

Women junior (23)

class	name	born	nat	bwt	mark	date	location
<b>SQUAT</b>							
43kg	Nordic Standard				145.0	03/06/1900	
47kg	Nordic Standard				155.0	01/01/2011	
52kg	Karen Hesthammer	1994	NOR	51.92	188.0	01/09/2017	Orlando USA
57kg	Karen Hesthammer	1994	NOR	53.15	182.5	19/11/2016	Bergen NOR
63kg	Matilda Vilmar	1996	SWE	62.45	220.0	09/11/2018	Halmstad SWE
72kg	Marte Elverum	1990	NOR	71.06	232.5	07/11/2013	Stavanger NOR
84kg	Birgitte Kielsen	1996	NOR	83.52	250.0	10/05/2017	Malaga SPA
84+kg	Nordic Standard				245.0	01/01/2011	
<b>BENCH PRESS</b>							
43kg	Nordic Standard				85.0	01/01/2011	
47kg	Nordic Standard				100.0	01/01/2011	
52kg	Karen Hesthammer	1994	NOR	51.92	110.0	01/09/2017	Orlando USA
57kg	Nordic Standard				115.0	01/01/2011	
63kg	Matilda Vilmar	1996	SWE	62.31	150.5	29/04/2019	Pilzen CZE
72kg	Silvia Kapstad	1996	NOR	71.73	150.5	10/05/2017	Malaga SPA
84kg	Anna Dorthea Espevik	1998	NOR	78.01	160.5	19/11/2016	Bergen NOR
84+kg	Kine Helene Fossbakk	1994	NOR	95.20	165.0	10/05/2017	Malaga SPA
<b>DEADLIFT</b>							
43kg	Nordic Standard				150.0	01/01/2011	
47kg	Nordic Standard				160.0	01/01/2011	
52kg	Karen Hesthammer	1994	NOR	51.92	177.5	01/09/2017	Orlando USA
57kg	Nordic Standard				180.0	01/01/2011	
63kg	Lena Sjoel	1997	NOR	60.50	202.5	05/09/2018	Potchefstroom RSA
72kg	Marie Tunroth	1992	SWE	71.30	217.5	15/03/2015	Nässjö SWE
84kg	Nordic Standard				220.0	01/01/2011	
84+kg	Nordic Standard				230.0	01/01/2011	
<b>TOTAL</b>							
43kg	Nordic Standard				365.0	01/01/2011	
47kg	Nordic Standard				390.0	01/01/2011	
52kg	Karen Hesthammer	1994	NOR	51.92	475.5	01/09/2017	Orlando USA
57kg	Karen Hesthammer	1994	NOR	53.15	465.5	19/11/2016	Bergen NOR
63kg	Tutta Kristine Hanssen	1989	NOR	62.68	542.5	01/09/2011	Moose Jaw CAN
72kg	Silvia Kapstad	1996	NOR	71.73	583.0	10/05/2017	Malaga SPA
84kg	Birgitte Kielsen	1996	NOR	83.45	610.0	01/09/2017	Orlando USA
84+kg	Soley Jonsdottir	2001	ISL	111.92	620.5	29/04/2019	Pilzen CZE