

**WRPF Latvija**  
**Rekordi**  
**(redakcija uz 12.11.2023.)**



## Spēka trīscīņa (Powerlifting)

### Vīrieši

Svara kategorija	Jaunieši 17-19g.v.	Juniori	Open	Masteri 40-49 g.v.	Masteri 50+
52	322.5	362.5	402.5	402.5	362.5
56	350	395	437.5	437.5	395
60	375	422.5	470	470	422.5
67.5	420	472.5	525	525	472.5
75	460	517.5	577.5	577.5	517.5
82.5	492.5	552.5	615	615	552.5
90	<b>522.5</b>	582.5	<b>677.5</b>	647.5	582.5
100	545	615	682.5	682.5	615
110	572.5	645	715	715	645
125	597.5	<b>780</b>	<b>810</b>	747.5	672.5
140	617.5	695	770	770	695
+140	632.5	710	790	790	710

## Spēka trīscīņa (Powerlifting)

### Sievietes

Svara kategorija	Jaunieši 17-19g.v.	Juniori	Open	Masteri 40-49 g.v.	Masteri 50+
44	197.5	220	255	255	220
48	215	245	280	280	245
52	232.5	265	305	305	265
56	250	285	325	325	285
60	270	312.5	345	345	312.5
67.5	287.5	325	372.5	372.5	325
75	305	340	395	395	340
82.5	322.5	365	417.5	417.5	365
90	335	380	430	430	380
90+	342.5	387.5	442.5	442.5	387.5

**Spēka dīvcīņa  
(Push & Pull)  
Vīrieši**

Svara kategorija	Jaunieši 17-19g.v.	Juniori	Open	Masteri 40-49 g.v.	Masteri 50+
52	225	252.5	292.5	292.5	252.5
56	237.5	267.5	310	310	267.5
60	250	282.5	327.5	327.5	282.5
67.5	272.5	307.5	355	355	307.5
75	295	332.5	<b>400</b>	385	332.5
82.5	315	355	410	410	355
90	335	375	<b>490</b>	435	375
100	352.5	395	457.5	457.5	395
110	365	412.5	477.5	477.5	412.5
125	380	430	495	495	430
140	392.5	445	515	515	445
+140	405	457.5	527.5	527.5	457.5

**Spēka dīvcīņa  
(Push & Pull)  
Sievietes**

Svara kategorija	Jaunieši 17-19g.v.	Juniori	Open	Masteri 40-49 g.v.	Masteri 50+
44	132.5	150	172.5	172.5	150
48	142.5	162.5	182.5	182.5	162.5
52	152.5	172.5	197.5	197.5	172.5
56	162.5	182.5	210	210	182.5
60	170	192.5	222.5	222.5	192.5
67.5	185	210	240	240	210
75	200	227.5	260	260	227.5
82.5	215	242.5	280	280	242.5
90	227.5	257.5	297.5	297.5	257.5
90+	240	270	312.5	312.5	270

Spiešana guļus  
(Bench Press)  
**Vīrieši**

Svara kategorija	Jaunieši 17-19g.v.	Juniori	Open	Masteri 40-49 g.v.	Masteri 50+
52	82.5	92.5	107.5	107.5	92.5
56	90	100	117.5	117.5	100
60	97.5	110	125	125	110
67.5	110	122.5	142.5	142.5	122.5
75	120	132	<b>165</b>	155	132
82.5	<b>145</b>	142.5	<b>205</b>	165	142.5
90	135	152.5	<b>232.5</b>	175	152.5
100	142.5	<b>186</b>	<b>192.5</b>	<b>185</b>	160
110	150	<b>205</b>	<b>192.5</b>	192.5	167.5
125	157.5	175	202.5	202.5	175
140	162.5	182.5	210	210	182.5
+140	167.5	187.5	215	215	187.5

Spiešana guļus  
(Bench Press)  
**Sievietes**

Svara kategorija	Jaunieši 17-19g.v.	Juniori	Open	Masteri 40-49 g.v.	Masteri 50+
44	42.5	47.5	55	55	47.5
48	47.5	55	62.5	62.5	55
52	52.5	60	67.5	67.5	60
56	57.5	65	72.5	72.5	65
60	62.5	67.5	77.5	77.5	67.5
67.5	67.5	75	87.5	87.5	75
75	75	82.5	95	95	82.5
82.5	77.5	87.5	100	100	87.5
90	82.5	92.5	105	105	92.5
90+	85	105	110	110	105

**Vilkme  
(Dead lift)  
Vīrieši**

Svara kategorija	Jaunieši 17-19g.v.	Juniori	Open	Masteri 40-49 g.v.	Masteri 50+
52	145	162.5	175	175	162.5
56	155	172.5	190	190	172.5
60	165	185	200	200	185
67.5	180	202.5	220	220	202.5
75	192.5	215	237.5	237.5	215
82.5	202.5	227.5	250	250	227.5
90	212.5	235	260	260	235
100	220	245	272.5	272.5	245
110	227.5	252.5	280	280	252.5
125	235	262.5	290	290	262.5
140	242.5	270	297.5	297.5	270
+140	247.5	275	305	305	275

**Vilkme  
(Dead lift)  
Sievietes**

Svara kategorija	Jaunieši 17-19g.v.	Juniori	Open	Masteri 40-49 g.v.	Masteri 50+
44	90	100	115	115	100
48	97.5	110	125	125	110
52	105	117.5	135	135	117.5
56	110	125	142.5	142.5	125
60	117.5	130	150	150	130
67.5	125	140	160	160	140
75	130	145	167.5	167.5	145
82.5	135	152.5	175	175	152.5
90	140	157.5	180	180	157.5
90+	142.5	160	182.5	182.5	160

## Strict Biceps Curl Vīrieši

Svara kategorija	Jaunieši 17-19g.v.	Juniori	Open	Masteri 40-49 g.v.	Masteri 50+
52	35	40	47.5	47.5	40
56	37.5	42.5	50	50	42.5
60	40	45	52.5	52.5	45
67.5	45	52.5	60	60	52.5
75	50	57.5	65	65	57.5
82.5	55	62.5	70	70	62.5
90	60	67.5	<b>77.5</b>	75	67.5
100	65	72.5	80	80	72.5
110	70	77.5	85	85	77.5
125	75	82.5	90	90	82.5
140	80	87.5	95	95	87.5
+140	85	92.5	102.5	102.5	92.5

## Strict Biceps Curl Sievietes

Svara kategorija	Jaunieši 17-19g.v.	Juniori	Open	Masteri 40-49 g.v.	Masteri 50+
44	22.5	25	30	30	25
48	25	27.5	32.5	32.5	27.5
52	27.5	30	35	35	30
56	30	32.5	37.5	37.5	32.5
60	32.5	35	40	40	35
67.5	35	37.5	42.5	42.5	37.5
75	37.5	40	45	45	40
82.5	40	42.5	47.5	47.5	42.5
90	42.5	47.5	52.5	52.5	47.5
90+	47.5	52.5	57.5	57.5	52.5