



WORLD RECORDS MASTER – 30' LONG CYCLE WOMEN

Long Cycle 30' Master Women					
Weight Category	Surname/Name	birth date	Country	Result	Where he performed
Master Women 35-44 years - kettlebells 16kg					
58 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	340	<i>standard</i>
65 kg	Ferreira Flavia	1980	Brazil	407	WC 2022
>65kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	380	<i>standard</i>
Master Women 45-54 years - kettlebells 16kg					
58 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	340	<i>standard</i>
65 kg	Sjostrom Ellinor	1971	Sweden	405	EC 2021
>65kg	Rella Cindy	1972	Australia	424	WC 2022
Master Women 55-64 years - kettlebells 12kg					
58 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>
65 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>
>65kg	Yerkes Tina	1963	USA	354	WC 2022
Master Women +65 years - kettlebells 8kg					
58 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>
65 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>
>65kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>

- 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