

		CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
<b>POWERLIFTING</b>	<b>Sentadillas (kg)</b>	53	---	---	---	---	---	---	---
		59	176,5	176,0	176,5	122,5			
		66	235,0	177,5	235,0	180,0	180,0	167,5	
		74	235,0	192,5	225,0	225,0	195,0	195,0	50,0
		83	285,5	205,5	270,0	240,0	215,0	180,5	
		93	295,0	265,0	280,0	270,0	270,0	200,0	
		105	317,5	250,0	317,5	275,0	235,0	200,0	
		120	300,0	175,0	280,0	247,5	242,5	185,0	
		+120	380,0		260,0	350,0	192,5		
<b>POWERLIFTING</b>	<b>Press Banca (kg)</b>	53	---	---	---	---	---	---	---
		59	132,5	115,0	115,0	80,0			
		66	143,0	115,5	143,0	110,0	100,0	92,5	
		74	162,5	135,0	150,0	140,0	127,5	127,5	60,0
		83	171,5	142,5	165,0	150,0	125,0	112,5	
		93	188,0	162,5	168,5	168,5	168,5	130,0	
		105	200,0	155,0	173,0	180,0	172,5	130,0	
		120	195,0	85,0	170,0	195,0	186,0	130,0	
		+120	235,0		192,5	200,0	160,0		
<b>POWERLIFTING</b>	<b>Peso Muerto (kg)</b>	53	---	---	---	---	---	---	---
		59	223,0	214,5	223,0	145,0			
		66	263,0	207,5	263,0	230,0	230,0	215,0	
		74	282,5	220,0	261,0	252,5	215,0	215,0	90,0
		83	306,0	243,0	305,0	280,0	260,5	230,0	
		93	318,0	292,5	303,0	265,0	265,0	220,0	
		105	332,5	300,0	332,5	266,0	266,0	215,0	
		120	330,0	202,5	280,0	280,0	260,0	230,0	
		+120	346,5		320,0	330,0	235,0		
<b>POWERLIFTING</b>	<b>Total (kg)</b>	53	---	---	---	---	---	---	---
		59	507,0	465,0	507,0	347,5			
		66	618,5	487,5	618,5	510,0	510,0	473,0	
		74	661,0	515,0	612,0	617,5	537,5	537,5	200,0
		83	730,0	591,0	730,0	670,0	582,5	500,0	
		93	767,5	682,5	746,5	698,5	698,5	540,0	
		105	825,0	677,5	810,0	677,5	673,5	540,0	
		120	795,0	462,5	725,0	710,0	688,5	545,0	
		+120	945,0		762,5	877,5	577,5		
<b>Mov. Único</b>	<b>Press Banca (kg)</b>	53	---	---	---	---	---	---	---
		59	165,0	115,0	115,0	80,0			
		66	177,5	120,5	143,0	137,5	137,5	92,5	
		74	166,0	137,5	151,0	140,0	127,5	127,5	60,0
		83	200,0	142,5	190,0	200,0	135,5	135,0	95,0
		93	200,5	162,5	168,5	170,0	170,0	130,0	
		105	200,0	155,0	173,0	180,0	172,5	136,0	
		120	200,0	115,0	170,0	195,0	187,5	130,0	
		+120	235,0		192,5	200,0	161,0		
<b>Mov. Único</b>	<b>Peso Muerto (kg)</b>	53	---	---	---	---	---	---	---
		59	223,0	214,5	223,0	145,0			
		66	263,0	207,5	263,0	230,0	230,0	215,0	
		74	282,5	230,0	261,0	252,5	235,5	215,0	90,0
		83	306,0	243,0	305,0	280,0	260,5	250,0	
		93	318,0	292,5	303,0	265,0	265,0	220,0	
		105	332,5	300,0	332,5	266,0	266,0	215,0	
		120	330,0	202,5	280,0	315,0	260,0	230,0	
		+120	346,5		320,0	330,0	235,0		

		CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
POWERLIFTING	Sentadillas (kg)	43	---			---	---	---	---
		47	122,5		80,5	92,5	92,5	78,0	
		52	125,0	100,0	125,0	107,5	75,0	75,0	
		57	160,0	125,0	160,0	120,0	95,0		
		63	165,0	110,5	142,5	160,0	110,5		
		69	167,5		167,5	157,5			
		72	162,5	117,5	162,5	145,0			
		76	162,5		152,5				
		84	162,5	95,0	162,5	162,5			
		+84	146,0		146,0	122,5			
POWERLIFTING	Press Banca (kg)	43	---			---	---	---	---
		47	65,0		38,0	62,5	62,5	45,0	
		52	77,5	45,0	65,0	62,5	42,5	42,5	
		57	80,0	63,0	72,5	62,5	57,5		
		63	95,5	62,0	87,5	80,0	72,5		
		69	106,5		106,5	85,0			
		72	97,5	72,5	97,5	95,5			
		76	100,0		80,0				
		84	95,0	65,0	95,0	90,0			
		+84	82,5		76,0	75,0			
POWERLIFTING	Peso Muerto (kg)	43	---			---	---	---	---
		47	138,0		80,5	107,5	107,5	100,0	
		52	155,0	110,0	148,5	135,0	92,5	92,5	
		57	188,0	137,5	188,0	135,0	120,0		
		63	176,0	125,0	170,0	157,5	145,0		
		69	205,0		205,0	170,0			
		72	186,0	142,5	186,0	185,5			
		76	220,0		182,5				
		84	207,5	125,0	207,5	207,5			
		+84	180,5		180,5	155,0			
POWERLIFTING	Total (kg)	43	---			---	---	---	---
		47	312,5		199,0	252,5	252,5	215,5	
		52	352,5	255,0	328,5	305,0	210,0	210,0	
		57	420,5	325,5	420,5	305,0	265,0		
		63	430,0	297,5	392,5	395,0	327,5		
		69	475,0		475,0	410,0			
		72	437,5	322,5	437,5	420,0			
		76	482,5		415,0				
		84	465,0	280,0	465,0	452,5			
		+84	392,0		392,0	352,5			
Mov. Único	Press Banca (kg)	43	---			---	---	---	---
		47	65,0		38,0	62,5	62,5	45,0	
		52	97,5	45,0	65,0	62,5	60,0	42,5	
		57	80,0	63,0	72,5	65,0	60,0		
		63	95,5	62,0	87,5	80,0	72,5		
		69	106,5		106,5	85,0			
		72	97,5	75,0	97,5	95,5	75,0		
		76	105,5		80,0				
		84	95,0	65,0	95,0	90,0			
		+84	82,5		76,0	75,0			
Mov. Único	Peso Muerto (kg)	43	---			---	---	---	---
		47	138,0		80,5	107,5	107,5	100,0	
		52	155,0	110,0	148,5	135,0	92,5	92,5	
		57	188,0	137,5	188,0	135,0	125,0		
		63	176,0	125,0	170,0	157,5	145,0		
		69	205,0		205,0	170,0			
		72	186,0	155,0	186,0	185,5	150,0		
		76	220,0		182,5				
		84	207,5	125,0	207,5	207,5			
		+84	180,5		180,5	155,0			