



# ASOCIACIÓN ESPAÑOLA de POWERLIFTING

Resumen de Récords de España

MASCULINO RAW

Actualizado: 25/06/2017

Revisado: 10/07/2017

POWERLIFTING	Sentadillas (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	160,0				160,0				
66	187,5		165,0		187,5	180,0	180,0		
74	232,5		145,0		222,5	195,0	161,0	142,5	50,0
83	277,5		200,0		252,5	215,0	215,0		
93	265,0		205,0		265,0	240,0	200,0	200,0	
105	270,0		155,0		265,0	230,0			
120	300,0		175,0		240,0	247,5			
+120	345,0				260,0	200,0			

POWERLIFTING	Press Banca (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	127,5				100,0				
66	125,0		97,5		125,0	100,0	100,0		
74	157,5		85,0		145,0	140,0	90,0	85,0	60,0
83	163,0		135,0		147,5	118,5	115,5		
93	162,5		162,5		160,0	145,0	140,0	130,0	
105	190,0		100,0		165,0	160,0			
120	185,0		85,0		150,0	150,0			
+120	215,0				160,0	190,0			

POWERLIFTING	Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	222,5				222,5				
66	235,0		175,0		225,0	230,0	230,0		
74	280,5		175,0		260,0	220,0	200,0	175,0	90,0
83	280,0		230,0		260,0	245,0	245,0		
93	310,0		235,0		300,0	252,5	215,0	210,0	
105	300,0		190,0		300,0	260,0			
120	330,0		202,5		280,0	270,0			
+120	340,0				285,0	290,0			

POWERLIFTING	Total (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	472,5				472,5				
66	537,5		437,5		530,0	510,0	510,0		
74	650,5		405,0		602,5	550,0	451,0	402,5	200,0
83	695,0		545,0		647,5	570,0	570,0		
93	700,0		595,0		697,5	632,5	555,0	540,0	
105	730,0		445,0		730,0	627,5			
120	795,0		462,5		670,0	665,0			
+120	880,0				705,0	680,0			

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		160,0	165,0	140,0	130,0	
105	200,0		100,0		165,0	175,0	135,0	135,0	
120	200,0		115,0		150,0	180,0	152,5		
+120	215,0				190,0	190,0			

Mov. Único	Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	222,5				222,5				
66	235,0		200,0		225,5	230,0	230,0		
74	280,5		220,0		260,0	235,5	235,5	200,0	90,0
83	280,0		230,0		272,5	250,0	250,0	250,0	
93	310,0		235,0		300,0	252,5	220,0	210,0	
105	300,0		195,0		300,0	260,0	210,0	210,0	
120	330,0		202,5		280,0	315,0			
+120	332,5				300,0	290,0			



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Resumen de Récords de España

FEMENINO RAW

Actualizado: 25/06/2017

Revisado: 10/07/2017

POWERLIFTING Sentadillas (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
	43	---			---	---	---	---
	47	108,0			90,0	90,0		
	52	105,0		105,0				
	57	137,5		90,0	117,5			
	63	147,5	70,0	107,5	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		47,5				
	57	75,0		65,0	57,5			
	63	75,0	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		127,5				
	57	157,5		130,0	130,0			
	63	162,5	90,0	120,0	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		280,0				
	57	370,0		285,0	305,0			
	63	385,0	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				
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	40,0	65,0	65,0			
	63	75,0	40,0	61,0	72,5	72,5		
	72	92,5	40,0	40,0	77,5	75,0		
	84	62,5	40,0	62,5				
	+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	120,0			
	57	157,5	75,0	130,0	130,0			
	63	162,5	100,0	122,5	145,0	145,0		
	72	182,5	85,0	112,5	150,0	150,0		
	84	140,5	105,0	105,0	82,5			
	+84	180,0		165,0				