

**Svenska rekord Damer utrustat Veteran 4 +70år** Senast uppdaterad 2021-01-28

Viktklass	Namn	Förening	Resultat	Ort	Datum
<b>KNÄBÖJ</b>					
-47kg	Standardrekord		50,0		2021-01-28
-52kg	Standardrekord		60,0		2021-01-28
-57kg	Standardrekord		70,0		2021-01-28
-63kg	Standardrekord		80,0		2021-01-28
-69kg	Standardrekord		90,0		2021-01-28
-76kg	Standardrekord		100,0		2021-01-28
-84kg	Standardrekord		110,0		2021-01-28
+84kg	Standardrekord		120,0		2021-01-28
<b>BÄNKPRESS</b>					
-47kg	Standardrekord		40,0		2021-01-28
-52kg	Standardrekord		45,0		2021-01-28
-57kg	Standardrekord		50,0		2021-01-28
-63kg	Standardrekord		55,0		2021-01-28
-69kg	Standardrekord		60,0		2021-01-28
-76kg	Standardrekord		65,0		2021-01-28
-84kg	Standardrekord		70,0		2021-01-28
+84kg	Standardrekord		75,0		2021-01-28
<b>MARKLYFT</b>					
-47kg	Standardrekord		80,0		2021-01-28
-52kg	Standardrekord		85,0		2021-01-28
-57kg	Standardrekord		90,0		21-01-28
-63kg	Standardrekord		100,0		2021-01-28
-69kg	Standardrekord		110,0		2021-01-28
-76kg	Standardrekord		120,0		2021-01-28
-84kg	Standardrekord		130,0		2021-01-28
+84kg	Standardrekord		135,0		2021-01-28
<b>SAMMANLAGT</b>					
-47kg	Standardrekord		170,0		2021-01-28
-52kg	Standardrekord		190,0		2021-01-28
-57kg	Standardrekord		210,0		2021-01-28
-63kg	Standardrekord		235,0		2021-01-28
-69kg	Standardrekord		260,0		2021-01-28
-76kg	Standardrekord		285,0		2021-01-28
-84kg	Standardrekord		310,0		2021-01-28
+84kg	Standardrekord		330,0		2021-01-28
<b>ENBART BÄNKPRESS</b>					
-47kg	Standardrekord		40		2021-01-28
-52kg	Standardrekord		45		2021-01-28
-57kg	Standardrekord		50		2021-01-28
-63kg	Standardrekord		55,0		21.01.28
-69kg	Standardrekord		60		2021-01-28
-76kg	Standardrekord		65		2021-01-28
-84kg	Standardrekord		70		2021-01-28
+84kg	Standardrekord		75		2021-01-28