



DELAWARE DEADLIFT RECORDS

Updated 8/22/2017 by Ed Kutin

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| Weight Class: 148 Female / Powerlifting | | | |
|--|--|---|--|
| Division | Squat | Bench Press | Deadlift |
| Open | 47.5 kgs / 104.7 lbs Mary Beth Flagg 5/2016 | 37.5 kgs / 82.6 lbs Mary Beth Flagg 5/2016 | 92.5 kgs / 203.9 lbs Mary Beth Flagg 5/2016 |
| 55-59 | 47.5 kgs / 104.7 lbs Mary Beth Flagg 5/2016 | 37.5 kgs / 82.6 lbs Mary Beth Flagg 5/2016 | 92.5 kgs / 203.9 lbs Mary Beth Flagg 5/2016 |

| Weight Class: 181 Male / Powerlifting | | | |
|--|---|---|---|
| Division | Squat | Bench Press | Deadlift |
| Open | 160.0 kgs / 352.7 lbs Robert Keefer 8/2017 | 132.5 kgs / 292.1 lbs Lance Underwood 4/2015 | 195.5 kgs / 430.9 lbs Robert Keefer 10/2015 |
| 35-39 | 137.5 kgs / 303.1 lbs Lance Underwood 4/2015 | 132.5 kgs / 292.1 lbs Lance Underwood 4/2015 | 172.5 kgs / 380.2 lbs Lance Underwood 4/2015 |
| 65-69 | 155.0 kgs / 341.7 lbs Robert Keefer 6/2015 | 122.5 kgs / 270.0 lbs Robert Keefer 10/2015 | 195.5 kgs / 430.9 lbs Robert Keefer 10/2015 |
| 70-74 | 160.0 kgs / 352.7 lbs Robert Keefer 8/2017 | 117.5 kgs / 259.0 lbs Robert Keefer 8/2017 | 193.0 kgs / 425.4 lbs Robert Keefer 8/2017 |



| Total |
|---|
| 177.5 kgs / 391.3 lbs Mary Beth Flagg 5/2016 |
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| Total |
|---|
| 465.5 kgs / 1026.2 lbs Robert Keefer 10/2015 |
| 442.5 kgs / 975.5 lbs Lance Underwood 4/2015 |
| 465.5 kgs / 1026.2 lbs Robert Keefer 10/2015 |
| 460.0 kgs / 1014.1 lbs Robert Keefer 8/2017 |