

**USPF OREGON STATE - Single Ply Division 1  
SINGLE LIFT BENCH PRESS  
WOMEN - OPEN**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

**WOMEN - TEENS 13-15**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

**WOMEN - TEENS (16-17)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

121.0 ANGIE LAPO

06/03/95

**WOMEN - TEENS (18-19)**

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				
67.5kg/148.7lbs				
75kg/165.2lbs				
82.5kg/181.7lbs				
90kg/198.2lbs				
90+kg/198.2+lbs				

**WOMEN - JUNIORS (20-23)**

Weight Class	Kgs	Lbs	Name	Date
44kg/97lbs				
48kg/105.7lbs				
52kg/114.5lbs				
56kg/123.5lbs				
60kg/132.2lbs				

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

### WOMEN - Submasters (35-39)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

### WOMEN - Masters (40-44)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

**WOMEN - Masters (45-49)**

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

### WOMEN - Masters (50-54)

Weight Class	Kgs	Lbs	Name	Date
--------------	-----	-----	------	------

44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

### WOMEN - Masters (55-59)

Weight Class	Kgs	Lbs	Name	Date
--------------	-----	-----	------	------

44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

**WOMEN - Masters (60-64)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

**WOMEN - Masters (65-69)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

**WOMEN - Masters (70-74)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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44kg/97lbs



48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

### WOMEN - Masters (75-79)

Weight Class	Kgs	Lbs	Name	Date
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

**WOMEN - Masters (80+ Over)**

<u>Weight Class</u>	<u>Kgs</u>	<u>Lbs</u>	<u>Name</u>	<u>Date</u>
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44kg/97lbs

48kg/105.7lbs

52kg/114.5lbs

56kg/123.5lbs

60kg/132.2lbs

67.5kg/148.7lbs

75kg/165.2lbs

82.5kg/181.7lbs

90kg/198.2lbs

90+kg/198.2+lbs

