

Pullups Maximum Weight Records 7-12-17 (bw includes clothes); changes in bold

Male

age	wt x reps	athlete & extra wt. if any	birth	site	date	bw
5	53c x 2	Ken Harder	012165	Castro Valley CA (1)	1270	53
6	54c x 11	Ken Harder	012165	Castro Valley CA (1)	101971	54
7	65c x 12	Ken Harder	012165	Castro Valley CA (1)	72	65
8	74c x 10	Ken Harder	012165	Castro Valley CA (1)	73	74
9	119.0c	Jason Divis + 38.6	03	Las Vegas NV (2)	100612	80.4
12	177.4c	Levi Merrell + 47.4	00	Las Vegas NV (2)	100612	130.0
15	201.3c	Noah Crofton + 53.3	99e	Las Vegas NV (2)	101714	148
17	257	Joel Powell + 100	032488	GA (2)	013006	157
19	258c x 4	Dale Harder + 54	032737	Oakland CA (1)	56	204
op	413.5	David Marchante ESP +230.5	92	Madrid ESP (4)	101316	183+
70	317.7	Jack Lynch + 119.7	44e	Las Vegas NV (2)	101214	198
75	248.2c	Dale Harder +14	032737	CastroValley CA (1)	071012	234.2
80	230.5c	Dale Harder + 17.5	032737	Castro Valley CA (1)	040517	213
90	150 x 6c	Moe Carson 5'6	090919	Palm Desert CA (2)	052210	150*

Female

age	wt & reps	athlete	birth	site	date	bw
5	38 x 6	Wendy Harder	033070	Castro Valley CA (1)	76	38
6	43 x 7	Wendy Harder	033070	Castro Valley CA (1)	77	44
8	48c x 11	Wendy Harder	033070	Castro Valley CA (1)	79	48
9	51c x 1	Wendy Harder	033070	Castro Valley CA (1)	80	51
13	114c x 3	Hayley Gutierrez	99	Laughlin NV (2)	041412	114
15	121c X 16	Karinde Miller		(3)		121
17	172c	Suzanne Svenik NOR+ 58	96	Bergen NOR(3)	101413	114
19	159	Kate Edgin + 15	84	Castro Valley CA (1)	102603	144
op	237	Valerie Williams + 92.2	78e	Nashua NH (3)	042713	144.8
40	189c	Crystal West + 82.6	052865	Palm Desert CA (5)	011010	106.4
45	158.7c	Yo Xin hai + 44.7	69e	Las Vegas NV(6)	101714	114
50	158.4c	Tami Lacy +37.4	092757	Castro Valley CA (1)	032811	121.0
60	119.4 c	Bonnie Burrow +11	51	Las Vegas NV(2)(6)	100612	108.4
65	110.4c	Sarah Schneider +3	45	Sierra Madre CA (2)(6)	062512	107.4

Key: bw = bodyweight; c = chinups—all others are pullups; (1) Editor judged in person; (2) Editor judged tape + other witnesses; (3) YouTube; (4) Guinness World Record; (5) dvd from Crystal West; (6) dvd from & judged by Bill Weinstock