



## WORLD RECORDS MASTER – 30' LONG CYCLE MEN

Long Cycle 30' Master Men					
Weight Category	Surname/Name	birth date	Country	Result	Where he performed
<b>Master Men 40-49 years - kettlebells 24kg</b>					
74 kg	Denysenko Oleksandr	1972	Ukraine	352	WC 2021
87 kg	De Souza Gustavo	1978	Brazil	403	WC 2023
>87kg	Jodlowski Andrzej	1978	Poland	420	EC 2023
<b>Master Men 50-59 years - kettlebells 24kg</b>					
74 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	340	<i>standard</i>
87 kg	Their Christian	1975	Brazil	370	WC 2025
>87kg	Ilika Oleh	1971	Italy	455	EC 2021
<b>Master Men 60-69 years - kettlebells 16kg</b>					
74 kg	Zucca Sandrino	1962	Italy	441	WC 2025
87 kg	Olhans Per	1961	Sweden	470	EC 2021
>87kg	Robert Dziuba	1965	Poland	406	WC 2025
<b>Master Men 70-74 years - kettlebells 16kg</b>					
74 kg	Michalowski Andrzej	1954	Poland	396	WC 2025
87 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>
>87kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>
<b>Master Men +75 years - kettlebells 12kg</b>					
74 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>
87 kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>
>87kg	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>	<i>standard</i>

- 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

Record Valid only with Doping Control in competition