

WDFPF Minima " World Single Event " Championships

WOMENS' SQUAT - EQUIPPED

CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	45	50	55.0	60.0	67.5	65.0	62.5	60.0	57.5	55.0	50.0	45.0	40.0	35.0	32.5
47.5	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	37,5	35.0
50.5	52.5	57.5	62.5	70.0	77.5	72.5	70	67.5	65.0	62.5	57.5	52.5	47.5	40	37.5
53	55	60	65.0	72.5	80.0	75.0	72.5	70.0	67.5	65.0	60	55	50	42.5	37.5
55.5	57.5	62.5	70.0	77.5	85.0	80.0	75	72.5	70.0	67.5	62,5	57,5	52,5	45.0	40.0
58.5	60	65	72.5	80.0	90.0	85.0	80	75.0	72.5	70.0	65	60	55	47.5	42.5
63	62,5	67.5	75.0	82.5	92.5	87.5	82.5	77.5	75	75	67,5	62,5	57,5	50	42.5
70	67.5	75	82.5	92.5	102.5	97.5	92.5	87.5	82.5	77.5	70.0	65	60	52.5	47.5
80	75	82.5	92.5	102.5	115.0	110.0	105	100.0	95.0	90.0	80.0	72.5	65.0	57.5	52.5
90	80	90	100.0	110.0	122.5	117.5	112.5	107.5	102.5	97.5	87.5	80.0	72.5	65.0	57.5
90+	87.5	97.5	107.5	120.0	132.5	125.0	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5

WOMENS' BENCH PRESS - EQUIPPED

CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	27.5	30	32.5	35.0	40.0	37.5	35	32.5	30.0	27.5	25.0	25.0	25.0	25.0	25.0
47.5	30	32.5	35.0	37.5	42.5	40.0	37.5	35.0	32.5	30.0	27.5	27,5	27,5	27,5	25.0
50.5	32,5	35	37,5	40.0	45.0	42.5	40	37.5	35.0	32.5	30.0	30	30	30	25.0
53	35	37,5	40	42.5	47.5	45.0	42.5	40.0	37.5	35.0	32.5	32,5	32,5	32,5	25.0
55.5	37,5	40	42,5	45.0	50.0	47.5	45	42.5	40.0	37.5	35.0	35	35	35	27,5
58.5	40	42,5	45	47.5	52.5	50.0	47.5	45.0	42.5	40.0	37,5	37,5	37,5	37,5	27,5
63	42,5	45	47.5	52.5	57.5	55.0	52.5	50.0	47.5	45.0	40.0	40	40	40	27.5
70	45	47.5	52.5	57.5	62.5	60.0	57.5	55.0	52.5	50.0	45.0	42,5	42,5	45	30.0
80	47.5	52.5	57.5	62.5	70.0	67.5	65	62.5	60.0	57.5	52.5	47.5	45	47,5	32,5
90	50	55	60.0	67.5	75.0	72.5	70	67.5	65.0	62.5	57.5	52.5	50	50	35
90+	52.5	57.5	65.0	72.5	80.0	75.0	72.5	70.0	67.5	65.0	60	55	52,5	52,5	37.5

WOMENS' DEAD LIFT – EQUIPPED

CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
44	52.5	57.5	65.0	72.5	80.0	75.0	72.5	70.0	67.5	65.0	57.5	52.5	47.5	42.5	37.5
47.5	57.5	62.5	70.0	77.5	85.0	80.0	75	72.5	70.0	67.5	60.0	55.0	50.0	45.0	40.0
50.5	60	65	72.5	80.0	90.0	85.0	80	75.0	72.5	70.0	62.5	57.5	52.5	47.5	42.5
53	62,5	67.5	75.0	82.5	92.5	87.5	82.5	77.5	75	72,5	65	60	55	50	45
55.5	65	72.5	80.0	87.5	97.5	92.5	87.5	82.5	77.5	75	67,5	62,5	57,5	52,5	47.5
58.5	67.5	75	82.5	92.5	102.5	97.5	92.5	87.5	82.5	77.5	70.0	65	60	55	50
63	72.5	80	90.0	100.0	110.0	105.0	100	95.0	90.0	85.0	77.5	70.0	62.5	57.5	52.5
70	80	85	97.5	107.5	120.0	115.0	110	105.0	100.0	95.0	85.0	77.5	70.0	62.5	57.5
80	85	95	105.0	117.5	130.0	122.5	117.5	112.5	107.5	102.5	92.5	82.5	75.0	67.5	60.0
90	92.5	102.5	115.0	127.5	142.5	135.0	127.5	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0
90+	100	110	122.5	135.0	150.0	142.5	135	127.5	120.0	115.0	102.5	92.5	82.5	75.0	67.5

WDFPF Minima " World Single Event " Championships

MENS' SQUAT - EQUIPPED

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	90.0	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	95.0	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	102.5	92.5	82.5	75.0	67.5
67.5	107.5	120	132.5	147.5	162.5	155.0	147.5	140.0	132.5	125.0	112.5	102.5	92.5	82.5	75.0
75	117.5	130	145.0	160.0	177.5	167.5	160	152.5	145.0	137.5	125.0	112.5	102.5	92.5	82.5
82.5	125	137.5	152.5	170.0	190.0	180.0	170	162.5	155.0	147.5	132.5	120.0	107.5	97.5	87.5
90	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
100	140	155	172.5	192.5	212.5	202.5	192.5	182.5	172.5	165.0	147.5	132.5	120.0	107.5	97.5
110	142.5	157.5	175.0	195.0	217.5	207.5	197.5	187.5	177.5	167.5	150.0	135.0	122.5	110.0	100.0
125	147.5	165	182.5	202.5	225.0	215.0	205	195.0	185.0	175.0	157.5	142.5	127.5	115.0	102.5
145	155	172.5	192.5	212.5	235.0	222.5	212.5	202.5	192.5	182.5	165.0	147.5	132.5	120.0	107.5
145+	160	177.5	197.5	220.0	245.0	232.5	220	210.0	200.0	190.0	170.0	152.5	137.5	125.0	112.5

MENS' BENCH PRESS - EQUIPPED

CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	57.5	62.5	70.0	77.5	85.0	80.0	75	72.5	70.0	67.5	60.0	55.0	50.0	45.0	40.0
56	60	67.5	75.0	82.5	92.5	87.5	82.5	77.5	72.5	70.0	62.5	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	67.5	60.0	55.0	50.0	45.0
67.5	75	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	90	100.0	110.0	122.5	117.5	112.5	107.5	102.5	97.5	87.5	80.0	72.5	65.0	57.5
82.5	87.5	97.5	107.5	120.0	132.5	125.0	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5
90	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
100	97.5	107.5	120.0	132.5	147.5	140.0	132.5	125.0	120.0	115.0	102.5	92.5	82.5	75.0	67.5
110	102.5	112.5	125.0	137.5	152.5	145.0	137.5	130.0	122.5	117.5	105.0	95.0	85.0	77.5	70.0
125	105	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	107.5	120	132.5	147.5	165.0	157.5	150	142.5	135.0	127.5	115.0	102.5	92.5	82.5	75.0
145+	112.5	125	137.5	152.5	170.0	162.5	155	147.5	140.0	132.5	120.0	107.5	97.5	87.5	80.0

MENS' DEAD LIFT - EQUIPPED

CAT.	T1	T2	T3	Junior	Open	M1	M2	M3	M4	M5	M6	M7	M8	M9	M10
52	87.5	97.5	107.5	120.0	132.5	125.0	120	115.0	110.0	105.0	95.0	85.0	77.5	70.0	62.5
56	92.5	102.5	115.0	127.5	142.5	135.0	127.5	120.0	115.0	110.0	100.0	90.0	80.0	72.5	65.0
60	102.5	112.5	125.0	137.5	152.5	145.0	137.5	130.0	122.5	117.5	105.0	95.0	85.0	77.5	70.0
67.5	112.5	125	140.0	155.0	172.5	165.0	157.5	150.0	142.5	135.0	122.5	110.0	100.0	90.0	80.0
75	125	137.5	152.5	170.0	187.5	177.5	167.5	160.0	152.5	145.0	130.0	117.5	105.0	95.0	85.0
82.5	132.5	147.5	165.0	182.5	202.5	192.5	182.5	172.5	165.0	157.5	142.5	127.5	115.0	102.5	92.5
90	140	155	172.5	192.5	215.0	205.0	195	185.0	175.0	167.5	150.0	135.0	122.5	110.0	100.0
100	147.5	165	182.5	202.5	225.0	215.0	205	195.0	185.0	175.0	157.5	142.5	127.5	115.0	102.5
110	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
125	157.5	175	195.0	217.5	242.5	230.0	217.5	207.5	197.5	187.5	170.0	152.5	137.5	125.0	112.5
145	167.5	185	205.0	227.5	252.5	240.0	227.5	215.0	205.0	195.0	175.0	157.5	142.5	127.5	115.0
145+	172.5	192.5	215.0	237.5	265.0	252.5	240	227.5	215.0	205.0	185.0	167.5	150.0	135.0	122.5