

ALL TIME HISTORICAL WOMEN'S POWERLIFTING WORLD RECORDS IN POUNDS/KILOGRAMS

Asterisk () indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.*

Women	Squat	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
97 (44)	378.1 (171.5)	*3.92X	Wei-Ling Chen (Chinese Taipei/82) 5/27/05 (171.5 kg. @ 43.8 kg.) (Ylitorniolla, Finland) (IPF)
105 (48)	463.0 (210.0)	*4.40X	Margaret Kirkland (US/63) 8/4/07 (210.0 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)
114 (52)	518.1 (235.0)	*4.52X	Margaret Kirkland (US/63) 12/5/09 (235.0 @ 52.0 kg.) (Jacksonville, Florida) (APF)
123 (56)	529.1 (240.0)	*4.29X	Inna Filimonova (Russia/76) 3/1/06 (240.0 kg. @ 55.9 kg.) (Ufa, Russia) (IPF)
132 (60)	556.7 (252.5)	*4.24X	Nance Greenspan-Avigliano (US/56) 8/25/02 (252.5 kg. @ 59.5 kg.) (Red Deer, Alberta, Canada) (APF/WPC)
148 (67.5)	611.8 (277.5)	*4.17X	Shannon Hartnett (US/65) 3/22/09 (272.5 kg. @ 66.6 kg., which was accidentally misloaded to 277.5 kg.) (Omaha, Nebraska) (APF)
165 (75)	775.0 (351.5)	* 4.70X	Laura Phelps-Sweatt (US/80) 3/11/12 (775.0 lb. @ 164.8 lb.) (Knoxville, Tennessee) (SPF)
181 (82.5)	770.0 (349.3)	*4.56X	Laura Phelps-Sweatt (US/80) 1/27/07 (770.0 lb. @ 169.0 lb.) (Columbus, Ohio) (APF)
198 (90)	804.7 (365.0)	*4.08X	Becca Swanson (US/73) 3/3/06 (365.0 kg. @ 89.45 kg. Heaviest female quadruple bodyweight squat of all time.) (Columbus, Ohio) (WPO)
SHW	854.3 (387.5)	*3.46X	Becca Swanson (US/73) 10/29/05 (387.5 kg. @ 112.1 kg. First woman to squat 700 pounds. Only woman to squat over 800 pounds.) (Chicago, Illinois) (WPO)
Women	Bench Press	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
97 (44)	264.6 (120.0)	*2.76X	Justyna Kozdryk (Poland/80) 3/5/11 (120.0 kg. @ 43.4 kg.) (Cleveland, Ohio) (IPF)
105 (48)	288.8 (131.0)	*2.81X	Yukako Fukushima (Japan/70) 11/3/08 (131.0 kg. @ 46.6 kg.) (Saint John's, Canada) (IPF)
114 (52)	319.7 (145.0)	*2.82X	Janet Faraone (US/67) 12/1/07 (145.0 kg. @ 51.5 kg.) (Montreal, Quebec, Canada) (APF/WPC)
123 (56)	347.0 (157.4)	*2.84X	Janet Faraone (US/67) 12/15/07 (347.0 lb. @ 122.0 lb.) (Lake George, New York) (APF)
132 (60)	402.3 (182.5)	*3.04X	Tina Rinehart (US/68) 3/6/04 (182.5 kg. @ 60.0 kg. First woman to bench press triple bodyweight.) (Columbus, Ohio) (WPO)
148 (67.5)	413.4 (187.5)	*2.78X	Kara Bohigian-Smith (US/75) 3/18/07 (187.5 kg. @ 67.5 kg.) (Attalla, Alabama) (APF)
165 (75)	530.0 (240.4)	* 3.25X	Laura Phelps-Sweatt (US/80) 8/21/11 (530.0 lb. @ 163.2 lb.) (Covington, Kentucky) (SPF)
181 (82.5)	540.0 (244.9)	*3.13X	Laura Phelps-Sweatt (US/80) 2/4/12 (540.0 lb. @ 172.6 lb.) (Cincinnati, Ohio) (SPF)
198 (90)	479.5 (217.5)	*2.43X	Becca Swanson (US/73) 3/3/06 (217.5 kg. @ 89.45 kg.) (Columbus, Ohio) (WPO)
SHW	600.8 (272.5)	*2.50X	Becca Swanson (US/73) 3/8/08 (272.5 kg. @ 240.0 lb.) (Omaha, Nebraska) (APF)
Women	Deadlift	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
97 (44)	385.8 (175.0)	*4.00X	Wei-Ling Chen (Chinese Taipei/82) 5/23/03 (175.0 kg. @ 43.7 kg.) (Chicago, Illinois) (IPF)
105 (48)	429.9 (195.0)	* 4.17X	Wei-Ling Chen (Chinese Taipei/82) 7/25/09 (195.0 kg. @ 46.75 kg.) (Kaohsiung, Chinese Taipei) (IPF)
114 (52)	446.4 (202.5)	*4.01X	Yi-Ju Chou (Chinese Taipei/80) 7/25/09 (202.5 kg. @ 50.45 kg.) (Kaohsiung, Chinese Taipei) (IPF)
123 (56)	490.5 (222.5)	*4.05X	Carrie Boudreau (US/67) 7/21/95 (222.5 kg. @ 54.9 kg. First woman to deadlift quadruple bodyweight.) (Baton Rouge, Louisiana) (USPF/IPF)
132 (60)	518.1 (235.0)	*3.94X	Maria Revva (Russia/77) 8/25/04 (235.0 kg. @ 59.6 kg.) (Voronezh, Russia) (IPF)
148 (67.5)	556.7 (252.5)	*3.75X	Priscilla Ribic (US/72) 8/8/07 (252.5 kg. @ 67.3 kg.) (Sao Paulo, Brazil) (USAPL/IPF)
165 (75)	584.2 (265.0)	*3.64X	Elana Zhukova-Soukhorouk (Ukraine/72) 5/22/99 (265.0 kg. @ 72.8 kg.) (Thisted, Denmark) (IPF)
181 (82.5)	590.8 (268.0)	*3.25X	Coral Blair (Austria/64) 11/19/99 (268.0 kg. @ 82.5 kg.) (Calgary, Alberta, Canada) (WPC)
198 (90)	604.0 (274.0)	*3.16X	Dawn Reshel-Sharon (US/55-00) 5/15/88 (604.0 lb. @ 191.0 lb.) (Milwaukee, Wisconsin) (APF/WPC)
SHW	683.4 (310.0)	*2.80X	Becca Swanson (US/73) 11/5/05 (310.0 kg. @ 110.8 kg.) (Helsinki, Finland) (WPO)
Women	Total	X-Bwt	Female Lifter/ Nationality/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
97 (44)	937.0 (425.0)	*9.84X	Svetlana Tesleva (Russia/75) 5/25/00 (162.5+95.0+167.5=425.0 kg. @ 43.2 kg.) (Pinamar, Buenos Aires, Argentina) (IPF)
105 (48)	1091.3 (495.0)	*10.59X	Wei-Ling Chen (Chinese Taipei/82) 7/25/09 (207.5+92.5+195.0=495.0 kg. @ 46.75 kg.) (Kaohsiung, Chinese Taipei) (IPF)
114 (52)	1157.4 (525.0)	*10.31X	Olesia Lafina (Russia/79) 3/1/06 (232.5+137.5+155.0=525.0 kg. @ 50.9 kg. First woman to Total 10X bodyweight.) (Ufa, Russia) (IPF)
123 (56)	1223.6 (555.0)	*9.93X	Inna Filimonova (Russia/76) 3/1/06 (240.0+120.0+195.0=555.0 kg. @ 55.9 kg.) (Ufa, Russia) (IPF)
132 (60)	1333.8 (605.0)	*10.19X	Amy Weisberger (US/65) 3/2/07 (240.0+152.5+212.5=605.0 kg. @ 59.4 kg.) (Columbus, Ohio) (WPO)
148 (67.5)	1440.0 (653.2)	*9.77X	Amy Weisberger (US/65) 8/18/07 (590.0+350.0+500.0=1440.0 lb. @ 147.4 lb.) (Franklin, Ohio) (IPA)
165 (75)	1800.0 (816.5)	* 11.03X	Laura Phelps-Sweatt (US/80) 8/21/11 (745.0+530.0+525.0=1800.0 lb. @ 163.2 lb. Only woman to Total 11X bodyweight.) (Covington, Kentucky) (SPF)
181 (82.5)	1770.0 (802.9)	9.73X	Laura Phelps-Sweatt (US/80) 5/23/09 (745.0+500.0+525.0=1770.0 lb.) (Nashville, Tennessee) (SPF)
198 (90)	1885.0 (855.0)	*9.56X	Becca Swanson (US/73) 3/3/06 (365.0+217.5+272.5=855.0 kg. @ 89.45 kg. Heaviest 9X bodyweight female Total of all time.) (Columbus, Ohio) (WPO)
SHW	2050.3 (930.0)	*8.30X	Becca Swanson (US/73) 10/29/05 (387.5+237.5+305.0=930.0 kg. @ 112.1 kg. First woman to Total 1600 pounds. First woman to Total 1700 pounds. Only woman to Total 1800 pounds.) (Chicago, Illinois) (WPO)