USPF AMERICAN ABSOLUTE RAW RECORDS PUSH / PULL					
			- WOME		
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	95.0 195.0 290.0	209.4 429.9 639.3	Alisha Zink Alisha Zink Alisha Zink	11/17/2018 11/17/2018 11/17/2018
	WOM	IEN ~ 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

	WOM	EN ~ 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

	_WOM	EN ~ 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

	WOMEN	~ JUNIOR	S 20-23		
Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Bench	rtgs	LD3	Name	Date
	Deadlift				
	TOTAL				
48kg/105.7lb	Bench				
	Deadlift TOTAL				
	TOTAL				
52kg/114.5lb	Bench				
	Deadlift TOTAL				
56kg/123.5lb	Bench Deadlift				
	TOTAL				
60kg/132.2lb	Bench				
00Kg/102.2lb	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				
30Kg/ 130.2ID	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

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
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

	WOMEN	~ MASTER	50-54		
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				

	WOME	EN ~ MASTI	ER 55-59		
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 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				
00kg/120.0ib	Deadlift				
	TOTAL				
60kg/132.2lb	Bench				
	Deadlift TOTAL				
	TOTAL				
67.5kg/148lb	Bench				
	Deadlift				
	TOTAL				
75kg/165.2lb	Bench				
J	Deadlift				
	TOTAL				
82.5kg/181.7lb	. Bench				
02.0kg/101.7k	DOTTOTT				

Deadlift TOTAL

90kg/198.2lb Bench Deadlift TOTAL

90+kg/UNL Bench Deadlift

eadlift
OTAL

	WOMEN	l ~ MASTE	R 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	

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

	WC	MEN ~ MAS	STER 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