

USPF MARYLAND STATE RECORDS ~ D1

MEN - OPEN

Weight	Lift	Kgs	Lbs	Name	Date
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
67.5kg/148lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Squat	227.5	501.5	Gary Shanholtz	3/15/1982
	Bench	145.0	319.5	Gary Shanholtz	3/15/1982
	Deadlift	240.0	529.0	Gary Shanholtz	3/15/1982
	TOTAL	612.5	1350.0	Gary Shanholtz	3/15/1982
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
100kg/220lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
110kg/242lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				

140+kg/308+lb

Squat
Bench
Deadlift
TOTAL