 3/11/04 (260.0+180.0+250.0=690.0 kg. @ 89.8 kg.) (Krasnoyarsk, Russia) (IPF)
6.	1504.7 (682.5)	*7.72X	Cathy Millen (New Zealand/67) 5/28/94 (260.0+162.5+260.0=682.5 kg. @ 88.4 kg.) (Rotorua, New Zealand) (IPF)
7.	1499.1 (680.0)	*7.73X	Iryna 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	Lynn Boshoven (US) 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.	1355.8 (615.0)	*7.28X	Krista Ford (US/66) 6/8/08 (272.5+115.0+227.5=615.0 kg. @ 84.5 kg.) (Norfolk, Virginia) (APC/WUAP)
20.	1355.0 (614.6)	*7.17X	Angela Martinez (Argentina/66) 7/23/06 (535.0+315.0+505.0=1355.0 lb. @ 85.7 kg.) (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

	Squat	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	854.3 (387.5)	*3.46X	Becca Swanson (US/73) 10/29/05 (387.5 kg. @ 112.1 kg. First woman to squat 700 pounds. Only woman to squat over 800 pounds.) (Chicago, Illinois) (WPO) <TOP20F>
2.	673.5 (305.5)	*2.53X	Galina Karpova (Russia/68) 3/5/06 (305.5 kg. @ 120.9 kg.) (Ufa, Russia) (IPF)
3.	661.4 (300.0)		Liz Willett (US/72) 7/9/04 (300.0 kg.) (Baton Rouge, Louisiana) (USAPL/IPF)
4.	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)
5.	639.3 (290.0)	*2.41X	Anastasia Pavlova (Russia/68) 3/3/05 (290.0 kg. @ 120.1 kg.) (Kazan, Russia) (IPF)
6.	630.0 (285.8)	*3.06X	Sandi "Candyazz" McCaslin (US/64) 12/2/06 (630.0 lb. @ 206.0 lb.) (Riverhead, New York) (APF)
7.	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)
8.	625.0 (283.5)	*2.62X	Karen Sizemore (US/64) 4/12/03 (625.0 lb. @ 238.5 lb.) (Newark, Ohio) (IPA)
9.	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)
10.	617.3 (280.0)	*2.56X	Elena Avilkina (Russia/77) 2/27/03 (280.0 kg. @ 109.3 kg.) (Kazan, Russia) (IPF)
11.	611.8 (277.5)		Juanita Trujillo (US/64) 7/31/94 (277.5 kg.) (Houston, Texas) (USPF/IPF)
12.	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)
13.	606.3 (275.0)	*2.66X	Dorothy Shaw (Great Britain/63) 6/00 (275.0 kg. @ 103.5 kg.) (Port Talbot, Wales) (WPC)
14.	606.3 (275.0)	*2.26X	Victoria Olenitsa (Ukraine/84) 3/4/05 (275.0 kg. @ 121.9 kg.) (Mariupol, Ukraine) (IPF)
15.	606.3 (275.0)	*2.80X	Tatyana Grigor (Russia/70) 3/5/06 (275.0 kg. @ 98.3 kg.) (Ufa, Russia) (IPF)
16.	600.8 (272.5)		Harriet Hall (US/50) 3/11/06 (272.5 kg.) (Anchorage, Alaska) (USAPL)
17.	606.3 (275.0)	*1.67X	Melissa Garrett (US/78) 5/30/08 (272.5 kg. @ 359.0 lb.) (Omaha, Nebraska) (APF/WPC)
18.	584.2 (265.0)	*2.18X	Hildeborg Juvet Hugdal (Norway/83) 11/10/06 (265.0 kg. @ 121.75 kg.) (Stavanger, Norway) (IPF)
19.	584.2 (265.0)	*2.26X	Olga Gemaletdinova (Russia/86) 9/8/07 (265.0 kg. @ 117.05 kg.) (LaGarde, France) (IPF)
20.	584.2 (265.0)	*2.64X	Irina Lugovaya (Russia/74) 10/19/07 (265.0 kg. @ 100.4 kg.) (Soelden, Austria) (IPF)

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

	Bench Press	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	600.8 (272.5)	*2.50X	Becca Swanson (US/73) 3/8/08 (272.5 kg. @ 240.0 lb. First woman to bench press 500 pounds. 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.	451.9 (205.0)	*2.12X	Ludmilla Gaiduchenko (Ukraine/56) 2/4/07 (205.0 kg. @ 96.6 kg.) (Melitopol, Ukraine) (IPF)
4.	451.9 (205.0)	*1.63X	Lisa Miller (US/76) 6/30/07 (205.0 kg. @ 126.0 kg.) (Willowbrook, Illinois) (APF)
5.	451.9 (205.0)	*1.26X	Melissa Garrett (US/78) 5/30/08 (205.0 kg. @ 359.0 lb.) (Omaha, Nebraska) (APF/WPC)
6.	450.0 (204.1)	*1.79X	Karen Sizemore (US/64) 3/30/02 (450.0 lb. @ 252.0 lb.) (Charleston, West Virginia) (IPA)
7.	429.9 (195.0)	*1.61X	Galina Karpova (Russia/68) 3/5/06 (195.0 kg. @ 120.9 kg.) (Ufa, Russia) (IPF)
8.	425.5 (193.0)	*1.59X	Hildeborg Juvet Hugdal (Norway/83) 11/10/06 (193.0 kg. @ 121.75 kg.) (Stavanger, Norway) (IPF)
9.	425.0 (192.8)	*2.00X	Sandi "Candyazz" McCaslin (US/64) 7/12/08 (425.0 lb. @ 213.0 lb.) (Bradford, Pennsylvania) (SSA)
10.	420.0 (190.5)	*1.57X	Deborah Ferrell (US/64) 5/27/06 (190.5 kg. @ 121.25 kg.) (Miskolc, Hungary) (USAPL/IPF)
11.	418.9 (190.0)	*1.61X	Chen-Yen Chao (Chinese Taipei/71) 5/2/03 (190.0 kg. @ 118.2 kg.) (Almaty, Kazakhstan) (IPF)
12.	413.4 (187.5)	*1.79X	Joanne Smith-Williams Schaeffer (Great Britain/Netherlands/67) 5/10/07 (187.5 kg. @ 104.8 kg.) (Koscian, Poland) (IPF)
13.	412.3 (187.0)	*1.25X	Liz Willett (US/72) 5/1/04 (187.0 kg. @ 330.6 lb.) (Villa Park, Illinois) (Bench America2)
14.	407.9 (185.0)	*1.51X	Jean Putnam (US) 2/15/04 (185.0 kg. @ 270.5 lb.) (Manchester, New Hampshire) (USPF)
15.	407.9 (185.0)	*1.50X	Victoria Olenitsa (Ukraine/84) 11/27/05 (185.0 kg. @ 123.3 kg.) (Oroshaza, Hungary) (IPF)
16.	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)
17.	402.3 (182.5)	*1.42X	Machia Dudley (US/86) 1/20/07 (182.5 kg. @ 128.8 kg.) (Dubuque, Iowa) (APF)
18.	400.0 (181.4)	*1.85X	JoLynn Arvin (US/67) 2/8/98 (400.0 lb. @ 98.0 kg.) (Columbus, Ohio) (APF)
19.	396.8 (180.0)	*1.85X	Irina Lugovaya (Russia/74) 3/17/07 (180.0 kg. @ 97.4 kg.) (Berds, Russia) (IPF)
20.	391.3 (177.5)	*1.11X	Roberta Collins (US) 1/11/03 (177.5 kg. @ 353.0 lb., without a bench press shirt. Heaviest female bench press of all time without a bench press shirt.) (West Liberty, Ohio) (NASA) <TOP20UF>

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 **8/31/08**.

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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

	Deadlift	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	683.4 (310.0)	*2.80X	Becca Swanson (US/73) 11/5/05 (310.0 kg. @ 110.8 kg.) (Helsinki, Finland) (WPO) <TOP20F>
2.	580.9 (263.5)	*2.21X	Katrina Robertson (Australia/60) 12/6/98 (263.5 kg. @ 119.5 kg.) (Oceania, New Zealand) (IPF)
3.	573.2 (260.0)	*2.51X	Dorothy Shaw (Great Britain/63) 6/00 (260.0 kg. @ 103.5 kg.) (Port Talbot, Wales) (WPC)
4.	567.7 (257.5)	*2.84X	Dawn Reshel-Sharon (US/55-00) 12/1/89 (257.5 kg. @ 90.6 kg.) (Stone, England) (APF/WPC)
5.	565.0 (256.3)	*2.70X	Lisa Nawrocki (US) 5/6/90 (565.0 lb. @ 209.0 lb.) (Lakeland, Florida) (NSM)
6.	565.0 (256.3)	*2.62X	JoLynn Arvin (US/67) 2/8/98 (565.0 lb. @ 98.0 kg.) (Columbus, Ohio) (APF)
7.	556.7 (252.5)	*2.07X	Victoria Olenitsa (Ukraine/84) 3/4/05 (252.5 kg. @ 121.9 kg.) (Mariupol, Ukraine) (IPF)
8.	551.2 (250.0)	*2.07X	Galina Karpova (Russia/68) 3/3/05 (250.0 kg. @ 120.8 kg.) (Kazan, Russia) (IPF)
9.	547.8 (248.5)	*2.12X	Olga Gemaletdinova (Russia/86) 9/8/07 (248.5 kg. @ 117.05 kg.) (LaGarde, France) (IPF)
10.	545.6 (247.5)	*2.12X	Chia-Sui Lee (Chinese Taipei/77) 5/23/99 (247.5 kg. @ 116.9 kg.) (Thisted, Denmark) (IPF)
11.	540.1 (245.0)	*2.24X	Marlene Lewis (US) 3/19/88 (245.0 kg. @ 241.4 lb.) (Philadelphia, Pennsylvania) (USPF)
12.	540.1 (245.0)	*2.17X	Anastasia Pavlova (Russia/68) 3/3/01 (245.0 kg. @ 112.7 kg.) (Saint Petersburg, Russia) (IPF)
13.	540.1 (245.0)	*2.58X	Jessica Watkins-O'Donnell (US/80) 2/17/08 (245.0 kg. @ 95.1 kg.) (Killeen, Texas) (USAPL/IPF)
14.	535.7 (243.0)	*2.69X	Natalia Payousova (Russia/75) 9/27/00 (243.0 kg. @ 90.2 kg.) (Sotchi, Russia) (IPF)
15.	534.6 (242.5)		Carloss Lott (US) 10/26/85 (242.5 kg.) (Hattiesburg, Mississippi) (USPF)
16.	534.6 (242.5)	*2.35X	Ulrike Herchenheim (Germany/62) 12/8/96 (242.5 kg. @ 103.2 kg.) (Erba, Italy) (IPF)
17.	530.0 (240.4)	*2.52X	Sue Meany (US) 11/16/86 (530.0 lb. @ 210.0 lb.) (Maui, Hawaii) (APF/WPC)
18.	530.0 (240.4)	*2.64X	Cheryl Clodfelter (US/62) 5/3/08 (530.0 lb. @ 201.0 lb.) (Fresderiksburg, Virginia) (IPA)
19.	529.1 (240.0)		Valerie Perry (US) 6/19/92 (240.0 kg.) (Las Vegas, Nevada) (NASA)
20.	523.6 (237.5)	*2.55X	Lorraine Costanzo (US/54) 6/1/87 (237.5 kg. @ 205 lb.) (Perth, Australia) (USPF/IPF)

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

	Total	X-Bwt	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2050.3 (930.0)	*8.30X	Becca Swanson (US/73) 10/29/05 (387.5+237.5+305.0=930.0 kg. @ 112.1 kg. First woman to total 1600 pounds. Only woman to total over 1700 pounds.) (Chicago, Illinois) (WPO) <TOP20F>
2.	1632.5 (740.5)	*6.12X	Galina Karpova (Russia/68) 3/5/06 (305.5+195.0+240.0=740.5 kg. @ 120.9 kg.) (Ufa, Russia) (IPF)
3.	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)
4.	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)
5.	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)
6.	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)
7.	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)
8.	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)
9.	1515.7 (687.5)	*4.22X	Melissa Garrett (US/78) 5/30/08 (272.5+205.0+210.0=687.5 kg. @ 359.0 lb.) (Omaha, Nebraska) (APF/WPC)
10.	1504.7 (682.5)	*7.18X	Jessica Watkins-O'Donnell (US/80) 2/17/08 (265.0+172.5+245.0=682.5 kg. @ 95.1 kg.) (Killeen, Texas) (USAPL/IPF)
11.	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)
12.	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)
13.	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)
14.	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)
15.	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)
16.	1462.8 (663.5)	*5.67X	Olga Gemaletdinova (Russia/86) 9/8/07 (265.0+150.0+248.5=663.5 kg. @ 117.05 kg.) (LaGarde, France) (IPF)
17.	1455.1 (660.0)	*5.42X	Hildeborg Juvet Hugdal (Norway/83) 11/10/06 (265.0+185.0+210.0=660.0 kg. @ 121.75 kg.) (Stavanger, Norway) (IPF)
18.	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)
19.	1438.5 (652.5)	*7.05X	Valeria Scheglova (Russia/83) 9/11/03 (262.5+162.5+227.5=652.5 kg. @ 92.55 kg.) (Koscian, Poland) (IPF)
20.	1438.5 (652.5)	*6.60X	Inna Orobets (Ukraine/71) 5/9/08 (257.5+175.0+220.0=652.5 kg. @ 98.9 kg.) (Frydek-Mistek, Czech Republic) (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 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.	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 #2	*509.85 #3	=5	=2
3.	730.0 *4.44X	165	Laura Phelps-Sweatt (US/80) 4/12/08 (730.0 lb. @ 164.5 lb.) (Columbus, Ohio) (IPA)	*696.24 #3	*528.81 #2	=5	=2
4.	854.3 *3.46X	SHW	Becca Swanson (US/73) 10/29/05 (387.5 kg. @ 112.1 kg. First woman to squat 700 pounds. Only woman to squat over 800 pounds.) (Chicago, Illinois) (WPO)	*691.89 #4	*484.22 #5	=9	=4
5.	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
6.	556.7 *4.24X	132	Nance Avigliano (US/56) 8/25/02 (252.5 kg. @ 59.5 kg.) (Red Deer, Alberta, Canada) (APF/WPC)	*624.64 #6	*482.13 #7	=13	=6
7.	529.1 *4.29X	123	Inna Filimonova (Russia/76) 3/1/06 (240.0 kg. @ 55.9 kg.) (Ufa, Russia) (IPF)	*623.45 #7	*482.87 #6	=13	=6
8.	463.0 *4.40X	105	Margaret Kirkland (US/63) 8/4/07 (210.0 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)	*615.98 #8	*480.93 #8	#16	#8
9.	540.0 *4.12X	132	Amy Weisberger (US/65) 1/27/07 (540.0 lb. @ 131.0 lb.) (Columbus, Ohio) (APF)	*606.58 #9	*468.50 #9	#18	#9
10.	590.0 *4.00X	148	Amy Weisberger (US/65) 8/18/07 (590.0 lb. @ 147.4 lb.) (Franklin, Ohio) (IPA)	*606.31 #10	*463.21 #12	=22	=10
11.	534.6 *4.10X	132	Inna Filimonova (Russia/76) 1/21/06 (242.5 kg. @ 59.15 kg.) (Moscow, Russia) (IPF)	*602.70 #12	*465.49 #10	=22	=10
12.	479.5 *4.19X	114	Margaret Kirkland (US/63) 6/16/07 (217.5 kg. @ 51.9 kg.) (Daytona Beach, Florida) (APF/WPC)	*598.66 #13	*465.17 #11	#24	#12
13.	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 #11	*455.52 #17	#28	#13
14.	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 #16	*458.05 #15	=31	=14
15.	486.1 *4.12X	123	Margaret Kirkland (US/63) 5/30/08 (220.5 kg. @ 118.0 lb.) (Omaha, Nebraska) (APF/WPC)	*592.58 #17	*459.97 #14	=31	=14
16.	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 #19	*460.15 #13	#32	#16
17.	584.2 *3.93X	148	Shannon Hartnett (US/65) 6/16/07 (265.0 kg. @ 67.5 kg.) (Daytona Beach, Florida) (APF/WPC)	*596.26 #14	*454.35 #19	#33	#17
18.	611.8 *3.83X	165	Yulia Zaugolova (Russia/81) 8/24/05 (277.5 kg. @ 72.45 kg.) (Oriol, Russia) (IPF)	*594.68 #15	*452.47 #20	#35	#18
19.	551.2 *3.97X	148	Andrea Zurcher (Switzerland/78) 5/4/03 (250.0 kg. @ 63.0 kg.) (Nancy, France) (WPC)	*591.94 #18	*455.09 #18	#36	#19
20.	440.9 *4.18X	105	Olesia Lafina (Russia/79) 2/26/03 (200.0 kg. @ 47.8 kg.) (Kazan, Russia) (IPF)	*585.75 #21	*457.24 #16	#37	#20
21.	573.2 *3.86X	148	Galina Potseluyeva (Russia/80) 9/22/06 (260.0 kg. @ 67.35 kg.) (Syktyfkar, Russia) (IPF)	*585.96 #20	*447.24 #21	#41	#21

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

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

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

Records accurate (as to my knowledge) as of **8/31/08**.

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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.	600.8 *2.50X	SHW	Becca Swanson (US/73) 3/8/08 (272.5 kg. @ 240.0 lb. First woman to bench press 500 pounds. First woman to bench press 550 pounds. Only woman to bench press 600 pounds. Heaviest female double bodyweight bench press of all time.) (Omaha, Nebraska) (APF)	*489.56 #1	*343.93 #2	#3	—#1—
2.	402.3 * 3.04X	132	Tina Rinehart (US/68) 3/6/04 (182.5 kg. @ 60.0 kg. Only woman to bench press triple bodyweight.) (Columbus, Ohio) (WPO)	*448.57 #3	*346.14 #1	#4	#2
3.	451.9 *2.93X	165	Kara Bohigian-Smith (US/75) 3/18/06 (205.0 kg. @ 70.0 kg.) (Attalla, Alabama) (APF)	*449.60 #2	*342.62 #3	#5	#3
4.	455.0 *2.78X	165	Laura Phelps-Sweatt (US/80) 8/23/08 (455.0 lb. @ 163.4 lb.) (Sharonville, Ohio) (IPA)	*435.78 #4	*331.19 #4	#8	#4
5.	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 #5	#12	#5
6.	465.0 *2.61X	181	Laura Phelps-Sweatt (US/80) 9/16/06 (465.0 lb. @ 178.3 lb.) (Fremont, Ohio) (APF)	*422.96 #6	*316.70 #7	#13	#6
7.	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 #8	=16	=7
8.	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 #10	*319.52 #6	=16	=7
9.	345.0 *2.80X	123	Tina Rinehart (US/68) 7/16/06 (345.0 lb. @ 123.0 lb.) (Worthington, Ohio) (APF)	*407.13 #12	*314.30 #9	#21	#9
10.	429.9 *2.61X	165	Julie Scanlon (US/76) 3/5/04 (195.0 kg. @ 74.65 kg.) (Columbus, Ohio) (WPO)	*409.87 #11	*311.27 #11	#22	#10
11.	479.5 *2.43X	198	Becca Swanson (US/73) 3/3/06 (217.5 kg. @ 89.45 kg.) (Columbus, Ohio) (WPO)	*415.40 #9	*303.81 #14	=23	=11
12.	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 #13	*312.06 #10	=23	=11
13.	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 #5	*299.96 #19	#24	#13
14.	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 #14	*307.40 #12	#26	#14
15.	418.9 *2.55X	165	Svetlana Dedulia-Miklasevich (Russia/75) 3/3/05 (190.0 kg. @ 74.65 kg.) (Kazan, Russia) (IPF)	*399.36 #15	*303.29 #15	=30	=15
16.	353.0 *2.67X	132	Janet Faraone (US/67) 6/28/08 (353.0 lb. @ 132.0 lb.) (Albany, New York) (APF)	*394.16 #17	*304.57 #13	=30	=15
17.	402.3 *2.56X	165	Sonji Baldwin (US/69) 6/8/08 (182.5 kg. @ 71.4 kg.) (Norfolk, Virginia) (APC/WUAP)	*394.90 #16	*300.75 #17	#33	#17
18.	286.6 *2.76X	105	Yukako Fukushima (Japan/70) 7/14/02 (130.0 kg. @ 47.1 kg.) (Matsuda City, Kanagawa, Japan) (IPF)	*384.85 #21	*300.76 #16	#37	#18
19.	380.0 *2.59X	148	Michelle Borzok (US/70) 6/24/07 (380.0 lb. @ 146.7 lb.) (York, Pennsylvania) (IPA)	*391.83 #18	*299.53 #20	#38	#19
20.	403.4 *2.51X	165	Paula Suzuki (US/68) 6/10/00 (183.0 kg. @ 161.0 lb.) (Warren, Michigan) (APF/WPC/WBC)	*390.11 #19	*296.77 #21	=40	=20
21.	275.6 *2.78X	105	Justyna Kozdryk (Poland/80) 6/26/08 (125.0 kg. @ 44.9 kg.) (Prague, Czech Republic) (IPF)	*382.75 #22	*300.46 #18	=40	=20
22.	413.4 *2.46X	181	Sarah Keller (US/83) 10/27/07 (187.5 kg. @ 168.2 lb.) (Plano, Texas) (APF)	*388.85 #20	*294.67 #22	#42	#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.

	Bench Press	Wt. Div.	Female Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation	Wilks	Malone	Sum	Rank
1.	280.0 *2.14X	132	Jennifer Thompson (US/73) 8/11/06 (280.0 lb. @ 130.7 lb. Heaviest female unequipped double bodyweight bench press of all time.) (Orlando, Florida) (100% RAW)	*315.09 #1	*243.45 #1	#2	—#1—
2.	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 #2	*233.20 #2	#4	#2
3.	305.0 *1.92X	165	Julie Scanlon (US/76) 5/6/06 (305.0 lb. @ 159.0 lb.) (Amherst, Massachusetts) (Atlantis)	*297.34 #5	*226.65 #3	#8	#3
4.	391.3 *1.11X	SHW	Roberta Collins (US) 1/11/03 (177.5 kg. @ 353.0 lb. Heaviest female bench press of all time without a bench press shirt.) (West Liberty, Ohio) (NASA)	*300.96 #3	*221.06 #8	=11	=4
5.	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 #4	222.59 #7	=11	=4
6.	308.6 1.87X	165	Beverly Francis (Australia/55) 10/18/81 (140.0 kg.) (Melbourne, Australia) (IPF)	293.40 #6	222.72 #6	=12	=6
7.	248.0 *2.01X	123	Vicki Steenrod (US) 7/7/84 (112.5 kg. @ 55.9 kg. First woman to bench press double bodyweight.) (Dayton, Ohio) (USPF)	*292.24 #8	*226.34 #4	=12	=6
8.	231.5 2.02X	114	Mary Ryan-Jeffrey (US/60) 7/26/91 (105.0 kg.) (Dallas, Texas) (USPF)	288.57 #9	224.22 #5	#14	#8
9.	325.2 1.79X	181	Jill Brown-Mills (US/71) 3/20/99 (147.5 kg.) (Austin, Texas) (USPF)	292.66 #7	218.88 #9	#16	#9
10.	264.6 *1.94X	148	Clara Kasbarian (France/59) 6/17/89 (120.0 kg. @ 136.5 lb.) (Chicago, Illinois) (WDFPF)	*287.89 #10	*217.72 #11	#21	#10
11.	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 #11	*216.34 #12	=23	=11
12.	237.0 *1.94X	123	Julie Sylvan-Thomas (US/60) 1/29/83 (107.5 kg. @ 55.35 kg.) (Chicago, Illinois) (USPF)	*281.42 #13	*218.06 #10	=23	=11
13.	237.0 1.92X	123	Mary Ryan-Jeffrey (US/60) 7/14/89 (107.5 kg.) (Las Vegas, Nevada) (USPF/IPF)	278.85 #14	215.95 #13	#27	#13
14.	203.9 *1.96X	105	Svetlana Stepanova (Russia/75) 6/5/93 (92.5 kg. @ 47.2 kg.) (Darmstadt, Germany) (IPF)	*273.43 #15	*213.63 #14	#29	#14
15.	286.6 *1.74X	165	Cathy Millen (New Zealand/67) 6/25/91 (130.0 kg. @ 74.8 kg.) (New Delhi, India) (IPF)	*272.90 #16	*207.21 #16	=32	=15
16.	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 #17	*210.69 #15	=32	=15
17.	350.0 *1.40X	SHW	Artelia Watson (US/67) 8/7/04 (350.0 lb. @ 250.0 lb.) (Waukegan, Illinois) (APA)	*282.84 #12	*197.72 #21	#33	#17
18.	286.6 1.73X	165	Sara Robertson (US/66) 7/27/91 (130.0 kg.) (Dallas, Texas) (USPF)	272.44 #18	206.81 #17	#35	#18
19.	275.6 *1.74X	165	Jennifer Reid-Weyland (US/56) 1/30/83 (125.0 kg. @ 158.25 lb.) (Chicago, Illinois) (USPF)	*269.53 #19	*205.24 #19	=38	=19
20.	240.0 1.81X	132	Carrie Boudreau (US/67) 5/17/97 (240.0 lb.) (Taunton, Massachusetts) (AAU)	267.58 #20	206.47 #18	=38	=19
21.	238.1 1.80X	132	Rachel Mathias (US/60) 7/26/91 (108.0 kg.) (Dallas, Texas) (USPF)	265.46 #21	204.84 #20	#41	#21

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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 #2	#4	#2
3.	545.0 *3.87X	148	Ruthi Shafer (US/59) 11/22/83 (545.0 lb. @ 141.0 lb.) (Salem, Oregon) (NSM)	*578.71 #3	*444.67 #3	#6	#3
4.	552.3 *3.80X	148	Shannon Hartnett (US/65) 3/2/07 (250.5 kg. @ 66.0 kg.) (Columbus, Ohio) (WPO)	*572.91 #4	*438.38 #4	#8	#4
5.	545.6 *3.76X	148	Priscilla Ribic (US/72) 12/11/04 (247.5 kg. @ 65.9 kg.) (King of Prussia, Pennsylvania) (USAPL/IPF)	*566.65 #5	*433.68 #6	#11	#5
6.	584.2 *3.64X	165	Elana Zhukova-Soukhorouk (Ukraine/72) 5/22/99 (265.0 kg. @ 72.8 kg.) (Thisted, Denmark) (IPF)	*566.05 #6	*430.69 #9	=15	=6
7.	501.6 *3.81X	132	Larisa Vitsievskaja-Soloviova (Ukraine/78) 11/27/04 (227.5 kg. @ 59.7 kg.) (Trencin, Slovakia) (IPF)	*561.34 #8	*433.34 #7	=15	=6
8.	402.3 *4.02X	105	Wei-Ling Chen (Chinese Taipei/82) 7/16/05 (182.5 kg. @ 45.35 kg.) (Duisburg, Germany) (IPF)	*554.97 #10	*435.19 #5	=15	=6
9.	474.0 3.84X	123	Vanessa Gibson (Great Britain/69) --/--/-- (215.0 kg.) (WPC)	557.70 #9	431.90 #8	#17	#9
10.	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 #7	*428.47 #13	#20	#10
11.	440.9 *3.88X	114	Oksana Belova (Russia/75) 11/26/99 (200.0 kg. @ 51.6 kg.) (Paris, France) (IPF)	*552.96 #13	*429.77 #10	#23	#11
12.	468.5 *3.82X	123	Diana Rowell (US/57) 6/1/85 (212.5 kg. @ 55.62 kg.) (Vienna, Austria) (USPF/IPF)	*554.16 #12	*429.33 #12	#24	#12
13.	435.4 *3.86X	114	Diana Rowell (US/57) 1/28/84 (197.5 kg. @ 51.2 kg.) (Austin, Texas) (USPF/IPF)	*549.32 #15	*427.10 #14	#29	#13
14.	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 #19	*429.75 #11	#30	#14
15.	490.5 *3.73X	132	Irina Abramova (Russia/74) 5/21/99 (222.5 kg. @ 59.7 kg.) (Thisted, Denmark) (IPF)	*549.00 #16	*423.82 #15	#31	#15
16.	529.1 *3.65X	148	Lesya Guminska (Ukraine/80) 2/24/00 (240.0 kg. @ 65.7 kg.) (Vinnitsa, Ukraine) (IPF)	*550.70 #14	*421.65 #18	#32	#16
17.	683.4 *2.80X	SHW	Becca Swanson (US/73) 11/5/05 (310.0 kg. @ 110.8 kg.) (Helsinki, Finland) (WPO)	*554.81 #11	*388.53 #22	=33	=17
18.	464.1 *3.77X	123	Inna Filimonova (Russia/76) 3/1/06 (210.5 kg. @ 55.9 kg.) (Ufa, Russia) (IPF)	*546.82 #17	*423.51 #16	=33	=17
19.	480.6 *3.73X	132	Birgit Fischer (Germany/63) 9/7/01 (218.0 kg. @ 58.5 kg.) (Chemnitz, Germany) (IPF)	*546.50 #18	*422.36 #17	#35	#19
20.	529.1 *3.58X	148	Lisa Sjostrand (Sweden/68) 9/6/97 (240.0 kg. @ 67.1 kg.) (Solna, Sweden) (IPF)	*542.34 #20	*414.13 #21	=41	=20
21.	457.5 *3.74X	123	Joy Burt-Forsey (Canada/57) 5/29/92 (207.5 kg. @ 55.5 kg.) (Ghent, Belgium) (IPF)	*542.04 #21	*419.95 #20	=41	=20
22.	374.8 *3.94X	97	Svetlana Tesleva (Russia/75) 5/25/00 (170.0 kg. @ 43.2 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)	*534.14 #22	*421.30 #19	=41	=20

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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.	1715.0 *10.50X	165	Laura Phelps-Sweatt (US/80) 8/23/08 (700.0+455.0+560.0=1715.0 lb. @ 163.4 lb.) (Sharonville, Ohio) (IPA)	*1642.6 #2	*1248.3 #1	#3	—#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 #1	*1162.1 #4	#5	#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	=3
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	=3
5.	1543.2 *9.66X	165	Yulia Zaugolova (Russia/81) 8/24/05 (277.5+170.0+252.5=700.0 kg. @ 72.45 kg.) (Oriol, Russia) (IPF)	*1500.1 #5	*1141.4 #6	=11	=5
6.	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
7.	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 #8	#16	#7
8.	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 #10	=17	=8
9.	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 #10	*1140.8 #7	=17	=8
10.	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 #9	*1123.9 #9	#18	#10
11.	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 #13	*1114.1 #14	#27	#11
12.	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 #11	*1109.46 #17	#28	#12
13.	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 #17	*1116.6 #12	=29	=13
14.	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 #18	*1117.0 #11	=29	=13
15.	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 #14	*1103.9 #18	#32	#15
16.	1516.8 *9.19X	165	Sarah Keller (US/83) 5/30/08 (260.0+182.5+245.5=688.0 kg. @ 165.0 lb.) (Omaha, Nebraska) (APF/WPC)	*1443.8 #12	*1096.63 #21	#33	#16
17.	1284.2 *9.77X	132	Maria Revva (Russia/77) 8/25/04 (215.0+132.5+235.0=582.5 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF)	*1439.2 #19	*1111.1 #15	=34	=17
18.	1145.0 *10.04X	114	Margaret Kirkland (US/63) 10/13/07 (1145.0 lb. @ 114.0 lb.) (Tampa, Florida) (APF)	*1433.5 #21	*1114.2 #13	=34	=17
19.	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 #20	*1109.54 #16	#36	#19
20.	1499.1 *9.24X	165	Marina Kudinova (Russia/77) 3/3/05 (680.0 kg. @ 73.6 kg.) (Kazan, Russia) (IPF)	*1442.3 #15	*1096.62 #22	#37	#20
21.	1592.8 *8.85X	181	Svetlana Dedulia-Miklasevich (Russia/75) 3/5/06 (722.5 kg. @ 81.6 kg.) (Ufa, Russia) (IPF)	*1441.8 #16	*1080.9 #23	#39	#21
22.	1207.0 *9.80X	123	Tatiana Eltsova (Russia/78) 3/10/04 (547.5 kg. @ 55.85 kg.) (Krasnoyarsk, Russia) (IPF)	*1423.2 #22	*1102.4 #19	#41	#22
23.	1256.6 *9.69X	132	Tatiana Eltsova (Russia/78) 3/2/06 (222.5+140.0+207.5=570.0 kg. @ 58.8 kg.) (Ufa, Russia) (IPF)	*1423.1 #23	*1099.6 #20	#43	#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.*

	Squat	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	512.6 (232.5)	*4.568X	114 (52)	Olesia Lafina (Russia/79) 3/1/06 (232.5 kg. @ 50.9 kg.) (Ufa, Russia) (IPF)
2.	770.0 (349.3)	*4.556X	181 (82.5)	Laura Phelps-Sweatt (US/80) 1/27/07 (770.0 lb. @ 169.0 lb.) (Columbus, Ohio) (APF)
3.	730.0 (331.1)	*4.438X	165 (75)	Laura Phelps-Sweatt (US/80) 4/12/08 (730.0 lb. @ 164.5 lb.) (Columbus, Ohio) (IPA)
4.	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)
5.	529.1 (240.0)	*4.293X	123 (56)	Inna Filimonova (Russia/76) 3/1/06 (240.0 kg. @ 55.9 kg.) (Ufa, Russia) (IPF)
6.	556.7 (252.5)	*4.244X	132 (60)	Nance Avigliano (US/56) 8/25/02 (252.5 kg. @ 59.5 kg.) (Red Deer, Alberta, Canada) (APF/WPC)
7.	435.4 (197.5)	*4.229X	105 (48)	Wei-Ling Chen (Chinese Taipei/82) 10/15/07 (197.5 kg. @ 46.7 kg.) (Soelden, Austria) (IPF)
8.	479.5 (217.5)	*4.191X	114 (52)	Margaret Kirkland (US/63) 6/16/07 (217.5 kg. @ 51.9 kg.) (Daytona Beach, Florida) (APF/WPC)
9.	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)
10.	440.9 (200.0)	*4.184X	105 (48)	Olesia Lafina (Russia/79) 2/26/03 (200.0 kg. @ 47.8 kg.) (Kazan, Russia) (IPF)
11.	540.0 (244.9)	*4.122X	132 (60)	Amy Weisberger (US/65) 1/27/07 (540.0 lb. @ 131.0 lb.) (Columbus, Ohio) (APF)
12.	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)
13.	534.6 (242.5)	*4.100X	132 (60)	Inna Filimonova (Russia/76) 1/21/06 (242.5 kg. @ 59.15 kg.) (Moscow, Russia) (IPF)
14.	804.7 (365.0)	*4.080X	198 (90)	Becca Swanson (US/73) 3/3/06 (365.0 kg. @ 89.45 kg. Heaviest female quadruple bodyweight squat of all time.) (Columbus, Ohio) (WPO)
15.	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)
16.	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)
17.	518.1 (235.0)	*3.976X	132 (60)	Irina Tatarova (Russia/75) 8/25/04 (235.0 kg. @ 59.1 kg.) (Voronezh, Russia) (IPF)
18.	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)
19.	485.0 (220.0)	*3.943X	123 (56)	Tatiana Eltsova (Russia/78) 8/25/04 (220.0 kg. @ 55.8 kg.) (Voronezh, Russia) (IPF)
20.	451.9 (205.0)	*3.942X	114 (52)	Kim Sommers (US/65) 7/4/98 (205.0 kg. @ 52.0 kg.) (Northbrook, Illinois) (APF/WPC)

ALL TIME HISTORICAL GREATEST FEMALE BENCH-PRESS/BODYWEIGHT COEFFICIENTS

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

	Bench Press	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	402.3 (182.5)	*3.042X	132 (60)	Tina Rinehart (US/68) 3/6/04 (182.5 kg. @ 60.0 kg. Only woman to bench press triple bodyweight.) (Columbus, Ohio) (WPO)
2.	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)
3.	347.0 (157.4)	*2.844X	123 (56)	Janet Faraone (US/67) 12/15/07 (347.0 lb. @ 122.0 lb.) (Lake George, New York) (APF)
4.	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)
5.	345.0 (156.5)	*2.805X	123 (56)	Tina Rinehart (US/68) 7/16/06 (345.0 lb. @ 123.0 lb.) (Worthington, Ohio) (APF)
6.	455.0 (206.4)	*2.785X	165 (75)	Laura Phelps-Sweatt (US/80) 8/23/08 (455.0 lb. @ 163.4 lb.) (Sharonville, Ohio) (IPA)
7.	275.6 (125.0)	*2.784X	105 (48)	Justyna Kozdryk (Poland/80) 6/26/08 (125.0 kg. @ 44.9 kg.) (Prague, Czech Republic) (IPF)
8.	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)
9.	286.6 (130.0)	*2.7601X	105 (48)	Yukako Fukushima (Japan/70) 7/14/02 (130.0 kg. @ 47.1 kg.) (Matsuda City, Kanagawa, Japan) (IPF)
10.	303.1 (137.5)	*2.701X	114 (52)	Olesia Lafina (Russia/79) 3/1/06 (137.5 kg. @ 50.9 kg.) (Ufa, Russia) (IPF)
11.	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)
12.	353.0 (160.1)	*2.6742X	132 (60)	Janet Faraone (US/67) 6/28/08 (353.0 lb. @ 132.0 lb.) (Albany, New York) (APF)
13.	325.2 (147.5)	*2.660X	123 (56)	Anna Olsson (Sweden/74) 5/31/07 (147.5 kg. @ 55.45 kg.) (Thisted, Denmark) (IPF)
14.	303.1 (137.5)	*2.652X	114 (52)	Anna Olsson (Sweden/74) 12/2/05 (137.5 kg. @ 51.85 kg.) (Stockholm, Sweden) (IPF)
15.	347.2 (157.5)	*2.629X	132 (60)	Irina Poletayeva (Russia/82) 9/21/06 (157.5 kg. @ 59.9 kg.) (Syktyfkar, Russia) (IPF)
16.	308.6 (140.0)	*2.622X	123 (56)	Tamara Althaus (Germany/76) 12/3/04 (140.0 kg. @ 53.4 kg.) (Cleveland, Ohio) (IPF)
17.	429.9 (195.0)	*2.612X	165 (75)	Julie Scanlon (US/76) 3/5/04 (195.0 kg. @ 74.65 kg.) (Columbus, Ohio) (WPO)
18.	331.8 (150.5)	*2.6083X	132 (60)	Tamara Althaus (Germany/76) 11/4/06 (150.5 kg. @ 57.7 kg.) (Russelsheim, Germany) (IPF)
19.	465.0 (210.9)	*2.6080X	181 (82.5)	Laura Phelps-Sweatt (US/80) 9/16/06 (465.0 lb. @ 178.3 lb.) (Fremont, Ohio) (APF)
20.	463.0 (210.0)	*2.597X	181 (82.5)	Svetlana Dedulia-Miklasevich (Russia/75) 8/24/05 (210.0 kg. @ 80.85 kg.) (Oriol, 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 **8/31/08**.

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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.*

	Bench Press	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	280.0 (127.0)	*2.142X	132 (60)	Jennifer Thompson (US/73) 8/11/06 (280.0 lb. @ 130.7 lb. Heaviest female unequipped double bodyweight bench press of all time.) (Orlando, Florida) (100% RAW)
2.	231.5 (105.0)	2.019X	114 (52)	Mary Ryan-Jeffrey (US/60) 7/26/91 (105.0 kg.) (Dallas, Texas) (USPF)
3.	248.0 (112.5)	*2.013X	123 (56)	Vicki Steenrod (US) 7/7/84 (112.5 kg. @ 55.9 kg. First woman to bench press double bodyweight.) (Dayton, Ohio) (USPF)
4.	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)
5.	203.9 (92.5)	*1.960X	105 (48)	Svetlana Stepanova (Russia/75) 6/5/93 (92.5 kg. @ 47.2 kg.) (Darmstadt, Germany) (IPF)
6.	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)
7.	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)
8.	237.0 (107.5)	1.920X	123 (56)	Mary Ryan-Jeffrey (US/60) 7/14/89 (107.5 kg.) (Las Vegas, Nevada) (USPF/IPF)
9.	305.0 (138.3)	*1.918X	165 (75)	Julie Scanlon (US/76) 5/6/06 (305.0 lb. @ 159.0 lb.) (Amherst, Massachusetts) (Atlantis)
10.	181.9 (82.5)	*1.875X	97 (44)	Irina Krylova (Russia/78) 6/5/93 (82.5 kg. @ 44.0 kg.) (Darmstadt, Germany) (IPF)
11.	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)
12.	308.6 (140.0)	1.867X	165 (75)	Beverly Francis (Australia/55) 10/18/81 (140.0 kg.) (Melbourne, Australia) (IPF)
13.	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)
14.	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)
15.	181.9 (82.5)	*1.819X	105 (48)	Michelle Efris (US) 5/3/81 (82.5 kg. @ 100.0 lb.) (Cleveland, Ohio) (USPF)
16.	330.7 (150.0)	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)
17.	240.0 (108.9)	1.814X	132 (60)	Carrie Boudreau (US/67) 5/17/97 (240.0 lb.) (Taunton, Massachusetts) (AAU)
18.	238.1 (108.0)	1.800X	132 (60)	Rachel Mathias (US/60) 7/26/91 (108.0 kg.) (Dallas, Texas) (USPF)
19.	231.5 (105.0)	*1.789X	132 (60)	Regine Haas (Germany/62) 12/15/91 (105.0 kg. @ 58.7 kg.) (Russelsheim, Germany) (IPF)
20.	325.2 (147.5)	1.788X	181 (82.5)	Jill Brown-Mills (US/71) 3/20/99 (147.5 kg.) (Austin, Texas) (USPF)

ALL TIME HISTORICAL GREATEST FEMALE DEADLIFT/BODYWEIGHT COEFFICIENTS

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

	Deadlift	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	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)
2.	402.3 (182.5)	*4.024X	105 (48)	Wei-Ling Chen (Chinese Taipei/82) 7/16/05 (182.5 kg. @ 45.35 kg.) (Duisburg, Germany) (IPF)
3.	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)
4.	518.1 (235.0)	*3.943X	132 (60)	Maria Revva (Russia/77) 8/25/04 (235.0 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF)
5.	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)
6.	440.9 (200.0)	*3.876X	114 (52)	Oksana Belova (Russia/75) 11/26/99 (200.0 kg. @ 51.6 kg.) (Paris, France) (IPF)
7.	545.0 (247.2)	*3.865X	148 (67.5)	Ruthi Shafer (US/59) 11/22/83 (545.0 lb. @ 141.0 lb.) (Salem, Oregon) (NSM)
8.	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)
9.	474.0 (215.0)	3.839X	123 (56)	Vanessa Gibson (Great Britain/69) --/-- (215.0 kg.) (WPC)
10.	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)
11.	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)
12.	369.3 (167.5)	*3.815X	97 (44)	Rajja Koskinen-Jurkko (Finland/63) 11/29/02 (167.5 kg. @ 43.9 kg.) (Laukaa, Finland) (IPF)
13.	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)
14.	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)
15.	397.9 (180.5)	*3.796X	105 (48)	Svetlana Tesleva (Russia/75) 2/28/06 (180.5 kg. @ 47.55 kg.) (Ufa, Russia) (IPF)
16.	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)
17.	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)
18.	421.1 (191.0)	*3.786X	114 (52)	Yi-Ju Chou (Chinese Taipei/80) 5/2/08 (191.0 kg. @ 50.45 kg.) (Tashkent, Uzbekistan) (IPF)
19.	363.8 (165.0)	*3.784X	97 (44)	Chun-Ju Chen (Chinese Taipei/82) 9/13/00 (165.0 kg. @ 43.6 kg.) (Chia Yi, Taiwan) (IPF)
20.	430.0 (195.0)	*3.772X	114 (52)	Margaret Kirkland (US/63) 10/13/07 (430.0 lb. @ 114.0 lb.) (Tampa, Florida) (APF)

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 TOTAL/BODYWEIGHT COEFFICIENTS

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

	Total	X-Bwt	Wt. Div.	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1715.0 (777.9)	*10.496X	165 (75)	Laura Phelps-Sweatt (US/80) 8/23/08 (700.0+455.0+560.0=1715.0 lb. @ 163.4 lb.) (Sharonville, Ohio) (IPA)
2.	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)
3.	1725.0 (782.4)	*10.207X	181 (82.5)	Laura Phelps-Sweatt (US/80) 1/27/07 (770.0+435.0+520.0=1725.0 lb. @ 169.0 lb. Heaviest female 10X bodyweight total of all time.) (Columbus, Ohio) (APF)
4.	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)
5.	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)
6.	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)
7.	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)
8.	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)
9.	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)
10.	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)
11.	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)
12.	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)
13.	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)
14.	1008.6 (457.5)	*9.797X	105 (48)	Wei-Ling Chen (Chinese Taipei/82) 10/15/07 (197.5+75.0+185.0=457.5 kg. @ 46.7 kg.) (Soelden, Austria) (IPF)
15.	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)
16.	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)
17.	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)
18.	1428.6 (648.0)	*9.715X	148 (67.5)	Marina Kudinova (Russia/77) 3/3/06 (255.0+162.5+230.5=648.0 kg. @ 66.7 kg.) (Ufa, Russia) (IPF)
19.	997.6 (452.5)	*9.710X	105 (48)	Yukako Fukushima (Japan/70) 10/15/07 (170.0+122.5+160.0=452.5 kg. @ 46.6 kg.) (Soelden, Austria) (IPF)
20.	1256.6 (570.0)	*9.694X	132 (60)	Tatiana Eltsova (Russia/78) 3/2/06 (222.5+140.0+207.5=570.0 kg. @ 58.8 kg.) (Ufa, Russia) (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
114 (52)	496.0 (225.0)	4.33X	320.8 (145.5)	2.80X	501.6 (227.5)	4.38X	1223.6 (555.0)	10.82X	114 (52)
123 (56)	529.1 (240.0)	4.29X	374.8 (170.0)	3.04X	545.6 (247.5)	4.42X	1328.3 (602.5)	10.76X	123 (56)
132 (60)	595.2 (270.0)	4.50X	413.4 (187.5)	3.13X	589.7 (267.5)	4.46X	1471.6 (667.5)	11.13X	132 (60)
148 (67.5)	672.4 (305.0)	4.52X	474.0 (215.0)	3.19X	650.0 (294.8)	4.37X	1675.0 (759.8)	11.26X	148 (67.5)
165 (75)	750.0 (340.2)	4.54X	534.6 (242.5)	3.23X	711.0 (322.5)	4.30X	1846.4 (837.5)	11.17X	165 (75)
181 (82.5)	804.7 (365.0)	4.42X	595.2 (270.0)	3.27X	749.6 (340.0)	4.12X	1951.1 (885.0)	10.73X	181 (82.5)
198 (90)	837.8 (380.0)	4.22X	644.9 (292.5)	3.25X	777.1 (352.5)	3.92X	2105.4 (955.0)	10.61X	198 (90)
220 (100)	937.0 (425.0)	4.25X	705.0 (319.8)	3.20X	804.7 (365.0)	3.65X	2265.2 (1027.5)	10.28X	220 (100)
242 (110)	975.5 (442.5)	4.02X	750.0 (340.2)	3.09X	826.7 (375.0)	3.41X	2336.9 (1060.0)	9.64X	242 (110)
275 (125)	1014.1 (460.0)	3.68X	770.0 (349.3)	2.79X	850.0 (385.6)	3.08X	2452.6 (1112.5)	8.90X	275 (125)
308 (140)	1047.2 (475.0)	3.39X	804.7 (365.0)	2.61X	840.0 (381.0)	2.72X	2458.2 (1115.0)	7.96X	308 (140)
SHW	1041.7 (472.5)		810.2 (367.5)		855.0 (387.8)		2474.7 (1122.5)		SHW

ALL TIME HISTORICAL WOMEN'S POWERLIFTING TOP 20 RANKINGS QUALIFICATIONS

Women	Squat	X-Bwt	Bench Press	X-Bwt	Deadlift	X-Bwt	Total	X-Bwt	Women
97 (44)	314.2 (142.5)	3.24X	181.9 (82.5)	1.88X	336.2 (152.5)	3.47X	782.6 (355.0)	8.07X	97 (44)
105 (48)	363.8 (165.0)	3.44X	215.0 (97.5)	2.03X	363.8 (165.0)	3.44X	903.9 (410.0)	8.54X	105 (48)
114 (52)	396.8 (180.0)	3.46X	248.0 (112.5)	2.16X	400.0 (181.4)	3.49X	992.1 (450.0)	8.65X	114 (52)
123 (56)	429.9 (195.0)	3.48X	270.1 (122.5)	2.19X	425.5 (193.0)	3.45X	1080.3 (490.0)	8.75X	123 (56)
132 (60)	468.5 (212.5)	3.54X	302.5 (137.2)	2.29X	463.0 (210.0)	3.50X	1168.4 (530.0)	8.83X	132 (60)
148 (67.5)	510.0 (231.3)	3.43X	325.2 (147.5)	2.19X	490.5 (222.5)	3.30X	1267.7 (575.0)	8.52X	148 (67.5)
165 (75)	542.3 (246.0)	3.28X	350.0 (158.8)	2.12X	512.6 (232.5)	3.10X	1339.3 (607.5)	8.10X	165 (75)
181 (82.5)	551.2 (250.0)	3.03X	352.7 (160.0)	1.94X	518.1 (235.0)	2.85X	1358.0 (616.0)	7.47X	181 (82.5)
198 (90)	557.8 (253.0)	2.81X	352.7 (160.0)	1.78X	518.1 (235.0)	2.61X	1355.0 (614.6)	6.83X	198 (90)
SHW	584.2 (265.0)		391.3 (177.5)		523.6 (237.5)		1438.5 (652.5)		SHW

ALL TIME HISTORICAL POWERLIFTING TOP 20 FORMULA RANKINGS QUALIFICATIONS

Formula Qualifications	SQ	BP	UNEQ-BP	DL	TOT
Men (Wilks/Schwartz)	631.50 --574.30	499.85 --450.23	358.60 --327.48	539.19 --509.46	1498.4 --1374.4
Women (Wilks/Malone)	585.96 --452.47	388.85 --299.53	267.58 --204.84	542.34 --419.95	1437.3 --1099.6

ALL TIME HISTORICAL POWERLIFTING TOP 20
BODYWEIGHT COEFFICIENT RANKINGS QUALIFICATIONS

Bodyweight Coefficient Qualifications	SQ	BP	UNEQ-BP	DL	TOT
Men	5.025X	3.753X	2.881	4.710X	12.302X
Women	3.942X	2.597X	1.788	3.772X	9.694X

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

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

Records accurate (as to my knowledge) as of **8/31/08**.