



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	Elzbieta Parapura	1983	Poland	411	WC 2025
65 kg	Mello Patricia	1985	Brazil	423	WC 2025
>65kg	Agata Sikora	1986	Poland	412	EC 2024
Master Women 45-54 years - kettlebells 16kg					
58 kg	Elizbieta Bieszczad-Foremny	1977	Poland	375	EC 2025
65 kg	Sjostrom Ellinor	1971	Sweden	405	EC 2021
>65kg	Rella Cindy	1972	Australia	432	WC 2025
Master Women 55-64 years - kettlebells 12kg					
58 kg	Camargo Ivone	1967	Brazil	418	WC 2025
65 kg	Peres Silvia	1969	Brazil	309	WC 2025
>65kg	Roberts Lynda	1961	Canada	381	WC 2025
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	Solomonov Miriam	1958	Israel	235	WC 2025

- 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

Record Valid only with Doping Control in competition