

# WDFPF Minima " World Single Event " Championships

## WOMENS' SQUAT - UNEQUIPPED

leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	40	45	50.0	55.0	60.0	57.5	55	52.5	50.0	47.5	42.5	37.5	35.0	32.5	30.0
47.5	42.5	47.5	52.5	57.5	65.0	62.5	60	57.5	55.0	50	47.5	40	37.5	35.0	32.5
50.5	45	50	55.0	60.0	67.5	65.0	62.5	60.0	57.5	55	50.0	45	40.0	37.5	35
53	47.5	52.5	57.5	62.5	70.0	67.5	67,5	62.5	60.0	57.5	55	47.5	42.5	40	37,5
55.5	50	55	60	67,5	75	72,5	70	67,5	62,5	62,5	60	50.0	45.0	42,5	40
58.5	52.5	57.5	65	72,5	80	75	72,5	70	65.0	65	62,5	52.5	47.5	45	42,5
63	55	60	67.5	77,5	85	80	75	72,5	67.5	67,5	65	55	50	47,5	45
70	60	67,5	72.5	80.0	90.0	85	80	75.0	72.5	70.0	67,5	57.5	52.5	50	47,5
80	65	72.5	80.0	90.0	100.0	95	90	85.0	77,5	75.0	72,5	60.0	55.0	52,5	50
90	72.5	80	87.5	97.5	107.5	102.5	97.5	92.5	85	82.5	75.0	67.5	60.0	55.0	52,5
90+	77.5	85	95.0	105.0	117.5	112.5	107.5	102.5	95	87,5	82.5	75.0	67.5	60.0	55.0

## WOMENS' BENCH PRESS – UNEQUIPPED

leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	25	25	27.5	30.0	32.5	30.0	27.5	25.0	25.0	25.0	25	25	25	25	25
47.5	25	27.5	30.0	32.5	35.0	32.5	30	27.5	25.0	25.0	25	25	25	25	25
50.5	27.5	30	32.5	35.0	40	35.0	32.5	30.0	27.5	27,5	27,5	27,5	25	25	25
53	27.5	32,5	35	37,5	42,5	37.5	35	32.5	30.0	30	27,5	27,5	25	25	25
55.5	30	35	37,5	40	45	42,5	40	37,5	32.5	32,5	30	27,5	25	25	25
58.5	32,5	37,5	40	42,5	47,5	45	42,5	40	35.0	35	32,5	30	27,5	25	25
63	32.5	37,5	40	45	50	47,5	45	42,5	37.5	37,5	35	32,5	30	27,5	25
70	35	40	42,5	47,5	52,5	50	47,5	45	40.0	40	37,5	35	32,5	30	27,5
80	37.5	42.5	47.5	52.5	57.5	55.0	52.5	50.0	45	45.0	40.0	37,5	35	32,5	27.5
90	40	45	50.0	55.0	60.0	57.5	55	52.5	50.0	47.5	42.5	40	37,5	35	27,5
90+	45	50	55.0	60.0	67.5	65.0	62.5	60.0	57.5	52,5	50.0	45.0	40.0	37,5	30

## WOMENS' DEAD LIFT – UNEQUIPPED

leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	47.5	52.5	57.5	65.0	72.5	70.0	67.5	65.0	62.5	60.0	55.0	50.0	45.0	42,5	35.0
47.5	52.5	57.5	62.5	70.0	77.5	72.5	70	67.5	65.0	62.5	57.5	52.5	50	45	37.5
50.5	55	60	67.5	75.0	82.5	80	75	72,5	67.5	65.0	62,5	60	55	47,5	40
53	57.5	62.5	70.0	77.5	87,5	85	77,5	75	70.0	67.5	65	62,5	57,5	50	42,5
55.5	60	65	75	85	95	90	85	80	72.5	72,5	70	65	62,5	55	45
58.5	65	72,5	80	90	100	95	90	85	75.0	75	72,5	67,5	65	60	47,5
63	67,5	75	85	92,5	105	100	95	90	80.0	80	75	70	67,5	62,5	50
70	75	80	92,5	102,5	112,5	107,5	102,5	97,5	90.0	87,5	80	72,5	70	65	52.5
80	80	87.5	97.5	107.5	120.0	115.0	110	105.0	100.0	92,5	85.0	77.5	75	70	52,5
90	87.5	97.5	107.5	120.0	132.5	125.0	120	115.0	107,5	100	95.0	85.0	80	75	55
90+	92.5	102.5	112.5	125.0	140.0	132.5	125	120.0	112,5	105	100.0	90.0	90	80	55

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## MENS' SQUAT - UNEQUIPPED

leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	75	82.5	92.5	102.5	112.5	107.5	102.5	97.5	92.5	87.5	85	72.5	65.0	57.5	52.5
56	82,5	90	100.0	110.0	122.5	117.5	112.5	107.5	102.5	97.5	92,5	80.0	72.5	65.0	57.5
60	87.5	97.5	107.5	120.0	132.5	125.0	120	115.0	110.0	105.0	100	85.0	77.5	70.0	62.5
67.5	97.5	107.5	120.0	132.5	147.5	140.0	132.5	125.0	120.0	115.0	107,5	92.5	82.5	75.0	67.5
75	107.5	120	132.5	147.5	162.5	155.0	147.5	140.0	132.5	125.0	120	102.5	92.5	82.5	75.0
82.5	115	127.5	142.5	157.5	175.0	167.5	160	152.5	145.0	137.5	127,5	112.5	102.5	92.5	82.5
90	122.5	135	150.0	167.5	185.0	175.0	167.5	160.0	152.5	145.0	130.0	117.5	105.0	95.0	85.0
100	125	140	155.0	172.5	192.5	182.5	175	165.0	157.5	150.0	135.0	122.5	110.0	100.0	90.0
110	132.5	147.5	162.5	180.0	200.0	190.0	180	170.0	162.5	155.0	140.0	125.0	112.5	102.5	92.5
125	137.5	152.5	170.0	187.5	207.5	197.5	187.5	177.5	167.5	160.0	145.0	130.0	117.5	105.0	95.0
145	142.5	157.5	175.0	195.0	217.5	207.5	200	187.5	177.5	167.5	150.0	135.0	122.5	110.0	100.0
145+	147.5	165	180	202.5	225.0	215.0	205	195.0	185.0	175.0	157.5	142.5	127.5	115.0	105

## MENS' BENCH PRESS - UNEQUIPPED

leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	55	60	67.5	75.0	82.5	77.5	72.5	70.0	67.5	65.0	60	52.5	47.5	42.5	37.5
56	57,5	65	72.5	80.0	90.0	85.0	80	75.0	72.5	70.0	65	57.5	52.5	47.5	42.5
60	65	72.5	80.0	90.0	100.0	95.0	90	85.0	80.0	75.0	70	60.0	55.0	50.0	45.0
67.5	70	82.5	92.5	102.5	112.5	107.5	102.5	97.5	92.5	87.5	80.0	72.5	65.0	57.5	52.5
75	80	87.5	97.5	107.5	120.0	115.0	110	105.0	100.0	95.0	87,5	77.5	70.0	62.5	57.5
82.5	82.5	92.5	102.5	115.0	127.5	120.0	115	110.0	105.0	100.0	92,5	80.0	72.5	65.0	60
90	90	100	110.0	122.5	135.0	127.5	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5
100	92.5	102.5	112.5	125.0	140.0	132.5	125	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0
110	92.5	102.5	115.0	127.5	142.5	135.0	127.5	120.0	117,5	112,5	102,5	90.0	82,5	75	65.0
125	100	110	122.5	135.0	150.0	142.5	135	127.5	120.0	115.0	105	92.5	85	77,5	67.5
145	102.5	115	127.5	142.5	157.5	150.0	142.5	135.0	127.5	120.0	107.5	97.5	87.5	80.0	72.5
145+	105	120	132,5	147,5	162,5	155	147,5	140	132,5	125	117,5	100	90	82,5	75

## MENS' DEAD LIFT - UNEQUIPPED

leeftijd	14	16	18	20	24	40	45	50	55	60	65	70	75	80	85
CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	82.5	92.5	102.5	112.5	125.0	120.0	115	110.0	105.0	100.0	92,5	80.0	72.5	65.0	57.5
56	90	100	110.0	122.5	135.0	127.5	120	115.0	110.0	105.0	97,5	85.0	77.5	70.0	62.5
60	95	105	117.5	130.0	145.0	137.5	130	122.5	117.5	112.5	107,5	92.5	82.5	75.0	67.5
67.5	107.5	120	132.5	147.5	165.0	157.5	150	142.5	135.0	127.5	120	102.5	92.5	82.5	75.0
75	120	132.5	147.5	162.5	180.0	170.0	162.5	155.0	147.5	140.0	130	112.5	102.5	92.5	82.5
82.5	125	140	155.0	172.5	192.5	182.5	172.5	165.0	157.5	150.0	140	122.5	110.0	100.0	90.0
90	135	150	167.5	185.0	205.0	195.0	185	175.0	167.5	160.0	145.0	130.0	117.5	105.0	95.0
100	142,5	157,5	172.5	192.5	217,5	207,5	197,5	187,5	177,5	167.5	150.0	135.0	122.5	110.0	100.0
110	147.5	165	182,5	202,5	225	215	205	197,5	182.5	172.5	155.0	140.0	125.0	112.5	102.5
125	152.5	170	190.0	210.0	232.5	220.0	210	200.0	190.0	180.0	162.5	147.5	132.5	120.0	107.5
145	155	172.5	192.5	215.0	240.0	227.5	217,5	205.0	195.0	185.0	167.5	150.0	135.0	122.5	110.0
145+	165	182.5	200	225.0	250.0	237.5	225	215.0	205.0	195.0	175.0	157.5	142.5	127.5	115.0