

	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
<b>POWERLIFTING</b> Sentadillas (kg)	53	---	---	---	---	---	---	---
	59	176,5	176,0	176,5	122,5			
	66	235,0	185,0	235,0	180,0	180,0	168,0	
	74	241,0	210,5	227,5	225,0	200,0	200,0	50,0
	83	292,5	213,0	272,5	242,5	215,0	180,5	
	93	300,0	273,5	280,0	270,0	270,0	200,0	
	105	317,5	262,5	317,5	275,0	237,5	200,0	
	120	310,0	235,0	295,5	247,5	242,5	185,0	
	+120	380,0		260,0	355,0	192,5		
<b>POWERLIFTING</b> Press Banca (kg)	53	---	---	---	---	---	---	---
	59	132,5	115,0	115,0	80,0			
	66	143,5	115,5	143,0	110,0	100,0	92,5	
	74	168,0	135,0	150,0	140,0	132,5	132,5	60,0
	83	177,5	143,0	177,5	150,0	125,0	112,5	
	93	192,5	162,5	169,0	169,0	169,0	130,0	
	105	200,5	158,0	180,0	180,0	177,5	130,0	
	120	205,0	147,5	183,0	196,0	186,0	130,0	
	+120	235,0		192,5	205,0	160,0		
<b>POWERLIFTING</b> Peso Muerto (kg)	53	---	---	---	---	---	---	---
	59	223,0	214,5	223,0	145,0			
	66	263,0	222,5	263,0	230,0	230,0	215,0	
	74	282,5	247,5	270,0	252,5	222,5	222,5	90,0
	83	315,0	265,0	305,0	280,0	260,5	230,0	
	93	345,0	292,5	303,0	265,0	265,0	230,0	
	105	360,0	300,0	360,0	266,0	266,0	215,0	
	120	330,0	260,0	315,0	280,0	260,0	230,0	
	+120	346,5		320,0	330,0	235,0		
<b>POWERLIFTING</b> Total (kg)	53	---	---	---	---	---	---	---
	59	507,0	465,0	507,0	347,5			
	66	618,5	520,0	618,5	510,0	510,0	473,0	
	74	661,0	568,0	646,0	617,5	555,0	555,0	200,0
	83	745,0	595,0	730,0	670,0	582,5	500,0	
	93	792,5	682,5	746,5	698,5	698,5	560,0	
	105	827,5	695,0	810,0	677,5	675,0	540,0	
	120	835,0	620,0	770,0	710,0	688,5	545,0	
	+120	945,0		762,5	877,5	577,5		
<b>Mov. Único</b> Press Banca (kg)	53	---	---	---	---	---	---	---
	59	165,0	115,0	115,0	80,0			
	66	177,5	120,5	143,0	137,5	137,5	92,5	
	74	168,0	137,5	151,0	140,0	132,5	132,5	67,5
	83	200,0	143,0	190,0	200,0	135,5	135,0	102,5
	93	200,5	162,5	169,0	170,0	170,0	130,0	
	105	200,5	158,0	173,5	180,0	177,5	136,0	
	120	205,0	147,5	183,0	195,0	187,5	130,0	
	+120	235,0		192,5	200,0	161,0		
<b>Mov. Único</b> Peso Muerto (kg)	53	---	---	---	---	---	---	---
	59	225,0	214,5	225,0	145,0			
	66	263,0	222,5	263,0	230,0	230,0	215,0	
	74	282,5	247,5	270,0	252,5	235,5	222,5	125,0
	83	315,0	265,0	305,0	280,0	261,0	250,0	
	93	345,0	292,5	303,0	265,0	265,0	230,0	
	105	360,0	300,0	360,0	266,0	266,0	215,0	
	120	330,0	260,0	315,0	315,0	260,0	230,0	
	+120	346,5		320,0	330,0	235,0		

		CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
<b>POWERLIFTING</b>	<b>Sentadillas (kg)</b>	43	---			---	---	---	---
		47	142,5		97,5	92,5	92,5	78,0	
		52	143,0	100,0	125,0	107,5	75,0	75,0	
		57	170,0	125,0	170,0	120,0	100,0		
		63	165,0	115,0	157,5	160,0	110,5		
		69	167,5	130,0	167,5	157,5	125,0		
		72	162,5	117,5	162,5	145,0			
		76	179,5		173,0	112,5			
		84	175,0	95,0	175,0	170,0			
		+84	155,0		146,0	155,0			
<b>POWERLIFTING</b>	<b>Press Banca (kg)</b>	43	---			---	---	---	---
		47	70,5		52,5	62,5	62,5	45,0	
		52	82,5	45,0	82,5	62,5	42,5	42,5	
		57	86,5	63,0	86,5	62,5	57,5		
		63	103,0	70,0	103,0	80,0	72,5		
		69	109,5	90,0	109,0	85,0	65,0		
		72	97,5	72,5	97,5	95,5			
		76	107,5		97,5	52,5			
		84	95,5	65,0	95,5	90,0			
		+84	95,0		76,0	75,0			
<b>POWERLIFTING</b>	<b>Peso Muerto (kg)</b>	43	---			---	---	---	---
		47	142,5		120,0	107,5	107,5	100,0	
		52	155,0	125,0	152,5	135,0	92,5	92,5	
		57	195,0	137,5	195,0	145,0	127,5		
		63	201,0	147,5	201,0	157,5	145,0		
		69	208,0	165,0	208,0	170,0	157,5		
		72	186,0	142,5	186,0	185,5			
		76	220,5		215,0	135,0			
		84	213,0	125,0	207,5	213,0			
		+84	180,5		180,5	155,0			
<b>POWERLIFTING</b>	<b>Total (kg)</b>	43	---			---	---	---	---
		47	340,0		275,0	252,5	252,5	215,5	
		52	357,5	257,5	357,5	305,0	210,0	210,0	
		57	451,5	325,5	451,5	305,0	277,5		
		63	464,0	322,5	464,0	395,0	327,5		
		69	476,5	360,0	476,5	410,0	347,5		
		72	437,5	322,5	437,5	420,0			
		76	507,5		485,5	300,0			
		84	465,5	280,0	465,5	465,5			
		+84	422,5		392,0	352,5			
<b>Mov. Único</b>	<b>Press Banca (kg)</b>	43	---			---	---	---	---
		47	70,5		52,5	62,5	62,5	45,0	
		52	97,5	45,0	82,5	62,5	60,0	42,5	
		57	86,5	63,0	86,5	65,0	60,0		
		63	103,0	70,0	103,0	80,0	72,5		
		69	109,5	90,0	109,0	85,0	65,0		
		72	97,5	75,0	97,5	95,5	75,0		
		76	107,5		97,5	52,5	55,0		
		84	95,5	65,0	95,5	90,0			
		+84	95,0		76,0	75,0			
<b>Mov. Único</b>	<b>Peso Muerto (kg)</b>	43	---			---	---	---	---
		47	142,5		120,0	107,5	107,5	100,0	
		52	155,0	125,0	152,5	135,0	92,5	92,5	
		57	195,0	137,5	195,0	135,0	127,5		
		63	201,0	147,5	201,0	157,5	145,0		
		69	208,0	165,0	208,0	170,0	157,5		
		72	186,0	155,0	186,0	185,5	150,0		
		76	220,5		215,0	135,0			
		84	213,0	125,0	207,5	213,0			
		+84	180,5		180,5	155,0			