

Men's 242 Pound/110 Kg Weight Class Top 20

(Powerlifting Records Compiled By Statistician [Michael Soong](#))

Squat

Squat	xBwt/Lifter/Ctry/YOB/Date/Wt@Bdywt/Loc/Fed
1. 1110.0 (503.5) *4.58X	Chuck Vogelpohl (US/65) 4/19/09 (1110.0 lb. @ 242.5 lb.) (Columbus, Ohio) (IPA)
2. 1107.8 (502.5) *4.86X	Sam Byrd (US/81) 6/14/08 (502.5 kg. @ 228.0 lb.) (Kennesaw, Georgia) (APF)
3. 1085.0 (492.1) *4.50X	Justin Graalfs (US/79) 7/23/06 (1085.0 lb. @ 109.4 kg.) (York, Pennsylvania) (IPA)
4. 1055.0 (478.5) *4.36X	Greg Panora (US/80) 8/24/08 (1055.0 lb. @ 242.0 lb.) (Sharonville, Ohio) (IPA)
5. 1052.7 (477.5) *4.37X	Brian Carroll (US/81) 1/26/08 (477.5 kg. @ 109.3 kg.) (Clayton, North Carolina) (APF)
6. 1050.0 (476.3) *4.36X	Jason Cox (US/72) 11/18/07 (1050.0 lb. @ 240.6 lb.) (York, Pennsylvania) (IPA)
7. 1045.0 (474.0) *4.32X	Steve Goggins (US/63) 3/5/05 (474.0 kg. @ 109.65 kg.) (Columbus, Ohio) (WPO)
8. 1038.4 (471.0) *4.38X	Ed Coan (US/63) 8/12/01 (471.0 kg. @ 107.6 kg.) (Orlando, Florida) (WPO)
9. 1015.0 (460.4) *4.19X	James Grandick (US/68) 8/24/08 (1015.0 lb. @ 242.4 lb.) (Sharonville, Ohio) (IPA)
10. 1014.1 (460.0) *4.43X	Matt Kroczaleski (US/73) 7/13/08 (460.0 kg. @ 103.8 kg.) (Dubuque, Iowa) (UPA)
11. 1008.6 (457.5) *4.19X	Toby Irby (US/74) 5/4/08 (457.5 kg. @ 109.2 kg.) (Baton Rouge, Louisiana) (APF/WPC)
12. 1004.2 (455.5) *4.29X	Willie Wessels (US/63) 11/11/95 (455.5 kg. @ 106.1 kg.) (Chicago, Illinois) (APF/WPC)
13. 1003.1 (455.0) *4.14X	Jason Patrick (US/72) 6/26/04 (455.0 kg. @ 109.8 kg.) (Waukegan, Illinois) (APF)
14. 1003.1 (455.0) 4.14X	Christian Simmons (US/80) 4/23/05 (455.0 kg.) (Baton Rouge, Louisiana) (APF)
15. 1003.1 (455.0) *4.21X	Justin Redding (US/77) 11/10/07 (455.0 kg. @ 238.0 lb.) (Omaha, Nebraska) (APF)
16. 1003.1 (455.0) *4.22X	Joe Norman (US/68) 12/2/07 (455.0 kg. @ 107.8 kg.) (Jacksonville, Florida) (APF)
17. 1003.1 (455.0) *4.14X	Jeremiah Frey (US/81) 1/31/09 (455.0 kg. @ 110.0 kg.) (Dubuque, Iowa) (UPA)
18. 1000.0 (453.6) *4.29X	Brian Weston (US/68) 5/30/04 (1000.0 lb. @ 233.0 lb.) (Bethlehem, Pennsylvania) (IPA)
19. 1000.0 (453.6) *4.18X	Dondell Blue (US/75) 4/1/06 (1000.0 lb. @ 108.6 kg.) (Jacksonville, Florida) (APF)
20. 981.1 (445.0) *4.14X	Tony Acome (US/72) 11/10/07 (445.0 kg. @ 237.0 lb.) (Omaha, Nebraska) (APF)

Bench Press

Bench	xBwt/Lifter/Ctry/YOB/Date/Wt@Bdywt/Loc/Fed
1. 905.0 (410.5) *3.78X	Rob Luyando (US/70) 9/1/07 (410.5 kg. @ 108.6 kg.) (Dubuque, Iowa) (UPA)
2. 848.8 (385.0) *3.51X	Richie Briggs (US/84) 11/10/07 (385.0 kg. @ 242.0 lb.) (Omaha, Nebraska) (APF)
3. 832.2 (377.5) *3.56X	Matt Minuth (US/80) 7/11/09 (377.5 kg. @ 106.0 kg.) (Dubuque, Iowa) (UPA)
4. 815.7 (370.0) *3.45X	Vitaliy Ponomarenko (Ukraine/74-08) 7/28/07 (370.0 kg. @ 107.2 kg.) (Krivoy Rog, Ukraine) (WPO)
5. 810.2 (367.5) *3.48X	Jake Prazak (US/77) 4/24/09 (367.5 kg. @ 105.6 kg.) (Dubuque, Iowa) (UPA)

6. 805.0 (365.1) *3.32X James Grandick (US/68) 8/24/08 (805.0 lb. @ 242.4 lb.) (Sharonville, Ohio) (IPA)
7. 804.7 (365.0) *3.37X Chip Stewart (US/75) 7/29/06 (365.0 kg. @ 108.4 kg.) (Clayton, North Carolina) (APF)
8. 804.7 (365.0) *3.35X Jason "Action" Jackson (US/64) 11/16/06 (365.0 kg. @ 240.2 lb.) (Las Vegas, Nevada) (WABDL)
9. 804.7 (365.0) *3.35X Brad Hein (US/80) 5/30/08 (365.0 kg. @ 240.0 lb.) (Omaha, Nebraska) (APF/WPC)
10. 801.4 (363.5) *3.51X Matt Lamarque (US/74) 6/11/05 (363.5 kg. @ 228.0 lb.) (Honolulu, Hawaii) (WABDL)
11. 800.0 (362.9) *3.30X Greg Panora (US/80) 12/6/08 (800.0 lb. @ 110.0 kg.) (Murfreesboro, Tennessee) (SPF)
12. 785.0 (356.1) *3.26X Brian Carroll (US/81) 8/24/08 (785.0 lb. @ 241.0 lb.) (Sharonville, Ohio) (IPA)
13. 775.0 (351.5) *3.42X Clint Smith (US/79) 4/19/08 (775.0 lb. @ 226.5 lb.) (Tampa, Florida) (APA)
14. 772.5 (350.4) *3.25X Brad Kelley (US/71) 3/5/05 (772.5 lb. @ 238.0 lb.) (Williamston, South Carolina) (APA)
15. 771.6 (350.0) *3.26X Tony Acome (US/72) 3/3/07 (350.0 kg. @ 107.3 kg.) (Columbus, Ohio) (WPO)
16. 771.6 (350.0) *3.18X Jeremiah Frey (US/81) 1/31/09 (350.0 kg. @ 110.0 kg.) (Dubuque, Iowa) (UPA)
17. 770.0 (349.3) *3.18X Dave "Neutron" Hoff (US/88) 1/18/09 (770.0 lb. @ 242.5 lb.) (Columbus, Ohio) (IPA)
18. 766.1 (347.5) *3.18X George Halbert (US/71) 9/25/04 (347.5 kg. @ 109.4 kg.) (Orlando, Florida) (WPO)
19. 766.1 (347.5) *3.24X Dondell Blue (US/75) 12/3/06 (347.5 kg. @ 107.4 kg.) (Lake City, Florida) (APF)
20. 760.6 (345.0) *3.16X Aaron Wilson (US/74) 3/4/06 (345.0 kg. @ 109.3 kg.) (Columbus, Ohio) (WPO)

Deadlift

- | Deadlift | xBwt/Lifter/Ctry/YOB/Date/Wt@Bdywt/Loc/Fed |
|---|---|
| 1. 892.9 (405.0) *3.695X Yuriy Fedorenko (Russia/74) 3/4/06 (405.0 kg. @ 109.6 kg.) (Ufa, Russia) (IPF) | |
| 2. 887.4 (402.5) *3.699X Ed Coan (US/63) 12/20/98 (402.5 kg. @ 108.8 kg.) (Las Vegas, Nevada) (USPF/WPL) | |
| 3. 871.9 (395.5) *3.60X Steve Goggins (US/63) 3/6/04 (395.5 kg. @ 109.9 kg.) (Columbus, Ohio) (WPO) | |
| 4. 870.8 (395.0) *3.59X John Kuc (US/47) 11/9/80 (395.0 kg. @ 110.0 kg.) (Arlington, Texas) (USPF/IPF) | |
| 5. 859.8 (390.0) 3.55X Bret Russell (US/60) 11/2/86 (390.0 kg.) (Parkersburg, West Virginia) (APF/WPC) | |
| 6. 859.8 (390.0) *3.60X Nikolay Ilychev (Russia/77) 1/22/06 (390.0 kg. @ 108.4 kg.) (Cherepovets, Russia) (IPF) | |
| 7. 854.3 (387.5) 3.52X Charlie Driscoll (US) 6/8/86 (387.5 kg.) (Dallas, Texas) (USPF) | |
| 8. 848.8 (385.0) *3.51X Aarre Kapyla (Finland/64) 11/18/90 (385.0 kg. @ 109.8 kg.) (The Hague, Netherlands) (IPF) | |
| 9. 845.0 (383.3) *3.60X Jim Cash (US/49) 12/14/85 (845.0 lb. @ 234.5 lb.) (Longmont, Colorado) (NSM) | |
| 10. 843.3 (382.5) *3.53X Alexey Gankov (Russia/70) 11/14/98 (382.5 kg. @ 108.5 kg.) (Cherkasy, Ukraine) (IPF) | |
| 11. 837.8 (380.0) *3.47X Arthur White (Great Britain/51) 4/17/82 (380.0 kg. @ 109.4 kg.) (Munich, West Germany) (IPF) | |
| 12. 837.8 (380.0) *3.48X Dave Carter (Great Britain) 4/18/82 (380.0 kg. @ 109.1 kg.) (Featherstone Prison, Great Britain) (IPF) | |
| 13. 837.8 (380.0) 3.45X Mike Poretta (US) 7/10/88 (380.0 kg.) (Las Vegas, Nevada) (USPF/IPF) | |
| 14. 837.8 (380.0) *3.45X Roman Voroshilin (Ukraine/83) 3/6/05 (380.0 kg. @ 110.0 kg.) (Mariupol, Ukraine) (IPF) | |
| 15. 837.8 (380.0) *3.47X Maxim Barkhatov (Russia/81) 10/19/07 (380.0 kg. @ 109.4 kg.) (Soelden, Austria) (IPF) | |
| 16. 832.2 (377.5) 3.43X Terry McCormick (US/46) 7/13/80 (377.5 kg.) (Madison, Wisconsin) (USPF/IPF) | |

17. 832.2 (377.5) 3.43X Steve Wilson (US/54) 6/29/86 (377.5 kg.) (Dayton, Ohio) (APF/WPC)
18. 832.2 (377.5) 3.43X Willie Bell (US) 12/3/88 (377.5 kg.) (Adel, Georgia) (USPF)
19. 826.7 (375.0) *3.44X George Hechter (US/61) 3/23/87 (375.0 kg. @ 240.0 lb.) (Honolulu, Hawaii) (USPF/APF/WPC)
20. 826.7 (375.0) *3.41X Nikolai Suslov (Russia/79) 3/4/06 (375.0 kg. @ 109.9 kg.) (Ufa, Russia) (IPF)

Total

Total	xBwt/Lifter/Ctry/YOB/Date/Wt@Bdywt/Loc/Fed
1. 2630.0 (1192.9)	*10.84X Greg Panora (US/80) 12/6/08 (1015.0+800.0+815.0=2630.0 lb. @ 110.0 kg.) (Murfreesboro, Tennessee) (SPF)
2. 2579.4 (1170.0)	*10.64X Jeremiah Frey (US/81) 1/31/09 (455.0+350.0+365.0=1170.0 kg. @ 110.0 kg.) (Dubuque, Iowa) (UPA)
3. 2570.0 (1165.7)	*10.66X Brian Carroll (US/81) 8/24/08 (1050.0+785.0+735.0=2570.0 lb. @ 241.0 lb.) (Sharonville, Ohio) (IPA)
4. 2565.0 (1163.5)	*10.58X James Grandick (US/68) 8/24/08 (1015.0+805.0+745.0=2565.0 lb. @ 242.4 lb.) (Sharonville, Ohio) (IPA)
5. 2502.2 (1135.0)	*10.93X Matt Kroczaleski (US/73) 7/13/08 (460.0+320.0+355.0=1135.0 kg. @ 103.8 kg.) (Dubuque, Iowa) (UPA)
6. 2481.3 (1125.5)	*10.24X Steve Goggins (US/63) 3/6/04 (472.5+257.5+395.5=1125.5 kg. @ 109.9 kg.) (Columbus, Ohio) (WPO)
7. 2463.7 (1117.5)	*10.27X Ed Coan (US/63) 12/20/98 (455.0+260.0+402.5=1117.5 kg. @ 108.8 kg.) (Las Vegas, Nevada) (USPF/WPL)
8. 2447.1 (1110.0)	*10.73X Sam Byrd (US/81) 6/14/08 (502.5+290.0+317.5=1110.0 kg. @ 228.0 lb.) (Kennesaw, Georgia) (APF)
9. 2441.6 (1107.5)	*10.09X Justin Graalfs (US/79) 3/24/07 (487.5+282.5+337.5=1107.5 kg. @ 242.0 lb.) (Omaha, Nebraska) (APF)
10. 2441.6 (1107.5)	*10.14X Toby Irby (US/74) 5/4/08 (457.5+320.0+330.0=1107.5 kg. @ 109.2 kg.) (Baton Rouge, Louisiana) (APF/WPC)
11. 2430.6 (1102.5)	*10.27X Dondell Blue (US/75) 12/3/06 (427.5+347.5+327.5=1102.5 kg. @ 107.4 kg.) (Lake City, Florida) (APF)
12. 2420.0 (1097.7)	*9.98X Dave "Neutron" Hoff (US/88) 1/18/09 (880.0+770.0+770.0=2420.0 lb. @ 242.5 lb.) (Columbus, Ohio) (IPA)
13. 2403.0 (1090.0)	*10.05X Willie Wessels (US/63) 4/6/97 (432.5+295.0+362.5=1090.0 kg. @ 239.0 lb.) (Peoria, Illinois) (APF/WPC)
14. 2403.0 (1090.0)	*10.47X Christian Simmons (US/80) 6/17/06 (455.0+332.5+302.5=1090.0 kg. @ 104.15 kg.) (Fort Lauderdale, Florida) (APF)
15. 2397.5 (1087.5)	*9.92X Yuriy Fedorenko (Russia/74) 3/4/06 (400.0+282.5+405.0=1087.5 kg. @ 109.6 kg.) (Ufa, Russia) (IPF)
16. 2397.5 (1087.5)	*9.90X Nikolai Suslov (Russia/79) 3/4/06 (430.0+282.5+375.0=1087.5 kg. @ 109.9 kg.) (Ufa, Russia) (IPF)
17. 2381.0 (1080.0)	*10.05X Tony Acome (US/72) 11/10/07 (445.0+337.5+297.5=1080.0 kg. @ 237.0 lb.) (Omaha, Nebraska) (APF)
18. 2381.0 (1080.0)	*9.87X Juha Someroja (Finland/75) 12/13/08 (420.0+330.0+330.0=1080.0 kg. @ 109.4 kg.) (Helsinki, Finland) (IPA)
19. 2381.0 (1080.0)	*10.13X Larry Hook (US/69) 3/14/09 (427.5+287.5+365.0=1080.0 kg. @ 235.0 lb.) (Oregon City, Oregon) (APF)

20, 2375.5 (1077.5) *9.89X Joseph Bayles (US/76) 6/5/05 (410.0+320.0+347.5=1077.5 kg. @ 109.0 kg.) (Detroit, Michigan)
(APF/WPC)