



## AMERICAN RECORD CERTIFICATE

**THIS CERTIFIES THAT**

**RUTH KRIZ**

Has Established The

**-75 MASTER 4B**

**Raw (2022-2024)**

**110 KG DEADLIFT**

**NORTH CAROLINA STATE CHAMPIONSHIPS**

**03/18/2023**



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

America's Choice Drug-Free Strength Sport