ASOCIACION ESPAÑOLA DE POWERLIFTING
XII Campeonato de España de Powerlifting Raw
Ibi, Alicante - del 1 al 3 de abril del 2022

Rev. 16/04/2022

MUJERES POWERLIFTING RAW

	LEVANTADORA	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS				PRESS BANCA				PESO MUERTO				TOTAL	IPF GL	Pt.	
-47kg																						
1	Lores Fernandez Ana	1996	DTP	46,66	0.2792	16	122.5	132.5	**142.5**	1	~~57.5~~	57.5	~~62.5~~	3	130.0	140.0	~~150.5~~	1	**340.0**	**94.93**	12	
2	Sanchez Gutierrez Miriam	1997	DTP	46,32	0.2813	19	92.5	97.5	100.0	2	65.5	68.5	**70.5**	1	120.0	125.0	132.5	2	**303.0**	**85.23**	9	
3	Moldovan Simina Ruxandra	1999	EINTE	46,39	0.2808	21	92.5	**97.5**	~~100.0~~	3	~~55.0~~	55.0	57.5	2	~~120.0~~	**120.0**	~~125.0~~	3	**275.0**	**77.22**	8	
4	Sierra Garcia Kelly	1993	FGRAN	45,76	0.2848	20	85.0	90.0	95.0	5	47.5	50.0	52.5	4	92.5	100.0	105.0	5	**252.5**	**71.91**	7	
5	Sanchez Asensio Clara	1999	ALFA	45,52	0.2863	17	87.5	92.5	95.0	4	45.0	47.5	~~50.0~~	5	105.0	~~110.0~~	~~110.0~~	4	**247.5**	**70.86**	6	
-52kg																						
1	Larrosa Cintas. Nayma	2000	FIA	51,53	0.2545	31	117.5	~~122.5~~	122.5	4	78.0	80.5	**82.5**	1	137.5	145.0	**152.5**	1	**357.5**	**90.98**	12	
2	Cabañil Chavez Jessica	1997	BRSMAD	51,34	0.2553	27	130.0	138.0	**143.0**	1	65.0	67.5	~~70.0~~	6	132.5	140.0	145.0	3	**355.5**	**90.76**	9	
3	Espinosa Doncel Livia	1998	ALFA	52,00	0.2525	30	115.0	~~122.5~~	125.0	3	62.5	65.0	67.5	7	142.5	150.0	~~155.5~~	2	**342.5**	**86.48**	8	
4	Cuervo Usano Maria Estela	1995	IRONT	51,89	0.2530	32	115.0	120.0	125.0	2	65.0	~~70.0~~	70.0	5	130.0	135.0	140.0	7	**335.0**	**84.75**	7	
5	Larrosa Cintas Andrea	2000	FIA	50,81	0.2577	33	117.5	~~125.0~~	~~125.0~~	6	67.5	~~72.5~~	72.5	3	137.5	142.5	~~145.0~~	4	**332.5**	**85.69**	6	
6	Heredia Duran Anjara	1999	IRONT	51,65	0.2540	28	110.0	115.0	120.0	5	65.0	~~70.0~~	~~70.0~~	8	130.0	140.0	~~147.5~~	6	**325.0**	**82.55**	5	
7	Stabile Lacasta Irene	1995	RVSTR	51,39	0.2551	29	107.5	~~112.5~~	~~112.5~~	8	75.0	~~78.5~~	~~77.5~~	2	130.0	140.0	~~145.0~~	5	**322.5**	**82.27**	4	
8	Martin Ruiz Patricia	2000	ERALLO	51,67	0.2539	25	~~110.0~~	~~110.0~~	110.0	7	65.0	72.5	~~77.5~~	4	122.5	132.5	~~135.0~~	9	**315.0**	**79.98**	3	
9	Rubio Amoros Brenda	1992	ALFA	51,53	0.2545	26	100.0	107.5	~~112.5~~	9	50.0	52.5	X	9	120.0	132.5	~~140.0~~	8	**292.5**	**74.44**	2	
10	Gamboa del Pozo Paloma	1993	FNORT	48,07	0.2712	24	80.0	87.5	92.5	11	42.5	~~47.5~~	~~47.5~~	11	115.0	122.5	130.0	10	**265.0**	**71.87**	1	
11	Colorado Diaz Ana Belen	1992	RVSTR	51,00	0.2568	22	95.0	~~102.5~~	102.5	10	45.0	50.0	~~52.5~~	10	97.5	107.5	112.5	11	**265.0**	**68.05**	1	
-57kg																						
1	Da Silva Dias Maiara	1999	CROM	56,34	0.2366	85	157.5	165.0	**170.0**	1	77.5	82.5	**86.5**	1	175.0	190.0	**195.0**	1	**451.5**	**106.82**	12	*
2	Rey Villamea Laura	1993	BRSMAD	55,72	0.2387	89	117.5	~~125.0~~	125.0	6	75.0	~~77.5~~	77.5	3	162.5	172.5	180.0	2	**382.5**	**91.30**	9	
3	Gutierrez Gutierrez Esther	1996	PEXTR	56,88	0.2349	81	~~137.5~~	142.5	147.5	2	70.0	72.5	75.0	5	142.5	152.5	160.0	6	**382.5**	**89.85**	8	
4	Pedrera Parrilla Lucia	1990	ANDAL	56,97	0.2347	86	130.0	140.0	~~142.5~~	3	77.5	82.5	85.0	2	135.0	145.0	~~152.5~~	12	**370.0**	**86.84**	7	
5	Lostau De La Fuente Marina	1999	VALKY	56,75	0.2353	88	120.0	125.0	~~130.0~~	8	70.0	75.0	~~77.5~~	4	150.0	162.5	167.5	3	**367.5**	**86.47**	6	
6	Aguila Padilla Ana Maria	1999	BASIC	56,25	0.2369	80	130.0	135.0	137.5	4	65.0	67.5	~~70.0~~	10	147.5	155.0	160.0	5	**365.0**	**86.47**	5	
7	Fernandez De Landa Marquinez Oihar	1991	PNAVAR	56,39	0.2365	84	112.5	120.0	125.0	7	55.0	~~60.0~~	~~60.0~~	19	157.5	~~165.0~~	~~165.0~~	7	**337.5**	**79.82**	4	
8	Palenzuela Aviles Cristina	1988	FIA	56,45	0.2363	72	115.0	~~120.0~~	~~120.0~~	15	57.5	60.0	~~62.5~~	16	147.5	155.0	162.5	4	**337.5**	**79.75**	3	
9	Alonso Vazquez Paula	2001	FENIX	56,24	0.2370	83	105.0	110.0	115.0	14	70.0	~~72.5~~	X	7	135.0	142.5	150.0	10	**335.0**	**79.39**	2	
10	Gomez Alvarez Marta	1997	FNORT	56,03	0.2376	78	100.0	110.0	115.0	13	60.0	65.0	~~67.5~~	13	130.0	140.0	150.0	9	**330.0**	**78.41**	1	
11	Diaz Ruiz. Violeta	1996	RVSTR	52,85	0.2491	68	107.5	~~115.0~~	115.0	11	~~67.5~~	67.5	~~70.0~~	9	130.0	~~140.0~~	142.5	13	**325.0**	**80.96**	1	
12	Peña Magallon Alicia	1998	AFA	53,80	0.2454	69	105.0	110.0	115.0	12	60.0	65.0	~~67.5~~	11	125.0	132.5	140.0	14	**320.0**	**78.53**	1	
13	Lara Bartolome Maria	1991	SIDER	55,31	0.2400	75	105.0	110.0	~~115.0~~	17	65.0	70.0	~~72.5~~	6	130.0	137.5	~~145.0~~	15	**317.5**	**76.20**	1	
14	Rodriguez Ibañez Ana Isabel	1999	FIA	55,79	0.2384	71	~~107.5~~	~~107.5~~	107.5	18	~~60.0~~	60.0	~~65.0~~	15	135.0	142.5	150.0	8	**317.5**	**75.69**	1	
15	Fernandez Mijes Manuela	2001	ELITP	56,98	0.2346	82	115.0	~~120.0~~	120.0	9	55.0	60.0	~~62.5~~	17	122.5	132.5	137.5	16	**317.5**	**74.49**	1	
16	Aliste Sanchez Noelia	1974	FEDCAT	54,78	0.2419	73	95.0	105.0	110.0	16	50.0	60.0	~~62.5~~	14	135.0	140.0	**145.0**	11	**315.0**	**76.20**	1	
17	Garcia Castañar Patricia	1992	ERALLO	55,41	0.2397	87	112.5	120.0	125.0	5	62.5	~~65.0~~	65.0	12	115.0	125.0	~~135.0~~	20	**315.0**	**75.51**	1	
18	Gil Serrano Isabel	1998	RVSTR	56,61	0.2358	70	105.0	115.0	117.5	10	57.5	~~62.5~~	~~62.5~~	18	110.0	120.0	127.5	19	**302.5**	**71.33**	1	
19	Vazquez Molina Montserrat	2001	IRONS	56,53	0.2360	77	90.0	95.0	~~97.5~~	20	65.0	70.0	~~75.0~~	8	112.5	122.5	~~130.0~~	21	**287.5**	**67.85**	1	
20	Matesanz Jimenez Sara	1995	ERALLO	56,19	0.2371	74	97.5	102.5	~~105.0~~	19	52.5	~~55.0~~	~~55.0~~	21	120.0	130.0	~~135.0~~	18	**285.0**	**67.57**	1	
21	Pacheco Abujetas Paula	1989	BRSTOD	55,05	0.2409	76	80.0	85.0	90.0	21	50.0	52.5	~~55.0~~	20	117.5	125.0	130.0	17	**272.5**	**65.65**	1	

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	LEVANTADORA	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS				PRESS BANCA				PESO MUERTO				TOTAL	IPF GL	Pt.	
-63kg																						
1	Soto Ruiz Inmaculada	2000	LIFTAM	62,90	0.2190	42	145.0	152.5	160.0	2	-95.0	100.0	**103.0**	1	-190.0	197.5	**201.0**	1	**464.0**	**101.62**	12	*
2	Badaseraye Sheila	1987	DEVIL	62,30	0.2204	48	150.0	160.0	-165.5	1	82.5	87.5	90.0	3	150.0	165.0	170.0	4	**420.0**	**92.57**	9	
3	Etxepare Amundarain Naroa	1998	DTP	61,71	0.2218	43	135.0	145.0	152.5	3	75.0	80.0	82.5	6	152.5	165.0	175.0	3	**410.0**	**90.94**	8	
4	Jimenez Calabuig Silvia	1996	AFA	62,40	0.2201	37	137.5	145.0	-150.0	5	82.5	-87.5	90.0	4	150.0	157.5	165.0	6	**400.0**	**88.04**	7	
5	Sanchez Capilla Lucia	1999	PSVLL	62,45	0.2200	44	125.0	132.5	137.5	6	75.0	80.0	85.0	5	160.0	170.0	-180.0	5	**392.5**	**86.35**	6	
6	Bermudez Doce Zoraida	1983	FENIX	61,09	0.2233	46	127.5	135.0	-140.0	7	85.0	-90.0	90.0	2	155.0	162.5	-170.0	7	**387.5**	**86.53**	5	
7	Galvan Lopez Laura	1989	PRAET	62,06	0.2209	49	140.0	145.0	150.0	4	80.0	82.5	-85.0	8	150.0	-160.0	-160.0	9	**382.5**	**84.49**	4	
8	Diez Yubero Emma	2001	FNORT	62,01	0.2211	45	112.5	117.5	-122.5	11	75.0	80.0	82.5	7	162.5	172.5	180.0	2	**380.0**	**84.02**	3	
9	Rodriguez Cuenca Maria	1994	PATIO	62,63	0.2196	41	120.0	-125.0	125.0	10	75.0	77.5	80.0	9	145.0	152.5	-157.5	8	**357.5**	**78.51**	2	
10	Fernandez Gonzalez Marta	2002	FIA	62,87	0.2191	39	120.0	130.0	135.0	8	57.5	62.5	65.0	12	140.0	147.5	-157.5	11	**347.5**	**76.14**	1	
11	Manso Vergel Naiara	2001	ANDAL	61,15	0.2231	35	120.0	127.5	130.0	9	50.0	52.5	55.0	14	125.0	135.0	142.5	13	**327.5**	**73.07**	1	
12	Segarra Gonzalez Marina	1997	PBAR	58,99	0.2288	34	105.0	-110.0	110.0	13	65.0	67.5	-70.0	11	140.0	-145.0	145.0	12	**322.5**	**73.79**	1	
13	Domingo Venegas Alba	2007	FEDCAT	60,75	0.2241	38	105.0	-110.0	-110.0	14	65.0	67.5	**70.0**	10	135.0	140.0	**147.5**	10	**322.5**	**72.27**	1	
14	Collado Valenzuela Irene	1997	MOON	62,26	0.2205	36	115.0	-120.0	-122.5	12	60.0	62.5	-67.5	13	-130.0	130.0	140.0	14	**317.5**	**70.01**	1	
-69kg																						
1	Blecua Malak Amira Isabel	1999	FEDCAT	68,71	0.2077	65	150.0	160.0	165.0	2	102.5	108.0	**109.0**	2	190.0	202.5	-211.0	1	**476.5**	**98.97**	12	*
2	Vico Martinez Eva	1998	FGALH	68,13	0.2087	60	155.0	160.0	165.0	1	105.0	108.5	**109.5**	1	180.0	190.0	195.0	2	**469.5**	**97.98**	9	
3	Muiños Rivera Muriel	1998	FENIX	67,92	0.2090	61	-160.0	160.0	-168.0	3	95.0	100.0	-102.5	3	162.5	172.5	-175.0	5	**432.5**	**90.39**	8	
4	Velez Herrero Victoria	1991	BURGOS	67,36	0.2100	66	132.5	140.0	147.5	5	70.0	75.0	80.0	7	162.5	175.0	185.0	3	**412.5**	**86.63**	7	
5	Aguilar Sanchez Irene	1991	MADP	67,46	0.2098	64	135.0	140.0	-142.5	7	85.0	90.0	92.5	4	162.5	170.0	-177.5	6	**402.5**	**84.44**	6	
6	Sanchez Rodriguez Maria	1996	MADP	67,74	0.2093	59	142.5	147.5	152.5	4	75.0	-77.5	-77.5	9	165.0	175.0	-185.0	4	**402.5**	**84.24**	5	
7	Pedraza Molina Claudia	1998	LIFTAM	68,49	0.2080	62	137.5	145.0	-150.0	6	75.0	-80.0	-80.0	12	-160.0	165.0	-177.5	8	**385.0**	**80.08**	4	
8	Martinez Soría Julia	1999	ERALLO	66,91	0.2108	63	120.0	127.5	135.0	8	70.0	75.0	80.0	6	150.0	157.5	162.5	9	**377.5**	**79.58**	3	
9	Reyna Castro Denisse Marisol	1997	BRSTOD	67,33	0.2101	67	120.0	127.5	132.5	10	60.0	67.5	70.0	13	152.5	160.0	165.0	7	**367.5**	**77.21**	2	
10	Barea Paucirerol. Sara	1997	MOON	67,94	0.2090	52	115.0	122.5	125.0	14	70.0	75.0	-77.5	10	145.0	155.0	160.0	10	**360.0**	**75.24**	1	
11	Morillas Tabernero Andrea	2004	LIFTAM	67,74	0.2093	53	-112.5	-112.5	112.5	17	-82.5	82.5	**90.0**	5	140.0	150.0	-160.0	14	**352.5**	**73.78**	1	
12	Lopez Esteban Fatima	1998	BASIC	67,14	0.2104	51	110.0	115.0	120.0	15	72.5	-77.5	77.5	8	150.0	-157.5	-157.5	13	**347.5**	**73.11**	1	
13	Del Pozo Cebolla Helena	1992	ENRGY	66,79	0.2111	50	115.0	122.5	130.0	11	57.5	62.5	65.0	16	135.0	145.0	150.0	12	**345.0**	**72.83**	1	
14	Garcia-Abadillo Tebar Maria	1992	BURGOS	67,86	0.2091	58	115.0	122.5	127.5	12	62.5	67.5	70.0	14	132.5	140.0	147.5	15	**345.0**	**72.14**	1	
15	Marquez Anton Marina	1998	ARP	66,35	0.2119	55	115.0	-120.0	125.0	13	60.0	62.5	65.0	15	130.0	140.0	150.0	11	**340.0**	**72.05**	1	
16	Garcia Contreras Irene	1997	AFA	68,07	0.2088	57	105.0	112.5	120.0	16	67.5	72.5	75.0	11	140.0	-150.0	-150.0	16	**335.0**	**69.95**	1	
17	Calvar Chamon Marina	1989	ALFA	65,71	0.2131	56	117.5	127.5	132.5	9	57.5	60.0	62.5	17	115.0	122.5	130.0	17	**325.0**	**69.26**	1	
-76kg																						
1	Sanchez-Manjavacas Ruiz Sara	1998	AFA	75,26	0.1981	7	165.0	174.0	**179.5**	1	95.0	102.5	**107.5**	1	197.5	210.0	**220.5**	1	**507.5**	**100.54**	12	
2	Erimo Sabadell Rosa	1992	CROM	73,39	0.2005	1	160.0	170.0	-175.0	2	95.0	-100.5	-100.0	2	195.0	207.5	-221.0	2	**472.5**	**94.74**	9	
3	Gomez Ahumada. Estela	1993	SIDER	75,46	0.1978	4	155.0	160.0	165.0	3	80.0	85.0	-90.0	5	155.0	165.0	172.5	5	**422.5**	**83.57**	8	
4	Oviedo Velasco Laura	1996	MADP	73,36	0.2006	8	142.5	150.0	152.5	4	85.0	90.0	92.5	3	-162.5	165.0	172.5	4	**417.5**	**83.75**	7	
5	Valera Alberni Sofía	1999	IRONT	75,09	0.1983	6	140.0	-147.5	150.0	5	70.0	75.0	X	6	150.0	160.0	165.0	7	**390.0**	**77.34**	6	
6	Perez Real Gemma	1998	ERALLO	72,04	0.2024	3	122.5	130.0	135.0	6	65.0	70.0	72.5	7	160.0	167.5	175.0	3	**382.5**	**77.42**	5	
7	Garrido Romero Blanca	1999	AFA	72,11	0.2023	2	117.5	125.0	-130.0	7	87.5	-90.0	-92.5	4	150.0	160.0	165.0	6	**377.5**	**76.37**	4	
8	Boixader Tomas Helena	1996	MOON	72,71	0.2015	5	112.5	120.0	125.0	8	55.0	60.0	65.0	8	130.0	140.0	150.0	8	**340.0**	**68.51**	3	

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-84kg																					
1	Vargas Fernandez Serena	2000	FNORT	83,26	0.1895	10	157.5	170.0	**175.0**	1	87.5	92.5	**95.5**	1	185.0	195.0	~~205.0~~	2	**465.5**	**88.21**	12
2	Fuentes Tubella Paula	1998	PBAR	78,21	0.1946	12	152.5	162.5	~~170.5~~	2	85.0	90.0	~~92.5~~	3	177.5	190.0	195.0	1	**447.5**	**87.08**	9
3	Martinez Ruiz Laura	1996	FVLFR	82,65	0.1901	11	145.0	155.0	162.5	3	85.0	90.0	95.0	2	175.0	~~185.0~~	185.0	3	**442.5**	**84.12**	8
4	Ibañez Cacho June Valeria	1997	INDAR	77,73	0.1951	9	~~122.5~~	122.5	130.0	4	57.5	~~62.5~~	62.5	4	135.0	145.0	152.5	4	**345.0**	**67.31**	7
84+kg																					
1	Lara Benitez Maria	1993	PSVLL	84,16	0.1887	15	140.0	145.0	155.0	1	90.0	~~95.0~~	**95.0**	1	157.5	167.5	172.5	1	**422.5**	**79.73**	12
2	Soremekun Adenikke	1987	ALFA	92,09	0.1828	14	140.0	150.0	**155.0**	2	85.0	90.0	93.0	2	155.0	162.5	170.0	2	**418.0**	**76.41**	9
3	Devonish Geni	1974	MCEUTI	91,33	0.1832	18	110.0	122.5	**127.5**	3	65.0	75.0	~~80.0~~	3	140.0	150.0	~~155.0~~	3	**352.5**	**64.58**	8

	CLASIFICACIÓN POR CLUBS	pt.	Puntuaciones
1	DT POWER Madrid	29	[12+9+8] 271.10 GL Pts
2	ALFA Forjando Atletas Madrid	26	[9+8+6+2+1] 377.45 GL Pts
3	ALTEA-FINESTRAT-L'ALFAS	25	[12+7+4+1+1] 413.42 GL Pts

Test Antidopaje *

RECORDS: ABS | M1 | JUN | SBJ

MEJORES LEVANTADORAS pt. IPF GL

	Nombre	Club	Cat.	Peso corp.	Total	GL pt.	Clasif.
1.	Da Silva Dias Maiara	CROM GYM Madrid	-57 kg	56,34	**451.5**	**106.8249**	1
2.	Soto Ruiz Inmaculada	LIFT AMBITION Granada	-63 kg	62,90	**464.0**	**101.6160**	1
3.	Sanchez-Manjavacas Ruiz Sara	ALTEA-FINESTRAT-L'ALFAS	-76 kg	75,26	**507.5**	**100.5358**	1

ABREVIACIONES:

AFA = ALTEA-FINESTRAT-L'ALFAS
AGSTR = AG STRENGTH Madrid
ALFA = ALFA Forjando Atletas Madrid
ANDAL = ASOCIACION ANDALUZA
ARP = ALMONTE RAW POWERLIFTING
BASIC = BASIC STRENGTH Cadiz
AFA = ALTEA-FINESTRAT-L'ALFAS
AGSTR = AG STRENGTH Madrid
ALFA = ALFA Forjando Atletas Madrid
ANDAL = ASOCIACION ANDALUZA
DEVIL = DEVIL STRENGTH Baleares
DTP = DT POWER Madrid
EINTE = ENTRENA INTENSO Madrid
ELITP = ELITE POWERLIFTING Bollullos
ENRGY = ENERGY ALHAURIN
ERALLO = EDUARDO RALLO Madrid
FEDCAT = FEDERACION CATALANA
FENIX = FENIX GALICIA POWER
FGALH = FG POWER ALHAURIN
FGRAN = FUERZA GRANADA
FIA = FUERZA ISABEL ATLAS Chiva
FNORT = FUERZA NORTE Leon
FVLFR = FORÇA VILAFRANCA
INDAR = INDAR POWER Vitoria
IRONS = IRONSIDE STRENGTH Sevilla
IRONT = IRON TEAM Elche
LIFTAM = LIFT AMBITION Granada
MADP = MAD POWERLIFTING Madrid
MCEUTI = MONTOCAN CEUTI
MOON = MOONSTONE BARBELL Barcelona
PATIO = EL PATIO STRENGTHCLUB Madrid
PBAR = POWERLIFTING BARCELONA
PEXTR = POWERLIFTING EXTREMADURA
PNAVAR = POWERLIFTING NAVARRA
PRAET = PRAETORIANS TARRAGONA
PSVLL = POWERLIFTING SEVILLA
RVSTR = RV STRENGTH Huelva
SIDER = SIDEROPOLIS Madrid
VALKY = VALKYRIA PT Valladolid