



ASOCIACIÓN ESPAÑOLA de POWERLIFTING

Resumen de Récords de España

MASCULINO EQUIPADO

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POWERLIFTING	Sentadillas (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	- - -	80,0	80,0	- - -	- - -	- - -	- - -
59	80,0								
66	205,0	180,0	205,0					140,0	
74	250,0		210,0	265,0	265,0	180,0			
83	280,0	165,0	227,5	280,0	200,0				
93	270,0		250,0	260,0	230,0	210,0			
105	230,0			225,0	150,0	150,0			
120	300,0	246,0	230,0	190,0					
+120	410,0		240,0						

POWERLIFTING	Press Banca (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	- - -	75,0	75,0	- - -	- - -	- - -	- - -
59	75,0								
66	137,5	105,0	137,5					95,0	
74	177,5		130,0	177,5	175,0	140,0			
83	255,0		180,0	255,0	120,0				
93	255,0		162,5	255,0	160,0	160,0			
105	160,0			160,0	100,0	100,0			
120	165,0		140,0	112,5					
+120	200,0		150,0						

POWERLIFTING	Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	- - -	112,5	112,5	- - -	- - -	- - -	- - -
59	112,5								
66	235,0	190,0	220,0					150,0	
74	275,0		275,0	255,0	255,0	210,0			
83	270,5	230,0	270,5	250,0	230,0				
93	290,0		290,0	240,0	230,0	220,0			
105	266,0			245,0	190,0	190,0			
120	330,0	265,0	270,0	207,5					
+120	340,0		305,0						

POWERLIFTING	Total (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	- - -	267,5	267,5	- - -	- - -	- - -	- - -
59	267,5								
66	562,5	475,0	562,5					385,0	
74	695,0		560,5	695,0	695,0	530,0			
83	685,0	500,0	678,0	710,0	535,0				
93	755,0		702,5	755,0	590,0	590,0			
105	643,5			605,0	440,0	440,0			
120	795,0		640,0	510,0					
+120	910,0		650,0						

Mov. Único	Press Banca (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	- - -	75,0	75,0	- - -	- - -	- - -	- - -
59	195,0	90,0	90,0						
66	215,0	105,0	137,5	155,5					
74	177,5		130,0	177,5	175,0	150,0			
83	260,0	125,0	180,0	255,0	120,0				
93	260,0		162,5	260,0	160,0	160,0			
105	215,0		180,0	215,0	185,0	180,0			
120	210,0	115,0	140,0	165,0	230,0				
+120	200,0		150,0	190,0	140,0	140,0			

Mov. Único	Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	- - -	112,5	112,5	- - -	- - -	- - -	- - -
59	190,0		190,0						
66	235,0	190,0	220,0						
74	280,0		280,0	242,5	232,5	210,0			
83	270,5	230,0	270,5	240,0	240,0				
93	291,0		291,0	257,5	230,0	220,0			
105	280,0	236,0	280,0	260,0	205,0	205,0			
120	330,0	265,0	270,0	252,5					
+120	312,5		270,0				200,0		

