

Limiten/Limites Classic Powerlifting 2025 (A-Kader)

(Männer/Hommes)

	-53	-59	-66	-74	-83	-93	-105	-120	120+
Sub Junioren 14 – 18	450 kg	500 kg	545 kg	595 kg	637.5 kg	675 kg	710 kg	747.5 kg	792.5 kg
Junioren 19 – 23	470 kg	527.5 kg	575 kg	625 kg	670 kg	710 kg	747.5 kg	785 kg	835 kg
Open 24 - 39		555 kg	605 kg	657.5 kg	705 kg	747.5 kg	787.5 kg	827.5 kg	877.5 kg
Master 1		510 kg	557.5 kg	605 kg	650 kg	687.5 kg	725 kg	760 kg	807.5 kg
Master 2		490 kg	535 kg	580 kg	622.5 kg	660 kg	695 kg	730 kg	775 kg
Master 3		470 kg	515 kg	557.5 kg	597.5 kg	635 kg	667.5 kg	702.5 kg	745 kg
Master 4		432.5 kg	472.5 kg	512.5 kg	550 kg	582.5 kg	615 kg	645 kg	685 kg

(Frauen/Femmes)

	-43	-47	-52	-57	-63	-69	-76	-84	84+
Sub Juniorinnen 14 – 18	280 kg	310 kg	335 kg	355 kg	375 kg	400 kg	420 kg	442.5 kg	475 kg
Juniorinnen 19 – 23	295 kg	325 kg	352.5 kg	372.5 kg	395 kg	420 kg	442.5 kg	465 kg	500 kg
Open 24 – 39		342.5 kg	370 kg	392.5 kg	417.5 kg	442.5 kg	465 kg	490 kg	527.5 kg
Master 1		315 kg	340 kg	360 kg	385 kg	407.5 kg	427.5 kg	450 kg	485 kg
Master 2		302.5 kg	325 kg	347.5 kg	370 kg	390 kg	410 kg	432.5 kg	465 kg
Master 3		290 kg	312.5 kg	332.5 kg	355 kg	375 kg	395 kg	415 kg	447.5 kg
Master 4		267.5 kg	287.5 kg	305 kg	325 kg	345 kg	362.5 kg	382.5 kg	410 kg

Limiten/Limites Classic Bench Press 2025 (nur/seulm. B-Kader)

(Männer/Hommes)

	-53	-59	-66	-74	-83	-93	-105	-120	120+
Sub Junioren 14 - 18	85 kg	100 kg	110 kg	120 kg	130 kg	140 kg	147.5 kg	155 kg	160 kg
Junioren 19 - 23	110 kg	120 kg	130 kg	140 kg	150 kg	160 kg	170 kg	180 kg	190 kg
Open 24 - 39		130 kg	150 kg	160 kg	170 kg	180 kg	190 kg	200 kg	210 kg
Master 1		120 kg	130 kg	140 kg	150 kg	160 kg	170 kg	185 kg	200 kg
Master 2		110 kg	120 kg	130 kg	140 kg	150 kg	160 kg	170 kg	180 kg
Master 3		100 kg	110 kg	120 kg	130 kg	140 kg	147.5 kg	155 kg	160 kg
Master 4		80 kg	90 kg	100 kg	110 kg	120 kg	130 kg	135 kg	140 kg

(Frauen/Femmes)

	-43	-47	-52	-57	-63	-69	-76	-84	84+
Sub Junioren 14 - 18	40 kg	50 kg	55 kg	60 kg	65 kg	70 kg	75 kg	80 kg	85 kg
Junioren 19 - 23	50 kg	55 kg	60 kg	65 kg	70 kg	75 kg	82.5 kg	90 kg	95 kg
Open 24 - 39		65 kg	70 kg	77.5 kg	85 kg	90 kg	95 kg	100 kg	105 kg
Master 1		55 kg	60 kg	65 kg	70 kg	75 kg	80 kg	85 kg	90 kg
Master 2		50 kg	55 kg	60 kg	65 kg	70 kg	75 kg	80 kg	85 kg
Master 3		42.5 kg	47.5 kg	52.5 kg	57.5 kg	62.5 kg	67.5 kg	72.5 kg	77.5 kg
Master 4		40 kg	45 kg	47.5 kg	50 kg	52.5 kg	57.5 kg	60 kg	65 kg

Limiten/Limites Classic Powerlifting 2025 (B-Kader)

(Männer/Hommes)

	-53	-59	-66	-74	-83	-93	-105	-120	120+
Sub Junioren 14 – 18	300 kg	400 kg	430 kg	495 kg	545 kg	575 kg	600 kg	620 kg	640 kg
Junioren 19 – 23	390 kg	465 kg	510 kg	550 kg	600 kg	645 kg	675 kg	705 kg	735 kg
Open 24 - 39		495 kg	540 kg	590 kg	635 kg	675 kg	715 kg	755 kg	780 kg
Master 1		400 kg	460 kg	500 kg	545 kg	570 kg	600 kg	630 kg	660 kg
Master 2		350 kg	400 kg	440 kg	475 kg	500 kg	535 kg	565 kg	595 kg
Master 3		330 kg	370 kg	400 kg	440 kg	450 kg	500 kg	530 kg	560 kg
Master 4		290 kg	330 kg	320 kg	345 kg	370 kg	390 kg	450 kg	500 kg

(Frauen/Femmes)

	-43	-47	-52	-57	-63	-69	-76	-84	84+
Sub Juniorinnen 14 – 18	215 kg	240 kg	260 kg	280 kg	305 kg	330 kg	350 kg	370 kg	400 kg
Juniorinnen 19 – 23	245 kg	260 kg	285 kg	310 kg	340 kg	370 kg	390 kg	410 kg	440 kg
Open 24 – 39		295 kg	317.5 kg	337.5 kg	360 kg	380 kg	400 kg	425 kg	445 kg
Master 1		260 kg	280 kg	295 kg	310 kg	330 kg	350 kg	380 kg	410 kg
Master 2		245 kg	260 kg	270 kg	295 kg	310 kg	325 kg	340 kg	380 kg
Master 3		230 kg	250 kg	260 kg	270 kg	275 kg	285 kg	290 kg	300 kg
Master 4		210 kg	220 kg	230 kg	240 kg	250 kg	260 kg	270 kg	280 kg



Datum	Version	Kommentar	Autor	Revision
02.08.2024	1.0	Erste Version	Dario Hersche	Patrick Jäggi