

Vergleich IPF Weltrekorde / Alltime World records
Comparison IPF World Records / Alltime World records

SQUAT

Anstieg /

IPF WR		Alltime WR		Increase	
52	Stanaszek	300,50	Stanaszek	300,50	0,00%
56	Carlsson	287,50	Stanaszek	292,50	1,74%
60	Carlsson	320,00	Carlsson	320,00	0,00%
67,5	Olech	340,00	Hoerner	365,00	7,35%
75	Olech	350,00	Kutcher	395,00	12,86%
82	Bridges	379,50	Harrington	410,50	8,17%
90	Belyaev	380,00	Byrd	476,30	25,34%
100	Coan	423,00	Blue	476,30	12,60%
110	Ivanenko	417,50	Graalfs	491,10	17,63%
125	Karwoski	455,00	Vogelpohl	521,60	14,64%
125	Hamman	457,50	Miller	553,40	20,96%
Gesamtanstieg/ Total increase				11,03%	
Anstieg/increase 52-67,5				2,27%	
Anstieg/increase 67,5-90				13,43%	
Anstieg/increase 90-+125				18,23%	

BENCHPRESS (powerlifting or single lift records)

Anstieg /

IPF WR		Alltime WR		Increase	
52	Stanaszek	182,5	Stanaszek	182,5	0,00%
56	Pavlov	190	Pavlov	192,5	1,32%
60	Zakiev	210	Zakiev	222,5	5,95%
67,5	Kazakov	232,5	Schwab	240,4	3,40%
75	Kodama	281	Mazza	296,5	5,52%
82	Kodama	280	Heck	320	14,29%
90	Krymov	285	Frankl	357,5	25,44%
100	Freydun	290	Luyando	377,5	30,17%
110	Meszaros	295	Luyando	410,5	39,15%
125	Midote	325,5	Franco	390	19,82%
125	Siders	351	Kennelly	470	33,90%
Gesamtanstieg/ Total increase				16,27%	
Anstieg/increase 52-67,5				2,67%	
Anstieg/increase 67,5-90				12,16%	
Anstieg/increase 90-+125				29,70%	

DEADLIFT

Anstieg /

IPF WR		Alltime WR		Increase	
52	Bhaskaran	256	Bhaskaran	260	1,56%
56	Gant	289,5	Gant	290	0,17%
60	Gant	310	Gant	310	0,00%
67,5	Olech	318,5	Austin	320	0,47%
75	Lappi	340	Kutcher	360	5,88%
82	Kumpuniemi	357,5	Brunazzi	360	0,70%
90	Thomas	372,5	Coan	390	4,70%
100	Coan	390	Coan	409	4,87%
110	Kuc	395	Fedorenko	405	2,53%
125	Arvai	397,5	Konstantinovs	430	8,18%
125	Mészáros	408	Bolton	455	11,52%
Gesamtanstieg/ Total increase				3,69%	
Anstieg/increase 52-67,5				0,55%	
Anstieg/increase 67,5-90				2,94%	
Anstieg/increase 90-+125				6,36%	

Quellen / Sources IPF (International Powerlifting Federation), powerlifting watch

Erstellt von / compiled by : Thomas Klose / last update 07.November 2007

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TOTAL		Anstieg /			
	IPF WR	2007	Alltime WR		Increase
52	Fedosienko	665	Fedosienko	687,5	3,38%
56	Fedosienko	700	Fedosienko	700	0,00%
60	Sutrisno	743,5	Zakiev	750	0,87%
67,5	Olech	832,5	Schwab	841,4	1,07%
75	Furazhkin	865	Kutcher	985	13,87%
82	Bridges	952,5	Vargason	1011,5	6,19%
90	Belyaev	980	Frankl	1088,6	11,08%
100	Freydun	1037,5	Blue	1134	9,30%
110	Suslov	1060	Panora	1179,3	11,25%
125	Yarymbash	1092,5	Yarymbash	1210	10,76%
125	Siders	1167,5	Bolton	1273	9,04%
				Gesamtanstieg/ Total increase	6,98%
				Anstieg/increase 52-67,5	1,33%
				Anstieg/increase 67,5-90	8,05%
				Anstieg/increase 90-+125	10,29%

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