



## Turkmenistan Powerlifting Records

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### Weight Class: 110 / 242 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	215.0 kgs / 473.9 lbs Akmyrat Saparov (Turkmenistan) 4/2014	155.0 kgs / 341.7 lbs Akmyrat Saparov (Turkmenistan) 4/2014	250.0 kgs / 551.1 lbs Akmyrat Saparov (Turkmenistan) 4/2014	620.0 kgs / 1366.8 lbs Akmyrat Saparov (Turkmenistan) 4/2014
20-24	215.0 kgs / 473.9 lbs Akmyrat Saparov (Turkmenistan) 4/2014	155.0 kgs / 341.7 lbs Akmyrat Saparov (Turkmenistan) 4/2014	250.0 kgs / 551.1 lbs Akmyrat Saparov (Turkmenistan) 4/2014	620.0 kgs / 1366.8 lbs Akmyrat Saparov (Turkmenistan) 4/2014