The aim of this project was to understand trends in Powerlifting competition. The data was collected from 2021 XPC-Poland European Powerlifting Championships, and contained information about athletes (their age, sex, bodyweight) with the scores gained during the competition. The data was stored in Excel, and later imported into Power BI. Before the analysis I have conducted data quality assessment process, in which missing or incorrect information was removed to ensure the accuracy of the analysis.

Before starting the analysis I’ve formulated several hypotheses that were then verified. The hypotheses included:

1. Male are stronger than women.
2. The age and bodyweight have an impact on the number of lifted kilograms.
3. The equipment used during the competition has an impact on the number of lifted kilograms.

Based on the analysis of the results, it could be observed that male are stronger than women, the age, bodyweight and equipment have an impact on the number of lifted kilograms. The conclusions from data analysis allowed me to better understand the factors that raise a chance of lifting more weight.

In the process of data analysis I’ve used data from “Open Powerlifting” website.