



# ASOCIACIÓN ESPAÑOLA de POWERLIFTING

Resumen de Récords de España

MASCULINO RAW

Actualizado: 29/02/2020

Revisado: 07/03/2020

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	160,5			
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	255,0	255,0	200,0			
105	286,0	250,0	285,0	275,0	200,0	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	137,5	101,0	101,0	60,0		
83	171,5	142,5	165,0	137,5	120,0	112,5			
93	172,5	162,5	168,5	167,5	167,5	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	212,5			
74	282,5	210,0	261,0	238,0	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	255,0	255,0	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	463,0			
74	661,0	505,0	612,0	600,0	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	677,5	677,5	540,0			
105	789,0	677,5	763,0	677,5	565,0	540,0			
120	795,0	462,5	725,0	688,5	688,5				
+120	922,5		762,5	877,5	677,5				

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	137,5	125,0	125,0	60,0		
83	200,0	142,5	190,0	200,0	135,5	135,0			
93	200,5	162,5	168,5	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	212,5			
74	282,5	230,0	261,0	238,0	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	255,0	255,0	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				



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Resumen de Récords de España

FEMENINO RAW

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POWERLIFTING	Sentadillas (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---			---	---	---	---
		47	107,5		80,5	92,5	92,5		
		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	147,5	95,0	100,0	137,5			
		+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		
		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	77,5	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		
		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	190,0	125,0	125,0	182,5			
		+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		
		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	417,5	280,0	280,0	405,0			
		+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		
		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	77,5	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		
		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	190,0	125,0	125,0	182,5			
		+84	180,5		180,5	150,0			