

365 Strong World Powerlifting Federation

International Overall Division Leaders - by Weight Class

Last Update: 11/02/23

International Open Female - All Classes

Nation	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
Finland	Open	Raw	Female	48kg/105.8lb	Bench	NINA KIURU	132	7/30/2022
Finland	Open	Raw	Female	48kg/105.8lb	Deadlift	NINA KIURU	237	7/30/2022
Finland	Open	Raw	Female	48kg/105.8lb	PP Total	NINA KIURU	369	7/30/2022
India	Open	Raw	Female	60kg/132.2lb	Bench	BELA GHOSH	180	6/11/2016
India	Open	Raw	Female	60kg/132.2lb	Deadlift	BELA GHOSH	315	6/11/2016
India	Open	Raw	Female	60kg/132.2lb	PP Total	BELA GHOSH	495	6/11/2016
Finland	Open	Raw	Female	75kg/165.2lb	Bench	JASMINE KESKIMAULA	56	1/8/2022
India	Open	Raw	Female	82.5kg/181.7lb	Squat	SUJATA BHAKAT	264	4/20/2018
India	Open	Raw	Female	82.5kg/181.7lb	Bench	SUJATA BHAKAT	155	6/11/2016
India	Open	Raw	Female	82.5kg/181.7lb	Deadlift	SUJATA BHAKAT	292	4/20/2018
India	Open	Raw	Female	82.5kg/181.7lb	TOTAL	SUJATA BHAKAT	700	4/20/2018
Finland	Open	Raw	Female	100kg/220.4lb	Bench	EMMA SIREN-KANANEN	112	11/21/2020
Greece	Open	RawCl	Female	90kg/198.2lb	Squat	ALEXIS ELIOPOULOS	457	4/20/2018
Greece	Open	RawCl	Female	90kg/198.2lb	Bench	ALEXIS ELIOPOULOS	303	4/20/2018
Greece	Open	RawCl	Female	90kg/198.2lb	Deadlift	ALEXIS ELIOPOULOS	468	4/20/2018
Greece	Open	RawCl	Female	90kg/198.2lb	TOTAL	ALEXIS ELIOPOULOS	1229	4/20/2018

International Records

International Open Male - All Classes

Nation	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
Finland	Open	Raw	Male	60kg/132.2lb	Bench	MARKO KERANEN	182	7/30/2022
Georgia	Open	RawCl	Male	67.5kg/148.8lb	Squat	GIVI MARGVELASHVILI	441	5/11/2019
Georgia	Open	RawCl	Male	67.5kg/148.8lb	Bench	GIVI MARGVELASHVILI	320	5/11/2019
Georgia	Open	RawCl	Male	67.5kg/148.8lb	Deadlift	GIVI MARGVELASHVILI	512	5/11/2019
Georgia	Open	RawCl	Male	67.5kg/148.8lb	TOTAL	GIVI MARGVELASHVILI	1273	5/11/2019
Finland	Open	Raw	Male	75kg/165.2lb	Bench	KALLE KANANEN	231	7/30/2022
Venezuela	Open	Raw	Male	75kg/165.2lb	Squat	JOSE SOLORZANO	446	4/22/2018
Venezuela	Open	Raw	Male	75kg/165.2lb	Bench	JOSE SOLORZANO	303	4/22/2018
Venezuela	Open	Raw	Male	75kg/165.2lb	Deadlift	JOSE SOLORZANO	512	4/22/2018
Venezuela	Open	Raw	Male	75kg/165.2lb	TOTAL	JOSE SOLORZANO	1262	4/22/2018

Georgia	Open	Raw	Male	75kg/165.2lb	Squat	ZURA CHKHETIANI	518	10/16/2021
Georgia	Open	Raw	Male	75kg/165.2lb	Bench	ZURA CHKHETIANI	364	10/16/2021
Georgia	Open	Raw	Male	75kg/165.2lb	Deadlift	ZURA CHKHETIANI	529	10/16/2021
Georgia	Open	Raw	Male	75kg/165.2lb	TOTAL	ZURA CHKHETIANI	1411	10/16/2021
Georgia	Open	RawCl	Male	75kg/165.2lb	Squat	GIVI MARGVELASHVILI	353	10/16/2021
Georgia	Open	RawCl	Male	75kg/165.2lb	Bench	GIVI MARGVELASHVILI	243	10/16/2021
Georgia	Open	RawCl	Male	75kg/165.2lb	Deadlift	GIVI MARGVELASHVILI	441	10/16/2021
Georgia	Open	RawCl	Male	75kg/165.2lb	TOTAL	GIVI MARGVELASHVILI	1036	10/16/2021
Finland	Open	Raw	Male	82.5kg/181.7lb	Bench	JORMA MONONEN	330	7/30/2022
Finland	Open	Raw	Male	82.5kg/181.7lb	Deadlift	JORMA MONONEN	424	7/30/2022
Finland	Open	Raw	Male	82.5kg/181.7lb	PP Total	JORMA MONONEN	755	7/30/2022
Finland	Open	Unlimited	Male	82.5kg/181.7lb	Bench	JORMA MONONEN	380	7/30/2022
Finland	Open	Unlimited	Male	82.5kg/181.7lb	Deadlift	JORMA MONONEN	490	7/30/2022
Finland	Open	Unlimited	Male	82.5kg/181.7lb	PP Total	JORMA MONONEN	871	7/30/2022
Georgia	Open	RAW	Male	82.5kg/181.7lb	Squat	ZURA CHKHETIANI	507	10/22/2022
Georgia	Open	RAW	Male	82.5kg/181.7lb	Bench	ZURA CHKHETIANI	342	10/22/2022
Georgia	Open	RAW	Male	82.5kg/181.7lb	Deadlift	ZURA CHKHETIANI	507	10/22/2022
Georgia	Open	RAW	Male	82.5kg/181.7lb	TOTAL	ZURA CHKHETIANI	1356	10/22/2022
Bahamas	Open	RawCl	Male	90kg/198.2lb	Squat	DOMINIQUE TAYLOR	402	5/11/2019
Bahamas	Open	RawCl	Male	90kg/198.2lb	Bench	DOMINIQUE TAYLOR	342	5/11/2019
Bahamas	Open	RawCl	Male	90kg/198.2lb	Deadlift	DOMINIQUE TAYLOR	524	5/11/2019
Bahamas	Open	RawCl	Male	90kg/198.2lb	TOTAL	DOMINIQUE TAYLOR	1268	5/11/2019
Finland	Open	Raw	Male	100kg/220.4lb	Deadlift	JAKE AALTO	512	7/30/2022
Finland	Open	Raw	Male	100kg/220.4lb	Bench	OTTO HEIKKONEN	223	1/8/2022
Georgia	Open	RawCl	Male	110kg/242.5lb	Squat	RAULI TSIREKIDZE	573	5/12/2019
Georgia	Open	RawCl	Male	110kg/242.5lb	Bench	RAULI TSIREKIDZE	353	5/12/2019
Georgia	Open	RawCl	Male	110kg/242.5lb	Deadlift	RAULI TSIREKIDZE	551	5/12/2019
Georgia	Open	RawCl	Male	110kg/242.5lb	TOTAL	RAULI TSIREKIDZE	1477	5/12/2019
Finland	Open	Unlimited	Male	110kg/242.5lb	Bench	JALI AALTO	419	7/30/2022
Canada	Open	Raw	Male	110kg/242.5lb	Bench	PAUL HEWITT	430	10/22/2023
Canada	Open	Single-ply	Male	110kg/242.5lb	Squat	IVANE KOLBIASHVILI	595	10/22/2023
Canada	Open	Single-ply	Male	110kg/242.5lb	Bench	IVANE KOLBIASHVILI	408	10/22/2023
Canada	Open	Single-ply	Male	110kg/242.5lb	Deadlift	IVANE KOLBIASHVILI	584	10/22/2023
Canada	Open	Single-ply	Male	110kg/242.5lb	TOTAL	IVANE KOLBIASHVILI	1587	10/22/2023

Finland	Open	Raw	Male	125kg/275.5lb	Bench	TOOMAS IVAR	352	7/30/2022
Finland	Open	Raw	Male	125kg/275.5lb	Deadlift	TOOMAS IVAR	457	7/30/2022
Finland	Open	Raw	Male	125kg/275.5lb	PP Total	TOOMAS IVAR	810	7/30/2022
Finland	Open	Unlimited	Male	125kg/275.5lb	Bench	PERTTI RAUTIAINEN	446	7/30/2022
Finland	Open	Unlimited	Male	125kg/275.5lb	Deadlift	PERTTI RAUTIAINEN	468	7/30/2022
Finland	Open	Unlimited	Male	125kg/275.5lb	PP Total	PERTTI RAUTIAINEN	915	7/30/2022
Spain	Open	RawCl	Male	125kg/275.5lb	Squat	CARLOS DEMATTEY	722	4/21/2018
Germany	Open	RawCl	Male	125kg/275.5lb	Bench	JOHN von ROHR	361	10/18/2020
Algeria	Open	RawCl	Male	125kg/275.5lb	Squat	BOUAFIA MOHAMED	860	10/22/2023
Algeria	Open	RawCl	Male	125kg/275.5lb	Bench	BOUAFIA MOHAMED	463	10/22/2023
Algeria	Open	RawCl	Male	125kg/275.5lb	Deadlift	BOUAFIA MOHAMED	749	10/22/2023
Algeria	Open	RawCl	Male	125kg/275.5lb	TOTAL	BOUAFIA MOHAMED	2072	10/22/2023
Algeria	Open	RawCl	Male	140.1+kg/SHW	Squat	MECABIH MOHAMED	837	10/22/2023
Finland	Open	Unlimited	Male	140.1+kg/SHW	Bench	JUSSI KANANEN	743	1/8/2022
Finland	Open	Raw	Male	140.1+kg/SHW	Deadlift	JUSSI KANANEN	452	7/30/2022
Finland	Open	Unlimited	Male	140.1+kg/SHW	PP Total	JUSSI KANANEN	1187	1/8/2022
Finland	Open	Single-ply	Male	140.1+kg/SHW	Bench	JUSSI KANANEN	479	4/21/2018
Finland	Open	Raw	Male	140.1+kg/SHW	Bench	JUSSI KANANEN	582	11/21/2020
Finland	Open	Multi-ply	Male	140.1+kg/SHW	Bench	JUSSI KANANEN	680	11/21/2020

International Records

Juniors All Gear Females & Males

Nation	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
Finland	Juniors	Raw	Female	82.5kg/181.7lb	Bench	JASMIN KESKIMAULA	56	1/8/2022

International Records

Submasters All Gear Females & Males

Nation	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
Georgia	SubM	Raw	Male	75kg/165.2lb	Squat	ZURA CHKHETIANI	518	10/16/2021
Georgia	SubM	Raw	Male	75kg/165.2lb	Bench	ZURA CHKHETIANI	364	10/16/2021
Georgia	SubM	Raw	Male	75kg/165.2lb	Deadlift	ZURA CHKHETIANI	529	10/16/2021
Georgia	SubM	Raw	Male	75kg/165.2lb	TOTAL	ZURA CHKHETIANI	1411	10/16/2021
Georgia	SubM	Raw	Male	82.5kg/181.7lb	Squat	ZURA CHKHETIANI	507	10/22/2022
Georgia	SubM	Raw	Male	82.5kg/181.7lb	Bench	ZURA CHKHETIANI	342	10/22/2022
Georgia	SubM	Raw	Male	82.5kg/181.7lb	Deadlift	ZURA CHKHETIANI	507	10/22/2022

Georgia	SubM	Raw	Male	82.5kg/181.7lb	TOTAL	ZURA CHKHETIANI	1356	10/22/2022
Finland	SubM	Raw	Male	100kg/220.4lb	Bench	OTTO HEIKKONEN	223	1/8/2022
Spain	SubM	RawCl	Male	125kg/275.5lb	Squat	CARLOS DEMATTEY	722	4/21/2018
Finland	SubM	Raw	Male	125kg/275.5lb	Bench	LAURI HARKA	432	11/21/2020
Finland	SubM	Raw	Male	140.1+kg/SHW	Bench	JUSSI KANANEN	582	11/21/2020
Finland	SubM	Multi-ply	Male	140.1+kg/SHW	Bench	JUSSI KANANEN	680	11/21/2020
Finland	SubM	Unlimited	Male	140.1+kg/SHW	Bench	JUSSI KANANEN	743	1/8/2022
Finland	SubM	Raw	Male	140.1+kg/SHW	Deadlift	JUSSI KANANEN	452	7/30/2022

International Records

Masters All Gear Females & Males

Masters Divisions: M1/40-44, M2/45-49, M3/50-54, M4/55-59, M5/60-64, M6/65-69, M7/70-74, M8/75-79, M9/80-84, ETC.

Nation	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
Finland	M4	Raw	Female	48kg/105.8lb	Bench	NINA KIURU	132	7/30/2022
Finland	M4	Raw	Female	48kg/105.8lb	Deadlift	NINA KIURU	237	7/30/2022
Finland	M4	Raw	Female	48kg/105.8lb	PP Total	NINA KIURU	369	7/30/2022
India	M2	Raw	Female	60kg/132.2lb	Bench	BELA GHOSH	180	6/11/2016
India	M2	Raw	Female	60kg/132.2lb	Deadlift	BELA GHOSH	315	6/11/2016
India	M2	Raw	Female	60kg/132.2lb	PP Total	BELA GHOSH	495	6/11/2016
India	M3	Raw	Female	82.5kg/181.7lb	Squat	SUJATA BHAKAT	264	4/20/2018
India	M3	Raw	Female	82.5kg/181.7lb	Bench	SUJATA BHAKAT	155	6/11/2016
India	M3	Raw	Female	82.5kg/181.7lb	Deadlift	SUJATA BHAKAT	292	4/20/2018
India	M3	Raw	Female	82.5kg/181.7lb	TOTAL	SUJATA BHAKAT	700	4/20/2018
Finland	M2	Raw	Male	60kg/132.2lb	Bench	MARKO KERANEN	182	7/30/2022
Finland	M2	Raw	Male	82.5kg/181.7lb	Bench	JORMA MONONEN	330	7/30/2022
Finland	M2	Raw	Male	82.5kg/181.7lb	Deadlift	JORMA MONONEN	424	7/30/2022
Finland	M2	Unlimited	Male	82.5kg/181.7lb	Bench	JORMA MONONEN	380	7/30/2022
Finland	M2	Single-ply	Male	82.5kg/181.7lb	Deadlift	JORMA MONONEN	490	7/30/2022
Finland	M1	Raw	Male	100kg/220.4lb	Deadlift	MIKKO JARVINEN	325	7/30/2022
Canada	M2	Single-ply	Male	110kg/242.5lb	Squat	IVANE KOLBIASHVILI	595	10/22/2023
Canada	M2	Single-ply	Male	110kg/242.5lb	Bench	IVANE KOLBIASHVILI	408	10/22/2023
Canada	M2	Single-ply	Male	110kg/242.5lb	Deadlift	IVANE KOLBIASHVILI	584	10/22/2023
Canada	M2	Single-ply	Male	110kg/242.5lb	TOTAL	IVANE KOLBIASHVILI	1587	10/22/2023
Algeria	M2	RawCl	Male	125kg/275.5lb	Squat	BOUAFIA MOHAMED	860	10/22/2023
Algeria	M2	RawCl	Male	125kg/275.5lb	Bench	BOUAFIA MOHAMED	463	10/22/2023

Algeria	M2	RawCl	Male	125kg/275.5lb	Deadlift	BOUAFIA MOHAMED	749	10/22/2023
Algeria	M2	RawCl	Male	125kg/275.5lb	TOTAL	BOUAFIA MOHAMED	2072	10/22/2023
Finland	M4	Raw	Male	125kg/275.5lb	Bench	TOOMAS IVAR	353	7/30/2022
Finland	M4	Raw	Male	125kg/275.5lb	Deadlift	PERTTI RAUTIAINEN	468	10/17/2020
Finland	M4	Unlimited	Male	125kg/275.5lb	Bench	PERTTI RAUTIAINEN	446	7/30/2022
Germany	M7	Single-ply	Male	125kg/275.5lb	Bench	JOHN von ROHR	361	10/17/2020
Algeria	M1	RawCl	Male	140.1+kg/SHW	Squat	MECABIH MOHAMED	837	10/22/2023
Finland	M3	Raw	Male	140.1+kg/SHW	Bench	SAMI SALONEN	422	11/21/2020

International Records

M/P/F All Gear Females & Males

Nation	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
India	M/P/F	Raw	Female	60kg/132.2lb	Bench	BELA GHOSH	180	6/11/2016
India	M/P/F	Raw	Female	60kg/132.2lb	Deadlift	BELA GHOSH	315	6/11/2016
India	M/P/F	Raw	Female	60kg/132.2lb	PP Total	BELA GHOSH	495	6/11/2016
India	M/P/F	Raw	Female	82.5kg/181.7lb	Squat	SUJATA BHAKAT	264	4/20/2018
India	M/P/F	Raw	Female	82.5kg/181.7lb	Bench	SUJATA BHAKAT	155	6/11/2016
India	M/P/F	Raw	Female	82.5kg/181.7lb	Deadlift	SUJATA BHAKAT	292	4/20/2018
India	M/P/F	Raw	Female	82.5kg/181.7lb	TOTAL	SUJATA BHAKAT	700	4/20/2018
Finland	M/P/F	Raw	Male	60kg/132.2lb	Bench	MARKO KERANEN	182	7/30/2022
Finland	M/P/F	Raw	Male	82.5kg/181.7lb	Bench	JORMA MONONEN	330	7/30/2022
Finland	M/P/F	Raw	Male	82.5kg/181.7lb	Deadlift	JORMA MONONEN	424	7/30/2022
Finland	M/P/F	Unlimited	Male	82.5kg/181.7lb	Bench	JORMA MONONEN	380	7/30/2022
Finland	M/P/F	Single-ply	Male	82.5kg/181.7lb	Deadlift	JORMA MONONEN	490	7/30/2022
Finland	M/P/F	Raw	Male	125kg/275.5lb	Bench	LAURI HARKA	432	11/21/2020
Finland	M/P/F	Raw	Male	125kg/275.5lb	Deadlift	PERTTI RAUTIAINEN	468	10/17/2020
Finland	M/P/F	Unlimited	Male	125kg/275.5lb	Bench	PERTTI RAUTIAINEN	446	7/30/2022
Germany	M/P/F	Single-ply	Male	125kg/275.5lb	Bench	JOHN von ROHR	361	10/17/2020
Finland	M/P/F	Raw	Male	140.1+kg/SHW	Bench	JUSSI KANANEN	582	11/21/2020
Finland	M/P/F	Multi-ply	Male	140.1+kg/SHW	Bench	JUSSI KANANEN	680	11/21/2020
Finland	M/P/F	Unlimited	Male	140.1+kg/SHW	Bench	JUSSI KANANEN	743	1/8/2022
Finland	M/P/F	Raw	Male	140.1+kg/SHW	Deadlift	JUSSI KANANEN	452	7/30/2022

International Records

KC, Youth & Teenage All Gear Females & Males

Kids Club (10 & Under), Youth (10-12), Teen-1 (13-15), Teen-2 (16-17), Teen-3 (18-19)

Nation	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
Finland	KC	Raw	Male	75kg/165.2lb	Bench	OLIVER SALONEN	67	1/8/2022
Finland	Teen-2	Raw	Male	82.5kg/181.7lb	Bench	KONSTA MEHTALA	165	7/30/2022

International Records**Paralifter All Gear Females & Males**

Nation	Division	Class	Gender	Wgt. Class	Lift	Athlete	LB's	Record Date
Finland	PL	Raw	Male	125kg/275.5lb	Bench	LAURI HARKA	432	11/21/2020
Finland	PL	Raw	Male	140.1+kg/SHW	Bench	SAMI SALONEN	422	11/21/2020