



WORLD RECORDS MASTER – 30' LONG CYCLE MEN

Long Cycle 30' Master Men					
Weight Category	Surname/Name	birth date	Country	Result	Where he performed
Master Men 40-49 years - kettlebells 24kg					
74 kg	Denysenko Oleksandr	1972	Ukraine	352	WC 2021
87 kg					
>87kg	Jodlowski Andrzej	1978	Poland	391	WC 2021
Master Men 50-59 years - kettlebells 24kg					
74 kg					
87 kg					
>87kg	Ilika Oleh	1971	Italy	455	EC 2021
Master Men 60-69 years - kettlebells 16kg					
74 kg					
87 kg	Olhans Per	1961	Sweden	470	EC 2021
>87kg					
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