

SUPERIOR WORLD POWERLIFTING RAW KS D-3 FULL POWER

WOMEN PRETEEN - 11-12

Weight	Lift	Kgs	Name	Date	Country
48kg	Squat	20.0	Joseph Mitchell	7/15/2023	USA
	Bench	15.0	Joseph Mitchell	7/15/2023	USA
	Deadlift	40.0	Joseph Mitchell	7/15/2023	USA
	TOTAL	75.0	Joseph Mitchell	7/15/2023	USA

TEEN - MEN AGE 13-15

Weight	Lift	Kgs	Name	Date	Country
52kg/114.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
56kg/123.5lb	Squat	57.5	Aiden Fox	07/15/23	USA
	Bench	37.5	Aiden Fox	07/15/23	USA
	Deadlift	100.0	Aiden Fox	07/15/23	USA
	TOTAL	195.0	Aiden Fox	07/15/23	USA
60kg/132.2lb	Squat	115.0	Trever Weeden	11/14/2020	USA
	Bench	67.5	Trever Weeden	11/14/2020	USA
	Deadlift	117.5	Trever Weeden	11/14/2020	USA
	TOTAL	292.5	Trever Weeden	11/14/2020	USA
67.5kg/148lb	Squat	160.0	Malachi Detherage	7/15/2023	USA
	Bench	92.5	Malachi Detherage	7/15/2023	USA
	Deadlift	192.5	Malachi Detherage	7/15/2023	USA
	TOTAL	440.0	Malachi Detherage	7/15/2023	USA
75kg/165.2lb	Squat	77.5	Matthew Negahnquet	7/15/2023	USA
	Bench	50.0	Matthew Negahnquet	7/15/2023	USA
	Deadlift	92.5	Matthew Negahnquet	7/15/2023	USA
	TOTAL	220.0	Matthew Negahnquet	7/15/2023	USA
82.5kg/181.7lb	Squat	57.5	Phillip Scott Mitchell	6/11/2022	USA
	Bench	35.0	Phillip Scott Mitchell	6/11/2022	USA
	Deadlift	72.5	Phillip Scott Mitchell	6/11/2022	USA
	TOTAL	165.0	Phillip Scott Mitchell	6/11/2022	USA
90kg/198.2lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
100kg/220lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
110kg/242lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
125kg/275lb	Squat	57.5	Allen Mitchell	7/15/2023	USA
	Bench	42.5	Allen Mitchell	7/15/2023	USA
	Deadlift	95.0	Allen Mitchell	7/15/2023	USA
	TOTAL	195.0	Allen Mitchell	7/15/2023	USA

140kg/308.5lb Squat
Bench
Deadlift
TOTAL

140+kg/SHW Squat
Bench
Deadlift
TOTAL

SWP RAW KS D-3 TEEN - MEN AGE 16-17

Weight	Lift	Kgs	Name	Date	Country
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	272.5	Austin Spangler	06/11/22	USA
	Bench	132.5	Austin Spangler	06/11/22	USA
	Deadlift	232.5	Austin Spangler	06/11/22	USA
	TOTAL	625.0	Austin Spangler	06/11/22	USA
140kg/308.5lb	Squat				
	Bench				
	Deadlift				
	TOTAL				
140+kg/SHW	Squat				
	Bench				
	Deadlift				
	TOTAL				

SWP RAW KS D-3 TEEN - MEN AGE 18-19

Weight	Lift	Kgs	Name	Date	Country
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	182.0	Jackson Dingess	11/13/20	USA
	Bench	137.5	Jackson Dingess	11/13/20	USA
	Deadlift	202.5	Jackson Dingess	11/13/20	USA
	TOTAL	522.0	Jackson Dingess	11/13/20	USA
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 JUNIOR - MEN AGE 20-23

Weight	Lift	Kgs	Name	Date	Country
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				