

**USPF AMERICAN RAW FULL POWER
WOMEN - OPEN**

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat	87.5	192.9	Zueyzan Montano	10/30/2016
	Bench	60.0	132.3	Brooke Knight	6/2/2018
	Deadlift	137.5	303.1	Brooke Knight	6/2/2018
	TOTAL	285.0	628.3	Brooke Knight	6/2/2018
56kg/123.5lb	Squat	112.5	248.0	Chelcee Veltre	06/15/19
	Bench	57.5	126.8	Raylene Williams	05/10/13
	Deadlift	140.0	308.6	Chelcee Veltre	11/18/17
	TOTAL	290.0	639.3	Chelcee Veltre	11/18/17
60kg/132.2lb	Squat	152.5	336.2	Ellen Stein	05/10/13
	Bench	80.0	176.4	Ellen Stein	05/10/13
	Deadlift	167.5	369.3	Ellen Stein	05/10/13
	TOTAL	400.0	881.8	Ellen Stein	05/10/13
67.5kg/148.7lb	Squat	152.5	336.2	Heena Patel	8/25/2024
	Bench	87.5	192.9	Misty Rendleman	8/25/2024
	Deadlift	192.5	424.4	Misty Rendleman	8/25/2024
	TOTAL	417.5	920.4	Misty Rendleman	8/25/2024
75kg/165.2lb	Squat	165.0	363.8	Victoria Yarbrough	5/21/2016
	Bench	115.0	253.5	Victoria Yarbrough	5/21/2016
	Deadlift	177.5	391.3	Victoria Yarbrough	5/21/2016
	TOTAL	457.5	1008.6	Victoria Yarbrough	5/21/2016
82.5kg/181.7lb	Squat	170.0	374.8	Kylee Craig	7/15/2017
	Bench	110.0	242.5	Kylee Craig	7/15/2017
	Deadlift	182.5	402.3	Kendra Rivera	10/30/2016
	TOTAL	437.5	964.5	Kylee Craig	7/15/2017
90kg/198.2lb	Squat	192.5	424.4	Jessica VanAsselberg	10/30/2016
	Bench	110.0	242.5	Jessica VanAsselberg	10/30/2016
	Deadlift	200.0	440.9	Jessica VanAsselberg	10/30/2016
	TOTAL	502.5	1107.8	Jessica VanAsselberg	10/30/2016
90+kg/UNL	Squat	182.5	402.3	Kristina Thoman	11/16/2014
	Bench	107.5	237.0	Kristina Thoman	5/21/2016
	Deadlift	170.0	374.8	Jessica Kratz	7/7/2012
	TOTAL	450.0	992.1	Kristina Thoman	5/21/2016

USPF AMERICAN RAW 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	77.5	170.9	Magdalena Moreno	10/30/2016
	Bench	42.5	93.7	Magdalena Moreno	10/30/2016
	Deadlift	110.0	242.5	Magdalena Moreno	10/30/2016
	TOTAL	230.0	507.1	Magdalena Moreno	10/30/2016
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat	62.5	137.8	Andrea Robinson	5/1/2015
	Bench	35.0	77.2	Andrea Robinson	5/1/2015
	Deadlift	77.5	170.9	Andrea Robinson	5/1/2015
	TOTAL	175.0	385.8	Andrea Robinson	5/1/2015
67.5kg/148.7lb	Squat	130.0	286.6	Stephanie Rosario	10/30/2021
	Bench	67.5	148.8	Stephanie Rosario	10/30/2021
	Deadlift	142.5	314.2	Stephanie Rosario	10/30/2021
	TOTAL	340.0	749.6	Stephanie Rosario	10/30/2021
75kg/165.2lb	Squat	130.0	286.6	Adrienne Stimson	5/21/2016
	Bench	105.0	231.5	Kendra Rivera	5/21/2016
	Deadlift	175.0	385.8	Kendra Rivera	5/21/2016
	TOTAL	400.0	881.8	Kendra Rivera	5/21/2016
82.5kg/181.7lb	Squat	150.0	330.7	Kristina Thoman	5/1/2015
	Bench	100.0	220.5	Kendra Rivera	10/30/2016
	Deadlift	182.5	402.3	Kendra Rivera	10/30/2016
	TOTAL	412.5	909.4	Kendra Rivera	10/30/2016
90kg/198.2lb	Squat	150.0	330.7	Kristina Thoman	4/5/2014
	Bench	95.0	209.4	Kristina Thoman	9/21/2013
	Deadlift	155.0	341.7	Kristina Thoman	9/21/2013
	TOTAL	392.5	865.3	Kristina Thoman	4/5/2014
90+kg/UNL	Squat	182.5	402.3	Kristina Thoman	11/16/2014
	Bench	100.0	220.5	Kristina Thoman	11/16/2014
	Deadlift	165.0	363.8	Kristina Thoman	11/16/2014
	TOTAL	447.5	986.6	Kristina Thoman	11/16/2014