



WORLD RECORDS MASTER - 30' JERK - MEN

Jerk 30' Master Men					
Weight Category	Surname/Name	birth date	Country	Result	Where he performed
Master Men 40-49 years - kettlebells 24kg					
74 kg					
87 kg					
>87kg					
Master Men 50-59 years - kettlebells 24kg					
74 kg					
87 kg					
>87kg					
Master Men 60-69 years - kettlebells 16kg					
74 kg					
87 kg					
>87kg	Gotowalski Adam	1960	Poland	469	WC 2021
Master Men 70-74 years - kettlebells 16kg					
74 kg					
87 kg					
>87kg					
Master Men +75 years - kettlebells 12kg					
74 kg					
87 kg					
>87kg					

- Master Men categories 40-49/50-59 (24 kg. Kettlebell) the record is registered only if the number of reps exceed the value required for qualification to CMS

- Master Men categories 60-69/70-74 (16 kg. Kettlebell) and +75 (12 kg.kettlebell) the record is registered according to the best result

Valid Competitions: World Championship, Continental Championship