



# MINNESOTA STATE RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**LARA FRIEDMAN-SHEDLOV**

Has Established The

**-67.5 MASTER 1B RAW RECORD  
375 KG TOTAL**

**MINNESOTA LADIES OF IRON  
05/22/2021**



[www.usapowerlifting.com](http://www.usapowerlifting.com)

America's Choice Drug-Free Strength Sport