



DRŽAVNI REKORDI
PO PRAVILIH KLASIČNEGA
POWERLIFTINGA IPF

KLASIČNI TROBOJ MOČI
(CLASSIC POWERLIFTING) ŽENSKE

Velja od 12.03.2024

| ČLANICE (OPEN) | | | | |
|------------------------------------|-----------------------|-----------|--------------------|------------|
| POČEP (SQUAT) | | | | |
| KATEGORIJA | IME | TEŽA [kg] | KRAJ | DATUM |
| -47 kg | | | | |
| -52 kg | BABIČ, Katja | 135,0 | Domžale, SLO | 21.10.2017 |
| -57 kg | BABIČ, Katja | 152,5 | St. Julians, MLT | 12.06.2023 |
| -63 kg | BABIČ, Katja | 153,0 | Kidričevo, SLO | 01.04.2023 |
| -69 kg | FERJAN BIZJAK, Maruša | 156,5 | Kidričevo, SLO | 01.04.2023 |
| -76 kg | ŽELEZNIK, Nuša | 185,0 | Budapest, HUN | 16.10.2023 |
| -84 kg | FERJAN BIZJAK, Maruša | 173,0 | Aquilinia, ITA | 01.10.2023 |
| 84+ kg | LAMUT, Kaia | 190,0 | Kidričevo, SLO | 01.04.2023 |
| POTISK S PRSI (BENCH PRESS) | | | | |
| -47 kg | | | | |
| -52 kg | BABIČ, Katja | 73,0 | Domžale, SLO | 17.03.2018 |
| -57 kg | BABIČ, Katja | 85,0 | Velika Gorica, CRO | 12.03.2024 |
| -63 kg | KUNSTELJ, Anja | 82,5 | Ljubljana, SLO | 27.05.2017 |
| -69 kg | JANEŽ, Ida | 82,5 | Kidričevo, SLO | 01.04.2023 |
| -76 kg | ŽELEZNIK, Nuša | 102,5 | Budapest, HUN | 16.10.2023 |
| -84 kg | FERJAN BIZJAK, Maruša | 90,5 | Aquilinia, ITA | 01.10.2023 |
| 84+ kg | FAJDIGA, Manja | 86,5 | Kidričevo, SLO | 01.04.2023 |
| MRTVI DVIG (DEADLIFT) | | | | |
| -47 kg | | | | |
| -52 kg | BABIČ, Katja | 160,0 | Domžale, SLO | 21.10.2017 |
| -57 kg | BABIČ, Katja | 175,0 | Velika Gorica, CRO | 12.03.2024 |
| -63 kg | HUMAR, Ula | 185,0 | Kranjska Gora, SLO | 01.11.2023 |
| -69 kg | RUTAR, Anja | 181,0 | Kidričevo, SLO | 01.04.2023 |
| -76 kg | ŽELEZNIK, Nuša | 190,0 | Kidričevo, SLO | 02.04.2022 |
| -84 kg | FERJAN BIZJAK, Maruša | 193,0 | Aquilinia, ITA | 01.10.2023 |
| 84+ kg | LAMUT, Kaia | 235,0 | Kidričevo, SLO | 01.04.2023 |
| SEŠTEVEK (TOTAL) | | | | |
| -47 kg | | | | |
| -52 kg | BABIČ, Katja | 363,5 | Domžale, SLO | 21.10.2017 |
| -57 kg | BABIČ, Katja | 410,0 | Velika Gorica, CRO | 12.03.2024 |
| -63 kg | HUMAR, Ula | 410,0 | Kranjska Gora, SLO | 01.11.2023 |
| -69 kg | FERJAN BIZJAK, Maruša | 409,0 | Kidričevo, SLO | 01.04.2023 |
| -76 kg | ŽELEZNIK, Nuša | 475,0 | Budapest, HUN | 16.10.2023 |
| -84 kg | FERJAN BIZJAK, Maruša | 456,5 | Aquilinia, ITA | 01.10.2023 |
| 84+ kg | LAMUT, Kaia | 505,0 | Kidričevo, SLO | 01.04.2023 |

| KADETI NJE (SUB-JUNIOR) | | | | |
|------------------------------------|-----------------------|-----------|----------------|------------|
| 14 - 18 LET | | | | |
| POČEP (SQUAT) | | | | |
| KATEGORIJA | IME | TEŽA [kg] | KRAJ | DATUM |
| -43 kg | | | | |
| -47 kg | | | | |
| -52 kg | TIBAUT, Amadeja | 62,5 | Grosuplje, SLO | 10.12.2016 |
| -57 kg | STRGAR, Eva | 142,5 | Budapest, HUN | 10.10.2023 |
| -63 kg | STRGAR, Eva | 140,0 | Kidričevo, SLO | 01.04.2023 |
| -69 kg | MEZEK, Klara | 137,5 | Budapest, HUN | 12.10.2023 |
| -76 kg | SOLDO TARY, Brina | 145,5 | Cirkovce, SLO | 24.02.2024 |
| -84 kg | SOLDO TARY, Brina | 115,0 | Kidričevo, SLO | 01.04.2023 |
| 84+ kg | BELEC, Alja | 135,0 | Ljubljana, SLO | 17.12.2023 |
| POTISK S PRSI (BENCH PRESS) | | | | |
| -43 kg | | | | |
| -47 kg | | | | |
| -52 kg | TIBAUT, Amadeja | 30,0 | Grosuplje, SLO | 10.12.2016 |
| -57 kg | STRGAR, Eva | 72,5 | Budapest, HUN | 10.10.2023 |
| -63 kg | STRGAR, Eva | 75,0 | Kidričevo, SLO | 01.04.2023 |
| -69 kg | DEMŠAR, Daša | 70,0 | Ljubljana, SLO | 17.12.2023 |
| -76 kg | SOLDO TARY, Brina | 80,0 | Cirkovce, SLO | 24.02.2024 |
| -84 kg | SOLDO TARY, Brina | 65,0 | Kidričevo, SLO | 01.04.2023 |
| 84+ kg | BELEC, Alja | 72,5 | Ljubljana, SLO | 17.12.2023 |
| MRTVI DVIG (DEADLIFT) | | | | |
| -43 kg | | | | |
| -47 kg | | | | |
| -52 kg | TIBAUT, Amadeja | 90,0 | Grosuplje, SLO | 10.12.2016 |
| -57 kg | STRGAR, Eva | 162,5 | Budapest, HUN | 10.10.2023 |
| -63 kg | STRGAR, Eva | 162,5 | Kidričevo, SLO | 01.04.2023 |
| -69 kg | MEZEK, Klara | 150,0 | Budapest, HUN | 12.10.2023 |
| -76 kg | ČURIČ, Nina | 177,5 | Budapest, HUN | 12.10.2023 |
| -84 kg | RADOVANOVIČ, Sara Eva | 127,5 | Ljubljana, SLO | 12/18/2021 |
| 84+ kg | BELEC, Alja | 135,0 | Ljubljana, SLO | 17.12.2023 |
| SEŠTEVEK (TOTAL) | | | | |
| -43 kg | | | | |
| -47 kg | | | | |
| -52 kg | TIBAUT, Amadeja | 182,5 | Grosuplje, SLO | 10.12.2016 |
| -57 kg | STRGAR, Eva | 377,5 | Budapest, HUN | 10.10.2023 |
| -63 kg | STRGAR, Eva | 377,5 | Kidričevo, SLO | 01.04.2023 |
| -69 kg | MEZEK, Klara | 352,5 | Budapest, HUN | 12.10.2023 |
| -76 kg | ČURIČ, Nina | 395,0 | Budapest, HUN | 12.10.2023 |
| -84 kg | SOLDO TARY, Brina | 305,0 | Kidričevo, SLO | 01.04.2023 |
| 84+ kg | BELEC, Alja | 342,5 | Ljubljana, SLO | 17.12.2023 |

| MLADINKE (JUNIOR) | | | | |
|------------------------------------|----------------|-----------|--------------------|------------|
| 18 - 23 LET | | | | |
| POČEP (SQUAT) | | | | |
| KATEGORIJA | IME | TEŽA [kg] | KRAJ | DATUM |
| -43 kg | | | | |
| -47 kg | | | | |
| -52 kg | BABIČ, Katja | 125,0 | Grosuplje, SLO | 10.12.2016 |
| -57 kg | STRGAR, Eva | 142,5 | Budapest, HUN | 10.10.2023 |
| -63 kg | JANEŽ, Ida | 150,0 | Nancy, FRA | 01.03.2024 |
| -69 kg | JANEŽ, Ida | 151,0 | Kidričevo, SLO | 01.04.2023 |
| -76 kg | ŽELEZNIK, Nuša | 185,0 | Budapest, HUN | 16.10.2023 |
| -84 kg | ŽELEZNIK, Nuša | 172,5 | Cirkovce, SLO | 19.10.2019 |
| 84+ kg | SOSIČ, Martina | 190,0 | Kranjska Gora, SLO | 04.11.2023 |
| POTISK S PRSI (BENCH PRESS) | | | | |
| -43 kg | | | | |
| -47 kg | | | | |
| -52 kg | BABIČ, Katja | 60,0 | Grosuplje, SLO | 10.12.2016 |
| -57 kg | VEHAR, Lara | 75,0 | Kidričevo, SLO | 01.04.2023 |
| -63 kg | JANEŽ, Ida | 82,5 | Nancy, FRA | 01.03.2024 |
| -69 kg | JANEŽ, Ida | 82,5 | Kidričevo, SLO | 01.04.2023 |
| -76 kg | ŽELEZNIK, Nuša | 102,5 | Budapest, HUN | 16.10.2023 |
| -84 kg | ŽELEZNIK, Nuša | 90,0 | Cirkovce, SLO | 19.10.2019 |
| 84+ kg | SOSIČ, Martina | 82,5 | Kranjska Gora, SLO | 04.11.2023 |
| MRTVI DVIG (DEADLIFT) | | | | |
| -43 kg | | | | |
| -47 kg | | | | |
| -52 kg | BABIČ, Katja | 127,5 | Grosuplje, SLO | 10.12.2016 |
| -57 kg | STRGAR, Eva | 162,5 | Budapest, HUN | 10.10.2023 |
| -63 kg | HUMAR, Ula | 185,0 | Kranjska Gora, SLO | 01.11.2023 |
| -69 kg | HUMAR, Ula | 175,0 | Istanbul, TUR | 02.11.2022 |
| -76 kg | ŽELEZNIK, Nuša | 190,0 | Kidričevo, SLO | 03.04.2022 |
| -84 kg | ŽELEZNIK, Nuša | 192,5 | Cirkovce, SLO | 19.10.2019 |
| 84+ kg | SOSIČ, Martina | 182,5 | Kranjska Gora, SLO | 04.11.2023 |
| SEŠTEVEK (TOTAL) | | | | |
| -43 kg | | | | |
| -47 kg | | | | |
| -52 kg | BABIČ, Katja | 312,5 | Grosuplje, SLO | 10.12.2016 |
| -57 kg | STRGAR, Eva | 377,5 | Budapest, HUN | 10.10.2023 |
| -63 kg | HUMAR, Ula | 410,0 | Kranjska Gora, SLO | 01.11.2023 |
| -69 kg | JANEŽ, Ida | 403,5 | Kidričevo, SLO | 01.04.2023 |
| -76 kg | ŽELEZNIK, Nuša | 475,0 | Budapest, HUN | 16.10.2023 |
| -84 kg | ŽELEZNIK, Nuša | 455,0 | Cirkovce, SLO | 19.10.2019 |
| 84+ kg | SOSIČ, Martina | 455,0 | Kranjska Gora, SLO | 04.11.2023 |

| VETERANKE I (MASTER I) | | | | |
|------------------------------------|-----------------------|-----------|----------------|------------|
| <i>NAD 40 LET</i> | | | | |
| POČEP (SQUAT) | | | | |
| KATEGORIJA | IME | TEŽA [kg] | KRAJ | DATUM |
| -63 kg | TROST, Rosana | 83,0 | Domžale, SLO | 17.03.2018 |
| -69 kg | KAVČIČ, Jelena | 100,0 | Cirkovce, SLO | 24.02.2024 |
| -84 kg | ANZELIN WINKLER, Lari | 132,5 | Cirkovce, SLO | 24.02.2024 |
| 84+ kg | ANZELIN WINKLER, Lari | 117,5 | Ljubljana, SLO | 17.12.2023 |
| POTISK S PRSI (BENCH PRESS) | | | | |
| -63 kg | TROST, Rosana | 45,0 | Polzela, SLO | 20.10.2028 |
| -69 kg | KAVČIČ, Jelena | 52,5 | Cirkovce, SLO | 24.02.2024 |
| -84 kg | ANZELIN WINKLER, Lari | 60,0 | Cirkovce, SLO | 24.02.2024 |
| 84+ kg | REŽEK, Tina | 65,0 | Kidričevo, SLO | 04.02.2022 |
| MRTVI DVIG (DEADLIFT) | | | | |
| -63 kg | TROST, Rosana | 112,5 | Polzela, SLO | 20.10.2028 |
| -69 kg | KAVČIČ, Jelena | 122,5 | Cirkovce, SLO | 24.02.2024 |
| -84 kg | ANZELIN WINKLER, Lari | 150,0 | Cirkovce, SLO | 24.02.2024 |
| 84+ kg | ANZELIN WINKLER, Lari | 135,0 | Ljubljana, SLO | 17.12.2023 |
| SEŠTEVEK (TOTAL) | | | | |
| -63 kg | TROST, Rosana | 237,5 | Polzela, SLO | 20.10.2018 |
| -69 kg | KAVČIČ, Jelena | 275,0 | Cirkovce, SLO | 24.02.2024 |
| -84 kg | ANZELIN WINKLER, Lari | 342,5 | Cirkovce, SLO | 24.02.2024 |
| 84+ kg | ANZELIN WINKLER, Lari | 312,5 | Ljubljana, SLO | 17.12.2023 |

| VETERANKE II (MASTER II) | | | | |
|------------------------------------|--------------------|-----------|---------------|------------|
| <i>NAD 50 LET</i> | | | | |
| POČEP (SQUAT) | | | | |
| KATEGORIJA | IME | TEŽA [kg] | KRAJ | DATUM |
| -63 kg | TROST, Rosana | 83,0 | Domžale, SLO | 3/17/2018 |
| 84+ kg | PLEMENITI, Dušanka | 85,0 | Cirkovce, SLO | 10/19/2019 |
| POTISK S PRSI (BENCH PRESS) | | | | |
| -63 kg | TROST, Rosana | 45,0 | Polzela, SLO | 10/20/2018 |
| 84+ kg | PLEMENITI, Dušanka | 60,0 | Cirkovce, SLO | 10/19/2019 |
| MRTVI DVIG (DEADLIFT) | | | | |
| -63 kg | TROST, Rosana | 112,5 | Polzela, SLO | 10/20/2018 |
| 84+ kg | PLEMENITI, Dušanka | 122,5 | Cirkovce, SLO | 10/19/2019 |
| SEŠTEVEK (TOTAL) | | | | |
| -63 kg | TROST, Rosana | 237,5 | Polzela, SLO | 10/20/2018 |
| 84+ kg | PLEMENITI, Dušanka | 272,5 | Cirkovce, SLO | 10/19/2019 |

| VETERANKE III (MASTER III) | | | | |
|------------------------------------|--------------------|-----------|---------------|------------|
| NAD 60 LET | | | | |
| POČEP (SQUAT) | | | | |
| KATEGORIJA | IME | TEŽA [kg] | KRAJ | DATUM |
| -63 kg | TROST, Rosana | 83,0 | Domžale, SLO | 3/17/2018 |
| 84+ kg | PLEMENITI, Dušanka | 85,0 | Cirkovce, SLO | 10/19/2019 |
| POTISK S PRSI (BENCH PRESS) | | | | |
| -63 kg | TROST, Rosana | 45,0 | Polzela, SLO | 10/20/2018 |
| 84+ kg | PLEMENITI, Dušanka | 60,0 | Cirkovce, SLO | 10/19/2019 |
| MRTVI DVIG (DEADLIFT) | | | | |
| -63 kg | TROST, Rosana | 112,5 | Polzela, SLO | 10/20/2018 |
| 84+ kg | PLEMENITI, Dušanka | 122,5 | Cirkovce, SLO | 10/19/2019 |
| SEŠTEVEK (TOTAL) | | | | |
| -63 kg | TROST, Rosana | 237,5 | Polzela, SLO | 10/20/2018 |
| 84+ kg | PLEMENITI, Dušanka | 272,5 | Cirkovce, SLO | 10/19/2019 |

ARHIVIRANI REKORDI

* kategorijo do 72 kg s 1.1.2021 nadomestita kategoriji do 69 kg in do 76 kg

| ČLANICE (OPEN) | | | | |
|------------------------------------|----------------|-----------|---------------|------------|
| POČEP (SQUAT) | | | | |
| KATEGORIJA | IME | TEŽA [kg] | KRAJ | DATUM |
| -72 kg* | ŽELEZNIK, Nuša | 164,5 | Cirkovce, SLO | 30.03.2019 |
| POTISK S PRSI (BENCH PRESS) | | | | |
| -72 kg* | ŽELEZNIK, Nuša | 87,5 | Kaunas, LIT | 24.11.2018 |
| MRTVI DVIG (DEADLIFT) | | | | |
| -72 kg* | ŽELEZNIK, Nuša | 180,0 | Cirkovce, SLO | 30.03.2019 |
| SEŠTEVEK (TOTAL) | | | | |
| -72 kg* | ŽELEZNIK, Nuša | 429,5 | Cirkovce, SLO | 30.03.2019 |

| KADETI NJE (SUB-JUNIOR) | | | | |
|------------------------------------|----------------|-----------|---------------|------------|
| 14 - 18 LET | | | | |
| POČEP (SQUAT) | | | | |
| KATEGORIJA | IME | TEŽA [kg] | KRAJ | DATUM |
| -72 kg* | ŽELEZNIK, Nuša | 172,5 | Cirkovce, SLO | 30.03.2019 |
| POTISK S PRSI (BENCH PRESS) | | | | |
| -72 kg* | ŽELEZNIK, Nuša | 87,5 | Kaunas, LIT | 24.11.2018 |
| MRTVI DVIG (DEADLIFT) | | | | |
| -72 kg* | ŽELEZNIK, Nuša | 177,5 | Kaunas, LIT | 24.11.2018 |
| SEŠTEVEK (TOTAL) | | | | |
| -72 kg* | ŽELEZNIK, Nuša | 427,5 | Kaunas, LIT | 24.11.2018 |

| MLADINKE (JUNIOR) | | | | |
|------------------------------------|----------------|-----------|---------------|------------|
| 18 - 23 LET | | | | |
| POČEP (SQUAT) | | | | |
| KATEGORIJA | IME | TEŽA [kg] | KRAJ | DATUM |
| -72 kg* | ŽELEZNIK, Nuša | 164,5 | Cirkovce, SLO | 30.03.2019 |
| POTISK S PRSI (BENCH PRESS) | | | | |
| -72 kg* | ŽELEZNIK, Nuša | 87,5 | Kaunas, LIT | 24.11.2018 |
| MRTVI DVIG (DEADLIFT) | | | | |
| -72 kg* | ŽELEZNIK, Nuša | 180,0 | Cirkovce, SLO | 30.03.2019 |
| SEŠTEVEK (TOTAL) | | | | |
| -72 kg* | ŽELEZNIK, Nuša | 429,5 | Cirkovce, SLO | 30.03.2019 |