American Drug-Free Powerlifting Federation
ADFPF AMERICAN Records
WOMEN'S EQUIPPED Division POWERLIFTING Records

Women's 44.0 Kilo Weight Class AMERICAN Records, EQUIPPED Division:

Division:	SQUAT Name	Meet Date	Weight In Kilos	BENCH PRESS Name	Meet Date	Weight In Kilos	DEADLIFT Name	Meet Date	Weight In Kilos	TOTAL Name	Meet Date	Weight In Kilos
Open												
T 1 (14-15)												
T 2 (16-17)												
T 3 (18-19)												

Women's 47.5 Kilo Weight Class AMERICAN Records, EQUIPPED Division:

Division:	SQUAT Name	Meet Date	Weight In Kilos	BENCH PRESS Name	Meet Date	Weight In Kilos	DEADLIFT Name	Meet Date	Weight In Kilos	TOTAL Name	Meet Date	Weight In Kilos
Open	Judith M. Gedney Macomb, Illinois	11-12-06	107.5	Judith M. Gedney Macomb, Illinois	11-12-06	51.5	Judith M. Gedney Macomb, Illinois	11-12-06	120.0	Judith M. Gedney Macomb, Illinois	11-12-06	275.0
T 1 (14-15)												
T 2 (16-17)												
T 3 (18-19)												
M 6 (65-69)	Judith M. Gedney Macomb, Illinois	11-12-06	107.5	Judith M. Gedney Macomb, Illinois	11-12-06	51.5	Judith M. Gedney Macomb, Illinois	11-12-06	120.0	Judith M. Gedney Macomb, Illinois	11-12-06	275.0

Women's 50.5 Kilo Weight Class AMERICAN Records, EQUIPPED Division:

Division:	SQUAT Name	Meet Date	Weight In Kilos	BENCH PRESS Name	Meet Date	Weight In Kilos	DEADLIFT Name	Meet Date	Weight In Kilos	TOTAL Name	Meet Date	Weight In Kilos
Open												
T 1 (14-15)												
T 2 (16-17)												
T 3 (18-19)												

Women's 53.0 Kilo Weight Class AMERICAN Records, EQUIPPED Division:

Division:	SQUAT Name	Meet Date	Weight In Kilos	BENCH PRESS Name	Meet Date	Weight In Kilos	DEADLIFT Name	Meet Date	Weight In Kilos	TOTAL Name	Meet Date	Weight In Kilos

Open								
T 1 (14-15)								
T 2 (16-17)								
T 3 (18-19)								

Women's 55.5 Kilo Weight Class AMERICAN Records, EQUIPPED Division:

Division:	**SQUAT** Name Meet Date	Weight In Kilos	**BENCH PRESS** Name Meet Date	Weight In Kilos	**DEADLIFT** Name Meet Date	Weight In Kilos	**TOTAL** Name Meet Date	Weight In Kilos
Open								
T 1 (14-15)								
T 2 (16-17)								
T 3 (18-19)								

Women's 58.5 Kilo Weight Class AMERICAN Records, EQUIPPED Division:

Division:	**SQUAT** Name Meet Date	Weight In Kilos	**BENCH PRESS** Name Meet Date	Weight In Kilos	**DEADLIFT** Name Meet Date	Weight In Kilos	**TOTAL** Name Meet Date	Weight In Kilos
Open								
T 1 (14-15)								
T 2 (16-17)								
T 3 (18-19)								

Women's 63.0 Kilo Weight Class AMERICAN Records, EQUIPPED Division:

Division:	**SQUAT** Name Meet Date	Weight In Kilos	**BENCH PRESS** Name Meet Date	Weight In Kilos	**DEADLIFT** Name Meet Date	Weight In Kilos	**TOTAL** Name Meet Date	Weight In Kilos
Open	Lisa Mangold 8-11-07 Lakewood, Wisconsin	140.0	Lisa Mangold 8-11-07 Lakewood, Wisconsin	67.5	Lisa Mangold 8-11-07 Lakewood, Wisconsin	142.5	Lisa Mangold 8-11-07 Lakewood, Wisconsin	350.0
T 1 (14-15)								
T 2 (16-17)								
T 3 (18-19)								

Women's 70.0 Kilo Weight Class AMERICAN Records, EQUIPPED Division:

Division:	SQUAT Name Meet Date	Weight In Kilos	BENCH PRESS Name Meet Date	Weight In Kilos	DEADLIFT Name Meet Date	Weight In Kilos	TOTAL Name Meet Date	Weight In Kilos
Open	Lisa Mangold 3-31-07 Lakewood, Wisconsin	132.5	Amber Holland 1-20-07 Whitehall, Michigan	90.0	Karen Veltema 2-25-06 Hudsonville, Michigan	192.5	Lisa Mangold 3-31-07 Lakewood, Wisconsin	335.0
T 1 (14-15)								
T 2 (16-17)	Amber Holland 1-20-07 Whitehall, Michigan	102.5	Amber Holland 1-20-07 Whitehall, Michigan	90.0	Amber Holland 1-20-07 Whitehall, Michigan	125.0	Amber Holland 1-20-07 Whitehall, Michigan	317.5
M 1 (40-44)	Karen Veltema 2-25-06 Hudsonville, Michigan	82.5	Karen Veltema 2-25-06 Hudsonville, Michigan	47.5	Karen Veltema 2-25-06 Hudsonville, Michigan	192.5	Karen Veltema 2-25-06 Hudsonville, Michigan	232.5

Women's 80.0 Kilo Weight Class AMERICAN Records, EQUIPPED Division:

Division:	SQUAT Name Meet Date	Weight In Kilos	BENCH PRESS Name Meet Date	Weight In Kilos	DEADLIFT Name Meet Date	Weight In Kilos	TOTAL Name Meet Date	Weight In Kilos
Open								
T 1 (14-15)								
T 2 (16-17)								
T 3 (18-19)								

Women's 90.0 Kilo Weight Class AMERICAN Records, EQUIPPED Division:

Division:	SQUAT Name Meet Date	Weight In Kilos	BENCH PRESS Name Meet Date	Weight In Kilos	DEADLIFT Name Meet Date	Weight In Kilos	TOTAL Name Meet Date	Weight In Kilos
Open								
T 1 (14-15)								
T 2 (16-17)								
T 3 (18-19)								

Women's +90.0 Kilo Weight Class AMERICAN Records, EQUIPPED Division:

Division:	SQUAT Name Meet Date	Weight In Kilos	BENCH PRESS Name Meet Date	Weight In Kilos	DEADLIFT Name Meet Date	Weight In Kilos	TOTAL Name Meet Date	Weight In Kilos
Open								
T 1 (14-15)								

T 2 (16-17)								
T 3 (18-19)								