

American Men

Single Lift Bench

Men's Open

Sunday, October 30, 2011

114lbs/52Kgs							
	Bench	C. Holeyfield	142.5	Kg	314.2	lbs	8/16/1992
123lbs/56Kgs							
	Bench	William Garcia	165.0	Kg	363.8	lbs	9/24/2010
132lbs/60Kgs							
	Bench	Jim Lawrence	162.5	Kg	358.2	lbs	2/17/1990
148lbs/67.5Kgs							
	Bench	Gregg Warr	215.0	Kg	474.0	lbs	2/22/1997
165lbs/75Kgs							
	Bench	Gregg Warr	232.5	Kg	512.6	lbs	3/11/1995
181lbs/82.5Kgs							
	Bench	Bob Masello	245.0	Kg	540.1	lbs	6/28/2008
198lbs/90Kgs							
	Bench	James Burdette	287.5	Kg	633.8	lbs	9/13/2008
220lbs/100Kgs							
	Bench	James "Priest" Burdette	305.5	Kg	673.5	lbs	8/7/2010
242lbs/110Kgs							
	Bench	Jim Phraner	332.5	Kg	733.0	lbs	5/12/2013
275lbs/125Kgs							
	Bench	Allen Baria	370.0	Kg	815.7	lbs	7/10/2011
308lbs/140kgs							
	Bench	Alan Baria	365.0	Kg	804.5	lbs	7/8/2012
SHW/140+Kgs							
	Bench	Brian Siders	350.0	Kg	771.6	lbs	9/18/2005