

USPF COLORADO STATE RECORDS - Raw KS Division 3

OPEN - WOMEN

Weight	Lift	Kgs	Lbs	Name	Date
44kg/97lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
60kg/132.2lb	Squat	87.5	192.9	Marissa Testino	6/11/2023
	Bench	60.0	133.2	Marissa Testino	6/11/2023
	Deadlift	130.0	286.6	Marissa Testino	6/11/2023
	TOTAL	277.5	611.7	Marissa Testino	6/11/2023
67.5kg/148lb	Squat	120.0	264.5	Heena Patel	7/30/2023
	Bench	72.5	159.8	Heena Patel	7/30/2023
	Deadlift	162.5	358.2	Heena Patel	7/30/2023
	TOTAL	355.0	782.6	Heena Patel	7/30/2023
75kg/165.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
82.5kg/181.7lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
90kg/198.2lb	Squat	112.5	248.0	Shelby Brand	6/11/2023
	Bench	102.0	225.9	Kristyn Hall	11/12/2023
	Deadlift	147.5	325.1	Kristyn Hall	11/12/2023
	TOTAL	360.0	793.6	Kristyn Hall	11/12/2023
90+kg/UNL	Squat				
	Bench				
	Deadlift				
	TOTAL				

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 Bench Deadlift TOTAL				
56kg/123.5lb	Squat Bench Deadlift TOTAL				
60kg/132.2lb	Squat Bench Deadlift TOTAL				
67.5kg/148.7lb	Squat Bench Deadlift TOTAL				
75kg/165.2lb	Squat Bench Deadlift TOTAL				
82.5kg/181.7lb	Squat Bench Deadlift TOTAL				
90kg/198.2lb	Squat Bench Deadlift TOTAL				
90+kg/UNL	Squat Bench Deadlift TOTAL				