



# ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

## Récords de España Femeninos

### Powerlifting Raw SENTADILLAS

Actualizado: 02/12/2018  
Revisado: 09/12/2018

| CAT. | SQ    | ABSOLUTO                | CLUB                  | LOCALIDAD                     | FECHA      |
|------|-------|-------------------------|-----------------------|-------------------------------|------------|
| 47   | 107,5 | Rosa Vázquez Marfil     | Olimpo Malaga         | Órgiva (Granada)              | 02/04/2016 |
| 52   | 115,0 | Jéssica Cabañil Chávez  | Powerexplosive Madrid | Chiva (Valencia)              | 06/10/2018 |
| 57   | 138,0 | Iris Espinosa Hidalgo   | Fuerza Norte León     | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 63   | 150,0 | Virginia Finol Franco   | Runa Navarra          | Palos de la Frontera (Huelva) | 10/03/2018 |
| 72   | 145,0 | Amanda Planas Domínguez | Energy Alhaurín       | Alhaurín de la Torre (Málaga) | 02/12/2017 |
| 84   | 135,0 | Amanda Planas Domínguez | Energy Alhaurín       | Cádiz                         | 22/10/2017 |
| +84  | 145,0 | Natalia Pérez Garralón  | Guerreros Guadalajara | Madrid                        | 25/09/2015 |

| CAT. | SQ    | SUBJUNIOR (-18)                | CLUB                    | LOCALIDAD        | FECHA      |
|------|-------|--------------------------------|-------------------------|------------------|------------|
| 43   |       |                                |                         |                  |            |
| 47   |       |                                |                         |                  |            |
| 52   | 100,0 | Aylen Esteban Giménez          | Fuerza Isabel Elche     | Chiva (Valencia) | 06/10/2018 |
| 57   | 125,0 | Gemma Nerea Noval García-Muñoz | Altea-Finestrat-L'Alfas | Chiva (Valencia) | 06/10/2018 |
| 63   | 110,0 | María Begoña Martín Monroy     | Power Castilla          | Chiva (Valencia) | 06/10/2018 |
| 72   | 115,0 | Laura Gavilán Arévalo          | FG Power Alhaurín       | Cádiz            | 22/10/2017 |
| 84   | 95,0  | Tatiana Carmona Saldaña        | Asociación Andaluza     | Chiva (Valencia) | 06/10/2018 |
| +84  |       |                                |                         |                  |            |

| CAT. | SQ    | JUNIOR (-23)               | CLUB                  | LOCALIDAD                     | FECHA      |
|------|-------|----------------------------|-----------------------|-------------------------------|------------|
| 43   |       |                            |                       |                               |            |
| 47   |       |                            |                       |                               |            |
| 52   | 115,0 | Jéssica Cabañil Chávez     | Powerexplosive Madrid | Chiva (Valencia)              | 06/10/2018 |
| 57   | 125,0 | Esther Gutiérrez Gutiérrez | Asociación Andaluza   | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 63   | 140,0 | Mercedes Miranda Delgado   | RV Strength Huelva    | Chiva (Valencia)              | 06/10/2018 |
| 72   | 140,0 | Eva Vico Martínez          | Basic Strength Cadiz  | Chiva (Valencia)              | 06/10/2018 |
| 84   | 100,0 | Anabel Sánchez Mallorquín  | Asociación Andaluza   | Chiva (Valencia)              | 06/10/2018 |
| +84  | 145,0 | Natalia Pérez Garralón     | Guerreros Guadalajara | Madrid                        | 25/09/2015 |

| CAT. | SQ    | MASTER I (+40)               | CLUB                    | LOCALIDAD                     | FECHA      |
|------|-------|------------------------------|-------------------------|-------------------------------|------------|
| 47   | 90,5  | Ana Sternfeld Buraya         | Agrup. Dep. Sideropolis | Chiva (Valencia)              | 05/10/2018 |
| 52   | 102,5 | Amalia Callejón Ballesteros  | FG Power Alhaurín       | Palos de la Frontera (Huelva) | 09/03/2018 |
| 57   | 120,0 | Raquel De La Calle Labarzana | Crom Madrid             | Cádiz                         | 22/10/2017 |
| 63   | 147,5 | Raquel De La Calle Labarzana | Crom Madrid             | Palos de la Frontera (Huelva) | 10/03/2018 |
| 72   | 145,0 | Amanda Planas Domínguez      | Energy Alhaurín         | Alhaurín de la Torre (Málaga) | 02/12/2017 |
| 84   | 135,0 | Amanda Planas Domínguez      | Energy Alhaurín         | Cádiz                         | 22/10/2017 |
| +84  |       |                              |                         |                               |            |

| CAT. | SQ    | MASTER II (+50)               | CLUB                    | LOCALIDAD                     | FECHA      |
|------|-------|-------------------------------|-------------------------|-------------------------------|------------|
| 47   | 90,5  | Ana Sternfeld Buraya          | Agrup. Dep. Sideropolis | Chiva (Valencia)              | 05/10/2018 |
| 52   |       |                               |                         |                               |            |
| 57   | 85,0  | Elena de la Esperanza Encinar | Villamantillas Madrid   | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 63   | 110,0 | María Repice                  | Energy Alhaurín         | Alhaurín De La Torre (Málaga) | 03/12/2016 |
| 72   |       |                               |                         |                               |            |
| 84   |       |                               |                         |                               |            |
| +84  |       |                               |                         |                               |            |

| CAT. | SQ | MASTER III (+60) | CLUB | LOCALIDAD | FECHA |
|------|----|------------------|------|-----------|-------|
| 47   |    |                  |      |           |       |
| 52   |    |                  |      |           |       |
| 57   |    |                  |      |           |       |
| 63   |    |                  |      |           |       |
| 72   |    |                  |      |           |       |
| 84   |    |                  |      |           |       |
| +84  |    |                  |      |           |       |

| CAT. | SQ | MASTER IV (+70) | CLUB | LOCALIDAD | FECHA |
|------|----|-----------------|------|-----------|-------|
| 47   |    |                 |      |           |       |
| 52   |    |                 |      |           |       |
| 57   |    |                 |      |           |       |
| 63   |    |                 |      |           |       |
| 72   |    |                 |      |           |       |
| 84   |    |                 |      |           |       |
| +84  |    |                 |      |           |       |



# ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

## Récords de España Femeninos

### Powerlifting Raw PRESS BANCA

Actualizado: 02/12/2018  
Revisado: 09/12/2018

| CAT. | PB   | ABSOLUTO                 | CLUB                    | LOCALIDAD                     | FECHA      |
|------|------|--------------------------|-------------------------|-------------------------------|------------|
| 47   | 62,5 | Rosa Vázquez Marfil      | Olimpo Malaga           | Madrid                        | 26/09/2015 |
| 52   | 70,0 | Jordana De Haro Cano     | Fed. Catalana           | Alhaurin De La Torre (Málaga) | 16/03/2013 |
| 57   | 75,0 | Virginia Finol Franco    | Runa Navarra            | Barcelona                     | 24/09/2016 |
| 63   | 80,0 | Andrea Díez Rodríguez    | Altea-Finestrat-L'Alfas | Palos de la Frontera (Huelva) | 10/03/2018 |
| 72   | 95,5 | Amanda Planas Domínguez  | Energy Alhaurín         | Chiva (Valencia)              | 05/10/2018 |
| 84   | 90,0 | Amanda Planas Domínguez  | Energy Alhaurín         | Cádiz                         | 22/10/2017 |
| +84  | 78,0 | Alba Elvira Araujo Otero | Fuerza Norte León       | Medina Del Campo (Valladolid) | 25/06/2016 |

| CAT. | PB   | SUBJUNIOR (-18)                | CLUB                    | LOCALIDAD                     | FECHA      |
|------|------|--------------------------------|-------------------------|-------------------------------|------------|
| 43   |      |                                |                         |                               |            |
| 47   |      |                                |                         |                               |            |
| 52   | 45,0 | Aylen Esteban Giménez          | Fuerza Isabel Elche     | Chiva (Valencia)              | 06/10/2018 |
| 57   | 63,0 | Gemma Nerea Noval García-Muñoz | Altea-Finestrat-L'Alfas | Chiva (Valencia)              | 06/10/2018 |
| 63   | 60,0 | Claudia Jaén Trujillo          | FG Power Alhaurín       | Cádiz                         | 22/10/2017 |
| 72   | 72,5 | Claudia Jaén Trujillo          | FG Power Alhaurín       | Palos de la Frontera (Huelva) | 11/03/2018 |
| 84   | 65,0 | Tatiana Carmona Saldaña        | Asociación Andaluza     | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| +84  |      |                                |                         |                               |            |

| CAT. | PB   | JUNIOR (-23)             | CLUB                    | LOCALIDAD                     | FECHA      |
|------|------|--------------------------|-------------------------|-------------------------------|------------|
| 43   |      |                          |                         |                               |            |
| 47   |      |                          |                         |                               |            |
| 52   | 60,5 | Susana Donadeu Sánchez   | Agrup. Dep. Sideropolis | Chiva (Valencia)              | 06/10/2018 |
| 57   | 65,0 | Izaskun Escobal García   | Ironborn Vizcaya        | Medina Del Campo (Valladolid) | 25/06/2016 |
| 63   | 72,5 | Mercedes Miranda Delgado | RV Strength Huelva      | Chiva (Valencia)              | 06/10/2018 |
| 72   | 73,0 | Eva Vico Martínez        | Basic Strength Cadiz    | Chiva (Valencia)              | 06/10/2018 |
| 84   | 65,0 | Tatiana Carmona Saldaña  | Asociación Andaluza     | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| +84  | 76,0 | Natalia Pérez Garralón   | Guerreros Guadalajara   | Madrid                        | 25/09/2015 |

| CAT. | PB   | 0                            | 0                 | 0                             | 00/01/1900 |
|------|------|------------------------------|-------------------|-------------------------------|------------|
| 47   | 62,5 | Beatriz Cano Torres          | Fed. Catalana     | Medina Del Campo (Valladolid) | 25/06/2016 |
| 52   | 60,0 | Amalia Callejón Ballesteros  | FG Power Alhaurín | Palos de la Frontera (Huelva) | 09/03/2018 |
| 57   | 62,5 | Raquel De La Calle Labarzana | Crom Madrid       | Cádiz                         | 22/10/2017 |
| 63   | 75,0 | Raquel De La Calle Labarzana | Crom Madrid       | Palos de la Frontera (Huelva) | 10/03/2018 |
| 72   | 95,5 | Amanda Planas Domínguez      | Energy Alhaurín   | Chiva (Valencia)              | 05/10/2018 |
| 84   | 90,0 | Amanda Planas Domínguez      | Energy Alhaurín   | Cádiz                         | 22/10/2017 |
| +84  |      |                              |                   |                               |            |

| CAT. | PB   | MASTER II (+50)               | CLUB                  | LOCALIDAD                     | FECHA      |
|------|------|-------------------------------|-----------------------|-------------------------------|------------|
| 47   | 62,5 | Beatriz Cano Torres           | Fed. Catalana         | Medina Del Campo (Valladolid) | 25/06/2016 |
| 52   |      |                               |                       |                               |            |
| 57   | 55,0 | Elena de la Esperanza Encinar | Villamantillas Madrid | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 63   | 72,5 | María Repice                  | Energy Alhaurín       | Alhaurín De La Torre (Málaga) | 03/12/2016 |
| 72   |      |                               |                       |                               |            |
| 84   |      |                               |                       |                               |            |
| +84  |      |                               |                       |                               |            |

| CAT. | PB | MASTER III (+60) | CLUB | LOCALIDAD | FECHA |
|------|----|------------------|------|-----------|-------|
| 47   |    |                  |      |           |       |
| 52   |    |                  |      |           |       |
| 57   |    |                  |      |           |       |
| 63   |    |                  |      |           |       |
| 72   |    |                  |      |           |       |
| 84   |    |                  |      |           |       |
| +84  |    |                  |      |           |       |

| CAT. | PB | MASTER IV (+70) | CLUB | LOCALIDAD | FECHA |
|------|----|-----------------|------|-----------|-------|
| 47   |    |                 |      |           |       |
| 52   |    |                 |      |           |       |
| 57   |    |                 |      |           |       |
| 63   |    |                 |      |           |       |
| 72   |    |                 |      |           |       |
| 84   |    |                 |      |           |       |
| +84  |    |                 |      |           |       |



# ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

## Récords de España Femeninos

### Powerlifting Raw PESO MUERTO

Actualizado: 02/12/2018  
Revisado: 09/12/2018

| CAT. | PM    | ABSOLUTO                 | CLUB               | LOCALIDAD                     | FECHA      |
|------|-------|--------------------------|--------------------|-------------------------------|------------|
| 47   | 138,0 | Rosa Vázquez Marfil      | Olimpo Malaga      | Órgiva (Granada)              | 02/04/2016 |
| 52   | 140,0 | Marta López García       | Iron Team Elche    | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 57   | 157,5 | Virginia Finol Franco    | Runa Navarra       | Barcelona                     | 24/09/2016 |
| 63   | 175,5 | Silvia García Izquierdo  | Be Strong Asturias | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 72   | 185,5 | Amanda Planas Domínguez  | Energy Alhaurín    | Chiva (Valencia)              | 05/10/2018 |
| 84   | 180,0 | Amanda Planas Domínguez  | Energy Alhaurín    | Cádiz                         | 22/10/2017 |
| +84  | 166,0 | Alba Elvira Araujo Otero | Fuerza Norte León  | Medina Del Campo (Valladolid) | 25/06/2016 |

| CAT. | PM    | SUBJUNIOR (-18)                | CLUB                    | LOCALIDAD                     | FECHA      |
|------|-------|--------------------------------|-------------------------|-------------------------------|------------|
| 43   |       |                                |                         |                               |            |
| 47   |       |                                |                         |                               |            |
| 52   | 110,0 | Aylen Esteban Giménez          | Fuerza Isabel Elche     | Chiva (Valencia)              | 06/10/2018 |
| 57   | 137,5 | Gemma Nerea Noval García-Muñoz | Altea-Finestrat-L'Alfas | Chiva (Valencia)              | 06/10/2018 |
| 63   | 120,0 | María Begoña Martín Monroy     | Power Castilla          | Chiva (Valencia)              | 06/10/2018 |
| 72   | 140,0 | Neus Blázquez Martín           | Power Castilla          | Talavera de la Reina (Toledo) | 25/11/2017 |
| 84   | 125,0 | Tatiana Carmona Saldaña        | Asociación Andaluza     | Chiva (Valencia)              | 06/10/2018 |
| +84  |       |                                |                         |                               |            |

| CAT. | PM    | JUNIOR (-23)               | CLUB                  | LOCALIDAD                     | FECHA      |
|------|-------|----------------------------|-----------------------|-------------------------------|------------|
| 43   |       |                            |                       |                               |            |
| 47   |       |                            |                       |                               |            |
| 52   | 140,0 | Marta López García         | Iron Team Elche       | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 57   | 150,0 | Esther Gutiérrez Gutiérrez | Asociación Andaluza   | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 63   | 155,5 | Mercedes Miranda Delgado   | RV Strength Huelva    | Chiva (Valencia)              | 06/10/2018 |
| 72   | 155,0 | Ana Martín Lagunas         | Asociación Andaluza   | Chiva (Valencia)              | 06/10/2018 |
| 84   | 125,0 | Tatiana Carmona Saldaña    | Asociación Andaluza   | Chiva (Valencia)              | 06/10/2018 |
| +84  | 165,0 | Natalia Pérez Garralón     | Guerreros Guadalajara | Madrid                        | 25/09/2015 |

| CAT. | PM    | MASTER I (+40)               | CLUB                    | LOCALIDAD                     | FECHA      |
|------|-------|------------------------------|-------------------------|-------------------------------|------------|
| 47   | 105,5 | Ana Sternfeld Buraya         | Agrup. Dep. Sideropolis | Chiva (Valencia)              | 05/10/2018 |
| 52   | 130,0 | Amalia Callejón Ballesteros  | FG Power Alhaurín       | Palos de la Frontera (Huelva) | 09/03/2018 |
| 57   | 130,0 | Raquel De La Calle Labarzana | Crom Madrid             | Salamanca                     | 01/04/2017 |
| 63   | 155,0 | Raquel Martín Tomás          | Powerlifting Salamanca  | Palos de la Frontera (Huelva) | 10/03/2018 |
| 72   | 185,5 | Amanda Planas Domínguez      | Energy Alhaurín         | Chiva (Valencia)              | 05/10/2018 |
| 84   | 180,0 | Amanda Planas Domínguez      | Energy Alhaurín         | Cádiz                         | 22/10/2017 |
| +84  |       |                              |                         |                               |            |

| CAT. | PM    | MASTER II (+50)               | CLUB                    | LOCALIDAD                     | FECHA      |
|------|-------|-------------------------------|-------------------------|-------------------------------|------------|
| 47   | 105,5 | Ana Sternfeld Buraya          | Agrup. Dep. Sideropolis | Chiva (Valencia)              | 05/10/2018 |
| 52   |       |                               |                         |                               |            |
| 57   | 112,5 | Elena de la Esperanza Encinar | Villamantillas Madrid   | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 63   | 145,0 | María Repice                  | Energy Alhaurín         | Alhaurín De La Torre (Málaga) | 03/12/2016 |
| 72   |       |                               |                         |                               |            |
| 84   |       |                               |                         |                               |            |
| +84  |       |                               |                         |                               |            |

| CAT. | PM | MASTER III (+60) | CLUB | LOCALIDAD | FECHA |
|------|----|------------------|------|-----------|-------|
| 47   |    |                  |      |           |       |
| 52   |    |                  |      |           |       |
| 57   |    |                  |      |           |       |
| 63   |    |                  |      |           |       |
| 72   |    |                  |      |           |       |
| 84   |    |                  |      |           |       |
| +84  |    |                  |      |           |       |

| CAT. | PM | MASTER IV (+70) | CLUB | LOCALIDAD | FECHA |
|------|----|-----------------|------|-----------|-------|
| 47   |    |                 |      |           |       |
| 52   |    |                 |      |           |       |
| 57   |    |                 |      |           |       |
| 63   |    |                 |      |           |       |
| 72   |    |                 |      |           |       |
| 84   |    |                 |      |           |       |
| +84  |    |                 |      |           |       |



# ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

## Récords de España Femeninos

### Powerlifting Raw TOTAL

Actualizado: 02/12/2018  
Revisado: 09/12/2018

| CAT. | TOTAL | ABSOLUTO                | CLUB                    | LOCALIDAD                     | FECHA      |
|------|-------|-------------------------|-------------------------|-------------------------------|------------|
| 47   | 305,5 | Rosa Vázquez Marfil     | Olimpo Malaga           | Órgiva (Granada)              | 02/04/2016 |
| 52   | 300,5 | Susana Donadeu Sánchez  | Agrup. Dep. Sideropolis | Chiva (Valencia)              | 06/10/2018 |
| 57   | 370,0 | Virginia Finol Franco   | Runa Navarra            | Barcelona                     | 24/09/2016 |
| 63   | 397,5 | Virginia Finol Franco   | Runa Navarra            | Palos de la Frontera (Huelva) | 10/03/2018 |
| 72   | 420,0 | Amanda Planas Domínguez | Energy Alhaurín         | Alhaurín de la Torre (Málaga) | 02/12/2017 |
| 84   | 405,0 | Amanda Planas Domínguez | Energy Alhaurín         | Cádiz                         | 22/10/2017 |
| +84  | 386,0 | Natalia Pérez Garralón  | Guerreros Guadalajara   | Madrid                        | 25/09/2015 |

| CAT. | TOTAL | SUBJUNIOR (-18)                | CLUB                    | LOCALIDAD                     | FECHA      |
|------|-------|--------------------------------|-------------------------|-------------------------------|------------|
| 43   |       |                                |                         |                               |            |
| 47   |       |                                |                         |                               |            |
| 52   | 255,0 | Aylen Esteban Giménez          | Fuerza Isabel Elche     | Chiva (Valencia)              | 06/10/2018 |
| 57   | 325,5 | Gemma Nerea Noval García-Muñoz | Altea-Finestrat-L'Alfas | Chiva (Valencia)              | 06/10/2018 |
| 63   | 280,0 | María Begoña Martín Monroy     | Power Castilla          | Chiva (Valencia)              | 06/10/2018 |
| 72   | 310,0 | Claudia Jaén Trujillo          | FG Power Alhaurín       | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 84   | 280,0 | Tatiana Carmona Saldaña        | Asociación Andaluza     | Chiva (Valencia)              | 06/10/2018 |
| +84  |       |                                |                         |                               |            |

| CAT. | TOTAL | JUNIOR (-23)               | CLUB                    | LOCALIDAD                     | FECHA      |
|------|-------|----------------------------|-------------------------|-------------------------------|------------|
| 43   |       |                            |                         |                               |            |
| 47   |       |                            |                         |                               |            |
| 52   | 300,5 | Susana Donadeu Sánchez     | Agrup. Dep. Sideropolis | Chiva (Valencia)              | 06/10/2018 |
| 57   | 337,5 | Esther Gutiérrez Gutiérrez | Asociación Andaluza     | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 63   | 368,0 | Mercedes Miranda Delgado   | RV Strength Huelva      | Chiva (Valencia)              | 06/10/2018 |
| 72   | 355,5 | Eva Vico Martínez          | Basic Strength Cadiz    | Chiva (Valencia)              | 06/10/2018 |
| 84   | 280,0 | Tatiana Carmona Saldaña    | Asociación Andaluza     | Chiva (Valencia)              | 06/10/2018 |
| +84  | 386,0 | Natalia Pérez Garralón     | Guerreros Guadalajara   | Madrid                        | 25/09/2015 |

| CAT. | TOTAL | MASTER I (+40)               | CLUB              | LOCALIDAD                     | FECHA      |
|------|-------|------------------------------|-------------------|-------------------------------|------------|
| 47   | 252,5 | Beatriz Cano Torres          | Fed. Catalana     | Medina Del Campo (Valladolid) | 25/06/2016 |
| 52   | 292,5 | Amalia Callejón Ballesteros  | FG Power Alhaurín | Palos de la Frontera (Huelva) | 09/03/2018 |
| 57   | 305,0 | Raquel De La Calle Labarzana | Crom Madrid       | Salamanca                     | 01/04/2017 |
| 63   | 372,5 | Raquel De La Calle Labarzana | Crom Madrid       | Palos de la Frontera (Huelva) | 10/03/2018 |
| 72   | 420,0 | Amanda Planas Domínguez      | Energy Alhaurín   | Alhaurín de la Torre (Málaga) | 02/12/2017 |
| 84   | 405,0 | Amanda Planas Domínguez      | Energy Alhaurín   | Cádiz                         | 22/10/2017 |
| +84  |       |                              |                   |                               |            |

| CAT. | TOTAL | MASTER II (+50)               | CLUB                  | LOCALIDAD                     | FECHA      |
|------|-------|-------------------------------|-----------------------|-------------------------------|------------|
| 47   | 252,5 | Beatriz Cano Torres           | Fed. Catalana         | Medina Del Campo (Valladolid) | 25/06/2016 |
| 52   |       |                               |                       |                               |            |
| 57   | 252,5 | Elena de la Esperanza Encinar | Villamantillas Madrid | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 63   | 327,5 | María Repice                  | Energy Alhaurín       | Alhaurín De La Torre (Málaga) | 03/12/2016 |
| 72   |       |                               |                       |                               |            |
| 84   |       |                               |                       |                               |            |
| +84  |       |                               |                       |                               |            |

| CAT. | TOTAL | MASTER III (+60) | CLUB | LOCALIDAD | FECHA |
|------|-------|------------------|------|-----------|-------|
| 47   |       |                  |      |           |       |
| 52   |       |                  |      |           |       |
| 57   |       |                  |      |           |       |
| 63   |       |                  |      |           |       |
| 72   |       |                  |      |           |       |
| 84   |       |                  |      |           |       |
| +84  |       |                  |      |           |       |

| CAT. | TOTAL | MASTER IV (+70) | CLUB | LOCALIDAD | FECHA |
|------|-------|-----------------|------|-----------|-------|
| 47   |       |                 |      |           |       |
| 52   |       |                 |      |           |       |
| 57   |       |                 |      |           |       |
| 63   |       |                 |      |           |       |
| 72   |       |                 |      |           |       |
| 84   |       |                 |      |           |       |
| +84  |       |                 |      |           |       |



# ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

## Récords de España Femeninos

### Press Banca Mov. Unico Raw

Actualizado: 02/12/2018  
Revisado: 09/12/2018

| CAT. | PBMU | ABSOLUTO                       | CLUB               | LOCALIDAD          | FECHA      |
|------|------|--------------------------------|--------------------|--------------------|------------|
| 47   | 62,5 | Rosa Vázquez Marfil            | Olimpo Malaga      | Madrid             | 26/09/2015 |
| 52   | 97,5 | Loida Zabala Ollero            | Berserkers Madrid  | Merignac (Francia) | 10/08/2018 |
| 57   | 75,5 | Irene Aguilar Sánchez          | Crom Madrid        | Albacete           | 17/11/2018 |
| 63   | 81,0 | Triana del Real Fernández-Bada | Crom Madrid        | Albacete           | 17/11/2018 |
| 72   | 95,5 | Amanda Planas Domínguez        | Energy Alhaurín    | Chiva (Valencia)   | 05/10/2018 |
| 84   | 90,0 | Amanda Planas Domínguez        | Energy Alhaurín    | Cádiz              | 22/10/2017 |
| +84  | 80,0 | Alba Elvira Araujo Otero       | Power Fenix Ferrol | Madrid             | 24/06/2017 |

| CAT. | PBMU | SUBJUNIOR (-18)                | CLUB                    | LOCALIDAD                     | FECHA      |
|------|------|--------------------------------|-------------------------|-------------------------------|------------|
| 43   |      |                                |                         |                               |            |
| 47   |      |                                |                         |                               |            |
| 52   | 45,0 | Aylen Esteban Giménez          | Fuerza Isabel Elche     | Chiva (Valencia)              | 06/10/2018 |
| 57   | 63,0 | Gemma Nerea Noval García-Muñoz | Altea-Finestrat-L'Alfas | Chiva (Valencia)              | 06/10/2018 |
| 63   | 60,0 | Claudia Jaén Trujillo          | FG Power Alhaurín       | Cádiz                         | 22/10/2017 |
| 72   | 75,0 | Neus Blázquez Martín           | Power Castilla          | Albacete                      | 17/11/2018 |
| 84   | 65,0 | Tatiana Carmona Saldaña        | Asociación Andaluza     | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| +84  |      |                                |                         |                               |            |

| CAT. | PBMU | JUNIOR (-23)             | CLUB                    | LOCALIDAD                     | FECHA      |
|------|------|--------------------------|-------------------------|-------------------------------|------------|
| 43   |      |                          |                         |                               |            |
| 47   |      |                          |                         |                               |            |
| 52   | 60,5 | Susana Donadeu Sánchez   | Agrup. Dep. Sideropolis | Chiva (Valencia)              | 06/10/2018 |
| 57   | 65,0 | Izaskun Escobal García   | Ironborn Vizcaya        | Medina Del Campo (Valladolid) | 25/06/2016 |
| 63   | 72,5 | Mercedes Miranda Delgado | RV Strength Huelva      | Chiva (Valencia)              | 06/10/2018 |
| 72   | 75,0 | Neus Blázquez Martín     | Power Castilla          | Albacete                      | 17/11/2018 |
| 84   | 65,0 | Tatiana Carmona Saldaña  | Asociación Andaluza     | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| +84  | 76,0 | Natalia Pérez Garralón   | Guerreros Guadalajara   | Madrid                        | 25/09/2015 |

| CAT. | PBMU | MASTER I (+40)               | CLUB               | LOCALIDAD                     | FECHA      |
|------|------|------------------------------|--------------------|-------------------------------|------------|
| 47   | 62,5 | Beatriz Cano Torres          | Fed. Catalana      | Medina Del Campo (Valladolid) | 25/06/2016 |
| 52   | 60,5 | Marta Rincón Fernández       | Crossfit Salamanca | Albacete                      | 17/11/2018 |
| 57   | 65,0 | Maribel Cano Torres          | Fed. Catalana      | Alhaurín De La Torre (Málaga) | 27/11/2015 |
| 63   | 75,5 | Raquel De La Calle Labarzana | Crom Madrid        | Albacete                      | 17/11/2018 |
| 72   | 95,5 | Amanda Planas Domínguez      | Energy Alhaurín    | Chiva (Valencia)              | 05/10/2018 |
| 84   | 90,0 | Amanda Planas Domínguez      | Energy Alhaurín    | Cádiz                         | 22/10/2017 |
| +84  | 52,5 | Remedios Jiménez García      | Energy Alhaurín    | Madrid                        | 13/10/2013 |

| CAT. | PBMU | MASTER II (+50)               | CLUB                  | LOCALIDAD                     | FECHA      |
|------|------|-------------------------------|-----------------------|-------------------------------|------------|
| 47   | 62,5 | Beatriz Cano Torres           | Fed. Catalana         | Medina Del Campo (Valladolid) | 25/06/2016 |
| 52   | 60,0 | Beatriz Cano Torres           | Fed. Catalana         | Villajoyosa (Alicante)        | 25/04/2015 |
| 57   | 55,0 | Elena de la Esperanza Encinar | Villamantillas Madrid | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 63   | 72,5 | María Repice                  | Energy Alhaurín       | Alhaurín De La Torre (Málaga) | 03/12/2016 |
| 72   | 75,0 | Isabel García Martínez        | Fuerza Isabel Elche   | Madrid                        | 24/06/2017 |
| 84   |      |                               |                       |                               |            |
| +84  |      |                               |                       |                               |            |

| CAT. | PBMU | MASTER III (+60) | CLUB | LOCALIDAD | FECHA |
|------|------|------------------|------|-----------|-------|
| 47   |      |                  |      |           |       |
| 52   |      |                  |      |           |       |
| 57   |      |                  |      |           |       |
| 63   |      |                  |      |           |       |
| 72   |      |                  |      |           |       |
| 84   |      |                  |      |           |       |
| +84  |      |                  |      |           |       |

| CAT. | PBMU | MASTER IV (+70) | CLUB | LOCALIDAD | FECHA |
|------|------|-----------------|------|-----------|-------|
| 47   |      |                 |      |           |       |
| 52   |      |                 |      |           |       |
| 57   |      |                 |      |           |       |
| 63   |      |                 |      |           |       |
| 72   |      |                 |      |           |       |
| 84   |      |                 |      |           |       |
| +84  |      |                 |      |           |       |



# ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

## Récords de España Femeninos

### Peso Muerto Mov. Unico Raw

Actualizado: 02/12/2018  
Revisado: 09/12/2018

| CAT. | PMMU  | ABSOLUTO                 | CLUB               | LOCALIDAD                     | FECHA      |
|------|-------|--------------------------|--------------------|-------------------------------|------------|
| 47   | 138,0 | Rosa Vázquez Marfil      | Olimpo Malaga      | Órgiva (Granada)              | 02/04/2016 |
| 52   | 140,0 | Marta López García       | Iron Team Elche    | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 57   | 157,5 | Virginia Finol Franco    | Runa Navarra       | Barcelona                     | 24/09/2016 |
| 63   | 175,5 | Silvia García Izquierdo  | Be Strong Asturias | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 72   | 185,5 | Amanda Planas Domínguez  | Energy Alhaurín    | Chiva (Valencia)              | 05/10/2018 |
| 84   | 180,0 | Amanda Planas Domínguez  | Energy Alhaurín    | Cádiz                         | 22/10/2017 |
| +84  | 180,0 | Alba Elvira Araujo Otero | Power Fenix Ferrol | Madrid                        | 25/06/2017 |

| CAT. | PMMU  | SUBJUNIOR (-18)                | CLUB                    | LOCALIDAD        | FECHA      |
|------|-------|--------------------------------|-------------------------|------------------|------------|
| 43   |       |                                |                         |                  |            |
| 47   |       |                                |                         |                  |            |
| 52   | 110,0 | Aylen Esteban Giménez          | Fuerza Isabel Elche     | Chiva (Valencia) | 06/10/2018 |
| 57   | 137,5 | Gemma Nerea Noval García-Muñoz | Altea-Finestrat-L'Alfas | Chiva (Valencia) | 06/10/2018 |
| 63   | 120,0 | María Begoña Martín Monroy     | Power Castilla          | Chiva (Valencia) | 06/10/2018 |
| 72   | 155,0 | Neus Blázquez Martín           | Power Castilla          | Albacete         | 18/11/2018 |
| 84   | 125,0 | Tatiana Carmona Saldaña        | Asociación Andaluza     | Chiva (Valencia) | 06/10/2018 |
| +84  |       |                                |                         |                  |            |

| CAT. | PMMU  | JUNIOR (-23)               | CLUB                  | LOCALIDAD                     | FECHA      |
|------|-------|----------------------------|-----------------------|-------------------------------|------------|
| 43   |       |                            |                       |                               |            |
| 47   |       |                            |                       |                               |            |
| 52   | 140,0 | Marta López García         | Iron Team Elche       | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 57   | 150,0 | Esther Gutiérrez Gutiérrez | Asociación Andaluza   | Alhaurín de la Torre (Málaga) | 01/07/2018 |
| 63   | 155,5 | Mercedes Miranda Delgado   | RV Strength Huelva    | Chiva (Valencia)              | 06/10/2018 |
| 72   | 155,0 | Ana Martín Lagunas         | Asociación Andaluza   | Chiva (Valencia)              | 06/10/2018 |
| 84   | 125,0 | Tatiana Carmona Saldaña    | Asociación Andaluza   | Chiva (Valencia)              | 06/10/2018 |
| +84  | 165,0 | Natalia Pérez Garralón     | Guerreros Guadalajara | Madrid                        | 25/09/2015 |

| CAT. | PMMU  | MASTER I (+40)              | CLUB                    | LOCALIDAD                     | FECHA      |
|------|-------|-----------------------------|-------------------------|-------------------------------|------------|
| 47   | 105,5 | Ana Sternfeld Buraya        | Agrup. Dep. Sideropolis | Chiva (Valencia)              | 05/10/2018 |
| 52   | 130,0 | Amalia Callejón Ballesteros | FG Power Alhaurín       | Palos de la Frontera (Huelva) | 09/03/2018 |
| 57   | 130,0 | Maribel Cano Torres         | Fed. Catalana           | Alhaurín De La Torre (Málaga) | 16/03/2013 |
| 63   | 155,0 | Raquel Martín Tomás         | Powerlifting Salamanca  | Palos de la Frontera (Huelva) | 10/03/2018 |
| 72   | 185,5 | Amanda Planas Domínguez     | Energy Alhaurín         | Chiva (Valencia)              | 05/10/2018 |
| 84   | 180,0 | Amanda Planas Domínguez     | Energy Alhaurín         | Cádiz                         | 22/10/2017 |
| +84  |       |                             |                         |                               |            |

| CAT. | PMMU  | MASTER II (+50)               | CLUB                    | LOCALIDAD                     | FECHA      |
|------|-------|-------------------------------|-------------------------|-------------------------------|------------|
| 47   | 105,5 | Ana Sternfeld Buraya          | Agrup. Dep. Sideropolis | Chiva (Valencia)              | 05/10/2018 |
| 52   |       |                               |                         |                               |            |
| 57   | 120,0 | Elena de la Esperanza Encinar | Villamantilla Madrid    | Albacete                      | 18/11/2018 |
| 63   | 145,0 | María Repice                  | Energy Alhaurín         | Alhaurín De La Torre (Málaga) | 03/12/2016 |
| 72   | 150,0 | Isabel García Martínez        | Fuerza Isabel Elche     | Finestrat (Alicante)          | 21/05/2016 |
| 84   |       |                               |                         |                               |            |
| +84  |       |                               |                         |                               |            |

| CAT. | PBMU | MASTER III (+60) | CLUB | LOCALIDAD | FECHA |
|------|------|------------------|------|-----------|-------|
| 47   |      |                  |      |           |       |
| 52   |      |                  |      |           |       |
| 57   |      |                  |      |           |       |
| 63   |      |                  |      |           |       |
| 72   |      |                  |      |           |       |
| 84   |      |                  |      |           |       |
| +84  |      |                  |      |           |       |

| CAT. | PBMU | MASTER IV (+70) | CLUB | LOCALIDAD | FECHA |
|------|------|-----------------|------|-----------|-------|
| 47   |      |                 |      |           |       |
| 52   |      |                 |      |           |       |
| 57   |      |                 |      |           |       |
| 63   |      |                 |      |           |       |
| 72   |      |                 |      |           |       |
| 84   |      |                 |      |           |       |
| +84  |      |                 |      |           |       |