

USPF COLORADO STATE - Single Ply Division 1
SINGLE LIFT BENCH PRESS
WOMEN - OPEN

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs	107.5	236.5	Heena Patel	4/14/2024
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

WOMEN - TEENS 13-15

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - TEENS (16-17)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - TEENS (18-19)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

WOMEN - JUNIORS (20-23)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Submasters (35-39)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (40-44)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

WOMEN - Masters (45-49)

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (50-54)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs	107.5	236.5	Heena Patel	4/14/2024
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75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (55-59)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (60-64)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (65-69)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (70-74)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (75-79)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

WOMEN - Masters (80+ Over)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

