



ASOCIACIÓN ESPAÑOLA de POWERLIFTING
Resumen de Récords de España
MASCULINO RAW

Actualizado: 26/10/2017

Revisado: 10/07/2017

POWERLIFTING	Sentadillas (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
	59	160,0	147,5	160,0					
	66	187,5	172,5	187,5	180,0	180,0			
	74	232,5	172,5	222,5	195,0	161,0	142,5	50,0	
	83	277,5	200,0	253,0	215,0	215,0			
	93	277,5	205,0	277,5	240,0	200,0	200,0		
	105	270,0	180,0	265,0	260,0	185,0			
	120	300,0	175,0	240,0	247,5	160,0			
	+120	350,0		260,0	200,0				

POWERLIFTING	Press Banca (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
	59	127,5	70,0	100,0					
	66	130,0	115,0	130,0	100,0	100,0			
	74	157,5	100,5	145,0	140,0	90,0	85,0	60,0	
	83	163,0	135,0	148,0	125,0	115,5			
	93	163,0	162,5	163,0	145,0	140,0	130,0		
	105	190,0	115,0	170,0	172,5	115,0			
	120	185,0	85,0	150,0	152,5	150,0			
	+120	215,0		182,5	190,0				

POWERLIFTING	Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
	59	222,5	187,5	222,5					
	66	237,5	195,0	237,5	230,0	230,0			
	74	280,5	202,5	260,0	220,0	200,0	177,5	90,0	
	83	283,0	230,0	283,0	245,0	245,0			
	93	310,0	235,0	300,0	252,5	215,0	210,0		
	105	302,5	205,0	302,5	265,0	210,0			
	120	330,0	202,5	280,0	270,0	180,0			
	+120	340,0		310,0	290,0				

POWERLIFTING	Total (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
	59	472,5	405,0	472,5					
	66	537,5	477,5	530,0	510,0	510,0			
	74	650,5	465,5	602,5	550,0	451,0	402,5	200,0	
	83	695,0	545,0	673,5	570,0	570,0			
	93	730,5	595,0	730,5	632,5	555,0	540,0		
	105	732,5	490,0	732,5	672,5	510,0			
	120	795,0	462,5	670,0	665,0	490,0			
	+120	880,0		735,0	680,0				

POWERLIFTING	Mov. Único Press Banca (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
	59	165,0	90,0	100,0					
	66	177,5	115,0	130,0	136,0	136,0			
	74	166,0	115,0	146,5	140,0	118,5	85,0	60,0	
	83	196,0	135,0	190,0	192,5	135,5	120,0		
	93	200,5	162,5	163,0	165,0	140,0	130,0		
	105	200,0	115,0	170,0	175,0	135,0	135,0		
	120	200,0	115,0	150,0	180,0	152,5			
	+120	215,0		190,0	190,0				

POWERLIFTING	Mov. Único Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
	59	222,5	187,5	222,5					
	66	237,5	200,0	237,5	230,0	230,0			
	74	280,5	220,0	260,0	235,5	235,5	200,0	90,0	
	83	283,0	230,0	283,0	250,0	250,0	250,0		
	93	310,0	235,0	300,0	252,5	220,0	210,0		
	105	302,5	205,0	302,5	265,0	210,0	210,0		
	120	330,0	202,5	280,0	315,0	180,0			
	+120	332,5		310,0	290,0				



ASOCIACIÓN ESPAÑOLA de POWERLIFTING

Resumen de Récords de España

FEMENINO RAW

Actualizado: 26/10/2017

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POWERLIFTING Sentadillas (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
	43	---			---	---	---	---
	47	108,0			90,0	90,0		
	52	105,0		105,0	85,0			
	57	137,5	100,0	102,5	120,0			
	63	147,5	90,0	115,0	113,0	110,0		
	72	137,5	115,0	115,0	65,0			
	84	135,0	40,0	40,0	135,0			
	+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		52,5	57,5			
	57	75,0	47,5	65,0	62,5			
	63	75,0	60,0	67,5	72,5	72,5		
	72	92,5	52,5	52,5	77,5			
	84	90,0	40,0	40,0	90,0			
	+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		127,5	125,0			
	57	157,5	115,0	130,5	130,0			
	63	162,5	100,0	143,0	145,5	145,0		
	72	182,5	135,0	135,0	115,0			
	84	180,0	105,0	105,0	180,0			
	+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		280,0	267,5			
	57	370,0	262,5	285,5	305,0			
	63	385,0	250,0	305,0	327,5	327,5		
	72	412,5	302,5	302,5	227,5			
	84	405,0	185,0	185,0	405,0			
	+84	386,0		386,0				
Mov. Único Press Banca (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
	43	---			---	---	---	---
	47	62,5			62,5	62,5		
	52	95,0		55,0	60,0	60,0		
	57	75,0	47,5	65,0	65,0			
	63	75,0	60,0	67,5	72,5	72,5		
	72	92,5	52,5	52,5	77,5	75,0		
	84	90,0	40,0	62,5	90,0			
	+84	80,0		76,0	52,5			
Mov. Único Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
	43	---			---	---	---	---
	47	140,0			102,5	100,0		
	52	135,5	90,0	127,5	125,0			
	57	157,5	115,0	130,5	130,0			
	63	162,5	100,0	143,0	145,5	145,0		
	72	182,5	135,0	135,0	150,0	150,0		
	84	180,0	105,0	105,0	180,0			
	+84	180,0		165,0				