

# UNITED STATES POWERLIFTING FEDERATION

## American Records -- Single Lift

### Deadlift -- Men

Category:: Submasters (35-39)

<u>Weight Class</u>	<u>Kgs/Lbs</u>	<u>Name</u>	<u>Date</u>
52kg/114.5lbs			
56kg/123.5lbs			
60kg/132.2lbs	160.0/352.5	Roman Guaderrama	03/19/05
67.5kg/148.7lbs	235.0/518.0	Scott Layman	09/09/06
75kg/165.2lbs	215.0/473.9	Francis Astilla	03/28/09
82.5kg/181.7lbs	250.0/551.0	Jim Roney	07/17/04
90kg/198.2lbs	315.0/694.2	John Dorsten	05/05/07
100kg/220.2lbs	302.5/666.8	Jens Grau	02/17/08
110kg/242.5lbs	330.5/728.6	Brent Howard	02/17/08
125kg/275.5lbs	345.0/760.5	Johnnie Jackson	06/29/08
140kg/308.5lbs	350.0/771.6	Carlton Saunders	08/13/05
140+kg/SHW	332.5/733.0	Thad Coleman	08/02/08