



ASOCIACIÓN ESPAÑOLA de POWERLIFTING

Resumen de Récords de España

MASCULINO RAW

Actualizado: 11/12/2016

Revisado: 15/12/2016

	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
POWERLIFTING Sentadillas (kg)	53	---			---	---	---	---
	59	160,0		160,0				
	66	187,5	165,0	187,5	180,0	180,0		
	74	222,5	142,5	222,5	195,0	161,0	142,5	50,0
	83	270,0	200,0	252,5	205,0	205,0		
	93	245,0	205,0	245,0	200,0	200,0	200,0	
	105	270,0	155,0	230,0	230,0			
	120	300,0	175,0	240,0	247,5			
	+120	342,5		260,0				
POWERLIFTING Press Banca (kg)	53	---			---	---	---	---
	59	127,5		98,0				
	66	125,0	97,5	125,0	100,0	100,0		
	74	157,5	80,0	145,0	140,0	90,0	85,0	60,0
	83	163,0	135,0	145,0	118,5	115,5		
	93	162,5	162,5	155,0	145,0	140,0	130,0	
	105	190,0	100,0	160,0	160,0			
	120	185,0	85,0	150,0	148,0			
	+120	200,5		160,0				
POWERLIFTING Peso Muerto (kg)	53	---			---	---	---	---
	59	208,5		208,5				
	66	235,0	175,0	225,0	230,0	230,0		
	74	275,0	165,0	260,0	220,0	200,0	175,0	90,0
	83	280,0	230,0	252,5	245,0	245,0		
	93	300,0	235,0	300,0	240,0	215,0	210,0	
	105	292,5	190,0	277,5	260,0			
	120	330,0	202,5	280,0	270,0			
	+120	340,0		285,0				
POWERLIFTING Total (kg)	53	---			---	---	---	---
	59	454,0		454,0				
	66	537,5	437,5	530,0	510,0	510,0		
	74	610,0	380,0	602,5	550,0	451,0	402,5	200,0
	83	680,0	545,0	647,5	565,0	565,0		
	93	677,5	595,0	677,5	565,0	555,0	540,0	
	105	687,5	445,0	662,5	627,5			
	120	795,0	462,5	670,0	665,0			
	+120	862,5		705,0				
Mov. Único Press Banca (kg)	53	---			---	---	---	---
	59	165,0	90,0	98,0				
	66	177,5	102,5	125,0	135,0	135,0		
	74	166,0	80,0	145,5	140,0	118,5	85,0	60,0
	83	196,0	135,0	190,0	155,0	135,5		
	93	200,5	162,5	155,0	165,0	140,0	130,0	
	105	200,0	100,0	160,0	160,0	135,0	135,0	
	120	200,0	115,0	150,0	165,0	152,5		
	+120	201,0		190,0	190,0			
Mov. Único Peso Muerto (kg)	53	---			---	---	---	---
	59	220,0		220,0				
	66	235,0	200,0	225,0	230,0	230,0		
	74	280,0	220,0	260,0	235,5	235,5	200,0	90,0
	83	280,0	230,0	255,0	250,0	250,0	250,0	
	93	300,0	235,0	300,0	250,0	220,0	210,0	
	105	292,5	195,0	277,5	260,0	210,0	210,0	
	120	330,0	202,5	280,0	315,0			
	+120	332,5		285,0				



ASOCIACIÓN ESPAÑOLA de POWERLIFTING

Resumen de Récords de España

FEMENINO RAW

Actualizado: 11/12/2016

Revisado: 15/12/2016

POWERLIFTING	Sentadillas (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---				---	---	---
47	107,5				90,0	90,0			
52	90,0								
57	137,5				90,0				
63	122,5		70,0	85,0	113,0	110,0			
72	137,5		90,0	90,0					
84	92,5		40,0	40,0					
+84	145,0			145,0					

POWERLIFTING	Press Banca (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---				---	---	---
47	62,5				62,5	62,5			
52	70,0								
57	75,0			65,0					
63	72,5		40,0	60,0	72,5	72,5			
72	92,5		40,0	40,0	77,5				
84	52,5		40,0	40,0					
+84	78,0			76,0					

POWERLIFTING	Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---				---	---	---
47	140,0				102,5	100,0			
52	135,0								
57	157,5			130,0					
63	157,5		90,0	105,0	145,0	145,0			
72	182,5		85,0	85,0					
84	140,0		105,0	105,0					
+84	166,0			165,0					

POWERLIFTING	Total (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---				---	---	---
47	305,5				252,5	252,5			
52	282,5								
57	370,0			285,0					
63	352,5		200,0	250,0	327,5	327,5			
72	412,5		215,0	215,0					
84	285,0		185,0	185,0					
+84	386,0			386,0					

POWERLIFTING	Mov. Único Press Banca (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---				---	---	---
47	62,5				62,5	62,5			
52	95,0				60,0	60,0			
57	75,0			65,0	65,0				
63	72,5		40,0	60,0	72,5	72,5			
72	92,5		40,0	40,0	77,5	40,0			
84	62,5		40,0	62,5					
+84	78,0			76,0	52,5				

POWERLIFTING	Mov. Único Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---				---	---	---
47	140,0				102,5	100,0			
52	135,0			95,0					
57	157,5			130,0	130,0				
63	157,5		100,0	112,5	145,0	145,0			
72	182,5		85,0	112,5	150,0	150,0			
84	140,0		105,0	105,0	82,5				
+84	166,0			165,0					