

American Women

Powerlifting

Sub-Masters (35-39)

Sunday, October 30, 2011

97lbs/44Kgs

| | | | | | | |
|----------|-------------|-------|----|-------|-----|-----------|
| Squat | Cathy Solan | 100.0 | Kg | 220.5 | lbs | 7/12/1997 |
| Bench | Cathy Solan | 47.5 | Kg | 104.7 | lbs | 7/12/1997 |
| Deadlift | Record Open | 0.0 | Kg | 0.0 | lbs | |
| Total | Record Open | 0.0 | Kg | 0.0 | lbs | |

105lbs/48Kgs

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|----------|---------------|-------|----|-------|-----|-----------|
| Squat | Susie LeLand | 97.5 | Kg | 214.9 | lbs | 5/19/1995 |
| Bench | Susie LeLand | 47.5 | Kg | 104.7 | lbs | 5/19/1995 |
| Deadlift | Karyn Becerra | 122.5 | Kg | 270.1 | lbs | 7/12/1997 |
| Total | Susie LeLand | 255.0 | Kg | 562.2 | lbs | 5/19/1995 |

114lbs/52Kgs

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|----------|--------------|-------|----|-------|-----|-----------|
| Squat | Mary Jeffrey | 175.0 | Kg | 385.8 | lbs | 3/14/1998 |
| Bench | Mary Jeffrey | 105.0 | Kg | 231.5 | lbs | 3/14/1998 |
| Deadlift | Mary Jeffrey | 135.0 | Kg | 297.6 | lbs | 3/14/1998 |
| Total | Mary Jeffrey | 445.0 | Kg | 981.0 | lbs | 3/14/1998 |

123lbs/56Kgs

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|----------|----------------|-------|----|-------|-----|-----------|
| Squat | Susan Rinn | 145.0 | Kg | 319.7 | lbs | 6/24/2000 |
| Bench | Susan Rinn | 100.3 | Kg | 221.0 | lbs | 6/24/2000 |
| Deadlift | Teresa DeVoltz | 187.5 | Kg | 413.4 | lbs | 5/14/1993 |
| Total | Teresa DeVoltz | 400.0 | Kg | 881.8 | lbs | 5/14/1993 |

132lbs/60Kgs

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|----------|----------------|-------|----|-------|-----|-----------|
| Squat | Teresa DeVoltz | 137.5 | Kg | 303.1 | lbs | 5/19/1995 |
| Bench | Teresa DeVoltz | 82.5 | Kg | 181.9 | lbs | 5/6/1994 |
| Deadlift | Teresa DeVoltz | 190.0 | Kg | 418.9 | lbs | 5/6/1994 |
| Total | Teresa DeVoltz | 405.0 | Kg | 892.9 | lbs | 5/6/1994 |

148lbs/67.5Kgs

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|----------|-------------|-------|----|--------|-----|------------|
| Squat | Lori Steele | 185.0 | Kg | 407.9 | lbs | 9/24/2010 |
| Bench | Rheta West | 145.0 | Kg | 319.7 | lbs | 12/11/2010 |
| Deadlift | Rheta West | 195.0 | Kg | 429.9 | lbs | 12/11/2010 |
| Total | Rheta West | 525.0 | Kg | 1157.4 | lbs | 12/11/2010 |

165lbs/75Kgs

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| Squat | Lisa Denison | 165.0 | Kg | 363.8 | lbs | 3/19/2005 |
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| Bench | Jan Lentz | 115.0 | Kg | 253.5 | lbs | 5/15/1992 |
| Deadlift | Jan Lentz | 170.0 | Kg | 374.8 | lbs | 5/15/1992 |
| Total | Jan Lentz | 447.5 | Kg | 986.6 | lbs | 5/12/1995 |

181lbs/82.5Kgs

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|----------|--------------|-------|----|--------|-----|-----------|
| Squat | LuAnn Rogers | 192.5 | Kg | 424.4 | lbs | 5/15/1992 |
| Bench | Jan Lentz | 115.0 | Kg | 253.5 | lbs | 5/18/1991 |
| Deadlift | LuAnn Rogers | 205.0 | Kg | 451.9 | lbs | 5/15/1992 |
| Total | LuAnn Rogers | 500.0 | Kg | 1102.3 | lbs | 5/15/1992 |

198lbs/90Kgs

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|----------|---------------|-------|----|--------|-----|-----------|
| Squat | Janet Loveall | 227.5 | Kg | 501.5 | lbs | 4/26/2009 |
| Bench | Janet Loveall | 145.0 | Kg | 319.7 | lbs | 1/24/2009 |
| Deadlift | Janet Loveall | 210.0 | Kg | 463.0 | lbs | 4/26/2009 |
| Total | Janet Loveall | 582.5 | Kg | 1284.2 | lbs | 4/26/2009 |

SHW/90+Kgs

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|----------|---------------|-------|----|--------|-----|------------|
| Squat | Janet Loveall | 200.0 | Kg | 440.9 | lbs | 12/13/2008 |
| Bench | Janet Loveall | 157.5 | Kg | 347.2 | lbs | 12/13/2008 |
| Deadlift | Janet Loveall | 195.0 | Kg | 429.9 | lbs | 12/13/2008 |
| Total | Janet Loveall | 552.5 | Kg | 1218.0 | lbs | 12/13/2008 |