

**USPF COLORADO STATE
SINGLE LIFT BENCH PRESS - Raw KS Division 3
MEN - OPEN**

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb	182.5	400.0	Nate Grasse	03/26/11
100kg/220.2lb	182.5	402.3	Michael Poort	07/30/23
110kg/242.5lb	182.5	402.3	Michael Poort	11/12/23
125kg/275.5lb				
140kg/308.5lb				
(SHW)				

MEN - TEENS (13 - 15)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - JUNIORS (16 - 17)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb	115.0	253.5	Tucker Nash	11/12/23
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82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - TEENS (18 - 19)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - JUNIORS (20 - 23)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Submaster (35-39)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (40-44)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (45-49)

Weight Class	Kgs	Lbs	Name	Date
52kg/114.5lb				
56kg/123.5lb				
60kg/132.2lb				
67.5kg/148.7lb				
75kg/165.2lb				
82.5kg/181.7lb				
90kg/198.2lb				
100kg/220.2lb	182.5	402.3	Michael Poort	07/30/23
110kg/242.5lb	182.5	402.3	Michael Poort	11/12/23

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (50-54)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (55-59)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (60-64)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (65-69)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (70-74)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (75-79)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)

MEN - Masters (80+ Over)

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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52kg/114.5lb

56kg/123.5lb

60kg/132.2lb

67.5kg/148.7lb

75kg/165.2lb

82.5kg/181.7lb

90kg/198.2lb

100kg/220.2lb

110kg/242.5lb

125kg/275.5lb

140kg/308.5lb

(SHW)