



WORLD RECORDS MASTER – 30' JERK WOMEN

Jerk 30' Master Women					
Weight Category	Surname/Name	birth date	Country	Result	Where he performed
Master Women 35-44 years - kettlebells 16kg					
58 kg					
65 kg	Karlsson Madelene	1985	Sweden	546	EC 2021
>65kg					
Master Women 45-54 years - kettlebells 16kg					
58 kg					
65 kg					
>65kg	Rella Cindy	1972	Australia	656	WC 2022
Master Women 55-64 years - kettlebells 12kg					
58 kg					
65 kg	Vadasz Julianna	1962	Hungary	569	EC 2021
>65kg					
Master Women +65 years - kettlebells 8kg					
58 kg					
65 kg					
>65kg					

- Master Women categories 35-44/45-54 (16 kg. Kettlebell) the record is registered only if the number of reps exceed the value required for qualification to CMS
- Master Women categories 55-64 (12 kg. Kettlebell) and +65 (8 kg.kettlebell) the record is registered according to the best result

Valid Competitions: World Championship, Continental Championship