

Records Femmes - Fédération Québécoise de Dynamophilie (2020-10-27)

Dynamophilie, Équipé							
Classe d'âge	Classe de poids	Nom	Lever	Poids	Date	Compétition	Lieu
Sub-junior	-52kg	Marie-Li Dion	Squat	95.0 kg (209.44 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Sub-junior	-52kg	Marie-Li Dion	Bench Press	57.5 kg (126.77 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Sub-junior	-52kg	Marie-Li Dion	Deadlift	125.0 kg (275.58 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Sub-junior	-52kg	Marie-Li Dion	Total	277.5 kg (611.78 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Sub-junior	-57kg	Annie-Pier Lavoie	Squat	142.5 kg (314.16 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Sub-junior	-57kg	Marie-Li Dion	Bench Press	78.0 kg (171.96 lbs)	2018-12-08	Open barbare	Québec
Sub-junior	-57kg	Annie-Pier Lavoie	Deadlift	145.0 kg (319.67 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Sub-junior	-57kg	Annie-Pier Lavoie	Total	353.5 kg (779.33 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Sub-junior	-63kg	Fauve-Belle Bouchard	Squat	137.5 kg (303.14 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Sub-junior	-63kg	Fauve-Belle Bouchard	Bench Press	89.0 kg (196.21 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Sub-junior	-63kg	Fauve-Belle Bouchard	Deadlift	150.5 kg (331.8 lbs)	2018-08-24	Championnat Canadien Centrale 2018	Ottawa, Ontario
Sub-junior	-63kg	Fauve-Belle Bouchard	Total	374.0 kg (824.53 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Sub-junior	-72kg	Camille Tremblay	Squat	168.5 kg (371.48 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-72kg	Camille Tremblay	Bench Press	80.0 kg (176.37 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-72kg	Marianne Tremblay	Deadlift	175.0 kg (385.81 lbs)	2012-10-06	Championnat Provincial 2012	Jonquière
Sub-junior	-72kg	Camille Tremblay	Total	411.0 kg (906.1 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-84kg	Camille Tremblay	Squat	65.0 kg (143.3 lbs)	2016-08-07	Saguenay Open 2016	Jonquière
Sub-junior	-84kg	Camille Tremblay	Bench Press	77.5 kg (170.86 lbs)	2016-08-07	Saguenay Open 2016	Jonquière
Sub-junior	-84kg	Camille Tremblay	Deadlift	165.0 kg (363.76 lbs)	2016-08-07	Saguenay Open 2016	Jonquière
Sub-junior	-84kg	Camille Tremblay	Total	307.5 kg (677.92 lbs)	2016-08-07	Saguenay Open 2016	Jonquière
Sub-junior	+84kg	Angie Dandonneau	Squat	130.0 kg (286.6 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Sub-junior	+84kg	Angie Dandonneau	Bench Press	62.5 kg (137.79 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Sub-junior	+84kg	Angie Dandonneau	Deadlift	140.0 kg (308.65 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Sub-junior	+84kg	Angie Dandonneau	Total	330.0 kg (727.53 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Junior	-47kg	Aurélié Nguyen	Squat	103.0 kg (227.08 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Junior	-47kg	Aurélié Nguyen	Bench Press	75.0 kg (165.35 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Junior	-47kg	Aurélié Nguyen	Deadlift	152.5 kg (336.2 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Junior	-47kg	Aurélié Nguyen	Total	330.5 kg (728.63 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Junior	-52kg	Amélie Picher-Plante	Squat	137.0 kg (302.03 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-52kg	Amélie Picher-Plante	Bench Press	82.5 kg (181.88 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Suède
Junior	-52kg	Amélie Picher-Plante	Deadlift	155.0 kg (341.72 lbs)	2019-10-05	STH Showdown 1.3	Saint-Hyacinthe
Junior	-52kg	Amélie Picher-Plante	Total	372.0 kg (820.12 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-57kg	Savanah Porzuczek	Squat	172.5 kg (380.3 lbs)	2014-04-03	Championnat Canadien 2014	Ste-Catharines, Ontario
Junior	-57kg	Savanah Porzuczek	Bench Press	111.0 kg (244.71 lbs)	2014-04-03	Championnat Canadien 2014	Ste-Catharines, Ontario
Junior	-57kg	Savanah Porzuczek	Deadlift	170.0 kg (374.79 lbs)	2014-04-03	Championnat Canadien 2014	Ste-Catharines, Ontario
Junior	-57kg	Savanah Porzuczek	Total	453.5 kg (999.8 lbs)	2014-04-03	Championnat Canadien 2014	Ste-Catharines, Ontario
Junior	-63kg	Fauve-Belle Bouchard	Squat	160.0 kg (352.74 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Suède
Junior	-63kg	Justine Maltais	Bench Press	100.5 kg (221.56 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville

Junior	-63kg	Fauve-Belle Bouchard	Deadlift	175.0 kg (385.81 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Suède
Junior	-63kg	Fauve-Belle Bouchard	Total	427.5 kg (942.48 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Suède
Junior	-72kg	Camille Tremblay	Squat	180.0 kg (396.83 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Junior	-72kg	Mikayla Jensen-Large	Bench Press	95.0 kg (209.44 lbs)	2018-05-12	Montréal Open 2018	Montréal
Junior	-72kg	Marianne Groleau	Deadlift	185.0 kg (407.86 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Junior	-72kg	Marianne Groleau	Total	427.5 kg (942.48 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Suède
Junior	-84kg	Marianne Groleau	Squat	182.5 kg (402.34 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-84kg	Rebecca Garand	Bench Press	90.0 kg (198.42 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-84kg	Marianne Groleau	Deadlift	193.0 kg (425.49 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-84kg	Marianne Groleau	Total	460.0 kg (1014.13 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Junior	+84kg	Rebecca Garand	Squat	175.0 kg (385.81 lbs)	2017-01-05	Championnat Canadien Centrale 2017	Guelph, ON
Junior	+84kg	Rebecca Garand	Bench Press	97.5 kg (214.95 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	+84kg	Rebecca Garand	Deadlift	200.0 kg (440.92 lbs)	2017-01-05	Championnat Canadien Centrale 2017	Guelph, ON
Junior	+84kg	Rebecca Garand	Total	470.0 kg (1036.17 lbs)	2017-01-05	Championnat Canadien Centrale 2017	Guelph, ON
Open	-47kg	Aurélié Nguyen	Squat	103.0 kg (227.08 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Open	-47kg	Aurélié Nguyen	Bench Press	75.0 kg (165.35 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Open	-47kg	Aurélié Nguyen	Deadlift	152.5 kg (336.2 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Open	-47kg	Aurélié Nguyen	Total	330.5 kg (728.63 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Open	-52kg	Amélie Picher-Plante	Squat	137.0 kg (302.03 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-52kg	Amélie Picher-Plante	Bench Press	82.5 kg (181.88 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Suède
Open	-52kg	Sherika Hilario	Deadlift	155.0 kg (341.72 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Open	-52kg	Amélie Picher-Plante	Total	372.0 kg (820.12 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-57kg	Savanah Porzuczek	Squat	172.5 kg (380.3 lbs)	2014-04-03	Championnat Canadien 2014	Ste-Catharines, Ontario
Open	-57kg	Savanah Porzuczek	Bench Press	111.0 kg (244.71 lbs)	2014-04-03	Championnat Canadien 2014	Ste-Catharines, Ontario
Open	-57kg	Jessica Benedetto	Deadlift	182.5 kg (402.34 lbs)	2017-08-17	Championnat Central	Québec
Open	-57kg	Savanah Porzuczek	Total	453.5 kg (999.8 lbs)	2014-04-03	Championnat Canadien 2014	Ste-Catharines, Ontario
Open	-63kg	Kacey Baines	Squat	160.0 kg (352.74 lbs)	2011-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Open	-63kg	Justine Maltais	Bench Press	100.5 kg (221.56 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-63kg	Nadia Alayoubi	Deadlift	183.0 kg (403.45 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Open	-63kg	Leah Mamane	Total	432.5 kg (953.5 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	-72kg	Camille Tremblay	Squat	180.0 kg (396.83 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Open	-72kg	Olivia St-Hilaire	Bench Press	96.0 kg (211.64 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-72kg	Melissa Hernandez Batista	Deadlift	195.0 kg (429.9 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Open	-72kg	Melissa Hernandez Batista	Total	437.5 kg (964.52 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Open	-84kg	Marie-Ève Beauchemin-Nadeau	Squat	185.0 kg (407.86 lbs)	2013-08-24	Challenge Rive Sud	Varenes
Open	-84kg	Olivia St-Hilaire	Bench Press	100.0 kg (220.46 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	-84kg	Rebecca Garand	Deadlift	200.0 kg (440.92 lbs)	2018-02-19	Championnat Canadien 2018	Calgary, Alberta
Open	-84kg	Marianne Groleau	Total	460.0 kg (1014.13 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	+84kg	Sophie Lavoie	Squat	185.0 kg (407.86 lbs)	2020-09-05	Open Barbare Powerlifting	Barbare Gym
Open	+84kg	Katherine Duckworth	Bench Press	105.0 kg (231.49 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville

Open	+84kg	Emmanuelle Tassy-Bunyan	Deadlift	205.5 kg (453.05 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	+84kg	Rebecca Garand	Total	476.0 kg (1049.4 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master I	-47kg	Odette Michaud	Squat	95.0 kg (209.44 lbs)	2011-10-30	Championnat Provincial 2011	St-Georges de Beauce
Master I	-47kg	Odette Michaud	Bench Press	37.5 kg (82.67 lbs)	2013-08-24	Challenge Rive Sud	Varenes
Master I	-47kg	Odette Michaud	Deadlift	130.0 kg (286.6 lbs)	2011-06-11	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master I	-47kg	Odette Michaud	Total	257.5 kg (567.69 lbs)	2014-06-07	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master I	-52kg	Michelle MacDonald	Squat	95.0 kg (209.44 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Master I	-52kg	Michelle MacDonald	Bench Press	60.0 kg (132.28 lbs)	2016-10-15	Open du centre du Québec #4	Drummondville
Master I	-52kg	Michelle MacDonald	Deadlift	122.5 kg (270.07 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Master I	-52kg	Michelle MacDonald	Total	277.5 kg (611.78 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Master I	-57kg	Janet Warne	Squat	122.5 kg (270.07 lbs)	2013-09-24	World Master Championships 2013	Orlando, Floride
Master I	-57kg	Janet Warne	Bench Press	67.5 kg (148.81 lbs)	2011-04-02	Championnat Canadien 2011	Charlottetown, Île-du-Prince-Édouard
Master I	-57kg	Janet Warne	Deadlift	120.0 kg (264.55 lbs)	2012-10-02	World Master Championships 2012	Killeen, Texas
Master I	-57kg	Janet Warne	Total	307.5 kg (677.92 lbs)	2012-10-02	World Master Championships 2012	Killeen, Texas
Master I	-63kg	Debbie Huq	Squat	105.0 kg (231.49 lbs)	2016-02-15	Championnat Canadien 2016	Regina, Saskatchewan
Master I	-63kg	Andrea Springer	Bench Press	67.5 kg (148.81 lbs)	2016-10-15	Open du centre du Québec #4	Drummondville
Master I	-63kg	Debbie Huq	Deadlift	155.0 kg (341.72 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Master I	-63kg	Debbie Huq	Total	322.5 kg (710.99 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Master I	-72kg	Meredith Evans	Squat	142.5 kg (314.16 lbs)	2017-11-09	Championnat du Commonwealth 2017	Potchefstroom, Afrique du sud
Master I	-72kg	Claudia Martellino	Bench Press	80.0 kg (176.37 lbs)	2015-08-29	Classique Rhino Rive-Sud	Longueuil
Master I	-72kg	Meredith Evans	Deadlift	187.5 kg (413.37 lbs)	2017-11-09	Championnat du Commonwealth 2017	Potchefstroom, Afrique du sud
Master I	-72kg	Meredith Evans	Total	405.0 kg (892.87 lbs)	2017-11-09	Championnat du Commonwealth 2017	Potchefstroom, Afrique du sud
Master I	-84kg	Amarilis Galeano	Squat	151.0 kg (332.9 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master I	-84kg	Dana Mills	Bench Press	85.5 kg (188.5 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master I	-84kg	Meredith Evans	Deadlift	180.0 kg (396.83 lbs)	2018-05-12	Montréal Open 2018	Montréal
Master I	-84kg	Dana Mills	Total	390.0 kg (859.8 lbs)	2018-10-13	Epicentre Last Chance Qualifier Open 2018	Montréal
Master I	+84kg	Joyce Turner	Squat	155.0 kg (341.72 lbs)	2015-01-31	Montreal Classic Invitational	Montréal
Master I	+84kg	Joyce Turner	Bench Press	90.0 kg (198.42 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Master I	+84kg	Joyce Turner	Deadlift	200.0 kg (440.92 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Master I	+84kg	Joyce Turner	Total	430.0 kg (947.99 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Master II	-47kg	Odette Michaud	Squat	95.0 kg (209.44 lbs)	2014-04-03	Championnat Canadien 2014	Ste-Catharines, Ontario
Master II	-47kg	Odette Michaud	Bench Press	37.5 kg (82.67 lbs)	2013-08-24	Challenge Rive Sud	Varenes
Master II	-47kg	Odette Michaud	Deadlift	130.0 kg (286.6 lbs)	2014-06-07	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master II	-47kg	Odette Michaud	Total	257.5 kg (567.69 lbs)	2014-06-07	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master II	-57kg	Janet Warne	Squat	122.5 kg (270.07 lbs)	2013-09-24	World Master Championships 2013	Orlando, Floride
Master II	-57kg	Janet Warne	Bench Press	67.5 kg (148.81 lbs)	2011-04-02	Championnat Canadien 2011	Charlottetown, Île-du-Prince-Édouard
Master II	-57kg	Janet Warne	Deadlift	120.0 kg (264.55 lbs)	2012-10-02	World Master Championships 2012	Killeen, Texas
Master II	-57kg	Janet Warne	Total	307.5 kg (677.92 lbs)	2012-10-02	World Master Championships 2012	Killeen, Texas
Master II	-63kg	Janet Warne	Squat	82.5 kg (181.88 lbs)	2014-12-06	Challenge pour le Montreal Children's Hospital	Brossard
Master II	-63kg	Renée Croteau-Paradis	Bench Press	60.0 kg (132.28 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master II	-63kg	Suzanne Monet	Deadlift	102.0 kg (224.87 lbs)	2017-04-01	Open de la Capitale-Nationale	Québec
Master II	-63kg	Renée Croteau-Paradis	Total	237.5 kg (523.6 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master II	-72kg	Josee Rodrigue	Squat	90.0 kg (198.42 lbs)	2019-09-14	Black Sheep Classique 3ième édition	Lévis

Master II	-72kg	Renée Croteau-Paradis	Bench Press	60.0 kg (132.28 lbs)	2018-09-15	Black Sheep Classique 2018	Saint-Romuald
Master II	-72kg	Nathalie Theriault	Deadlift	132.5 kg (292.11 lbs)	2016-01-23	Open du centre du Québec	Drummondville
Master II	-72kg	Nathalie Theriault	Total	262.5 kg (578.71 lbs)	2016-01-23	Open du centre du Québec	Drummondville
Master II	-84kg	Louise Lemieux-Bérubé	Squat	55.0 kg (121.25 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master II	-84kg	Louise Lemieux-Bérubé	Bench Press	37.5 kg (82.67 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master II	-84kg	Louise Lemieux-Bérubé	Deadlift	82.5 kg (181.88 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master II	-84kg	Louise Lemieux-Bérubé	Total	175.0 kg (385.81 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master II	+84kg	Nathalie Proulx	Squat	105.0 kg (231.49 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master II	+84kg	Nathalie Proulx	Bench Press	75.0 kg (165.35 lbs)	2017-05-13	Open Rimouski	Rimouski
Master II	+84kg	Nathalie Proulx	Deadlift	130.0 kg (286.6 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master II	+84kg	Nathalie Proulx	Total	307.5 kg (677.92 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master III	-57kg	Janet Warne	Squat	122.5 kg (270.07 lbs)	2013-09-24	World Master Championships 2013	Orlando, Floride
Master III	-57kg	Janet Warne	Bench Press	67.5 kg (148.81 lbs)	2012-02-04	Saguenay Open	Jonquiére
Master III	-57kg	Janet Warne	Deadlift	120.0 kg (264.55 lbs)	2012-10-02	World Master Championships 2012	Killeen, Texas
Master III	-57kg	Janet Warne	Total	307.5 kg (677.92 lbs)	2012-10-02	World Master Championships 2012	Killeen, Texas
Master III	-63kg	Janet Warne	Squat	82.5 kg (181.88 lbs)	2014-12-06	Challenge pour le Montreal Children's Hospital	Brossard
Master III	-63kg	Janet Warne	Bench Press	47.5 kg (104.72 lbs)	2014-12-06	Challenge pour le Montreal Children's Hospital	Brossard
Master III	-63kg	Suzanne Monet	Deadlift	102.0 kg (224.87 lbs)	2017-04-01	Open de la Capitale-Nationale	Québec
Master III	-63kg	Janet Warne	Total	217.5 kg (479.51 lbs)	2014-12-06	Challenge pour le Montreal Children's Hospital	Brossard
Master III	-84kg	Louise Lemieux-Bérubé	Squat	55.0 kg (121.25 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master III	-84kg	Louise Lemieux-Bérubé	Bench Press	37.5 kg (82.67 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master III	-84kg	Louise Lemieux-Bérubé	Deadlift	82.5 kg (181.88 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master III	-84kg	Louise Lemieux-Bérubé	Total	175.0 kg (385.81 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master IV	-84kg	Louise Lemieux-Bérubé	Squat	55.0 kg (121.25 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master IV	-84kg	Louise Lemieux-Bérubé	Bench Press	37.5 kg (82.67 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master IV	-84kg	Louise Lemieux-Bérubé	Deadlift	82.5 kg (181.88 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master IV	-84kg	Louise Lemieux-Bérubé	Total	175.0 kg (385.81 lbs)	2017-05-27	Challenge for the Children's	Montréal

Dynamophilie, Classique

Classe d'âge	Classe de poids	Nom	Lever	Poids	Date	Compétition	Lieu
Sub-junior	-52kg	Marie-Li Dion	Squat	95.0 kg (209.44 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Sub-junior	-52kg	Marie-Li Dion	Bench Press	57.5 kg (126.77 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Sub-junior	-52kg	Marie-Li Dion	Deadlift	125.0 kg (275.58 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Sub-junior	-52kg	Marie-Li Dion	Total	277.5 kg (611.78 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Sub-junior	-57kg	Annie-Pier Lavoie	Squat	142.5 kg (314.16 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Sub-junior	-57kg	Marie-Li Dion	Bench Press	78.0 kg (171.96 lbs)	2018-12-08	Open barbare	Québec
Sub-junior	-57kg	Annie-Pier Lavoie	Deadlift	145.0 kg (319.67 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Sub-junior	-57kg	Annie-Pier Lavoie	Total	353.5 kg (779.33 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec

Sub-junior	-63kg	Fauve-Belle Bouchard	Squat	137.5 kg (303.14 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Sub-junior	-63kg	Fauve-Belle Bouchard	Bench Press	89.0 kg (196.21 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Sub-junior	-63kg	Fauve-Belle Bouchard	Deadlift	150.5 kg (331.8 lbs)	2018-08-24	Championnat Canadien Centrale 2018	Ottawa, Ontario
Sub-junior	-63kg	Fauve-Belle Bouchard	Total	374.0 kg (824.53 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Sub-junior	-72kg	Camille Tremblay	Squat	168.5 kg (371.48 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-72kg	Camille Tremblay	Bench Press	80.0 kg (176.37 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-72kg	Camille Tremblay	Deadlift	165.0 kg (363.76 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Sub-junior	-72kg	Camille Tremblay	Total	411.0 kg (906.1 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-84kg	Camille Tremblay	Squat	65.0 kg (143.3 lbs)	2016-08-07	Saguenay Open 2016	Jonquière
Sub-junior	-84kg	Camille Tremblay	Bench Press	77.5 kg (170.86 lbs)	2016-08-07	Saguenay Open 2016	Jonquière
Sub-junior	-84kg	Camille Tremblay	Deadlift	165.0 kg (363.76 lbs)	2016-08-07	Saguenay Open 2016	Jonquière
Sub-junior	-84kg	Camille Tremblay	Total	307.5 kg (677.92 lbs)	2016-08-07	Saguenay Open 2016	Jonquière
Sub-junior	+84kg	Angie Dandonneau	Squat	130.0 kg (286.6 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Sub-junior	+84kg	Angie Dandonneau	Bench Press	62.5 kg (137.79 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Sub-junior	+84kg	Angie Dandonneau	Deadlift	140.0 kg (308.65 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Sub-junior	+84kg	Angie Dandonneau	Total	330.0 kg (727.53 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Junior	-47kg	Aurélié Nguyen	Squat	103.0 kg (227.08 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Junior	-47kg	Aurélié Nguyen	Bench Press	75.0 kg (165.35 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Junior	-47kg	Aurélié Nguyen	Deadlift	152.5 kg (336.2 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Junior	-47kg	Aurélié Nguyen	Total	330.5 kg (728.63 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Junior	-52kg	Amélie Picher-Plante	Squat	137.0 kg (302.03 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-52kg	Amélie Picher-Plante	Bench Press	82.5 kg (181.88 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Suède
Junior	-52kg	Amélie Picher-Plante	Deadlift	155.0 kg (341.72 lbs)	2019-10-05	STH Showdown 1.3	Saint-Hyacinthe
Junior	-52kg	Amélie Picher-Plante	Total	372.0 kg (820.12 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-57kg	Annie-Pier Lavoie	Squat	142.5 kg (314.16 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Junior	-57kg	Savanah Porzuczek	Bench Press	88.5 kg (195.11 lbs)	2015-04-06	Championnat Canadien 2015	St. John's, Terre-Neuve
Junior	-57kg	Coralie Lebreux	Deadlift	157.5 kg (347.23 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Junior	-57kg	Savanah Porzuczek	Total	371.0 kg (817.91 lbs)	2015-04-06	Championnat Canadien 2015	St. John's, Terre-Neuve
Junior	-63kg	Fauve-Belle Bouchard	Squat	160.0 kg (352.74 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Suède
Junior	-63kg	Justine Maltais	Bench Press	100.5 kg (221.56 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-63kg	Fauve-Belle Bouchard	Deadlift	175.0 kg (385.81 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Suède
Junior	-63kg	Fauve-Belle Bouchard	Total	427.5 kg (942.48 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Suède
Junior	-72kg	Camille Tremblay	Squat	180.0 kg (396.83 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Junior	-72kg	Mikayla Jensen-Large	Bench Press	95.0 kg (209.44 lbs)	2018-05-12	Montréal Open 2018	Montréal
Junior	-72kg	Marianne Groleau	Deadlift	185.0 kg (407.86 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Junior	-72kg	Marianne Groleau	Total	427.5 kg (942.48 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Suède
Junior	-84kg	Marianne Groleau	Squat	182.5 kg (402.34 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-84kg	Rebecca Garand	Bench Press	90.0 kg (198.42 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-84kg	Marianne Groleau	Deadlift	193.0 kg (425.49 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-84kg	Marianne Groleau	Total	460.0 kg (1014.13 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Junior	+84kg	Rebecca Garand	Squat	175.0 kg (385.81 lbs)	2017-01-05	Championnat Canadien Centrale 2017	Guelph, ON

Junior	+84kg	Rebecca Garand	Bench Press	97.5 kg (214.95 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	+84kg	Rebecca Garand	Deadlift	200.0 kg (440.92 lbs)	2017-01-05	Championnat Canadien Centrale 2017	Guelph, ON
Junior	+84kg	Rebecca Garand	Total	470.0 kg (1036.17 lbs)	2017-01-05	Championnat Canadien Centrale 2017	Guelph, ON
Open	-47kg	Aur�lie Nguyen	Squat	103.0 kg (227.08 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Open	-47kg	Aur�lie Nguyen	Bench Press	75.0 kg (165.35 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Open	-47kg	Aur�lie Nguyen	Deadlift	152.5 kg (336.2 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Open	-47kg	Aur�lie Nguyen	Total	330.5 kg (728.63 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Open	-52kg	Am�lie Picher-Plante	Squat	137.0 kg (302.03 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-52kg	Am�lie Picher-Plante	Bench Press	82.5 kg (181.88 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Su�de
Open	-52kg	Sherika Hilario	Deadlift	155.0 kg (341.72 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Qu�bec
Open	-52kg	Am�lie Picher-Plante	Total	372.0 kg (820.12 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-57kg	Jessica Benedetto	Squat	150.0 kg (330.69 lbs)	2016-02-15	Championnat Canadien 2016	Regina, Saskatchewan
Open	-57kg	Jessica Benedetto	Bench Press	104.0 kg (229.28 lbs)	2017-08-17	Championnat Central	Qu�bec
Open	-57kg	Jessica Benedetto	Deadlift	182.5 kg (402.34 lbs)	2017-08-17	Championnat Central	Qu�bec
Open	-57kg	Jessica Benedetto	Total	434.0 kg (956.81 lbs)	2017-08-17	Championnat Central	Qu�bec
Open	-63kg	Fauve-Belle Bouchard	Squat	160.0 kg (352.74 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Su�de
Open	-63kg	Justine Maltais	Bench Press	100.5 kg (221.56 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-63kg	Nadia Alayoubi	Deadlift	183.0 kg (403.45 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Qu�bec
Open	-63kg	Leah Mamane	Total	432.5 kg (953.5 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	-72kg	Camille Tremblay	Squat	180.0 kg (396.83 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Qu�bec
Open	-72kg	Olivia St-Hilaire	Bench Press	96.0 kg (211.64 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-72kg	Melissa Hernandez Batista	Deadlift	195.0 kg (429.9 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Open	-72kg	Melissa Hernandez Batista	Total	437.5 kg (964.52 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Qu�bec
Open	-84kg	Marie-�ve Beauchemin-Nadeau	Squat	185.0 kg (407.86 lbs)	2013-08-24	Challenge Rive Sud	Varennes
Open	-84kg	Olivia St-Hilaire	Bench Press	100.0 kg (220.46 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	-84kg	Rebecca Garand	Deadlift	200.0 kg (440.92 lbs)	2018-02-19	Championnat Canadien 2018	Calgary, Alberta
Open	-84kg	Marianne Groleau	Total	460.0 kg (1014.13 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	+84kg	Sophie Lavoie	Squat	185.0 kg (407.86 lbs)	2020-09-05	Open Barbare Powerlifting	Barbare Gym
Open	+84kg	Katherine Duckworth	Bench Press	105.0 kg (231.49 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Open	+84kg	Emmanuelle Tassy-Bunyan	Deadlift	205.5 kg (453.05 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	+84kg	Rebecca Garand	Total	476.0 kg (1049.4 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Qu�bec
Master I	-47kg	Odette Michaud	Squat	90.0 kg (198.42 lbs)	2014-06-07	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master I	-47kg	Odette Michaud	Bench Press	37.5 kg (82.67 lbs)	2013-08-24	Challenge Rive Sud	Varennes
Master I	-47kg	Odette Michaud	Deadlift	130.0 kg (286.6 lbs)	2014-06-07	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master I	-47kg	Odette Michaud	Total	257.5 kg (567.69 lbs)	2014-06-07	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master I	-52kg	Michelle MacDonald	Squat	95.0 kg (209.44 lbs)	2017-03-13	Championnat Canadien 2017	Jonqu�re, QC
Master I	-52kg	Michelle MacDonald	Bench Press	60.0 kg (132.28 lbs)	2016-10-15	Open du centre du Qu�bec #4	Drummondville
Master I	-52kg	Michelle MacDonald	Deadlift	122.5 kg (270.07 lbs)	2017-03-13	Championnat Canadien 2017	Jonqu�re, QC
Master I	-52kg	Michelle MacDonald	Total	277.5 kg (611.78 lbs)	2017-03-13	Championnat Canadien 2017	Jonqu�re, QC
Master I	-57kg	Genevi�ve Cloutier	Squat	98.0 kg (216.05 lbs)	2018-07-28	Saguenay Open 10.2	Jonqu�re
Master I	-57kg	Michelle MacDonald	Bench Press	60.0 kg (132.28 lbs)	2017-01-05	Championnat Canadien Centrale 2017	Guelph, ON

Master I	-57kg	Michelle MacDonald	Deadlift	117.5 kg (259.04 lbs)	2017-01-05	Championnat Canadien Centrale 2017	Guelph, ON
Master I	-57kg	Michelle MacDonald	Total	272.5 kg (600.76 lbs)	2017-01-05	Championnat Canadien Centrale 2017	Guelph, ON
Master I	-63kg	Debbie Huq	Squat	105.0 kg (231.49 lbs)	2016-02-15	Championnat Canadien 2016	Regina, Saskatchewan
Master I	-63kg	Andrea Springer	Bench Press	67.5 kg (148.81 lbs)	2016-10-15	Open du centre du Québec #4	Drummondville
Master I	-63kg	Debbie Huq	Deadlift	155.0 kg (341.72 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Master I	-63kg	Debbie Huq	Total	322.5 kg (710.99 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Master I	-72kg	Meredith Evans	Squat	142.5 kg (314.16 lbs)	2017-11-09	Championnat du Commonwealth 2017	Potchefstroom, Afrique du sud
Master I	-72kg	Claudia Martellino	Bench Press	80.0 kg (176.37 lbs)	2015-08-29	Classique Rhino Rive-Sud	Longueuil
Master I	-72kg	Meredith Evans	Deadlift	187.5 kg (413.37 lbs)	2017-11-09	Championnat du Commonwealth 2017	Potchefstroom, Afrique du sud
Master I	-72kg	Meredith Evans	Total	405.0 kg (892.87 lbs)	2017-11-09	Championnat du Commonwealth 2017	Potchefstroom, Afrique du sud
Master I	-84kg	Amarilis Galeano	Squat	151.0 kg (332.9 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master I	-84kg	Dana Mills	Bench Press	85.5 kg (188.5 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master I	-84kg	Meredith Evans	Deadlift	180.0 kg (396.83 lbs)	2018-05-12	Montréal Open 2018	Montréal
Master I	-84kg	Dana Mills	Total	390.0 kg (859.8 lbs)	2018-10-13	Epicentre Last Chance Qualifier Open 2018	Montréal
Master I	+84kg	Joyce Turner	Squat	155.0 kg (341.72 lbs)	2015-01-31	Montreal Classic Invitational	Montréal
Master I	+84kg	Joyce Turner	Bench Press	90.0 kg (198.42 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Master I	+84kg	Joyce Turner	Deadlift	200.0 kg (440.92 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Master I	+84kg	Joyce Turner	Total	430.0 kg (947.99 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Master II	-47kg	Odette Michaud	Squat	90.0 kg (198.42 lbs)	2014-06-07	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master II	-47kg	Odette Michaud	Bench Press	37.5 kg (82.67 lbs)	2013-08-24	Challenge Rive Sud	Varenes
Master II	-47kg	Odette Michaud	Deadlift	130.0 kg (286.6 lbs)	2014-06-07	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master II	-47kg	Odette Michaud	Total	257.5 kg (567.69 lbs)	2014-06-07	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master II	-57kg	Janet Warne	Squat	90.0 kg (198.42 lbs)	2014-06-07	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master II	-57kg	Janet Warne	Bench Press	54.0 kg (119.05 lbs)	2015-04-06	Championnat Canadien 2015	St. John's, Terre-Neuve
Master II	-57kg	Janet Warne	Deadlift	97.5 kg (214.95 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master II	-57kg	Janet Warne	Total	235.0 kg (518.09 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master II	-63kg	Janet Warne	Squat	82.5 kg (181.88 lbs)	2014-12-06	Challenge pour le Montreal Children's Hospital	Brossard
Master II	-63kg	Renée Croteau-Paradis	Bench Press	60.0 kg (132.28 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master II	-63kg	Suzanne Monet	Deadlift	102.0 kg (224.87 lbs)	2017-04-01	Open de la Capitale-Nationale	Québec
Master II	-63kg	Renée Croteau-Paradis	Total	237.5 kg (523.6 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master II	-72kg	Josee Rodrigue	Squat	90.0 kg (198.42 lbs)	2019-09-14	Black Sheep Classique 3ième édition	Lévis
Master II	-72kg	Renée Croteau-Paradis	Bench Press	60.0 kg (132.28 lbs)	2018-09-15	Black Sheep Classique 2018	Saint-Romuald
Master II	-72kg	Nathalie Theriault	Deadlift	132.5 kg (292.11 lbs)	2016-01-23	Open du centre du Québec	Drummondville
Master II	-72kg	Nathalie Theriault	Total	262.5 kg (578.71 lbs)	2016-01-23	Open du centre du Québec	Drummondville
Master II	-84kg	Louise Lemieux-Bérubé	Squat	55.0 kg (121.25 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master II	-84kg	Louise Lemieux-Bérubé	Bench Press	37.5 kg (82.67 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master II	-84kg	Louise Lemieux-Bérubé	Deadlift	82.5 kg (181.88 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master II	-84kg	Louise Lemieux-Bérubé	Total	175.0 kg (385.81 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master II	+84kg	Nathalie Proulx	Squat	105.0 kg (231.49 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master II	+84kg	Nathalie Proulx	Bench Press	75.0 kg (165.35 lbs)	2017-05-13	Open Rimouski	Rimouski
Master II	+84kg	Nathalie Proulx	Deadlift	130.0 kg (286.6 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master II	+84kg	Nathalie Proulx	Total	307.5 kg (677.92 lbs)	2018-05-19	Open Rimouski 2018	Rimouski
Master III	-57kg	Janet Warne	Squat	90.0 kg (198.42 lbs)	2014-06-07	Festival Sportif de Ste-Marie	Ste-Marie de Beauce

Master III	-57kg	Janet Warne	Bench Press	54.0 kg (119.05 lbs)	2015-04-06	Championnat Canadien 2015	St. John's, Terre-Neuve
Master III	-57kg	Janet Warne	Deadlift	97.5 kg (214.95 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master III	-57kg	Janet Warne	Total	235.0 kg (518.09 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Master III	-63kg	Janet Warne	Squat	82.5 kg (181.88 lbs)	2014-12-06	Challenge pour le Montreal Children's Hospital	Brossard
Master III	-63kg	Janet Warne	Bench Press	47.5 kg (104.72 lbs)	2014-12-06	Challenge pour le Montreal Children's Hospital	Brossard
Master III	-63kg	Suzanne Monet	Deadlift	102.0 kg (224.87 lbs)	2017-04-01	Open de la Capitale-Nationale	Québec
Master III	-63kg	Janet Warne	Total	217.5 kg (479.51 lbs)	2014-12-06	Challenge pour le Montreal Children's Hospital	Brossard
Master III	-84kg	Louise Lemieux-Bérubé	Squat	55.0 kg (121.25 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master III	-84kg	Louise Lemieux-Bérubé	Bench Press	37.5 kg (82.67 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master III	-84kg	Louise Lemieux-Bérubé	Deadlift	82.5 kg (181.88 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master III	-84kg	Louise Lemieux-Bérubé	Total	175.0 kg (385.81 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master IV	-84kg	Louise Lemieux-Bérubé	Squat	55.0 kg (121.25 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master IV	-84kg	Louise Lemieux-Bérubé	Bench Press	37.5 kg (82.67 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master IV	-84kg	Louise Lemieux-Bérubé	Deadlift	82.5 kg (181.88 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master IV	-84kg	Louise Lemieux-Bérubé	Total	175.0 kg (385.81 lbs)	2017-05-27	Challenge for the Children's	Montréal

Bench Press, Équipé

Classe d'âge	Classe de poids	Nom	Lever	Poids	Date	Compétition	Lieu
Sub-junior	-52kg	Marie-Li Dion	Bench Press	57.5 kg (126.77 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Sub-junior	-57kg	Marie-Li Dion	Bench Press	78.0 kg (171.96 lbs)	2018-12-08	Open barbare	Québec
Sub-junior	-63kg	Fauve-Belle Bouchard	Bench Press	89.0 kg (196.21 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Sub-junior	-72kg	Camille Tremblay	Bench Press	80.0 kg (176.37 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-84kg	Camille Tremblay	Bench Press	77.5 kg (170.86 lbs)	2016-08-07	Saguenay Open 2016	Jonquière
Sub-junior	+84kg	Angie Dandonneau	Bench Press	62.5 kg (137.79 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Junior	-47kg	Aurélie Nguyen	Bench Press	75.0 kg (165.35 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Junior	-52kg	Amélie Picher-Plante	Bench Press	82.5 kg (181.88 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Suède
Junior	-57kg	Savanah Porzuczek	Bench Press	111.0 kg (244.71 lbs)	2014-04-03	Championnat Canadien 2014	Ste-Catharines, Ontario
Junior	-63kg	Justine Maltais	Bench Press	100.5 kg (221.56 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-72kg	Mikayla Jensen-Large	Bench Press	95.0 kg (209.44 lbs)	2018-05-12	Montréal Open 2018	Montréal
Junior	-84kg	Rebecca Garand	Bench Press	90.0 kg (198.42 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	+84kg	Rebecca Garand	Bench Press	97.5 kg (214.95 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-47kg	Aurélie Nguyen	Bench Press	75.0 kg (165.35 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Open	-52kg	Amélie Picher-Plante	Bench Press	82.5 kg (181.88 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Suède
Open	-57kg	Savanah Porzuczek	Bench Press	111.0 kg (244.71 lbs)	2014-04-03	Championnat Canadien 2014	Ste-Catharines, Ontario
Open	-63kg	Jessica Benedetto	Bench Press	115.0 kg (253.53 lbs)	2013-03-18	Championnat Canadien 2013	Vancouver, Colombie-Britannique
Open	-72kg	Olivia St-Hilaire	Bench Press	96.0 kg (211.64 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-84kg	Olivia St-Hilaire	Bench Press	100.0 kg (220.46 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	+84kg	Katherine Duckworth	Bench Press	105.0 kg (231.49 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Master I	-47kg	Odette Michaud	Bench Press	37.5 kg (82.67 lbs)	2013-08-24	Challenge Rive Sud	Varenes

Master I	-52kg	Michelle MacDonald	Bench Press	60.0 kg (132.28 lbs)	2016-10-15	Open du centre du Québec #4	Drummondville
Master I	-57kg	Janet Warne	Bench Press	67.5 kg (148.81 lbs)	2011-04-02	Championnat Canadien 2011	Charlottetown, Île-du-Prince-Édouard
Master I	-63kg	Andrea Springer	Bench Press	67.5 kg (148.81 lbs)	2016-10-15	Open du centre du Québec #4	Drummondville
Master I	-72kg	Claudia Martellino	Bench Press	80.0 kg (176.37 lbs)	2015-08-29	Classique Rhino Rive-Sud	Longueuil
Master I	-84kg	Dana Mills	Bench Press	85.5 kg (188.5 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master I	+84kg	Joyce Turner	Bench Press	90.0 kg (198.42 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Master II	-47kg	Odette Michaud	Bench Press	37.5 kg (82.67 lbs)	2013-08-24	Challenge Rive Sud	Varenes
Master II	-57kg	Janet Warne	Bench Press	67.5 kg (148.81 lbs)	2011-04-02	Championnat Canadien 2011	Charlottetown, Île-du-Prince-Édouard
Master II	-63kg	Renée Croteau-Paradis	Bench Press	60.0 kg (132.28 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master II	-72kg	Renée Croteau-Paradis	Bench Press	60.0 kg (132.28 lbs)	2018-08-24	Championnat Canadien Centrale 2018	Ottawa, Ontario
Master II	-84kg	Louise Lemieux-Bérubé	Bench Press	37.5 kg (82.67 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master II	+84kg	Nathalie Proulx	Bench Press	75.0 kg (165.35 lbs)	2017-05-13	Open Rimouski	Rimouski
Master III	-57kg	Janet Warne	Bench Press	67.5 kg (148.81 lbs)	2012-02-04	Saguenay Open	Jonquière
Master III	-63kg	Janet Warne	Bench Press	47.5 kg (104.72 lbs)	2014-12-06	Challenge pour le Montreal Children's Hospital	Brossard
Master III	-72kg	Denise Ouellet	Bench Press	57.5 kg (126.77 lbs)	2011-04-02	Championnat Canadien 2011	Charlottetown, Île-du-Prince-Édouard
Master III	-84kg	Louise Lemieux-Bérubé	Bench Press	37.5 kg (82.67 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master IV	-84kg	Louise Lemieux-Bérubé	Bench Press	37.5 kg (82.67 lbs)	2017-05-27	Challenge for the Children's	Montréal

Bench Press, Classique

Classe d'âge	Classe de poids	Nom	Lever	Poids	Date	Compétition	Lieu
Sub-junior	-52kg	Marie-Li Dion	Bench Press	57.5 kg (126.77 lbs)	2017-06-10	Festival Sportif de Ste-Marie	Ste-Marie de Beauce
Sub-junior	-57kg	Marie-Li Dion	Bench Press	78.0 kg (171.96 lbs)	2018-12-08	Open barbare	Québec
Sub-junior	-63kg	Fauve-Belle Bouchard	Bench Press	89.0 kg (196.21 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Sub-junior	-72kg	Camille Tremblay	Bench Press	80.0 kg (176.37 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Sub-junior	-84kg	Camille Tremblay	Bench Press	77.5 kg (170.86 lbs)	2016-08-07	Saguenay Open 2016	Jonquière
Sub-junior	+84kg	Angie Dandonneau	Bench Press	62.5 kg (137.79 lbs)	2017-03-13	Championnat Canadien 2017	Jonquière, QC
Junior	-47kg	Aurélié Nguyen	Bench Press	75.0 kg (165.35 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Junior	-52kg	Amélie Picher-Plante	Bench Press	82.5 kg (181.88 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Suède
Junior	-57kg	Savanah Porzuczek	Bench Press	88.5 kg (195.11 lbs)	2015-04-06	Championnat Canadien 2015	St. John's, Terre-Neuve
Junior	-63kg	Justine Maltais	Bench Press	100.5 kg (221.56 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	-72kg	Mikayla Jensen-Large	Bench Press	95.0 kg (209.44 lbs)	2018-05-12	Montréal Open 2018	Montréal
Junior	-84kg	Rebecca Garand	Bench Press	90.0 kg (198.42 lbs)	2017-11-11	Championnat provincial de dynamophilie et de bench press	Drummondville
Junior	+84kg	Rebecca Garand	Bench Press	97.5 kg (214.95 lbs)	2016-11-12	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-47kg	Aurélié Nguyen	Bench Press	75.0 kg (165.35 lbs)	2020-10-03	STH Showdown 2	Saint-Hyacinthe
Open	-52kg	Amélie Picher-Plante	Bench Press	82.5 kg (181.88 lbs)	2019-06-04	Championnat mondial classique 2019	Helsingborg, Suède
Open	-57kg	Jessica Benedetto	Bench Press	104.0 kg (229.28 lbs)	2017-08-17	Championnat Central	Québec
Open	-63kg	Justine Maltais	Bench Press	100.5 kg (221.56 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-72kg	Olivia St-Hilaire	Bench Press	96.0 kg (211.64 lbs)	2019-11-16	Championnat provincial de dynamophilie et de bench press	Drummondville
Open	-84kg	Olivia St-Hilaire	Bench Press	100.0 kg (220.46 lbs)	2020-03-03	Championnat Canadien 2020	Winnipeg, Manitoba
Open	+84kg	Katherine Duckworth	Bench Press	105.0 kg (231.49 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Master I	-47kg	Odette Michaud	Bench Press	37.5 kg (82.67 lbs)	2013-08-24	Challenge Rive Sud	Varenes

Master I	-52kg	Michelle MacDonald	Bench Press	60.0 kg (132.28 lbs)	2016-10-15	Open du centre du Québec #4	Drummondville
Master I	-57kg	Michelle MacDonald	Bench Press	60.0 kg (132.28 lbs)	2017-01-05	Championnat Canadien Centrale 2017	Guelph, ON
Master I	-63kg	Andrea Springer	Bench Press	67.5 kg (148.81 lbs)	2016-10-15	Open du centre du Québec #4	Drummondville
Master I	-72kg	Claudia Martellino	Bench Press	80.0 kg (176.37 lbs)	2015-08-29	Classique Rhino Rive-Sud	Longueuil
Master I	-84kg	Dana Mills	Bench Press	85.5 kg (188.5 lbs)	2018-11-09	Championnat provincial de dynamophilie et de bench press	Québec
Master I	+84kg	Joyce Turner	Bench Press	90.0 kg (198.42 lbs)	2015-11-14	Championnat Provincial 2015	Drummondville
Master II	-47kg	Odette Michaud	Bench Press	37.5 kg (82.67 lbs)	2013-08-24	Challenge Rive Sud	Varenes
Master II	-57kg	Janet Warne	Bench Press	54.0 kg (119.05 lbs)	2015-04-06	Championnat Canadien 2015	St. John's, Terre-Neuve
Master II	-63kg	Renée Croteau-Paradis	Bench Press	60.0 kg (132.28 lbs)	2019-03-04	Championnat Canadien 2019	Ottawa, Ontario
Master II	-72kg	Renée Croteau-Paradis	Bench Press	60.0 kg (132.28 lbs)	2018-08-24	Championnat Canadien Centrale 2018	Ottawa, Ontario
Master II	-84kg	Louise Lemieux-Bérubé	Bench Press	37.5 kg (82.67 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master II	+84kg	Nathalie Proulx	Bench Press	75.0 kg (165.35 lbs)	2017-05-13	Open Rimouski	Rimouski
Master III	-57kg	Janet Warne	Bench Press	54.0 kg (119.05 lbs)	2015-04-06	Championnat Canadien 2015	St. John's, Terre-Neuve
Master III	-63kg	Janet Warne	Bench Press	47.5 kg (104.72 lbs)	2014-12-06	Challenge pour le Montreal Children's Hospital	Brossard
Master III	-84kg	Louise Lemieux-Bérubé	Bench Press	37.5 kg (82.67 lbs)	2017-05-27	Challenge for the Children's	Montréal
Master IV	-84kg	Louise Lemieux-Bérubé	Bench Press	37.5 kg (82.67 lbs)	2017-05-27	Challenge for the Children's	Montréal