

USPF MASSACHUSETTS STATE RECORDS - Raw KS Division 3

PUSH / PULL

MEN ~ OPEN

Weight	Lift	Kgs	Lbs	Name	Date
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				
100kg/220lb	Bench				
	Deadlift				
	TOTAL				
110kg/242lb	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Bench				
	Deadlift				
	TOTAL				
140kg/308.5lb	Bench				
	Deadlift				
	TOTAL				
140+kg/308+lb	Bench	182.5	402.3	Zac Gorra	8/3/2024
	Deadlift	695.0	1532.2	Zac Gorra	8/3/2024
	TOTAL	410.0	903.9	Zac Gorra	8/3/2024

MEN ~ TEENS 13-15

Weight	Lift	Kgs	Lbs	Name	Date
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
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

MEN ~ TEENS 16-17					
Weight	Lift	Kgs	Lbs	Name	Date
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
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

MEN ~ TEENS 18-19					
Weight	Lift	Kgs	Lbs	Name	Date
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

100kg/220lb Bench
Deadlift
TOTAL

110kg/242lb Bench
Deadlift
TOTAL

125kg/275lb Bench
Deadlift
TOTAL

140kg/308.5lb Bench
Deadlift
TOTAL

140+kg/308+lb Bench
Deadlift
TOTAL

MEN ~ JUNIORS 20-23

Weight	Lift	Kgs	Lbs	Name	Date
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
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

MEN ~ SUBMASTER 35-39					
Weight	Lift	Kgs	Lbs	Name	Date
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				
100kg/220lb	Bench				
	Deadlift				
	TOTAL				
110kg/242lb	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Bench				
	Deadlift				
	TOTAL				
140kg/308.5lb	Bench				
	Deadlift				
	TOTAL				
140+kg/308+lb	Bench	182.5	402.3	Zac Gorra	8/3/2024
	Deadlift	695.0	1532.2	Zac Gorra	8/3/2024
	TOTAL	410.0	903.9	Zac Gorra	8/3/2024

MEN ~ MASTER 40-44					
Weight	Lift	Kgs	Lbs	Name	Date
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

100kg/220lb Bench
Deadlift
TOTAL

110kg/242lb Bench
Deadlift
TOTAL

125kg/275lb Bench
Deadlift
TOTAL

140kg/308.5lb Bench
Deadlift
TOTAL

140+kg/308+lb Bench
Deadlift
TOTAL

MEN ~ MASTER 45-49

Weight	Lift	Kgs	Lbs	Name	Date
--------	------	-----	-----	------	------

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				
--------------	----------------------------	--	--	--	--

100kg/220lb	Bench Deadlift TOTAL				
-------------	----------------------------	--	--	--	--

110kg/242lb Bench
Deadlift
TOTAL

125kg/275lb Bench
Deadlift
TOTAL

140kg/308.5lb Bench
Deadlift
TOTAL

140+kg/308+lb Bench
Deadlift
TOTAL

MEN ~ MASTER 50-54

Weight	Lift	Kgs	Lbs	Name	Date
--------	------	-----	-----	------	------

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				
--------------	----------------------------	--	--	--	--

100kg/220lb	Bench Deadlift TOTAL				
-------------	----------------------------	--	--	--	--

110kg/242lb	Bench Deadlift TOTAL				
-------------	----------------------------	--	--	--	--

125kg/275lb	Bench				
-------------	-------	--	--	--	--

Deadlift
TOTAL

140kg/308.5lb Bench
Deadlift
TOTAL

140+kg/308+lb Bench
Deadlift
TOTAL

MEN ~ MASTER 55-59

Weight	Lift	Kgs	Lbs	Name	Date
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				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift				

TOTAL

140+kg/308+lb Bench
Deadlift
TOTAL

MEN ~ MASTER 60-64

Weight	Lift	Kgs	Lbs	Name	Date
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				
100kg/220lb	Bench Deadlift TOTAL				
110kg/242lb	Bench Deadlift TOTAL				
125kg/275lb	Bench Deadlift TOTAL				
140kg/308.5lb	Bench Deadlift TOTAL				
140+kg/308+lb	Bench Deadlift TOTAL				

MEN ~ MASTERS 65-69

Weight	Lift	Kgs	Lbs	Name	Date
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				
100kg/220lb	Bench				
	Deadlift				
	TOTAL				
110kg/242lb	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Bench				
	Deadlift				
	TOTAL				
140kg/308.5lb	Bench				
	Deadlift				
	TOTAL				
140+kg/308+lb	Bench				
	Deadlift				
	TOTAL				

MEN ~ MASTER 70-74

Weight	Lift	Kgs	Lbs	Name	Date
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
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

MEN ~ MASTER 75-79					
Weight	Lift	Kgs	Lbs	Name	Date
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
100kg/220lb	Bench Deadlift TOTAL
110kg/242lb	Bench Deadlift TOTAL
125kg/275lb	Bench Deadlift TOTAL
140kg/308.5lb	Bench Deadlift TOTAL
140+kg/308+lb	Bench Deadlift TOTAL

MEN ~ MASTER 80+

Weight	Lift	Kgs	Lbs	Name	Date
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
--------------	----------------------------

100kg/220lb	Bench Deadlift TOTAL
-------------	----------------------------

110kg/242lb	Bench Deadlift TOTAL
-------------	----------------------------

125kg/275lb	Bench Deadlift TOTAL
-------------	----------------------------

140kg/308.5lb	Bench Deadlift TOTAL
---------------	----------------------------

140+kg/308+lb	Bench Deadlift TOTAL
---------------	----------------------------