



ASOCIACIÓN ESPAÑOLA de POWERLIFTING

Resumen de Récords de España

MASCULINO RAW

Actualizado: 09/03/2019

Revisado: 15/03/2019

POWERLIFTING	Sentadillas (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	176,0	176,0	176,0	122,5					
66	200,5	177,5	200,5	180,0	180,0	160,5			
74	235,0	190,0	223,0	225,0	161,0	160,0	50,0		
83	277,5	205,0	270,0	215,0	215,0	180,0			
93	277,5	215,0	277,5	240,0	235,0	200,0			
105	285,0	207,5	285,0	275,0	190,0				
120	300,0	175,0	240,0	247,5	230,0				
+120	358,0		260,0	220,0	170,0				

POWERLIFTING	Press Banca (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	132,5	110,5	110,5	80,0					
66	130,0	115,5	130,0	100,0	100,0	92,5			
74	157,5	135,0	145,0	137,5	101,0	101,0	60,0		
83	171,0	135,0	165,0	125,0	115,5	90,0			
93	165,5	162,5	165,0	165,5	165,5	130,0			
105	190,0	155,0	172,5	180,0	115,5				
120	185,0	85,0	150,0	175,0	175,0				
+120	220,0		192,5	195,0	160,0				

POWERLIFTING	Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	222,5	200,0	222,5	145,0					
66	240,0	195,0	240,0	230,0	230,0	212,5			
74	281,0	210,0	260,5	237,5	200,0	180,0	90,0		
83	305,0	242,5	305,0	260,5	260,5	230,0			
93	313,0	246,0	302,5	252,5	252,5	210,0			
105	306,0	230,0	306,0	265,0	245,0				
120	330,0	202,5	280,0	270,0	250,0				
+120	346,5		320,0	290,0	230,0				

POWERLIFTING	Total (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	500,0	464,0	472,5	347,5					
66	545,0	487,5	545,0	510,0	510,0	463,0			
74	661,0	505,0	608,5	600,0	451,0	441,0	200,0		
83	730,0	575,0	730,0	582,5	582,5	500,0			
93	736,5	595,0	736,5	653,0	653,0	540,0			
105	763,0	545,0	763,0	677,5	545,0				
120	795,0	462,5	670,0	665,0	655,0				
+120	912,0		762,5	692,5	560,0				

Mov. Único	Press Banca (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	165,0	110,5	110,5	80,0					
66	177,5	120,5	130,0	137,5	137,5	92,5			
74	166,0	137,5	146,5	137,5	118,5	115,0	60,0		
83	200,0	135,0	190,0	200,0	135,5	120,0			
93	200,5	162,5	165,0	170,0	170,0	130,0			
105	200,0	155,0	172,5	180,0	135,0	135,0			
120	200,0	115,0	150,0	187,5	187,5				
+120	220,0		192,5	195,0	161,0				

Mov. Único	Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	222,5	200,0	222,5	145,0					
66	240,0	200,0	240,0	230,0	230,0	212,5			
74	281,0	230,0	260,5	237,5	235,5	200,0	90,0		
83	305,0	242,5	305,0	260,5	260,5	250,0			
93	313,0	246,0	302,5	253,0	252,5	210,0			
105	306,0	230,0	306,0	265,0	260,0	210,0			
120	330,0	202,5	280,0	315,0	250,0	215,0			
+120	346,5		320,0	290,0	230,0				



ASOCIACIÓN ESPAÑOLA de POWERLIFTING

Resumen de Récords de España

FEMENINO RAW

Actualizado: 09/03/2019

Revisado: 15/03/2019

POWERLIFTING	Sentadillas (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---			---	---	---	---
		47	107,5			90,5	90,5		
		52	115,0	100,0	115,0	102,5			
		57	138,0	125,0	125,0	120,0	85,0		
		63	150,0	110,0	140,0	150,0	110,0		
		72	145,0	115,0	140,0	145,0			
		84	135,0	95,0	100,0	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	45,0	60,5	60,0			
		57	75,0	63,0	65,0	62,5	55,0		
		63	80,0	60,0	72,5	77,5	72,5		
		72	95,5	72,5	73,0	95,5			
		84	90,0	65,0	65,0	90,0			
		+84	78,0		76,0				
POWERLIFTING	Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---			---	---	---	---
		47	138,0			107,5	107,5		
		52	140,0	110,0	140,0	130,0			
		57	157,5	137,5	150,0	130,0	112,5		
		63	175,5	120,0	155,5	155,0	145,0		
		72	185,5	140,0	155,0	185,5			
		84	180,0	125,0	125,0	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	300,5	255,0	300,5	292,5			
		57	370,0	325,5	337,5	305,0	252,5		
		63	397,5	280,0	368,0	382,5	327,5		
		72	420,0	310,0	355,5	420,0			
		84	405,0	280,0	280,0	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	97,5	45,0	60,5	60,5	60,0		
		57	75,5	63,0	65,0	65,0	55,0		
		63	81,0	60,0	72,5	77,5	72,5		
		72	95,5	75,0	75,0	95,5	75,0		
		84	90,0	65,0	65,0	90,0			
		+84	80,0		76,0	52,5			
Mov. Único	Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---			---	---	---	---
		47	138,0			107,5	107,5		
		52	140,0	110,0	140,0	130,0			
		57	157,5	137,5	150,0	130,0	120,0		
		63	175,5	120,0	155,5	155,0	145,0		
		72	185,5	155,0	155,0	185,5	150,0		
		84	180,0	125,0	125,0	180,0			
		+84	180,0		165,0				