



POWERLIFTING FEDERATION

SOUTH DAKOTA STATE BENCH PRESS RECORDS

Updated by Ed Kutin

12/28/2018

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Weight Class: 165 Male			
Division	Bench Press	Name	Date
Open	140.0 kgs / 308.6 lbs	Rickey Nelsen	3/2017
30-34	140.0 kgs / 308.6 lbs	Rickey Nelsen	3/2017
35-39	132.5 kgs / 292.1 lbs	Rickey Nelsen	11/2017

Weight Class: 275 Male			
Division	Bench Press	Name	Date
Open	143.0 kgs / 315.2 lbs	Tristan Tilberg	5/2016

Weight Class: SHW Male			
Division	Bench Press	Name	Date
Open	150.0 kgs / 330.6 lbs	Jordon Bents	12/2015
20-24	150.0 kgs / 330.6 lbs	Jordon Bents	12/2015