

# FEDERATIA ROMANA DE POWERLIFTING

## I. LISTA BAREMURILOR PENTRU RECORDURI NATIONALE -CLASIC-

### I. POWERLIFTING - 3 PROBE

#### FEMININ

##### GENUFLEXIUNI

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43		92.5	85			
47	110.0	100.0	90.0	97.5	87.5	77.5
52	117.5	107.5	97.5	105.0	95.0	85.0
57	127.5	117.5	105.0	112.5	102.5	92.5
63	140.0	127.5	115.0	125.0	112.5	102.5
69	155.0	140.0	127.5	137.5	125.0	115.0
76	170.0	155.0	140.0	152.5	137.5	127.5
84	187.5	170.0	155.0	167.5	152.5	142.5
84+	207.5	187.5	170.0	185.0	167.5	157.5

##### IMPINS DIN CULCAT

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43		60.0	55.0			
47	67.5	65.0	60.0	62.5	57.5	47.5
52	80.0	75.0	67.5	72.5	65.0	55.0
57	87.5	82.5	75.0	80.0	72.5	62.5
63	97.5	92.5	85.0	90.0	82.5	72.5
69	110.0	105.0	95.0	102.5	92.5	82.5
76	122.5	117.5	107.0	115.0	104.5	94.5
84	137.5	130.0	117.5	127.5	115.0	105.0
84+	150.0	142.5	130.0	140.0	127.5	117.5

##### INDREPTARI

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43		97.5	92.5			
47	112.5	112.5	97.5	100.0	95.0	85.0
52	130.0	110.0	105.0	107.5	102.5	92.5
57	137.5	137.5	115.0	117.5	112.5	102.5
63	147.5	135.0	127.5	132.5	125.0	115.0
69	165.0	150.0	142.5	147.5	140.0	130.0
76	180.0	162.5	155.0	160.0	152.5	142.5
84	192.5	175.0	167.5	172.5	165.0	155.0
84+	215.0	195.0	185.0	192.5	182.5	172.5

**Total**

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43		245.0	230.0			
47	282.5	262.5	245.0	260.0	242.5	230.0
52	310.0	287.5	267.5	285.0	265.0	252.5
57	340.0	312.5	292.5	310.0	290.0	277.5
63	377.5	350.0	325.0	347.5	322.5	310.0
69	422.5	390.0	362.5	387.5	360.0	347.5
76	465.0	430.0	400.0	427.5	397.5	385.0
84	510.0	470.0	437.5	467.5	435.0	422.5
84+	565.0	520.0	482.5	517.5	480.0	467.5

**MASCULIN****GENUFLEXIUNI**

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53		165.0	157.5				
59	190.0	172.5	165.0	167.5	160.0	140.0	117.5
66	202.5	185.0	175.0	180.0	170.0	147.5	122.5
74	225.0	205.0	195.0	200.0	190.0	165.0	137.5
83	252.5	230.0	220.0	225.0	215.0	187.5	157.5
93	282.5	257.5	245.0	252.5	240.0	207.5	172.5
105	307.5	280.0	267.5	275.0	262.5	227.5	190.0
120	335.0	305.0	290.0	300.0	285.0	247.5	207.5
120+	362.5	330.0	315.0	325.0	310.0	270.0	225.0

**IMPINS DIN CULCAT**

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53		127.5	115.0				
59	147.5	135.0	122.5	130.0	117.5	102.5	85.0
66	160.0	145.0	132.5	140.0	127.5	110.0	92.5
74	172.5	160.0	145.0	155.0	140.0	122.5	102.5
83	190.0	172.5	157.5	167.5	152.5	132.5	110.0
93	205.0	187.5	170.0	182.5	165.0	142.5	120.0
105	227.5	207.5	187.5	202.5	182.5	157.5	132.5
120	242.5	220.0	200.0	215.0	195.0	170.0	142.5
120+	257.5	235.0	205.0	230.0	200.0	175.0	145.0

**INDREPTARI**

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53		200.0	162.5				
59	215.0	195.0	177.5	190.0	172.5	150.0	125.0
66	222.5	215.0	195.0	210.0	190.0	165.0	137.5
74	260.0	250.0	210.0	225.0	205.0	177.5	147.5
83	275.0	250.0	227.5	245.0	222.5	192.5	160.0
93	302.5	275.0	250.0	270.0	245.0	212.5	177.5
105	330.0	300.0	272.5	295.0	267.5	232.5	195.0
120	345.0	312.5	285.0	307.5	280.0	242.5	202.5
120+	357.5	325.0	295.0	320.0	290.0	252.5	210.0

**Total**

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53		462.5	427.5				
59	537.5	492.5	457.5	487.5	452.5	392.5	327.5
66	570.0	535.0	495.0	530.0	490.0	425.0	355.0
74	630.0	585.0	542.5	580.0	537.5	467.5	390.0
83	702.5	642.5	597.5	637.5	592.5	515.0	430.0
93	775.0	710.0	657.5	705.0	652.5	567.5	472.5
105	850.0	777.5	720.0	772.5	715.0	622.5	520.0
120	907.5	827.5	767.5	822.5	762.5	662.5	552.5
120+	962.5	880.0	807.5	875.0	802.5	697.5	582.5

**II. POWERLIFTING - IMPINS DIN CULCAT SINGURA PROBA****FEMININ****IMPINS DIN CULCAT - SINGURA PROBA**

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43		62.5	57.5			
47	77.5	70.0	62.5	67.5	60.0	55.0
52	85.0	77.5	70.0	75.0	67.5	62.5
57	92.5	85.0	77.5	82.5	75.0	70.0
63	107.5	97.5	87.5	95.0	85.0	80.0
69	117.5	107.5	97.5	105.0	95.0	90.0
76	132.5	120.0	110.0	117.5	107.5	102.5
84	145.0	132.5	120.0	130.0	117.5	112.5
84+	157.5	142.5	130.0	140.0	127.5	122.5

## MASCULIN

### IMPINS DIN CULCAT - SINGURA PROBA

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
<b>53</b>		132.5	120.0				
<b>59</b>	157.5	142.5	130.0	137.5	125.0	107.5	90.0
<b>66</b>	170.0	155.0	140.0	150.0	135.0	117.5	97.5
<b>74</b>	182.5	165.0	150.0	160.0	145.0	125.0	105.0
<b>83</b>	197.5	180.0	162.5	175.0	157.5	137.5	115.0
<b>93</b>	212.5	192.5	175.0	187.5	170.0	147.5	122.5
<b>105</b>	235.0	212.5	192.5	207.5	187.5	162.5	135.0
<b>120</b>	247.5	225.0	205.0	220.0	200.0	175.0	145.0
<b>120+</b>	265.0	240.0	210.0	235.0	205.0	177.5	147.5

#### Recorduri Nationale Clasic Omologate:

##### Powerlifting 3 probe

##### Feminin:

Stroe Daniela, cat 47kg indreptari, juniori 1, 112,5 kg; 29.09.2022  
 Stroe Daniela, cat 47kg indreptari, seniori, 112,5 kg; 29.09.2022  
 Cazacu Alexandra cat 57kg genuflexiuni, juniori 1, 117,5 kg; 29.09.2022  
 Cazacu Alexandra cat 57kg, indreptari, juniori 1, 137,5 kg; 29.09.2022  
 Cazacu Alexandra cat 57kg, indreptari, seniori, 137,5 kg; 29.09.2022  
 Lakatos Alexandra, cat 52kg, indreptari, seniori, 130kg; 29.09.2022

##### Masculin:

Georgescu Andrei, cat. 53kg, indreptari, juniori I, 200kg; 27.11.2022 CE Clasic  
 Georgescu Andrei, cat. 59kg, indreptari, juniori I, 195kg; 01.10.2022  
 Iordache Mihai, cat. 74kg, indreptari, Seniori, 260kg; 01.10.2022  
 Iacobescu Andrei, cat. 74kg, indreptari, Juniori I, 250kg; 01.10.2022

## II. LISTA BAREMURILOR PENTRU RECORDURI NATIONALE -ECHIPAT-

### I. POWERLIFTING - 3 PROBE

#### FEMININ

#### GENUFLEXIUNI

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43	-	115.0	97.5	-	-	-
47	137.5	132.5	105.0	132.5	122.5	105.0
52	147.5	142.5	115.0	142.5	132.5	115.0
57	180.0	155.0	127.5	155.0	145.0	127.5
63	175.0	170.0	142.5	170.0	160.0	142.5
69	187.5	182.5	155.0	182.5	172.5	155.0
76	200.0	195.0	167.5	195.0	185.0	167.5
84	215.0	210.0	182.5	210.0	200.0	182.5
84+	225.0	220.0	192.5	220.0	210.0	192.5

**IMPINS DIN CULCAT**

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43	-	80.0	70.0	-	-	-
47	92.5	87.5	77.5	87.5	82.5	77.5
52	100.0	95.0	85.0	95.0	90.0	85.0
57	107.5	102.5	92.5	102.5	97.5	92.5
63	117.5	112.5	102.5	112.5	107.5	102.5
69	127.5	122.5	110.0	120.0	115.0	110.0
76	135.0	132.5	120.0	130.0	125.0	120.0
84	150.0	145.0	135.0	145.0	140.0	135.0
84+	165.0	160.0	150.0	160.0	155.0	150.0

**INDREPTARI**

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43	-	122.5	117.5	-	-	-
47	142.5	137.5	127.5	137.5	132.5	127.5
52	150.5	145.0	135.0	145.0	140.0	135.0
57	167.5	152.5	142.5	152.5	147.5	142.5
63	170.0	165.0	155.0	165.0	160.0	155.0
69	177.5	172.5	162.5	172.5	167.5	162.5
76	185.0	180.0	170.0	180.0	175.0	170.0
84	195.0	190.0	180.0	190.0	185.0	180.0
84+	215.0	210.0	200.0	210.0	205.0	200.0

**Total**

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43	-	327.5	285.0	-	-	-
47	372.5	357.5	310.0	357.5	337.5	310.0
52	397.5	382.5	335.0	382.5	362.5	335.0
57	447.5	410.0	362.5	410.0	390.0	362.5
63	462.5	447.5	400.0	447.5	427.5	400.0
69	495.0	480.0	432.5	480.0	460.0	432.5
76	517.5	502.5	455.0	502.5	482.5	455.0
84	560.0	545.0	497.5	545.0	525.0	497.5
84+	605.0	590.0	542.5	590.0	570.0	542.5

## MASCULIN

### GENUFLEXIUNI

Cat. Gr. (I)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53	-	182.5	167.5	-	-	-	-
59	215.0	207.5	177.5	207.5	195.0	177.5	160.0
66	245.0	232.5	202.5	232.5	220.0	202.5	180.0
74	270.0	262.5	225.0	262.5	250.0	225.0	200.0
83	310.0	302.5	255.0	302.5	280.0	255.0	230.0
93	345.0	337.5	275.0	337.5	300.0	275.0	250.0
105	365.0	357.5	295.0	357.5	320.0	295.0	270.0
120	390.0	382.5	315.0	382.5	340.0	315.0	290.0
120+	401.0	392.5	325.0	392.5	350.0	325.0	300.0

### IMPINS DIN CULCAT

Cat. Gr. (I)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53	-	137.5	127.0	-	-	-	-
59	170.0	162.5	132.5	162.5	150.0	132.5	127.5
66	185.0	177.5	147.5	177.5	165.0	147.5	135.0
74	205.0	197.5	167.5	197.5	185.0	167.5	142.5
83	265.0	235.0	205.0	235.0	222.5	205.0	180.0
93	250.0	242.5	212.5	250.0	230.0	212.5	187.5
105	265.0	258.0	227.5	257.5	245.0	227.5	202.5
120	295.0	287.5	257.5	287.5	275.0	257.5	232.5
120+	310.0	302.5	272.5	302.5	290.0	272.5	247.5

### INDREPTARI

Cat. Gr. (I)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53	-	202.5	175.0	-	-	-	-
59	225.0	217.5	187.5	217.5	205.0	187.5	180.0
66	247.5	240.0	210.0	240.0	227.5	210.0	200.0
74	270.0	262.5	225.0	262.5	242.5	225.0	215.0
83	295.0	287.5	250.0	287.5	267.5	250.0	240.0
93	305.0	297.5	260.0	297.5	277.5	260.0	250.0
105	325.0	317.5	280.0	317.5	297.5	280.0	270.0
120	340.0	332.5	295.0	332.5	312.5	295.0	285.0
120+	350.0	342.5	305.0	342.5	322.5	305.0	295.0

**Total**

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53	-	530.0	469.5	-	-	-	-
59	610.0	587.5	497.5	587.5	550.0	497.5	467.5
66	672.5	650.0	560.0	650.0	612.5	560.0	515.0
74	745.0	722.5	617.5	722.5	677.5	617.5	557.5
83	847.5	825.0	710.0	825.0	770.0	710.0	650.0
93	900.0	877.5	747.5	877.5	807.5	747.5	687.5
105	955.0	932.5	802.5	932.5	862.5	802.5	742.5
120	1025.0	1002.5	867.5	1002.5	927.5	867.5	807.5
120+	1060.0	1037.5	902.5	1037.5	962.5	902.5	842.5

**II. POWERLIFTING - IMPINS DIN CULCAT SINGURA PROBA****FEMININ****IMPINS DIN CULCAT - SINGURA PROBA**

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43	-	85.0	72.5	-	-	-
47	95.0	90.0	80.0	90.0	85.0	80.0
52	102.5	97.5	87.5	97.5	92.5	87.5
57	110.0	105.0	95.0	105.0	100.0	95.0
63	120.0	115.0	105.0	115.0	110.0	105.0
69	130.0	125.0	120.0	125.0	120.0	115.0
76	142.5	137.5	130.0	137.5	132.5	127.5
84	155.0	150.0	140.0	150.0	145.0	140.0
84+	170.0	165.0	155.0	165.0	160.0	155.0

**MASCULIN****IMPINS DIN CULCAT - SINGURA PROBA**

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53	-	142.5	130.0	-	-	-	-
59	175.0	167.5	137.5	167.5	155.0	137.5	130.0
66	190.0	182.5	152.5	182.5	170.0	152.5	140.0
74	215.0	205.0	182.5	205.0	190.0	172.5	147.5
83	280.0	242.5	210.0	242.5	227.5	210.0	185.0
93	260.0	250.0	220.0	250.0	235.0	220.0	195.0
105	290.0	265.0	232.5	290.0	252.5	232.5	207.5
120	302.5	295.0	265.0	295.0	282.5	265.0	240.0
120+	320.0	310.0	280.0	310.0	295.0	280.0	255.0



## **Recorduri Nationale Omologate:**

### **Powerlifting 3 probe**

#### **Feminin:**

Neculaie Diana, cat. 57kg senioare - 162.5kg indreptare; CN 01.10.2021

Vasilescu Andreea, cat 57kg, seniori, 447.5 total, 180kg genuflexiune, 167.5 idreptare, CN 07.06.2023

Dumitrescu Stefania, cat 52 kg, 150.5kg indreptare CN 07.06.2023

#### **Masculin:**

**Genuflexi** Moise Gheorghe, cat 66kg seniori, 240kg, CN 02.10.2020, 245kg CN 07.06.2023

Lupas Florin, cat +120kg seniori, 401kg, CN 06.06.2023

**Impins dii** Irimie Andrei, cat 83kg seniori, 265kg, CN 06.06.2023

Panazan Ovidiu, cat 93 kg seniori, 250 kg, CN 01.04.2018

Panazan Ovidiu, cat 93 kg masters 1, 250 kg, CN 01.04.2018

Bejenariu Paul, CN Blejoi, 09.04.2022

### **Impins din culcat - singura proba**

**Masculin:** Buciuman Catalin, cat 74kg juniori II, 182.5 KG, CN 12.11.2017

Irimie Andrei, cat 83kg seniori, 280kg, CN 12.11.2017

Balaita Daniel, cat 93kg master 1, 250kg, CN 20.11.2016

Balaita Daniel, cat 105 kg seniori, 290kg, CN 12.11.2017

Balaita Daniel, cat 105 kg masters 1, 290kg, CN 12.11.2017

Cazacu Sorin, cat 120kg masters 1, 295 kg, CN 20.11.2016

Lupas Florin, cat +120kg seniori, 320 kg, CN 20.11.2020