



MINIMAS INTERNATIONAUX FEMMES POWERLIFTING RAW

| | Teenage | Junior | Sénior | Master 1 | Master 2 | Master 3 | Master 4 | Master 5 | Master 6 |
|----------------|---------|--------|--------|----------|----------|----------|----------|----------|----------|
| 44 kg | 110 | 140 | 190 | 180 | 175 | 170 | 165 | 160 | 155 |
| 48 kg | 130 | 160 | 210 | 200 | 195 | 190 | 185 | 180 | 175 |
| 52 kg | 150 | 180 | 230 | 220 | 215 | 210 | 205 | 200 | 195 |
| 56 kg | 170 | 200 | 250 | 240 | 235 | 230 | 225 | 220 | 215 |
| 60 kg | 190 | 220 | 270 | 260 | 255 | 250 | 245 | 240 | 235 |
| 67.5 kg | 210 | 240 | 290 | 280 | 275 | 270 | 265 | 260 | 255 |
| 75 kg | 230 | 260 | 310 | 300 | 295 | 290 | 285 | 280 | 275 |
| 82.5 kg | 250 | 280 | 330 | 320 | 315 | 310 | 305 | 300 | 295 |
| 90 kg | 270 | 300 | 350 | 340 | 335 | 330 | 325 | 320 | 315 |
| SHW | 290 | 320 | 370 | 360 | 355 | 350 | 345 | 340 | 335 |