



UAE Powerlifting Records

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12/18/2023

Weight Class: 60 / 132 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	70.0 kgs / 154.3 lbs Vanaja Nair (UAE) 11/2023	35.0 kgs / 77.1 lbs Vanaja Nair (UAE) 11/2023	90.0 kgs / 198.4 lbs Vanaja Nair (UAE) 11/2023	195.0 kgs / 429.8 lbs Vanaja Nair (UAE) 11/2023
50-54	70.0 kgs / 154.3 lbs Vanaja Nair (UAE) 11/2023	35.0 kgs / 77.1 lbs Vanaja Nair (UAE) 11/2023	90.0 kgs / 198.4 lbs Vanaja Nair (UAE) 11/2023	195.0 kgs / 429.8 lbs Vanaja Nair (UAE) 11/2023

Weight Class: 67.5 / 148 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	60.0 kgs / 132.2 lbs Vanaja Nair (UAE) 11/2022	40.0 kgs / 88.1 lbs Vanaja Nair (UAE) 11/2022	100.0 kgs / 220.4 lbs Vanaja Nair (UAE) 11/2022	200.0 kgs / 440.9 lbs Vanaja Nair (UAE) 11/2022
50-54	60.0 kgs / 132.2 lbs Vanaja Nair (UAE) 11/2022	40.0 kgs / 88.1 lbs Vanaja Nair (UAE) 11/2022	100.0 kgs / 220.4 lbs Vanaja Nair (UAE) 11/2022	200.0 kgs / 440.9 lbs Vanaja Nair (UAE) 11/2022

Weight Class: 82.5 / 181 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	160.0 kgs / 352.7 lbs Manikuttan Purushothaman (UAE) 11/2022	95.0 kgs / 209.4 lbs Manikuttan Purushothaman (UAE) 11/2023	185.0 kgs / 407.8 lbs Manikuttan Purushothaman (UAE) 11/2023	430.0 kgs / 947.9 lbs Manikuttan Purushothaman (UAE) 11/2023
45-49	75.0 kgs / 165.3 lbs Mohammad Shanbih Al Blooshi (UAE) 11/2022	70.0 kgs / 154.3 lbs Mohammad Shanbih Al Blooshi (UAE) 11/2022	125.0 kgs / 275.5 lbs Mohammad Shanbih Al Blooshi (UAE) 11/2022	270.0 kgs / 595.2 lbs Mohammad Shanbih Al Blooshi (UAE) 11/2022
50-54	100.0 kgs / 220.4 lbs Michael Joseph (UAE) 11/2022	85.0 kgs / 187.3 lbs Michael Joseph (UAE) 11/2022	140.0 kgs / 308.6 lbs Michael Joseph (UAE) 11/2022	325.0 kgs / 716.4 lbs Michael Joseph (UAE) 11/2022
60-64	160.0 kgs / 352.7 lbs Manikuttan Purushothaman (UAE) 11/2022	95.0 kgs / 209.4 lbs Manikuttan Purushothaman (UAE) 11/2023	185.0 kgs / 407.8 lbs Manikuttan Purushothaman (UAE) 11/2023	430.0 kgs / 947.9 lbs Manikuttan Purushothaman (UAE) 11/2023

Police/Fire/Mil	150.0 kgs / 330.6 lbs Manikuttan Purushothaman (UAE) 11/2023	95.0 kgs / 209.4 lbs Manikuttan Purushothaman (UAE) 11/2023	185.0 kgs / 407.8 lbs Manikuttan Purushothaman (UAE) 11/2023	430.0 kgs / 947.9 lbs Manikuttan Purushothaman (UAE) 11/2023
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Weight Class: 90 / 198 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	90.0 kgs / 198.4 lbs Michael Joseph (UAE) 11/2023	95.0 kgs / 209.4 lbs Michael Joseph (UAE) 11/2023	130.0 kgs / 286.5 lbs Michael Joseph (UAE) 11/2023	315.0 kgs / 694.4 lbs Michael Joseph (UAE) 11/2023
50-54	90.0 kgs / 198.4 lbs Michael Joseph (UAE) 11/2023	95.0 kgs / 209.4 lbs Michael Joseph (UAE) 11/2023	130.0 kgs / 286.5 lbs Michael Joseph (UAE) 11/2023	315.0 kgs / 694.4 lbs Michael Joseph (UAE) 11/2023
Police/Fire/Mil	90.0 kgs / 198.4 lbs Michael Joseph (UAE) 11/2023	95.0 kgs / 209.4 lbs Michael Joseph (UAE) 11/2023	130.0 kgs / 286.5 lbs Michael Joseph (UAE) 11/2023	315.0 kgs / 694.4 lbs Michael Joseph (UAE) 11/2023