

SUPERIOR WORLD POWERLIFTING RAW KS D-3 FULL POWER

MASTER - MEN 40-44

Weight	Lift	Kgs	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			
	Bench			
	Deadlift			
	TOTAL			
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			

SWP RAW KS D-3 MASTER - MEN 45-49				
Weight	Lift	Kgs	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			
	Bench			
	Deadlift			
	TOTAL			
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			

SWP RAW KS D-3 MASTER - MEN 50-54				
Weight	Lift	Kgs	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 Bench Deadlift TOTAL	200.0 177.5 210.0 587.5	Ronald Green Ronald Green Ronald Green Ronald Green	11/13/2020 11/13/2020 11/13/2020 11/13/2020
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			

SWP RAW KS D-3 MASTER - MEN 55-59				
Weight	Lift	Kgs	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			
	Bench			
	Deadlift			
	TOTAL			
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			

SWP RAW KS D-3 MASTER - MEN 60-64				
Weight	Lift	Kgs	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			
	Bench			
	Deadlift			
	TOTAL			
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			

SWP RAW KS D-3 MASTER - MEN 65-69				
Weight	Lift	Kgs	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			
	Bench			
	Deadlift			
	TOTAL			
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			

SWP RAW KS D-3 MASTER - MEN 70-74				
Weight	Lift	Kgs	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			
	Bench			
	Deadlift			
	TOTAL			
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			

SWP RAW KS D-3 MASTER - MEN 75-79				
Weight	Lift	Kgs	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			
	Bench			
	Deadlift			
	TOTAL			
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			

SWP RAW KS D-3 MASTER - MEN 80+				
Weight	Lift	Kgs	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			
	Bench			
	Deadlift			
	TOTAL			
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			