# ASOCIACIÓN ESPAÑOLA de POWERLIFTING

## Resumen de Récords de España

## MASCULINO RAW

**Actualizado:** 14/03/2020
**Revisado:** 30/09/2020

### POWERLIFTING — Sentadillas (kg)

| CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|---|---|---|---|---|---|---|---|
| 53 | - - - | | | - - - | - - - | - - - | - - - |
| 59 | 176,0 | 176,0 | 176,0 | 122,5 | | | |
| 66 | 220,0 | 177,5 | 220,0 | 180,0 | 180,0 | 165,5 | |
| 74 | 235,0 | 190,0 | 223,5 | 225,0 | 162,5 | 162,5 | 50,0 |
| 83 | 285,0 | 205,5 | 270,0 | 215,0 | 215,0 | 180,5 | |
| 93 | 290,0 | 265,0 | 280,0 | 260,0 | 260,0 | 200,0 | |
| 105 | 286,0 | 250,0 | 285,0 | 275,0 | 230,0 | 200,0 | |
| 120 | 300,0 | 175,0 | 280,0 | 247,5 | 242,5 | | |
| +120 | 380,0 | | 260,0 | 350,0 | 192,5 | | |

### POWERLIFTING — Press Banca (kg)

| CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|---|---|---|---|---|---|---|---|
| 53 | - - - | | | - - - | - - - | - - - | - - - |
| 59 | 132,5 | 115,0 | 115,0 | 80,0 | | | |
| 66 | 135,0 | 115,5 | 135,0 | 100,0 | 100,0 | 92,5 | |
| 74 | 160,5 | 150,0 | 150,0 | 140,0 | 101,0 | 101,0 | 60,0 |
| 83 | 171,5 | 142,5 | 165,0 | 137,5 | 120,0 | 112,5 | |
| 93 | 172,5 | 162,5 | 170,0 | 168,0 | 168,0 | 130,0 | |
| 105 | 190,0 | 155,0 | 173,0 | 180,0 | 145,0 | 130,0 | |
| 120 | 187,5 | 85,0 | 170,0 | 187,5 | 186,0 | | |
| +120 | 232,5 | | 192,5 | 200,0 | 160,0 | | |

### POWERLIFTING — Peso Muerto (kg)

| CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|---|---|---|---|---|---|---|---|
| 53 | - - - | | | - - - | - - - | - - - | - - - |
| 59 | 222,5 | 214,5 | 222,5 | 145,0 | | | |
| 66 | 263,0 | 205,5 | 263,0 | 230,0 | 230,0 | 215,0 | |
| 74 | 282,5 | 210,0 | 261,0 | 252,5 | 205,0 | 205,0 | 90,0 |
| 83 | 305,0 | 243,0 | 305,0 | 260,5 | 260,5 | 230,0 | |
| 93 | 318,0 | 292,5 | 303,0 | 262,5 | 262,5 | 210,0 | |
| 105 | 328,0 | 300,0 | 307,5 | 265,0 | 245,0 | 210,0 | |
| 120 | 330,0 | 202,5 | 280,0 | 280,0 | 260,0 | | |
| +120 | 346,5 | | 320,0 | 330,0 | 235,0 | | |

### POWERLIFTING — Total (kg)

| CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|---|---|---|---|---|---|---|---|
| 53 | - - - | | | - - - | - - - | - - - | - - - |
| 59 | 500,0 | 465,0 | 472,5 | 347,5 | | | |
| 66 | 588,0 | 487,5 | 588,0 | 510,0 | 510,0 | 473,0 | |
| 74 | 661,0 | 505,0 | 612,0 | 617,5 | 462,5 | 462,5 | 200,0 |
| 83 | 730,0 | 591,0 | 730,0 | 582,5 | 582,5 | 500,0 | |
| 93 | 757,5 | 682,5 | 746,5 | 690,5 | 690,5 | 540,0 | |
| 105 | 789,0 | 677,5 | 763,0 | 677,5 | 602,5 | 540,0 | |
| 120 | 795,0 | 462,5 | 725,0 | 688,5 | 688,5 | | |
| +120 | 922,5 | | 762,5 | 877,5 | 577,5 | | |

### Mov. Único — Press Banca (kg)

| CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|---|---|---|---|---|---|---|---|
| 53 | - - - | | | - - - | - - - | - - - | - - - |
| 59 | 165,0 | 115,0 | 115,0 | 80,0 | | | |
| 66 | 177,5 | 120,5 | 135,0 | 137,5 | 137,5 | 92,5 | |
| 74 | 166,0 | 150,0 | 150,0 | 140,0 | 125,0 | 125,0 | 60,0 |
| 83 | 200,0 | 142,5 | 190,0 | 200,0 | 135,5 | 135,0 | |
| 93 | 200,5 | 162,5 | 170,0 | 170,0 | 170,0 | 130,0 | |
| 105 | 200,0 | 155,0 | 173,0 | 180,0 | 145,0 | 135,5 | |
| 120 | 200,0 | 115,0 | 170,0 | 188,5 | 187,5 | | |
| +120 | 232,5 | | 192,5 | 200,0 | 161,0 | | |

### Mov. Único — Peso Muerto (kg)

| CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|---|---|---|---|---|---|---|---|
| 53 | - - - | | | - - - | - - - | - - - | - - - |
| 59 | 222,5 | 214,5 | 222,5 | 145,0 | | | |
| 66 | 263,0 | 205,5 | 263,0 | 230,0 | 230,0 | 215,0 | |
| 74 | 282,5 | 230,0 | 261,0 | 252,5 | 235,5 | 205,0 | 90,0 |
| 83 | 305,0 | 243,0 | 305,0 | 261,0 | 260,5 | 250,0 | |
| 93 | 318,0 | 292,5 | 303,0 | 262,5 | 262,5 | 210,0 | |
| 105 | 328,0 | 300,0 | 307,5 | 265,0 | 260,0 | 210,0 | |
| 120 | 330,0 | 202,5 | 280,0 | 315,0 | 260,0 | 215,0 | |
| +120 | 346,5 | | 320,0 | 330,0 | 235,0 | | |

# ASOCIACIÓN ESPAÑOLA de POWERLIFTING

## Resumen de Récords de España

## FEMENINO RAW

**Actualizado:** 14/03/2020
**Revisado:** 30/09/2020

### POWERLIFTING — Sentadillas (kg)

| CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|---|---|---|---|---|---|---|---|
| 43 | - - - | | | - - - | - - - | - - - | - - - |
| 47 | 107,5 | | 80,5 | 92,5 | 92,5 | 78,0 | |
| 52 | 125,0 | 100,0 | 125,0 | 107,5 | 87,5 | 87,5 | |
| 57 | 155,0 | 125,0 | 155,0 | 120,0 | 87,5 | | |
| 63 | 160,0 | 110,5 | 140,0 | 160,0 | 110,5 | | |
| 72 | 162,5 | 117,5 | 162,5 | 145,0 | | | |
| 84 | 155,0 | 95,0 | 100,0 | 155,0 | | | |
| +84 | 146,0 | | 146,0 | | | | |

### POWERLIFTING — Press Banca (kg)

| CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|---|---|---|---|---|---|---|---|
| 43 | - - - | | | - - - | - - - | - - - | - - - |
| 47 | 62,5 | | 38,0 | 62,5 | 62,5 | 42,5 | |
| 52 | 70,5 | 45,0 | 60,5 | 62,5 | 42,5 | 42,5 | |
| 57 | 80,0 | 63,0 | 70,0 | 62,5 | 57,5 | | |
| 63 | 85,5 | 62,0 | 72,5 | 80,0 | 72,5 | | |
| 72 | 97,5 | 72,5 | 97,5 | 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 | | 80,5 | 107,5 | 107,5 | 95,0 | |
| 52 | 140,5 | 110,0 | 140,0 | 135,0 | 92,5 | 92,5 | |
| 57 | 160,0 | 137,5 | 157,5 | 135,0 | 115,0 | | |
| 63 | 176,0 | 125,0 | 156,0 | 157,5 | 145,0 | | |
| 72 | 186,0 | 142,5 | 186,0 | 185,5 | | | |
| 84 | 192,5 | 125,0 | 125,0 | 192,5 | | | |
| +84 | 180,5 | | 180,5 | | | | |

### POWERLIFTING — Total (kg)

| CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|---|---|---|---|---|---|---|---|
| 43 | - - - | | | - - - | - - - | - - - | - - - |
| 47 | 305,5 | | 199,0 | 252,5 | 252,5 | 215,5 | |
| 52 | 326,0 | 255,0 | 300,5 | 305,0 | 210,0 | 210,0 | |
| 57 | 382,5 | 325,5 | 382,5 | 305,0 | 260,0 | | |
| 63 | 410,0 | 297,5 | 368,0 | 395,0 | 327,5 | | |
| 72 | 437,5 | 322,5 | 437,5 | 420,0 | | | |
| 84 | 422,5 | 280,0 | 280,0 | 422,5 | | | |
| +84 | 392,0 | | 392,0 | | | | |

### Mov. Único — Press Banca (kg)

| CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|---|---|---|---|---|---|---|---|
| 43 | - - - | | | - - - | - - - | - - - | - - - |
| 47 | 62,5 | | 38,0 | 62,5 | 62,5 | 42,5 | |
| 52 | 97,5 | 45,0 | 60,5 | 62,5 | 60,0 | 42,5 | |
| 57 | 80,0 | 63,0 | 70,0 | 65,0 | 60,0 | | |
| 63 | 85,5 | 62,0 | 72,5 | 80,0 | 72,5 | | |
| 72 | 95,5 | 75,0 | 87,5 | 95,5 | 75,0 | | |
| 84 | 90,0 | 65,0 | 65,0 | 90,0 | | | |
| +84 | 80,0 | | 76,0 | 70,0 | | | |

### Mov. Único — Peso Muerto (kg)

| CAT. | ABS | SBJ | JUN | M1 | M2 | M3 | M4 |
|---|---|---|---|---|---|---|---|
| 43 | - - - | | | - - - | - - - | - - - | - - - |
| 47 | 138,0 | | 80,5 | 107,5 | 107,5 | 95,0 | |
| 52 | 140,5 | 110,0 | 140,0 | 135,0 | 92,5 | 92,5 | |
| 57 | 160,0 | 137,5 | 157,5 | 135,0 | 125,0 | | |
| 63 | 176,0 | 125,0 | 156,0 | 157,5 | 145,0 | | |
| 72 | 186,0 | 155,0 | 186,0 | 185,5 | 150,0 | | |
| 84 | 192,5 | 125,0 | 125,0 | 192,5 | | | |
| +84 | 180,5 | | 180,5 | 150,0 | | | |