

# USPF COLORADO STATE RECORDS - Raw KS Division 3

## OPEN - WOMEN

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat	95.0	209.0	Marisa Testino	5/4/2024
	Bench	55.0	121.0	Marisa Testino	5/4/2024
	Deadlift	125.0	275.0	Marisa Testino	5/4/2024
	TOTAL	275.0	605.0	Marisa Testino	5/4/2024
60kg/132.2lb	Squat	87.5	192.9	Marissa Testino	6/11/2023
	Bench	60.0	133.2	Marissa Testino	6/11/2023
	Deadlift	130.0	286.6	Marissa Testino	6/11/2023
	TOTAL	277.5	611.7	Marissa Testino	6/11/2023
67.5kg/148lb	Squat	120.0	264.5	Heena Patel	7/30/2023
	Bench	72.5	159.8	Heena Patel	7/30/2023
	Deadlift	162.5	358.2	Heena Patel	7/30/2023
	TOTAL	355.0	782.6	Heena Patel	7/30/2023
75kg/165.2lb	Squat	105.0	231.0	Maria Stancliff	5/4/2024
	Bench	70.0	154.0	Maria Stancliff	5/4/2024
	Deadlift	137.5	302.5	Maria Stancliff	5/4/2024
	TOTAL	312.5	687.5	Maria Stancliff	5/4/2024
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat	112.5	248.0	Shelby Brand	6/11/2023
	Bench	102.0	225.9	Kristyn Hall	11/12/2023
	Deadlift	147.5	325.1	Kristyn Hall	11/12/2023
	TOTAL	360.0	793.6	Kristyn Hall	11/12/2023
90+kg/UNL	Squat	137.5	302.5	Nicole Johnson	5/4/2024
	Bench	85.0	187.0	Nicole Johnson	5/4/2024
	Deadlift	185.0	407.0	Nicole Johnson	5/4/2024
	TOTAL	407.5	896.5	Nicole Johnson	5/4/2024

SUBMASTER - WOMEN 35-39					
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90+kg/UNL	Squat	137.5	302.5	Nicole Johnson	5/4/2024
	Bench	85.0	187.0	Nicole Johnson	5/4/2024
	Deadlift	185.0	407.5	Nicole Johnson	5/4/2024
	TOTAL	407.5	896.5	Nicole Johnson	5/4/2024