

USPF AMERICAN RAW KW DIVISION 4 FULL POWER

MEN - OPEN

| Weight | Lift | Kgs | Lbs | Name | Date |
|----------------|----------|-------|--------|---------------|------------|
| 52kg/114.5lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 56kg/123.5lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 60kg/132.2lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 67.5kg/148lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 75kg/165.2lb | Squat | 226.8 | 500.0 | Troy Marsh | 11/13/2021 |
| | Bench | 147.5 | 325.2 | Matt Rutledge | 4/14/2024 |
| | Deadlift | 233.6 | 515.0 | Troy Marsh | 11/13/2021 |
| | TOTAL | 601.0 | 1325.0 | Troy Marsh | 11/13/2021 |
| 82.5kg/181.7lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 90kg/198.2lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 100kg/220lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 110kg/242lb | Squat | 237.5 | 523.6 | Michael Poort | 8/25/2024 |
| | Bench | 182.5 | 402.3 | Michael Poort | 8/25/2024 |
| | Deadlift | 255.0 | 562.2 | Michael Poort | 8/25/2024 |
| | TOTAL | 675.0 | 1488.1 | Michael Poort | 8/25/2024 |
| 125kg/275lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 140kg/308.5lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 140+kg/308+lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |

AMERICAN RAW KW DIVISION 4 SUBMASTER - MEN AGE 35-39

| Weight | Lift | Kgs | Lbs | Name | Date |
|----------------|----------|-------|--------|-----------|------------|
| 52kg/114.5lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 56kg/123.5lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 60kg/132.2lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 67.5kg/148lb | 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 | | | | |
| 100kg/220lb | Squat | 162.5 | 358.3 | Adam Fung | 11/12/2023 |
| | Bench | 125.0 | 275.6 | Adam Fung | 11/12/2023 |
| | Deadlift | 170.0 | 374.8 | Adam Fung | 11/12/2023 |
| | TOTAL | 457.5 | 1008.6 | Adam Fung | 11/12/2023 |
| 110kg/242lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 125kg/275lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 140kg/308.5lb | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |
| 140+kg/ SHW | Squat | | | | |
| | Bench | | | | |
| | Deadlift | | | | |
| | TOTAL | | | | |