

**USPF AMERICAN ABSOLUTE RAW RECORDS
PUSH / PULL
OPEN - WOMEN**

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
90+kg/UNL	Bench	95.0	209.4	Alisha Zink	11/17/2018
	Deadlift	195.0	429.9	Alisha Zink	11/17/2018
	TOTAL	290.0	639.3	Alisha Zink	11/17/2018

WOMEN ~ TEEN 13-15

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench				

Deadlift
TOTAL

56kg/123.5lb Bench
Deadlift
TOTAL

60kg/132.2lb Bench
Deadlift
TOTAL

67.5kg/148lb Bench
Deadlift
TOTAL

75kg/165.2lb Bench
Deadlift
TOTAL

82.5kg/181.7lb Bench
Deadlift
TOTAL

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ TEEN 16-17

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift				

TOTAL

75kg/165.2lb Bench
Deadlift
TOTAL

82.5kg/181.7lb Bench
Deadlift
TOTAL

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ TEEN 18-19

Weight Lift Kgs Lbs Name Date

44kg/97lb Bench
Deadlift
TOTAL

48kg/105.7lb Bench
Deadlift
TOTAL

52kg/114.5lb Bench
Deadlift
TOTAL

56kg/123.5lb Bench
Deadlift
TOTAL

60kg/132.2lb Bench
Deadlift
TOTAL

67.5kg/148lb Bench
Deadlift
TOTAL

75kg/165.2lb Bench
Deadlift
TOTAL

82.5kg/181.7lb Bench
Deadlift
TOTAL

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
 Deadlift
 TOTAL

WOMEN ~ JUNIORS 20-23

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
90+kg/UNL	Bench Deadlift TOTAL				

WOMEN ~ SUBMASTERS 35-39

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift				

TOTAL

52kg/114.5lb Bench
Deadlift
TOTAL

56kg/123.5lb Bench
Deadlift
TOTAL

60kg/132.2lb Bench
Deadlift
TOTAL

67.5kg/148lb Bench
Deadlift
TOTAL

75kg/165.2lb Bench
Deadlift
TOTAL

82.5kg/181.7lb Bench
Deadlift
TOTAL

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTERS 40-44

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				

67.5kg/148lb Bench
Deadlift
TOTAL

75kg/165.2lb Bench
Deadlift
TOTAL

82.5kg/181.7lb Bench
Deadlift
TOTAL

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTERS 45-49

Weight	Lift	Kgs	Lbs	Name	Date
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44kg/97lb	Bench Deadlift TOTAL				
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48kg/105.7lb	Bench Deadlift TOTAL				
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52kg/114.5lb	Bench Deadlift TOTAL				
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56kg/123.5lb	Bench Deadlift TOTAL				
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60kg/132.2lb	Bench Deadlift TOTAL				
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67.5kg/148lb	Bench Deadlift TOTAL				
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75kg/165.2lb	Bench Deadlift TOTAL				
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82.5kg/181.7lb	Bench Deadlift TOTAL				
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90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTER 50-54

Weight	Lift	Kgs	Lbs	Name	Date
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44kg/97lb	Bench Deadlift TOTAL				
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48kg/105.7lb	Bench Deadlift TOTAL				
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52kg/114.5lb	Bench Deadlift TOTAL				
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56kg/123.5lb	Bench Deadlift TOTAL				
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60kg/132.2lb	Bench Deadlift TOTAL				
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67.5kg/148lb	Bench Deadlift TOTAL				
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75kg/165.2lb	Bench Deadlift TOTAL				
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82.5kg/181.7lb	Bench Deadlift TOTAL				
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90kg/198.2lb	Bench Deadlift TOTAL				
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90+kg/UNL	Bench Deadlift TOTAL				
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WOMEN ~ MASTER 55-59

Weight	Lift	Kgs	Lbs	Name	Date
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44kg/97lb	Bench Deadlift TOTAL				
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48kg/105.7lb Bench
Deadlift
TOTAL

52kg/114.5lb Bench
Deadlift
TOTAL

56kg/123.5lb Bench
Deadlift
TOTAL

60kg/132.2lb Bench
Deadlift
TOTAL

67.5kg/148lb Bench
Deadlift
TOTAL

75kg/165.2lb Bench
Deadlift
TOTAL

82.5kg/181.7lb Bench
Deadlift
TOTAL

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTER 60-64

Weight Lift Kgs Lbs Name Date

44kg/97lb Bench
Deadlift
TOTAL

48kg/105.7lb Bench
Deadlift
TOTAL

52kg/114.5lb Bench
Deadlift
TOTAL

56kg/123.5lb Bench
Deadlift
TOTAL

60kg/132.2lb	Bench Deadlift TOTAL
67.5kg/148lb	Bench Deadlift TOTAL
75kg/165.2lb	Bench Deadlift TOTAL
82.5kg/181.7lb	Bench Deadlift TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
90+kg/UNL	Bench Deadlift TOTAL

WOMEN ~ MASTER 65-69

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench				

Deadlift
TOTAL

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL

WOMEN ~ MASTER 70-74

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift TOTAL				
60kg/132.2lb	Bench Deadlift TOTAL				
67.5kg/148lb	Bench Deadlift TOTAL				
75kg/165.2lb	Bench Deadlift TOTAL				
82.5kg/181.7lb	Bench Deadlift TOTAL				
90kg/198.2lb	Bench Deadlift TOTAL				
90+kg/UNL	Bench Deadlift TOTAL				

WOMEN ~ MASTER 75-79

Weight	Lift	Kgs	Lbs	Name	Date
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44kg/97lb	Bench Deadlift TOTAL
48kg/105.7lb	Bench Deadlift TOTAL
52kg/114.5lb	Bench Deadlift TOTAL
56kg/123.5lb	Bench Deadlift TOTAL
60kg/132.2lb	Bench Deadlift TOTAL
67.5kg/148lb	Bench Deadlift TOTAL
75kg/165.2lb	Bench Deadlift TOTAL
82.5kg/181.7lb	Bench Deadlift TOTAL
90kg/198.2lb	Bench Deadlift TOTAL
90+kg/UNL	Bench Deadlift TOTAL

WOMEN ~ MASTER 80+

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench Deadlift TOTAL				
48kg/105.7lb	Bench Deadlift TOTAL				
52kg/114.5lb	Bench Deadlift TOTAL				
56kg/123.5lb	Bench				

Deadlift
TOTAL

60kg/132.2lb Bench
Deadlift
TOTAL

67.5kg/148lb Bench
Deadlift
TOTAL

75kg/165.2lb Bench
Deadlift
TOTAL

82.5kg/181.7lb Bench
Deadlift
TOTAL

90kg/198.2lb Bench
Deadlift
TOTAL

90+kg/UNL Bench
Deadlift
TOTAL