

American Women

Single Lift Bench

Women's Open

97lbs/44Kgs

Bench

Delcy Palk

82.5 Kg

181.9 lbs

2/22/1997

105lbs/48Kgs

Bench

Christine Moorman

75.0 Kg

165.3 lbs

2/22/1997

114lbs/52Kgs

Bench

Mary Jeffrey

102.5 Kg

226.0 lbs

6/12/1999

123lbs/56Kgs

Bench

Jeri Lippert

100.0 Kg

220.5 lbs

3/2/1996

132lbs/60Kgs

Bench

Christina Williams

147.5 Kg

325.2 lbs

1/31/2009

148lbs/67.5Kgs

Bench

Leonetta Richardson

150.0 Kg

330.7 lbs

4/4/2009

165lbs/75Kgs

Bench

Mari Asp

157.5 Kg

347.2 lbs

8/13/2005

181lbs/82.5Kgs

Bench

Kelly Womack

150.0 Kg

330.7 lbs

10/23/2005

198lbs/90Kgs

Bench

Angela Martinez

140.0 Kg

308.6 lbs

8/5/2006

SHW/90+Kgs

Bench

Janet Loveall

157.5 Kg

347.2 lbs

12/13/2008