











MN State Records set at the 2019 MN Ladies of Iron (5-4-19)

Date	Competition	Name	Type	Exercise	Division	Weightclass	Weight	Existing record		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Elizabeth Carpenter	Minnesota State Raw Records	Bench press	R-M1A*	84+	90 kg	87.5 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Elizabeth Carpenter	Minnesota State Raw Records	Bench press	R-M1B*	84+	90 kg	87.5 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Elizabeth Carpenter	Minnesota State Raw Records	Bench press single lift	R-M1A*	84+	90 kg	87.5 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Elizabeth Carpenter	Minnesota State Raw Records	Bench press single lift	R-M1B*	84+	90 kg	87.5 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Kelly Blake	Minnesota State Raw Records	Total	R-O	-63	415 kg	400 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Lara Friedman-Shedlov	Minnesota State Raw Records	Total	R-M1A*	-63	365 kg	335 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Lara Friedman-Shedlov	Minnesota State Raw Records	Total	R-M1B*	-63	365 kg	335 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Lara Friedman-Shedlov	Minnesota State Raw Records	Total	R-M2A*	-63	365 kg	335 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Kelly Blake	Minnesota State Raw Records	Squat	R-O	-63	155 kg	140 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Kelly Blake	Minnesota State Raw Records	Bench press	R-O	-63	90 kg	88 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Kelly Blake	Minnesota State Raw Records	Bench press single lift	R-O	-63	90 kg	88 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Lara Friedman-Shedlov	Minnesota State Raw Records	Squat	R-M1A*	-63	120 kg	115 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Lara Friedman-Shedlov	Minnesota State Raw Records	Squat	R-M1B*	-63	120 kg	115 kg		<input type="checkbox"/>

Date	Competition	Name	Type	Exercise	Division	Weightclass	Weight	Existing record		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Lara Friedman-Shedlov	Minnesota State Raw Records	Squat	R-M2A*	-63	120 kg	115 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Lara Friedman-Shedlov	Minnesota State Raw Records	Deadlift	R-M1A*	-63	172.5 kg	160 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Lara Friedman-Shedlov	Minnesota State Raw Records	Deadlift	R-M1B*	-63	172.5 kg	160 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Lara Friedman-Shedlov	Minnesota State Raw Records	Deadlift	R-M2A*	-63	172.5 kg	145 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Lynn Pietig	Minnesota State Raw Records	Total	R-M2A*	-57	277.5 kg	275 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Pa Woua Vang	Minnesota State Raw Records	Total	R-O	-57	372.5 kg	362.5 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Lynn Pietig	Minnesota State Raw Records	Squat	R-M2A*	-57	102.5 kg	100 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Lynn Pietig	Minnesota State Raw Records	Deadlift	R-M2A*	-57	130 kg	127.5 kg		<input type="checkbox"/>
05/04/2019	Minnesota Ladies of Iron	Pa Woua Vang	Minnesota State Raw Records	Squat	R-O	-57	137.5 kg	135 kg		<input type="checkbox"/>
* Calculated division										