

Entwicklung der IPF Weltrekorde von 1975-2007
Development of IPF World Records from 1975-2007

Kniebeuge/ Squat		1975			Anstieg Increase 1978 75-78			1981 78-81			Anstieg Increase 1986 81-86			1989 86-89			Anstieg Increase										
52kg	Inaba	195,05		Inaba	209,80	7,56%	Inaba	232,5	10,82%	Cunha	242,5	4,30%	Inaba	243,0	0,21%												
56kg	McKenzie	188,24		Inaba	199,60	6,03%	McKenzie	232,5	16,48%	Inaba	237,5	2,15%	Carlsson	243,0	2,32%												
60kg	Hernandez	213,19		Pengelly	232,50	9,06%	Bradley	295,0	26,88%	Bradley	295	0,00%	Bradley	295,0	0,00%												
67.5kg	Crain	244,94		Salih	262,40	7,13%	Bradley	292,1	11,32%	Wahl	297	1,67%	Jackson	300,0	1,01%												
75kg	Crawford	292,12		Crawford	294,80	0,92%	Bridges	327,5	11,09%	Bridges	327,5	0,00%	Alexander	328,0	0,15%												
82.5kg	Johnson	317,52		Collins	325,00	2,36%	Bridges	377,5	16,15%	Bridges	379,5	0,53%	Bridges	379,5	0,00%												
90kg	Fratto	322,05		Collins	325,00	0,91%	Hatfield	375,0	15,38%	Hatfield	375	0,00%	Hatfield	375,0	0,00%												
100kg	Pacifico	340,65		Pacifico	342,50	0,54%	Hatfield	382,4	11,64%	Hatfield	400	4,61%	Coan	422,5	5,62%												
110kg	Pacifico	340,20		Phillips	362,40	6,53%	Hatfield	391,5	8,02%	Wohleber	393,5	0,52%	Wohleber	393,5	0,00%												
125kg							Hackett	410,0		Waddington	412,5	0,61%	Waddington	412,5	0,00%												
125+kg	Reinhoudt	414,59		Reinhoudt	422,30	1,86%	Waddington	439,1	3,97%	Fely	445	1,35%	Fely	445,0	0,00%												
						4,29%							13,18%							1,43%							0,85%

Bankdrücken/ Benchpress		1975			1978 75-78			1981			1986 81-86			1989 86-89													
52kg	Inaba	104,78		Kucipak	122,50	16,91%	Dunbar	142,4	16,27%	Cunha	146,5	2,86%	Cunha	146,5	0,00%												
56kg	Bowzer	122,47		Gant	134,90	10,15%	Gant	144,7	7,26%	Isagawa	152,5	5,39%	Isagawa	160,5	5,25%												
60kg	Hernandez	149,69		Trujillo	157,40	5,15%	Bradley	180,0	14,36%	Bradley	180	0,00%	Bradley	180,0	0,00%												
67.5kg	Ingram	158,31		Bridges	175,30	10,74%	Rafael	186,9	6,61%	Hulecki	194	3,81%	Hulecki	200,0	3,09%												
75kg	Collins	174,63		Carpino	185,30	6,11%	Rouse	217,5	17,38%	Rouse	217,5	0,00%	Rouse	217,5	0,00%												
82.5kg	MacDonald	213,19		MacDonald	213,19	0,00%	MacDonald	232,2	8,94%	Bridges	240	3,34%	Bridges	240,0	0,00%												
90kg	Ravenscroft	222,26		MacDonald	242,50	9,11%	MacDonald	255,0	5,15%	MacDonald	255	0,00%	McDonald	255,0	0,00%												
100kg	MacDonald	260,00		MacDonald	260,00	0,00%	MacDonald	261,3	0,49%	MacDonald	261,5	0,09%	McDonald	261,5	0,00%												
110kg	MacDonald	261,72		MacDonald	261,72	0,00%	MacDonald	264,4	1,04%	Magruder	270	2,10%	Magruder	270,0	0,00%												
125kg							Hardman	271,0		Hardman	278,5	2,77%	Hardman	278,5	0,00%												
125+kg	Reinhoudt	272,61		Reinhoudt	274,90	0,84%	Kazmaier	300,0	9,13%	Kazmaier	300	0,00%	Kazmaier	300,0	0,00%												
						5,90%							8,66%							1,85%							0,76%

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Kreuzheben / Deadlift		1975			1978 75-78			1981			1986 81-86			1989 86-89		
52kg	McKenzie	222,50	McKenzie	222,5	0,00%	Watanabe	232,5	4,49%	Inaba	233	0,22%	Inaba	237,5	1,93%		
56kg	Cross	249,30	Cross	249,3	0,00%	Gant	287,1	15,17%	Gant	289,5	0,83%	Gant	289,5	0,00%		
60kg	Lord	240,41	Pengelly	274,9	14,35%	Gant	285,0	3,67%	Gant	296,5	4,04%	Gant	310,0	4,55%		
67.5kg	Blue	283,04	Valineva	285,3	0,80%	Crain	300,0	5,15%	Valineva	312,5	4,17%	Austin	315,0	0,80%		
75kg	Wright	304,82	Waters	307,3	0,81%	Oskarsson	315,0	2,51%	Coppin	325,5	3,33%	Virtanen	333,0	2,30%		
82.5kg	Anello	340,20	Anello	340,2	0,00%	Kumpuniemi	357,5	5,09%	Kumpuniemi	357,5	0,00%	Kumpuniemi	357,5	0,00%		
90kg	Anello	342,47	Anello	367,4	7,28%	Anello	370,0	0,71%	Thomas	372,5	0,68%	Thomas	372,5	0,00%		
100kg	Pacifico	324,32	Anello	364,7	12,45%	Cash	370,0	1,45%	Cash	377,5	2,03%	Coan	378,0	0,13%		
110kg	Kuc	384,70	Kuc	384,7	0,00%	Kuc	395,0	2,68%	Kuc	395	0,00%	Kuc	395,0	0,00%		
125kg						McCormick	382,5		McCormick	385	0,65%	Noren	387,5	0,65%		
125+kg	Reinhoudt	401,40	Reinhoudt	401,4	0,00%	Reinhoudt	401,4	0,00%	Kazmaier	402	0,15%	Noren	406,0	1,00%		
					3,57%						4,09%				1,46%	1,03%

TOTAL		1975			1978 75-78			1981			1986 81-86			1989 86-89		
52kg	Inaba	519,82	Inaba	529,8	1,92%	Inaba	567,5	7,12%	Inaba	567,5	0,00%	Inaba	587,5	3,52%		
56kg	McKenzie	535,24	Gant	567,2	5,97%	Gant	622,3	9,72%	Gant	625	0,43%	Gant	625,0	0,00%		
60kg	Hernandez	580,60	Pengelly	624,8	7,61%	Gant	705,0	12,84%	Bradley	707,5	0,35%	Bradley	707,5	0,00%		
67.5kg	Blue	646,38	Gaugler	689,9	6,73%	Bradley	732,5	6,17%	Bradley	732,5	0,00%	Austin	762,5	4,10%		
75kg	Collins	750,70	Collins	750,7	0,00%	Bridges	834,6	11,18%	Gaugler	850	1,84%	Gaugler	850,0	0,00%		
82.5kg	Wright	781,09	Collins	842,3	7,84%	Bridges	940,0	11,60%	Bridges	952,5	1,33%	Bridges	952,5	0,00%		
90kg	Frantz	807,40	Pacifico	877,7	8,71%	Bridges	937,5	6,81%	Bridges	937,5	0,00%	Bridges	937,5	0,00%		
100kg	Pacifico	916,27	Pacifico	935	2,04%	Pacifico	935,0	0,00%	Cash	952,5	1,87%	Coan	1032,5	8,40%		
110kg	Kuc	932,40	Kuc	932,4	0,00%	Kuc	1000,0	7,25%	Kuc	1000	0,00%	Kuc	1000,0	0,00%		
125kg						Hackett	1005,0		Hackett	1005	0,00%	Hackett	1005,0	0,00%		
125+kg	Reinhoudt	1097,70	Reinhoudt	1097,7	0,00%	Kazmaier	1100,0	0,21%	Kazmaier	1100	0,00%	Kazmaier	1100,0	0,00%		
					4,08%						7,29%				0,53%	1,46%

Quellen / Sources Powerlifting USA Magazine, Powersport, Inside Powerlifting, IPF (International Powerlifting Federation), Christian Grage, Ronald Mann

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		Anstieg Increase		Anstieg Increase		Anstieg Increase		Anstieg Increase		Anstieg Increase		Anstieg Increase	
Kniebeuge/ Squat		1994 89-94		1998 94-98		2001 98-01		2007 01-07		2007 01-07		1975-2007	
52kg	Stanaczek	270	11,11%	Stanaczek	277,5	2,78%	Stanaczek	277,5	0,00%	Stanaszek	300,50	8,29%	54,07%
56kg	Carlsson	260	7,00%	Carlsson	287,5	10,58%	Carlsson	287,5	0,00%	Carlsson	287,50	0,00%	52,73%
60kg	Carlsson	295,5	0,17%	Carlsson	300,0	1,52%	Carlsson	320	6,67%	Carlsson	320,00	0,00%	50,10%
67.5kg	Jackson	300	0,00%	Hooper	305,0	1,67%	Olech	320	4,92%	Olech	340,00	6,25%	38,81%
75kg	Alexander	328	0,00%	Alexander	328,0	0,00%	Alexander	328	0,00%	Olech	350,00	6,71%	19,82%
82.5kg	Bridges	379,5	0,00%	Bridges	379,5	0,00%	Bridges	379,5	0,00%	Bridges	379,50	0,00%	19,52%
90kg	Hatfield	375	0,00%	Hatfield	375,0	0,00%	Hatfield	375	0,00%	Belyaev	380,00	1,33%	17,99%
100kg	Coan	423	0,12%	Coan	423,0	0,00%	Coan	423	0,00%	Coan	423,00	0,00%	24,17%
110kg	Karwoski	415	5,46%	Karwoski	415,0	0,00%	Ivanenko	417,5	0,60%	Ivanenko	417,50	0,00%	22,72%
125kg	Karwoski	440	6,67%	Karwoski	455,0	3,41%	Karwoski	455	0,00%	Karwoski	455,00	0,00%	
125+kg	Hamman	447,5	0,56%	Hamman	447,5	0,00%	Hamman	457,5	2,23%	Hamman	457,50	0,00%	10,35%
		2,83%		1,81%		1,31%		Gesamt		2,05%		31,03%	

Bankdrücken/ Benchpress		1994 89-94		1998 94-98		2001 98-01		2007 01-07		2007 01-07		1975-2007	
52kg	Stanaczek	177,5	21,16%	Stanaczek	177,5	0,00%	Stanaczek	177,5	0,00%	Stanaszek	182,5	2,82%	74,17%
56kg	Carlsson	175	9,03%	Carlsson	187,5	7,14%	Carlsson	187,5	0,00%	Pavlov	190	1,33%	55,14%
60kg	Carlsson	180,5	0,28%	Isagawa	186,0	3,05%	Isagawa	192,5	3,49%	Zakiev	210	9,09%	40,29%
67.5kg	Hulecki	200	0,00%	Sivokon	201,0	0,50%	Sivokon	215	6,97%	Kazakov	232,5	8,14%	46,87%
75kg	Rouse	217,5	0,00%	Rouse	217,5	0,00%	Miller	218	0,23%	Miyake	243,5	11,70%	39,43%
82.5kg	Bridges	240	0,00%	Bridges	240,0	0,00%	Bridges	240	0,00%	Wegiera	260	8,33%	21,96%
90kg	McDonald	255	0,00%	McDonald	255,0	0,00%	Kishimoto	255,5	0,20%	Krymov	285	11,55%	28,23%
100kg	McDonald	261,5	0,00%	McDonald	261,5	0,00%	McDonald	261,5	0,00%	Freydun	290	10,90%	11,54%
110kg	Magruder	270	0,00%	Magruder	270,0	0,00%	Magruder	270	0,00%	Bilican	285,5	5,74%	9,09%
125kg	Hardman	278,5	0,00%	Hardman	278,5	0,00%	Midote	295	5,92%	Yarymbash	325	10,17%	
125+kg	Clark	310	3,33%	Henderson	322,5	4,03%	Henderson	322,5	0,00%	Siders	351	8,84%	28,75%
		3,07%		1,34%		1,53%		Gesamt		8,05%		35,55%	

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Kreuzheben / Deadlift		1994 89-94		1998 94-98		2001 98-01		2007 01-07		1975-2007			
52kg	Bhaskaran	256	7,79%	Bhaskaran	256,0	0,00%	Bhaskaran	256	0,00%	Bhaskaran	256	0,00%	15,06%
56kg	Gant	289,5	0,00%	Gant	289,5	0,00%	Gant	289,5	0,00%	Gant	289,5	0,00%	16,13%
60kg	Gant	310	0,00%	Gant	310,0	0,00%	Gant	310	0,00%	Gant	310	0,00%	28,95%
67.5kg	Austin	316	0,32%	Sivokon	316,5	0,16%	Sivokon	316,5	0,00%	Olech	318,5	0,63%	12,53%
75kg	Austin	337,5	1,35%	Austin	337,5	0,00%	Lappi	340	0,74%	Lappi	340	0,00%	11,54%
82.5kg	Kumpuniemi	357,5	0,00%	Kumpuniemi	357,5	0,00%	Kumpuniemi	357,5	0,00%	Kumpuniemi	357,5	0,00%	5,09%
90kg	Thomas	372,5	0,00%	Thomas	372,5	0,00%	Thomas	372,5	0,00%	Thomas	372,5	0,00%	8,77%
100kg	Coan	390	3,17%	Coan	390,0	0,00%	Coan	390	0,00%	Coan	390	0,00%	20,25%
110kg	Kuc	395	0,00%	Kuc	395,0	0,00%	Kuc	395	0,00%	Kuc	395	0,00%	2,68%
125kg	Noren	387,5	0,00%	Noren	387,5	0,00%	Noren	387,5	0,00%	Arvai	397,5	2,58%	
125+kg	Noren	406	0,00%	Noren	406,0	0,00%	Meszaros	406,5	0,12%	Mészáros	408	0,37%	1,64%
		1,15%		0,01%		0,08%		Gesamt		0,33%		12,26%	

TOTAL		1994 89-94		1998 94-98		2001 98-01		2007 01-07		1975-2007			
52kg	Inaba	587,5	0,00%	Stanaczek	592,5	0,85%	Stanaczek	592,5	0,00%	Fedosienko	665	12,24%	25,52%
56kg	Gant	625	0,00%	Hu Chun Hsiun	637,5	2,00%	Pavlov	645	1,18%	Fedosienko	700	8,53%	23,41%
60kg	Bradley	707,5	0,00%	Bradley	707,5	0,00%	Sustrino	710	0,35%	Sutrisno	743,5	4,72%	19,00%
67.5kg	Austin	762,5	0,00%	Sivokon	800,0	4,92%	Sivokon	830	3,75%	Olech	832,5	0,30%	20,67%
75kg	Gaugler	850	0,00%	Gaugler	850,0	0,00%	Gaugler	850	0,00%	Furazhkin	865	1,76%	15,23%
82.5kg	Bridges	952,5	0,00%	Bridges	952,5	0,00%	Bridges	952,5	0,00%	Bridges	952,5	0,00%	13,08%
90kg	Bridges	937,5	0,00%	Bridges	937,5	0,00%	Bridges	937,5	0,00%	Belyaev	980	4,53%	11,66%
100kg	Coan	1035	0,24%	Coan	1035,0	0,00%	Coan	1035	0,00%	Freydun	1037,5	0,24%	10,96%
110kg	Kuc	1000	0,00%	Gankov	1002,5	0,25%	Gankov	1002,5	0,00%	Suslov	1060	5,74%	13,69%
125kg	Hackett	1005	0,00%	Karwoski	1045,0	3,98%	Papazov	1047,5	0,24%	Yarymbash	1092,5	4,30%	
125+kg	Kazmaier	1100	0,00%	Kazmaier	1100,0	0,00%	Kazmaier	1100	0,00%	Siders	1167,5	6,14%	6,36%
		0,02%		1,09%		0,50%		Gesamt		4,41%		15,96%	

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