

APL Australian Records
MULTI PLY 3-LIFT COMPETITION
- OPEN MEN -



OPEN							
Current Record					Former Record		
BWT	Lift	WT Lifted (kgs)	Athlete	Date	WT Lifted (kgs)	Athlete	Date
52 kg	Squat	157.5					
	Bench	120.0					
	Deadlift	160.0					
	Total	440.0					
56 kg	Squat	170.0					
	Bench	130.0					
	Deadlift	172.5					
	Total	475.0					
60 kg	Squat	185.0					
	Bench	140.0					
	Deadlift	187.5					
	Total	512.5					
67.5 kg	Squat	210.0					
	Bench	160.0					
	Deadlift	205.0					
	Total	575.0					
75 kg	Squat	230.0					
	Bench	180.0					
	Deadlift	220.0					
	Total	627.5					
82.5 kg	Squat	250.0					
	Bench	195.0					
	Deadlift	230.0					
	Total	672.5					
90 kg	Squat	262.5					
	Bench	210.0					
	Deadlift	237.5					
	Total	710.0					
100 kg	Squat	282.5					
	Bench	225.0					
	Deadlift	245.0					
	Total	750.0					
110 kg	Squat	290.0					
	Bench	232.5					
	Deadlift	252.5					
	Total	775.0					
125 kg	Squat	300.0					
	Bench	242.5					
	Deadlift	255.0	Christian O'Grady	09-May-15			
	Total	797.5					
140 kg	Squat	340.0	Daniel Rudolph	28-Apr-19	312.5	Not Set	
	Bench	255.0					
	Deadlift	300.0	Daniel Rudolph	28-Apr-19	267.5	Not Set	
	Total	860.0	Daniel Rudolph	28-Apr-19	832.5	Not Set	
140+ kg	Squat	322.5					
	Bench	265.0					
	Deadlift	272.5					
	Total	857.5					