



ASOCIACIÓN ESPAÑOLA de POWERLIFTING

Resumen de Récords de España

MASCULINO EQUIPADO

Actualizado: 29/02/2020

Revisado: 07/03/2020

| POWERLIFTING | Sentadillas (kg) | CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|--------------|------------------|-------|-------|-------|-------|-------|-------|-------|-----|
| | | 53 | --- | 80,0 | 80,0 | --- | --- | --- | --- |
| 59 | 80,0 | | | | | | | | |
| 66 | 205,0 | 180,0 | 205,0 | | | | | 140,0 | |
| 74 | 250,0 | | | 212,5 | 265,0 | 265,0 | 190,0 | | |
| 83 | 280,0 | 190,0 | 245,0 | 280,0 | 225,0 | 225,0 | 225,0 | | |
| 93 | 270,0 | | | 250,0 | 260,0 | 230,0 | 212,5 | | |
| 105 | 265,0 | | | | 265,0 | 150,0 | 150,0 | | |
| 120 | 300,0 | 246,0 | 230,0 | 190,0 | | | | | |
| +120 | 410,0 | | | 240,0 | | | | | |

| POWERLIFTING | Press Banca (kg) | CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|--------------|------------------|-------|-------|-------|-------|-------|-------|------|-----|
| | | 53 | --- | 75,0 | 75,0 | --- | --- | --- | --- |
| 59 | 75,0 | | | | | | | | |
| 66 | 137,5 | 105,0 | 137,5 | | | | | 95,0 | |
| 74 | 177,5 | | | 130,0 | 177,5 | 175,0 | 140,0 | | |
| 83 | 255,0 | 115,0 | 180,0 | 255,0 | 122,5 | 122,5 | | | |
| 93 | 255,0 | | | 162,5 | 255,0 | 160,0 | 160,0 | | |
| 105 | 176,0 | | | | 176,0 | 100,0 | 100,0 | | |
| 120 | 165,0 | | | 140,0 | 112,5 | | | | |
| +120 | 200,0 | | | 150,0 | | | | | |

| POWERLIFTING | Peso Muerto (kg) | CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|--------------|------------------|-------|-------|-------|-------|-------|-------|-------|-----|
| | | 53 | --- | 112,5 | 112,5 | --- | --- | --- | --- |
| 59 | 112,5 | | | | | | | | |
| 66 | 235,0 | 190,0 | 220,0 | | | | | 150,0 | |
| 74 | 275,0 | | | 275,0 | 255,0 | 255,0 | 230,0 | | |
| 83 | 271,0 | 230,0 | 271,0 | 250,0 | 240,0 | 240,0 | | | |
| 93 | 290,0 | | | 290,0 | 250,0 | 250,0 | 250,0 | | |
| 105 | 266,0 | | | | 247,5 | 190,0 | 190,0 | | |
| 120 | 330,0 | 265,0 | 270,0 | 207,5 | | | | | |
| +120 | 340,0 | | | 305,0 | | | | | |

| POWERLIFTING | Total (kg) | CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|--------------|------------|-------|-------|-------|-------|-------|-------|-------|-----|
| | | 53 | --- | 267,5 | 267,5 | --- | --- | --- | --- |
| 59 | 267,5 | | | | | | | | |
| 66 | 562,5 | 475,0 | 562,5 | | | | | 385,0 | |
| 74 | 695,0 | | | 562,5 | 695,0 | 695,0 | 550,0 | | |
| 83 | 685,0 | 502,5 | 678,0 | 710,0 | 555,0 | 555,0 | | | |
| 93 | 755,0 | | | 702,5 | 755,0 | 590,0 | 590,0 | | |
| 105 | 676,0 | | | | 676,0 | 440,0 | 440,0 | | |
| 120 | 795,0 | | | 640,0 | 510,0 | | | | |
| +120 | 910,0 | | | 650,0 | | | | | |

| Mov. Único | Press Banca (kg) | CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|------------|------------------|-------|-------|-------|-------|-------|-------|-----|-----|
| | | 53 | --- | 75,0 | 75,0 | --- | --- | --- | --- |
| 59 | 195,0 | 90,0 | 90,0 | | | | | | |
| 66 | 215,0 | 105,0 | 137,5 | 155,5 | 135,0 | | | | |
| 74 | 177,5 | | | 130,0 | 177,5 | 175,0 | 150,0 | | |
| 83 | 260,0 | 125,0 | 180,0 | 255,0 | 122,5 | 122,5 | | | |
| 93 | 260,0 | | | 162,5 | 260,0 | 160,0 | 160,0 | | |
| 105 | 215,0 | | | 180,0 | 215,0 | 185,0 | 180,0 | | |
| 120 | 210,0 | 115,0 | 140,0 | 165,0 | 230,0 | | | | |
| +120 | 200,0 | | | 150,0 | 190,0 | 140,0 | 140,0 | | |

| Mov. Único | Peso Muerto (kg) | CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|------------|------------------|-------|-------|-------|-------|-------|-------|-----|-----|
| | | 53 | --- | 112,5 | 112,5 | --- | --- | --- | --- |
| 59 | 190,0 | | | 190,0 | | | | | |
| 66 | 235,0 | 190,0 | 220,0 | | | | | | |
| 74 | 280,0 | | | 280,0 | 242,5 | 232,5 | 227,5 | | |
| 83 | 271,0 | 230,0 | 271,0 | 245,0 | 245,0 | 245,0 | | | |
| 93 | 291,0 | | | 291,0 | 257,5 | 250,0 | 250,0 | | |
| 105 | 280,0 | 236,0 | 280,0 | 260,0 | 205,0 | 205,0 | | | |
| 120 | 330,0 | 265,0 | 270,0 | 252,5 | | | | | |
| +120 | 312,5 | | | 270,0 | | | 200,0 | | |

