

WRPF Latvija
Rekordi
(redakcija uz 10.11.2024.)



Spēka trīscīņa
(Powerlifting - classic division wraps)
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	590	582.5	680	647.5	582.5
100	545	615	725	682.5	615
110	572.5	645	715	715	645
125	597.5	780	810	747.5	672.5
140	617.5	695	770	770	695
+140	632.5	710	790	790	710

Spēka trīscīņa
(Powerlifting - sleeves)
Vīrieši

Svara kategorija	Jaunieši 17-19g.v.	Juniori	Open	Masteri 40-49 g.v.	Masteri 50+
52	332.5	372.5	412.5	412.5	372.5
56	360	405	447.5	447.5	405
60	385	432.5	480	480	432.5
67.5	430	482.5	535	535	482.5
75	475	532.5	592.5	592.5	532.5
82.5	507.5	567.5	630	630	567.5
90	532.5	597.5	662.5	662.5	597.5
100	560	630	697.5	697.5	630
110	592.5	665	735	735	665
125	517.5	692.5	767.5	767.5	692.5
140	637.5	715	790	790	715
+140	652.5	730	810	810	730

**Spēka trīscīņa
(Powerlifting - classic division wraps)**

Sievietes

Svara kategorija	Jaunieši 17-19g.v.	Juniori	Open	Masteri 40-49 g.v.	Masteri 50+
44	202.5	225	262.5	262.5	225
48	222.5	252.5	287.5	287.5	252.5
52	237.5	272.5	312.5	312.5	272.5
56	257.5	292.5	335	335	292.5
60	277.5	320	352.5	352.5	320
67.5	295	332.5	382.5	382.5	332.5
75	322.5	350	405	405	350
82.5	337.5	375	430	430	375
90	345	390	445	445	390
90+	350	395	455	455	395

**Spēka trīscīņa
(Powerlifting - sleeves)**

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	360	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	421	385	332.5
82.5	315	355	410	411	355
90	335	375	490	435	375
100	352.5	395	457.5	457.5	395
110	365	412.5	485	477.5	412.5
125	380	430	535	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	230	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	171	155	132
82.5	145	142.5	205	165	165
90	135	152.5	235	175	152.5
100	142.5	186	230	190	170
110	150	205	192.5	195	170
125	157.5	175	225	270	175
140	162.5	182.5	265	255	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	80	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 (Deadlift) 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	250	237.5	215
82.5	202.5	227.5	250	266	227.5
90	220	235	260	270	235
100	220	245	280	272.5	245
110	227.5	252.5	280	280	252.5
125	235	295	290	320	262.5
140	242.5	270	300	350	270
+140	247.5	275	305	305	275

Vilkme (Deadlift) 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	150	135	117.5
56	110	125	142.5	142.5	125
60	117.5	130	150	150	130
67.5	135	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	52.5	52.5	60	60	52.5
75	50	57.5	65	65	57.5
82.5	55	62.5	82.5	70	62.5
90	65	67.5	80	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