

WOMEN Senior

class	name	born	nat	bwt	mark	date	location
SQUAT							
47kg	Raija Jurkko	1963	FIN	46.85	182.5	2/27/2011	Salo FIN
52kg	Karen Hesthammer	1994	NOR	51.65	200.0	11/14/2022	Viborg DEN
57kg	Karen Hesthammer	1994	NOR	55.85	212.5	11/9/2018	Halmstad SWE
63kg	Matilda Vilmar	1996	SWE	62.45	220.0	11/9/2018	Halmstad SWE
69kg	Eline Skalleberg	1985	NOR	67.55	242.5	6/22/2022	Skien NOR
76kg	Marte Elverum	1990	NOR	74.90	253.0	6/17/2023	Stjørdal NOR
84kg	Karen Thinge Andersen	2000	DEN	83.01	275.0	3/2/2024	Horsens DEN
84+kg	Hildeborg Hugdal	1983	NOR	128.40	280.0	9/12/2015	Borgano Torinese ITA
BENCH PRESS							
47kg	Nordic Standard				105.0	1/1/2011	
52kg	Marcela Sandvik	1974	FIN	51.66	125.0	5/9/2017	Malaga SPA
57kg	Hilde Mikkelsen Haugen	1991	NOR	56.90	143.0	6/22/2022	Skien NOR
63kg	Matilda Vilmar	1996	SWE	62.64	153.0	8/29/2019	Regina CAN
69kg	Matilda Vilmar	1996	SWE	68.40	175.0	11/16/2023	Druskininkai LTU
76kg	Annemia Pretzmann	1992	DEN	75.73	168.0	3/4/2023	Tårnby DEN
84kg	Julie Albrecht Hansen	1991	DEN	80.14	170.5	3/2/2024	Horsens DEN
84+KG	Hildeborg Hugdal	1983	NOR	121.68	230.0	11/19/2022	Viborg DEN
DEADLIFT							
47kg	Lisette Hansen	1989	DEN	46.99	166.5	3/2/2024	Horsens DEN
52kg	Trine Bagger	1986	DEN	51.78	190.0	5/1/2019	Pilsen CZE
57kg	Mervi Rantamäki	1974	FIN	56.95	190.0	2/27/2011	Salo FIN
63kg	Kathrine Bak	1981	DEN	61.70	226.0	7/7/2023	Pilsen CZE
69kg	Kathrine Bak	1981	DEN	63.25	235.0	11/16/2023	Druskininkai LTU
76kg	Marte Elverum	1990	NOR	74.90	254.0	6/17/2023	Stjørdal NOR
84kg	Jane Aaberg	1981	DEN	83.50	235.0	11/9/2018	Halmstad SWE
84+kg	Nordic Standard				240.0	1/1/2011	
TOTAL							
47kg	Raija Jurkko	1963	FIN	46.85	437.5	2/27/2011	Salo FIN
52kg	Karen Hesthammer	1994	NOR	51.45	490.0	5/6/2022	Pilsen CZE
57kg	Hilde Mikkelsen Haugen	1991	NOR	56.85	527.5	6/26/2021	Askim NOR
63kg	Eline Skalleberg Jensen	1985	NOR	62.75	555.0	5/2/2019	Pilsen CZE
69kg	Matilda Vilmar	1996	SWE	68.40	620.0	11/16/2023	Druskininkai LTU
76kg	Marte Elverum	1990	NOR	74.90	652.0	6/17/2023	Stjørdal NOR
84kg	Anna Sorlie Heranger	1992	NOR	83.70	652.5	11/19/2022	Viborg DEN
84+kg	Hildeborg Hugdal	1983	NOR	128.40	705.0	9/12/2015	Borgano Torinese ITA