



## WORLD RECORDS MASTER – 30' JERK WOMEN

Jerk 30' Master Women					
Weight Category	Surname/Name	birth date	Country	Result	Where he performed
<b>Master Women 35-44 years - kettlebells 16kg</b>					
58 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<b>550</b>	<i>standard</i>
65 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<b>570</b>	<i>standard</i>
>65kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<b>590</b>	<i>standard</i>
<b>Master Women 45-54 years - kettlebells 16kg</b>					
58 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<b>550</b>	<i>standard</i>
65 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<b>570</b>	<i>standard</i>
>65kg	<b>Rella Cindy</b>	<b>1972</b>	<b>Australia</b>	<b>656</b>	<b>WC 2022</b>
<b>Master Women 55-64 years - kettlebells 12kg</b>					
58 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>
65 kg	<b>Vadasz Julianna</b>	<b>1962</b>	<b>Hungary</b>	<b>569</b>	<b>EC 2021</b>
>65kg	<i>standart</i>	<i>standart</i>	<i>standart</i>	<i>standart</i>	<i>standart</i>
<b>Master Women +65 years - kettlebells 8kg</b>					
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