

Open Powerlifting Insights

Year

1964

2023

Bodyweight in Kg

10.00

300.00

Sex

☐ F

☐ M

☐ Mx

Equipment

☐ Multi-ply

☐ Raw

☐ Single-ply

☐ Straps

☐ Unlimited

☐ Wraps

Tested

☐ False

☐ True

Age Class

☐ (Blank)

☐ 5-12

☐ 13-15

☐ 16-17

☐ 18-19

☐ 20-23

☐ 24-34

☐ 35-39

☐ 40-44

☐ 45-49

☐ 50-54

☐ 55-59

☐ 60-64

☐ 65-69

Participants by Year

Sex

F

M

Mx

Participants

200K

100K

0K

1980

1990

2000

2010

2020

Year

44182

Number of meets

2854570

Number of participants

2.11

Average squat ratio

1.40

Average bench ratio

2.30

Average deadlift ratio

84.11

Average bodyweight in Kg

376.26

Average total in Kg

Average Best Lift by Equipment

Squat Bench Deadlift

Unlimited

275

233

232

740.11

Straps

265

150

318

732.70

Multi-ply

258

177

233

667.58

Wraps

191

122

209

521.39

Single-ply

176

116

183

474.22

Raw

162

191

467.70

0

500

1,000

Bodyweight vs. Total

Total in Kg

1,500

1,000

500

0

Bodyweight in Kg

0

100

200

Average Number of Meets Held by Month

106

127

77

75

69

64

45

43

51

76

67

74

January

February

March

April

May

June

July

August

September

October

November

December

Average Best Squat, Bench, and Deadlift by Sex

Squat Bench Deadlift

197

137

212

113

64

127

106

63

128

kg

M

F

Mx

Sex