

**UNITED STATES POWERLIFTING FEDERATION
American Records - Women**

Category: Submasters (35-39)

WEIGHT	LIFT	KGS	LBS	NAME	DATE
44kg/97lb	Squat	100.0	220.0	Cathy Solan	07/12/97
	Bench	47.5	104.7	Cathy Solan	07/12/97
	Deadlift				
	TOTAL				
48kg/105.7lb	Squat	97.5	214.7	Susie LeLand	05/19/95
	Bench	47.5	104.2	Susie LeLand	05/19/95
	Deadlift	122.5	270.0	Karyn Becerra	07/12/97
	TOTAL	255.0	562.0	Susie LeLand	05/19/95
52kg/114.5lb	Squat	175.0	385.8	Mary Jeffrey	03/14/98
	Bench	105.0	231.2	Mary Jeffrey	03/14/98
	Deadlift	165.0	363.7	Mary Jeffrey	03/14/98
	TOTAL	445.0	979.0	Mary Jeffrey	03/14/98
56kg/123.5lb	Squat	145.0	319.7	Susan Rinn	06/24/00
	Bench	100.2	221.0	Susan Rinn	06/24/00
	Deadlift	187.5	413.2	Teresa DeVoltz	05/14/93
	TOTAL	400.0	881.0	Teresa DeVoltz	05/14/93
60kg/132.2lb	Squat	137.5	303.0	Teresa DeVoltz	05/19/95
	Bench	82.5	181.7	Teresa DeVoltz	05/06/94
	Deadlift	190.0	418.7	Teresa DeVoltz	05/06/94
	TOTAL	405.0	892.7	Teresa DeVoltz	05/06/94
67.5kg/148.7lb	Squat	155.0	341.7	Karen Matthews	08/11/07
	Bench	122.5	270.0	Rachel Mathias	07/26/96
	Deadlift	165.0	363.7	Leslie Hofheins	03/29/08
	TOTAL	397.5	876.2	Rachel Mathias	07/26/96
75kg/165.2lb	Squat	165.0	363.7	Lisa Denison	03/19/05
	Bench	115.0	253.5	Jan Lentz	05/15/92
	Deadlift	170.0	374.7	Jan Lentz	05/15/92
	TOTAL	447.5	986.5	Jan Lentz	05/12/95
82.5kg/181.7	Squat	192.5	424.5	LuAnn Rogers	05/15/92
	Bench	115.0	253.5	Jan Lentz	05/18/91
	Deadlift	205.0	451.7	LuAnn Rogers	05/15/92
	TOTAL	500.0	1102.2	LuAnn Rogers	05/15/92
90kg/198.2lb	Squat	202.5	446.4	Janet Loveall	01/24/09
	Bench	145.0	319.6	Janet Loveall	01/24/09
	Deadlift	205.0	451.9	Janet Loveall	01/24/09
	TOTAL	552.5	1218.0	Janet Loveall	01/24/09
90+kg/UNL	Squat	200.0	440.9	Janet Loveall	12/13/08
	Bench	157.5	347.2	Janet Loveall	12/13/08
	Deadlift	195.0	429.8	Janet Loveall	12/13/08
	TOTAL	552.5	1218.0	Janet Loveall	12/13/08