

OPEN POWERLIFTING DATA ANALYSIS

Sumiran Singh Thakur

Powerlifting is an avid passion of mine, and I was super fortunate to have encountered the OpenPowerlifting data set, so before I go into the details of this mini project, I would like to thank the OpenPowerlifting project for such convinient access to such wonderful data.

This project uses data from the OpenPowerlifting Project, <https://www.openpowerlifting.org>. You may download a copy of the data at <https://gitlab.com/openpowerlifting/opl-data>.

I am a natural lifter, and therefore chose the International Powerlifting Federation as the query for the database (as I believe them to be the standard for drug-tested powerlifting).

This is a simple script that plots the average totals of a given weight class, sex, equipment and division.

So far the database has only be abstracted for the IPF, and SBD totals, but I will be abstracting it for any federation soon enough, I did not plot average statistics across sex, age and weight, as competition equipment (wraps, sleeves, etc) may affect the total weight lifted.

Thank you for checking this out and please feel free to send any recommendations to sumi123@berkeley.edu :)