

IBSA Powerlifting

World Records Summary

Updated: 06 October 2022



Movement		SQ			BP			DL			TOT		
Age Group		Open	Junior	Master	Open	Junior	Master	Open	Junior	Master	Open	Junior	Master
Women	48	94	94	-	63	52.5	63	123	119	120	265.5	265.5	-
	52	97.5	-	93	70	-	65	140.5	-	130.5	302.5	-	285
	56	110	95.5	110.5	70	60	57.5	143	125	143	302.5	272.5	302.5
	60	118	85	118	65.5	60	52.5	153	140	153	320.5	250	320.5
	67.5	115.5	115	-	68	67.5	-	153	152.5	-	335	335	-
	75	115	85	115	68	52.5	67.5	145	120	145	322.5	250	332.5
	82.5	131.5	105	131	80	55	72.5	144.5	132.5	144	345	282.5	345
	90	140	135	112.5	100	70.5	65	165	160	120	390	346	295
90+	141.5	141.5	-	120	77.5	-	163.5	163.5	-	422.5	376.5	-	
Men	56	170	160	-	117.5	87.5	-	191	185	-	465	432.5	-
	60	165	165	-	127.5	127.5	-	222.5	185	-	495	427.5	-
	67.5	195.5	192.5	132.5	145	140	130	245	242.5	185	580	555	355
	75	207	200	190	158	135	135	264	225	235	627	560	547.5
	82.5	218	200	170	170	145	120	280	240	190	640	570	480
	90	243	195	205	183	172.5	140	285	225	245	681	585	585
	100	275.5	220	275.5	190	145	180	285	260	270.5	720	625	710
	110	280	150	270	195	65	195	270	175	260	715	390	725
	125	280	-	280	200	-	180	295	-	262.5	750	-	715
125+	280	-	-	210	-	-	300	-	-	745	-	-	

