



MINNESOTA STATE RECORD CERTIFICATE

THIS CERTIFIES THAT

LARA FRIEDMAN-SHEDLOV

Has Established The

**-63 MASTER 1B RAW RECORD (2015-2021)
160 KG DEADLIFT**

**2016 TWIN PORTS RAW OPEN
06/11/2016**



www.usapowerlifting.com

America's Choice Drug-Free Strength Sport