



ASOCIACIÓN ESPAÑOLA de POWERLIFTING

Resumen de Récords de España

MASCULINO RAW

Actualizado: 04/12/2017

Revisado: 20/12/2017

| POWERLIFTING | Sentadillas (kg) | CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|--------------|------------------|-------|-------|-------|-------|-------|------|-----|-----|
| | | 53 | --- | --- | --- | --- | --- | --- | --- |
| 59 | 165,0 | 147,5 | 160,0 | | | | | | |
| 66 | 188,0 | 172,5 | 187,5 | 180,0 | 180,0 | | | | |
| 74 | 233,0 | 172,5 | 222,5 | 197,5 | 161,0 | 142,5 | 50,0 | | |
| 83 | 277,5 | 200,0 | 252,5 | 215,0 | 215,0 | | | | |
| 93 | 277,5 | 205,0 | 277,5 | 240,0 | 200,0 | 200,0 | | | |
| 105 | 272,5 | 180,0 | 265,0 | 272,5 | 185,0 | | | | |
| 120 | 300,0 | 175,0 | 240,0 | 247,5 | 160,0 | | | | |
| +120 | 350,5 | | 260,0 | 200,0 | | | | | |

| POWERLIFTING | Press Banca (kg) | CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|--------------|------------------|-------|-------|-------|-------|-------|------|-----|-----|
| | | 53 | --- | --- | --- | --- | --- | --- | --- |
| 59 | 132,5 | 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 | 164,0 | 162,5 | 164,0 | 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 | 216,0 | | 192,5 | 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 | 230,0 | 200,0 | 177,5 | 90,0 | | |
| 83 | 290,0 | 240,0 | 290,0 | 255,0 | 255,0 | | | | |
| 93 | 310,0 | 235,0 | 302,5 | 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 | 340,5 | | 320,0 | 290,0 | | | | | |

| POWERLIFTING | Total (kg) | CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|--------------|------------|-------|-------|-------|-------|-------|-------|-----|-----|
| | | 53 | --- | --- | --- | --- | --- | --- | --- |
| 59 | 500,0 | 405,0 | 472,5 | | | | | | |
| 66 | 537,5 | 477,5 | 530,0 | 510,0 | 510,0 | | | | |
| 74 | 650,5 | 465,5 | 602,5 | 557,5 | 451,0 | 402,5 | 200,0 | | |
| 83 | 695,0 | 545,0 | 665,5 | 570,0 | 570,0 | | | | |
| 93 | 736,5 | 595,0 | 736,5 | 632,5 | 555,0 | 540,0 | | | |
| 105 | 732,5 | 490,0 | 732,5 | 677,5 | 510,0 | | | | |
| 120 | 795,0 | 462,5 | 670,0 | 665,0 | 490,0 | | | | |
| +120 | 907,0 | | 762,5 | 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 | 137,5 | 137,5 | | | | |
| 74 | 166,0 | 137,5 | 146,5 | 140,0 | 118,5 | 85,0 | 60,0 | | |
| 83 | 200,0 | 135,0 | 190,0 | 200,0 | 135,5 | 120,0 | | | |
| 93 | 200,5 | 162,5 | 164,0 | 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 | 216,0 | | 192,5 | 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 | 290,0 | 240,0 | 290,0 | 255,0 | 255,0 | 250,0 | | | |
| 93 | 310,0 | 235,0 | 302,5 | 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 | 340,5 | | 320,0 | 290,0 | | | | | |



ASOCIACIÓN ESPAÑOLA de POWERLIFTING

Resumen de Récords de España

FEMENINO RAW

Actualizado: 04/12/2017

Revisado: 20/12/2017

| 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 | 105,0 | 105,0 | 120,0 | | | | | |
| 63 | 147,5 | 90,0 | 130,0 | 113,0 | 110,0 | | | | |
| 72 | 145,0 | 115,0 | 115,0 | 145,0 | | | | | |
| 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 | 70,0 | 72,5 | 72,5 | | | | |
| 72 | 92,5 | 55,0 | 55,0 | 90,0 | | | | | |
| 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 | 142,5 | | | 130,0 | 125,0 | | | | |
| 57 | 157,5 | 120,0 | 130,5 | 130,0 | | | | | |
| 63 | 162,5 | 100,0 | 150,0 | 145,5 | 145,0 | | | | |
| 72 | 185,0 | 140,0 | 140,0 | 185,0 | | | | | |
| 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 | 312,5 | | | 280,0 | 267,5 | | | | |
| 57 | 370,0 | 272,5 | 285,5 | 305,0 | | | | | |
| 63 | 385,0 | 250,0 | 340,0 | 327,5 | 327,5 | | | | |
| 72 | 420,0 | 302,5 | 302,5 | 420,0 | | | | | |
| 84 | 405,0 | 185,0 | 185,0 | 405,0 | | | | | |
| +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 | | | 55,0 | 60,0 | 60,0 | | | |
| 57 | 75,0 | 47,5 | 65,0 | 65,0 | | | | | |
| 63 | 75,0 | 60,0 | 70,0 | 72,5 | 72,5 | | | | |
| 72 | 92,5 | 55,0 | 55,0 | 90,0 | 75,0 | | | | |
| 84 | 90,0 | 40,0 | 62,5 | 90,0 | | | | | |
| +84 | 80,0 | | 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 | 142,5 | 90,0 | 130,0 | 125,0 | | | | | |
| 57 | 157,5 | 120,0 | 130,5 | 130,0 | | | | | |
| 63 | 162,5 | 100,0 | 150,0 | 145,5 | 145,0 | | | | |
| 72 | 185,0 | 140,0 | 140,0 | 185,0 | 150,0 | | | | |
| 84 | 180,0 | 105,0 | 105,0 | 180,0 | | | | | |
| +84 | 180,0 | | 165,0 | | | | | | |