

FEDERATIA ROMANA DE POWERLIFTING

Anexa la Hot B.F. 83/2024 - Baremuri recorduri nationale valabile incepand cu 01.01.2025

I. LISTA BAREMURILOR PENTRU RECORDURI NATIONALE -CLASIC-**I. POWERLIFTING - 3 PROBE****FEMININ****GENUFLEXIUNI**

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43		102.5	92.5			
47	122.5	112.5	105.0	107.5	100.0	85.0
52	135.0	120.0	112.5	115.0	105.0	92.5
57	147.5	130.0	127.5	125.0	112.5	102.5
63	160.0	145.0	132.5	137.5	125.0	112.5
69	172.5	165.0	147.5	152.5	137.5	127.5
76	187.5	170.0	155.0	167.5	152.5	140.0
84	207.5	187.5	170.0	185.0	167.5	157.5
84+	227.5	207.5	187.5	202.5	185.0	172.5

IMPINS DIN CULCAT

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43		65.0	60.0			
47	77.5	75.0	67.5	70.0	62.5	52.5
52	90.0	82.5	75.0	80.0	72.5	60.0
57	100.0	90.0	85.0	87.5	80.0	70.0
63	110.0	105.0	95.0	100.0	90.0	80.0
69	122.5	117.5	105.0	112.5	102.5	90.0
76	135.0	130.0	117.5	127.5	115.0	105.0
84	152.5	142.5	130.0	140.0	127.5	115.0
84+	165.0	157.5	142.5	155.0	140.0	130.0

INDREPTARI

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43		107.5	102.5			
47	125.0	125.0	115.0	125.0	105.0	92.5
52	147.5	137.5	130.0	135.0	112.5	102.5
57	165.0	152.5	137.5	145.0	125.0	112.5
63	177.5	170.0	150.0	155.0	137.5	127.5
69	190.0	175.0	157.5	165.0	155.0	142.5
76	200.0	185.0	170.0	175.0	167.5	157.5
84	212.5	195.0	185.0	190.0	182.5	170.0
84+	237.5	215.0	202.5	212.5	200.0	190.0

Total

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43		270.0	252.5			
47	315.0	295.0	270.0	285.0	267.5	252.5
52	352.5	320.0	300.0	312.5	292.5	277.5
57	385.0	345.0	340.0	340.0	320.0	305.0
63	415.0	385.0	357.5	382.5	355.0	340.0
69	465.0	430.0	400.0	427.5	395.0	382.5
76	512.5	472.5	440.0	470.0	437.5	422.5
84	560.0	517.5	482.5	515.0	477.5	465.0
84+	622.5	572.5	530.0	570.0	527.5	515.0

MASCULIN

GENUFLEXIUNI

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53		182.5	172.5				
59	210.0	190.0	185.0	185.0	175.0	155.0	117.5
66	235.0	227.5	212.5	212.5	187.5	162.5	122.5
74	252.5	240.0	230.0	227.5	210.0	182.5	137.5
83	295.0	252.5	242.5	252.5	237.5	207.5	157.5
93	310.0	282.5	270.0	277.5	265.0	227.5	172.5
105	337.5	307.5	295.0	302.5	290.0	250.0	190.0
120	367.5	335.0	320.0	330.0	312.5	272.5	207.5
120+	387.5	362.5	347.5	357.5	340.0	297.5	225.0

IMPINS DIN CULCAT

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53		137.5	122.5				
59	157.5	145.0	132.5	140.0	127.5	110.0	92.5
66	172.5	155.0	142.5	150.0	137.5	117.5	100.0
74	185.0	172.5	155.0	167.5	150.0	132.5	110.0
83	200.0	185.0	170.0	180.0	165.0	142.5	117.5
93	215.0	202.5	182.5	195.0	177.5	152.5	130.0
105	230.0	222.5	202.5	217.5	195.0	170.0	142.5
120	245.0	237.5	215.0	230.0	210.0	182.5	152.5
120+	260.0	250.0	220.0	247.5	215.0	187.5	155.0

INDREPTARI

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53		205.0	185.0				
59	237.5	215.0	195.0	210.0	190.0	165.0	117.5
66	255.0	235.0	215.0	230.0	210.0	182.5	122.5
74	285.0	275.0	230.0	247.5	225.0	195.0	137.5
83	302.5	285.0	250.0	260.0	245.0	212.5	157.5
93	320.0	302.5	275.0	297.5	270.0	235.0	172.5
105	342.5	330.0	300.0	325.0	295.0	255.0	190.0
120	365.0	340.0	312.5	337.5	307.5	267.5	207.5
120+	375.0	350.0	325.0	352.5	320.0	277.5	225.0

Total

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53		497.5	460.0				
59	577.5	530.0	492.5	525.0	487.5	422.5	352.5
66	612.5	575.0	532.5	570.0	527.5	457.5	382.5
74	677.5	635.0	582.5	622.5	577.5	502.5	420.0
83	755.0	690.0	642.5	685.0	637.5	552.5	462.5
93	832.5	762.5	707.5	757.5	702.5	610.0	507.5
105	915.0	835.0	775.0	830.0	767.5	670.0	560.0
120	965.0	890.0	825.0	885.0	820.0	712.5	595.0
120+	995.0	945.0	867.5	940.0	862.5	750.0	625.0

Recorduri Nationale Clasic Omologate:

Powerlifting 3 probe

Heleria Lavinia Maria, cat 63kg, tineret, indreptare 170kg - 19.09.2025

II. POWERLIFTING - IMPINS DIN CULCAT SINGURA PROBA

FEMININ

IMPINS DIN CULCAT - SINGURA PROBA

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43		70.0	62.5			
47	85.0	77.5	70.0	75.0	65.0	60.0
52	92.5	85.0	77.5	82.5	75.0	70.0
57	102.5	92.5	85.0	90.0	82.5	77.5
63	117.5	107.5	97.5	105.0	92.5	87.5
69	130.0	117.5	107.5	115.0	105.0	100.0
76	145.0	132.5	120.0	130.0	117.5	112.5
84	160.0	145.0	132.5	142.5	130.0	125.0
84+	172.5	157.5	142.5	155.0	140.0	135.0

MASCULIN

IMPINS DIN CULCAT - SINGURA PROBA

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53		145.0	132.5				
59	172.5	157.5	142.5	152.5	137.5	117.5	100.0
66	185.0	170.0	155.0	165.0	147.5	130.0	107.5
74	197.5	182.5	165.0	175.0	160.0	137.5	115.0
83	207.5	197.5	180.0	192.5	172.5	152.5	127.5
93	222.5	212.5	192.5	207.5	187.5	162.5	135.0
105	235.0	227.5	207.5	227.5	207.5	180.0	147.5
120	247.5	240.0	220.0	242.5	220.0	192.5	160.0
120+	262.5	255.0	225.0	257.5	225.0	195.0	162.5

II. LISTA BAREMURILOR PENTRU RECORDURI NATIONALE -ECHIPAT-

I. POWERLIFTING - 3 PROBE

FEMININ

GENUFLEXIUNI

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43	-	120.0	102.5	-	-	-
47	147.0	140.0	110.0	140.0	127.5	110.0
52	165.0	155.0	140.0	155.0	140.0	120.0
57	190.0	172.5	155.0	162.5	152.5	135.0
63	200.0	200.0	165.0	177.5	167.5	150.0
69	210.0	195.0	172.5	192.5	180.0	162.5
76	220.0	205.0	177.7	205.0	195.0	175.0
84	235.0	220.0	192.5	220.0	210.0	192.5
84+	245.0	230.0	202.5	230.0	220.0	202.5

IMPINS DIN CULCAT

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43	-	85.0	72.5	-	-	-
47	100.0	95.0	87.5	92.5	87.5	82.5
52	110.0	105.0	95.0	100.0	95.0	90.0
57	122.5	117.5	100.0	110.0	102.5	97.5
63	132.5	125.0	115.0	117.5	112.5	107.5
69	145.0	137.5	120.0	125.0	120.0	115.0
76	157.5	147.5	130.0	137.5	132.5	125.0
84	170.0	160.0	147.5	152.5	147.5	142.5
84+	182.5	167.5	157.5	167.5	162.5	157.5

INDREPTARI

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43	-	127.5	122.5	-	-	-
47	150.0	145.0	135.0	145.0	140.0	135.0
52	160.0	152.5	142.5	152.5	147.5	142.5
57	175.0	160.0	150.0	160.0	155.0	150.0
63	187.5	172.5	162.5	172.5	167.5	162.5
69	197.5	182.5	170.0	180.0	175.0	170.0
76	210.0	192.5	177.5	190.0	185.0	177.5
84	222.5	200.0	190.0	200.0	195.0	190.0
84+	237.5	220.0	210.0	220.0	215.0	210.0

Total

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43	-	345.0	300.0	-	-	-
47	390.0	375.0	325.0	375.0	355.0	325.0
52	417.5	402.5	352.5	402.5	380.0	352.5
57	470.0	430.0	380.0	430.0	410.0	380.0
63	497.5	470.0	420.0	470.0	450.0	420.0
69	520.0	500.0	455.0	500.0	482.5	455.0
76	542.5	527.5	477.5	527.5	507.5	477.5
84	587.5	572.5	522.5	572.5	552.5	522.5
84+	635.0	620.0	570.0	620.0	597.5	570.0

MASCULIN

GENUFLEXIUNI

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53	-	192.5	175.0	-	-	-	-
59	225.0	217.5	187.5	217.5	205.0	187.5	167.5
66	257.5	245.0	212.5	245.0	230.0	212.5	190.0
74	282.5	270.0	237.5	275.0	262.5	237.5	210.0
83	325.0	315.0	267.5	317.5	295.0	267.5	242.5
93	362.5	350.0	290.0	355.0	315.0	290.0	262.5
105	382.5	375.0	310.0	375.0	335.0	310.0	282.5
120	400.0	390.0	330.0	392.5	357.5	330.0	305.0
120+	417.5	400.0	342.5	402.5	367.5	342.5	315.0

IMPINS DIN CULCAT

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53	-	145.0	127.0	-	-	-	-
59	177.5	170.0	140.0	170.0	157.5	140.0	135.0
66	195.0	187.5	155.0	187.5	172.5	155.0	142.5
74	215.0	207.5	175.0	207.5	195.0	175.0	150.0
83	257.5	247.5	215.0	247.5	232.5	215.0	190.0
93	267.5	255.0	222.5	262.5	242.5	222.5	197.5
105	285.0	270.0	240.0	277.5	257.5	240.0	212.5
120	310.0	302.5	270.0	305.0	290.0	270.0	245.0
120+	327.5	317.5	285.0	317.5	305.0	285.0	260.0

INDREPTARI

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53	-	212.5	185.0	-	-	-	-
59	237.5	227.5	197.5	227.5	215.0	197.5	190.0
66	260.0	252.5	220.0	252.5	240.0	220.0	210.0
74	282.5	275.0	237.5	275.0	255.0	237.5	225.0
83	310.0	302.5	262.5	302.5	280.0	262.5	252.5
93	320.0	312.5	272.5	312.5	292.5	272.5	262.5
105	342.5	332.5	295.0	332.5	312.5	295.0	282.5
120	357.5	345.0	310.0	350.0	327.5	310.0	300.0
120+	367.5	355.0	320.0	360.0	337.5	320.0	310.0

Total

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53	-	557.5	492.5	-	-	-	-
59	640.0	617.5	522.5	617.5	577.5	522.5	490.0
66	705.0	682.5	587.5	682.5	642.5	587.5	540.0
74	782.5	757.5	647.5	757.5	712.5	647.5	585.0
83	890.0	867.5	745.0	867.5	807.5	745.0	682.5
93	945.0	922.5	785.0	922.5	847.5	785.0	722.5
105	1002.5	980.0	842.5	980.0	905.0	842.5	780.0
120	1077.5	1052.5	910.0	1052.5	975.0	910.0	847.5
120+	1112.5	1090.0	947.5	1090.0	1010.0	947.5	885.0

II. POWERLIFTING - IMPINS DIN CULCAT SINGURA PROBA

FEMININ

IMPINS DIN CULCAT - SINGURA PROBA

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
43	-	90.0	75.0	-	-	-
47	105.0	97.5	90.0	95.0	90.0	85.0
52	115.0	110.0	102.5	102.5	97.5	92.5
57	127.5	120.0	110.0	110.0	105.0	100.0
63	140.0	130.0	120.0	120.0	115.0	110.0
69	152.5	140.0	130.0	132.5	125.0	120.0
76	165.0	150.0	140.0	145.0	140.0	130.0
84	175.0	162.5	147.5	157.5	150.0	140.0
84+	190.0	175.0	162.5	172.5	160.0	150.0

MASCULIN

IMPINS DIN CULCAT - SINGURA PROBA

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD TINERET (kg)	RECORD JUNIORI (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
53	-	150.0	137.5	-	-	-	-
59	185.0	175.0	145.0	175.0	162.5	145.0	130.0
66	205.0	192.5	170.0	192.5	177.5	160.0	140.0
74	230.0	215.0	190.0	215.0	200.0	180.0	147.5
83	265.0	255.0	220.0	255.0	240.0	220.0	185.0
93	280.0	262.5	230.0	262.5	247.5	230.0	195.0
105	300.0	277.5	245.0	305.0	265.0	245.0	207.5
120	317.5	310.0	277.5	310.0	297.5	277.5	240.0
120+	335.0	325.0	295.0	325.0	310.0	295.0	255.0

Recorduri Nationale Echipat Omogate:

Powerlifting 3 probe

Cazacu Alexandra cat 63kg genuflexiuni, seniori, 200 kg; 16.09.2025

Cazacu Alexandra cat 63kg genuflexiuni, tineret, 200 kg; 16.09.2025