

## WDFPF QUALIFYING TOTALS

### POWERLIFTING/ UNEQUIPPED (WOMEN)

CAT.	Open	M1	M2	M3	M4	M5	M5	M6	M7	M8	Junior	T3	T2	T1
44	155	147.5	140	132.5	125	120	115	110	105	100	140	125	112.5	102.5
47.5	175	167.5	160	152.5	145	137.5	130	122.5	117.5	112.5	157.5	142.5	127.5	115
50.5	190	180	170	162.5	155	147.5	140	132.5	125	120	170	152.5	137.5	125
53	200	190	180	170	162.5	155	147.5	140	132.5	125	180	162.5	147.5	132.5
55.5	215	205	195	185	175	167.5	160	152.5	145	137.5	192.5	172.5	155	140
58.5	227.5	215	205	195	185	175	167.5	160	152.5	145	205	185	167.5	150
63	240	227.5	215	205	195	185	175	167.5	160	152.5	215	192.5	172.5	155
70	255	242.5	230	217.5	207.5	197.5	187.5	177.5	167.5	160	230	207.5	187.5	170
80	272.5	260	247.5	235	222.5	212.5	202.5	192.5	182.5	172.5	245	220	197.5	177.5
90	297.5	282.5	267.5	255	242.5	230	217.5	207.5	197.5	187.5	267.5	240	215	192.5
90+	315	300	285	270	257.5	245	232.5	220	210	200	282.5	255	230	207.5

### POWERLIFTING/ EQUIPPED (WOMEN)

CAT.	Open	M1	M2	M3	M4	M5	M5	M6	M7	M8	Junior	T3	T2	T1
44	177.5	167.5	160	152.5	145	137.5	130	122.5	117.5	112.5	160	145	130	117.5
47.5	200	190	180	170	162.5	155	147.5	140	132.5	125	180	162.5	147.5	132.5
50.5	215	205	195	185	175	167.5	160	152.5	145	137.5	192.5	172.5	155	140
53	227.5	215	205	195	185	175	167.5	160	152.5	145	205	185	167.5	150
55.5	245	232.5	220	210	200	190	180	170	162.5	155	220	197.5	177.5	160
58.5	260	247.5	235	222.5	212.5	202.5	192.5	182.5	172.5	165	235	212.5	192.5	172.5
63	272.5	260	247.5	235	222.5	212.5	202.5	192.5	182.5	172.5	245	220	197.5	177.5
70	290	275	262.5	250	237.5	225	215	205	195	185	260	235	212.5	192.5
80	310	295	280	265	252.5	240	227.5	215	205	195	280	252.5	227.5	205
90	337.5	320	305	290	275	262.5	250	237.5	225	215	305	275	247.5	222.5
90+	360	342.5	325	310	295	280	265	252.5	240	227.5	325	292.5	262.5	237.5

### POWERLIFTING/ UNEQUIPPED (MEN)

CAT.	Open	M1	M2	M3	M4	M5	M5	M6	M7	M8	Junior	T3	T2	T1
52	320	305	290	275	262.5	250	237.5	225	215	205	287.5	260	235	212.5
56	347.5	330	312.5	297.5	282.5	267.5	255	242.5	230	217.5	312.5	282.5	255	230
60	375	357.5	340	322.5	307.5	292.5	277.5	262.5	250	237.5	337.5	305	275	247.5
67.5	417.5	397.5	377.5	357.5	340	322.5	307.5	292.5	277.5	262.5	375	337.5	305	275
75	457.5	435	412.5	392.5	372.5	355	337.5	320	305	290	412.5	372.5	335	302.5
82.5	490	465	442.5	420	400	380	360	342.5	325	310	440	395	355	320
90	520	495	470	447.5	425	405	385	365	347.5	330	467.5	420	377.5	340
100	550	522.5	497.5	472.5	450	427.5	405	385	365	347.5	495	445	400	360
110	567.5	540	512.5	487.5	462.5	440	417.5	397.5	377.5	357.5	510	460	415	372.5
125	582.5	552.5	525	500	475	452.5	430	407.5	387.5	367.5	525	472.5	425	382.5
145	610	580	550	522.5	497.5	472.5	450	427.5	405	385	550	495	445	400
145+	632.5	600	570	542.5	515	490	465	442.5	420	400	570	512.5	462.5	417.5

### POWERLIFTING/ EQUIPPED (MEN)

CAT.	Open	M1	M2	M3	M4	M5	M5	M6	M7	M8	Junior	T3	T2	T1
52	362.5	345	327.5	310	295	280	265	252.5	240	227.5	327.5	295	265	237.5
56	395	375	357.5	340	322.5	307.5	292.5	277.5	262.5	250	355	320	287.5	260
60	425	405	385	365	347.5	330	312.5	297.5	282.5	267.5	382.5	345	310	280
67.5	475	452.5	430	407.5	387.5	367.5	350		315	300	427.5	385	347.5	312.5
75	520	495	470	447.5	425	405	385	365	347.5	330	467.5	420	377.5	340
82.5	557.5	530	502.5	477.5	452.5	430	407.5	387.5	367.5	350	502.5	452.5	407.5	367.5
90	590	560	532.5	505	480	455	432.5	410	390	370	530	477.5	430	387.5
100	625	595	565	537.5	510	485	460	437.5	415	395	562.5	507.5	457.5	412.5
110	645	612.5	582.5	552.5	525	500	475	452.5	430	407.5	580	522.5	470	422.5
125	662.5	630	597.5	567.5	540	512.5	487.5	462.5	440	417.5	597.5	537.5	485	437.5
145	695	660	627.5	595	565	537.5	510	485	460	437.5	625	562.5	507.5	457.5
145+	720	685	650	617.5	587.5	557.5	530	502.5	477.5	452.5	647.5	582.5	525	472.5