



ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

VII Campeonato de la Asociación de Powerlifting de Madrid

AP Madrid, Castilla La Mancha y Extremadura

Carranque (Toledo), 5-6 de febrero del 2022

rev. 8-02-2022

| MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL | | | | | | | | | | Cat. | (kg) | (kg) | (pt.) |
|--|-----|-------------------------------------|------------------------------|------|-------|------|------|-------|-------|------|------|------|-------|
| Ord. | PL. | NOMBRE | CLUB | AÑO | PESO | EDAD | CAT. | TOTAL | IPFGL | | | | |
| 20 | 1ª | Simina Ruxandra Moldovan | ENTRENA INTENSO Madrid | 1999 | 46,45 | JUN | 47 | 275,0 | 77,13 | | | | |
| 68 | 2ª | Leyre Ibáñez Archilla | GRANDA POWERLIFTING Madrid | 1994 | 74,35 | SNR | 76 | 385,0 | 76,71 | | | | |
| 21 | 3ª | Andrea Navarro Flores | GRANDA POWERLIFTING Madrid | 2000 | 51,40 | JUN | 52 | 300,0 | 76,52 | | | | |
| 55 | 4ª | Beatriz Fernandez Perez | AG STRENGTH Madrid | 2002 | 62,65 | JUN | 63 | 345,0 | 75,75 | | | | |
| 65 | 5ª | Julia Martínez Soria | EDUARDO RALLO Madrid | 1999 | 67,40 | JUN | 69 | 360,0 | 75,58 | | | | |
| 69 | 6ª | Paula Sanchez Chamoso | LIFT STRONG Madrid | 1996 | 73,60 | SNR | 76 | 375,0 | 75,09 | | | | |
| 32 | 7ª | María Lara Bartolomé | SIDEROPOLIS Madrid | 1991 | 55,85 | SNR | 57 | 315,0 | 75,04 | | | | |
| 73 | 8ª | Gemma Pérez Real | EDUARDO RALLO Madrid | 1998 | 71,70 | SNR | 76 | 362,5 | 73,56 | | | | |
| 63 | 9ª | Adenikke Soremekun | ALFA Forjando Atletas Madrid | 1987 | 91,40 | SNR | 84+ | 400,0 | 73,28 | | | | |
| 62 | 10ª | Alejandra Cianca Peñate | DT POWER Madrid | 1997 | 82,65 | SNR | 84 | 382,5 | 72,70 | | | | |
| 22 | 11ª | Brenda Rubio Amorós | ALFA Forjando Atletas Madrid | 1992 | 51,05 | SNR | 52 | 282,5 | 72,49 | | | | |
| 70 | 12ª | Aranzazu Pintor Chocano | SPECIFIC STRENGTH Madrid | 1993 | 72,95 | SNR | 76 | 360,0 | 72,41 | | | | |
| 59 | 13ª | Juana María Perez Lopez | BERSERKERS Madrid | 1993 | 58,15 | SNR | 63 | 312,5 | 72,23 | | | | |
| 54 | 14ª | Cristina Sorribes Fernández Del Río | LIFT STRONG Madrid | 1998 | 62,20 | SNR | 63 | 325,0 | 71,70 | | | | |
| 30 | 15ª | Fabiola Sanz Ocaña | DT POWER Madrid | 1997 | 55,45 | SNR | 57 | 297,5 | 71,27 | | | | |
| 60 | 16ª | Sara Abad Juzgado | DT POWER Madrid | 1996 | 62,25 | SNR | 63 | 315,0 | 69,46 | | | | |
| 53 | 17ª | Gemma Puerta Reina | SPECIFIC STRENGTH Madrid | 1998 | 60,50 | SNR | 63 | 305,0 | 68,55 | | | | |
| 23 | 18ª | Kaitlyn Marie Dirksmeyer | MAD POWERLIFTING Madrid | 1984 | 51,95 | SNR | 52 | 270,0 | 68,23 | | | | |
| 27 | 19ª | Yuri Abigail Guifarro Urquia | SOY POWERLIFTER Madrid | 1991 | 55,90 | SNR | 57 | 282,5 | 67,25 | | | | |
| 19 | 20ª | Clara Sanchez Asensio | ALFA Forjando Atletas Madrid | 1999 | 45,60 | JUN | 47 | 235,0 | 67,17 | | | | |

| CLASIFICACION MUJERES POWERLIFTING RAW POR CATEGORIAS | | | | | | | | | | Cat. | (kg) | SQUAT (kg) | | | PRESS BANCA (kg) | | | PESO MUERTO (kg) | | | (kg) | (pt.) |
|---|-----|----------------------------------|------------------------------|------|-------|------|---------------------|-------|--------|--------|------|------------|-------|-------|------------------|--------|-------|------------------|--|--|------|-------|
| Ord. | PL. | NOMBRE | CLUB | AÑO | PESO | EDAD | CAT. | 1º | 2º | 3º | 1º | 2º | 3º | 1º | 2º | 3º | TOTAL | IPFGL | | | | |
| | | | | | | | Cat. - 47 kg | | | | | | | | | | | | | | | |
| 20 | 1ª | Simina Ruxandra Moldovan | ENTRENA INTENSO Madrid | 1999 | 46,45 | JUN | 47 | 90,0 | 95,0 | -100,0 | 52,5 | 55,0 | -57,5 | 120,0 | 125,0 | -130,0 | 275,0 | 77,13 | | | | |
| 19 | 2ª | Clara Sanchez Asensio | ALFA Forjando Atletas Madrid | 1999 | 45,60 | JUN | 47 | 72,5 | 77,5 | 82,5 | 40,0 | 42,5 | 45,0 | 92,5 | 102,5 | 107,5 | 235,0 | 67,17 | | | | |
| 18 | 3ª | Lis Del Carmen Morales Hernández | EL PATIO STRENGTH Madrid | 2000 | 46,90 | JUN | 47 | 62,5 | -67,5 | 70,0 | 45,0 | 50,0 | 52,5 | 70,0 | 75,0 | -80,0 | 197,5 | 54,86 | | | | |
| | | | | | | | Cat. - 52 kg | | | | | | | | | | | | | | | |
| 21 | 1ª | Andrea Navarro Flores | GRANDA POWERLIFTING Madrid | 2000 | 51,40 | JUN | 52 | 100,0 | -110,0 | 110,0 | 50,0 | 55,0 | 57,5 | 115,0 | 127,5 | 132,5 | 300,0 | 76,52 | | | | |
| 22 | 2ª | Brenda Rubio Amorós | ALFA Forjando Atletas Madrid | 1992 | 51,05 | SNR | 52 | 100,0 | 105,0 | 110,0 | 50,0 | -52,5 | XXX | 115,0 | 122,5 | -140,0 | 282,5 | 72,49 | | | | |
| 23 | 3ª | Kaitlyn Marie Dirksmeyer | MAD POWERLIFTING Madrid | 1984 | 51,95 | SNR | 52 | 95,0 | 100,0 | 105,0 | 60,0 | 62,5 | 65,0 | 100,0 | XXX | XXX | 270,0 | 68,23 | | | | |
| 24 | 4ª | Esther Hernández Burán | EDUARDO RALLO Madrid | 1998 | 51,15 | SNR | 52 | 70,0 | 77,5 | -80,0 | 40,0 | 42,5 | -45,0 | 100,0 | -110,0 | -110,0 | 220,0 | 56,35 | | | | |
| 25 | 5ª | Sofía Pantoja Cano | ALFA Forjando Atletas Madrid | 1999 | 52,00 | JUN | 52 | -65,0 | 70,0 | 77,5 | 37,5 | -40,0 | 40,0 | 100,0 | -110,0 | -117,5 | 217,5 | 54,92 | | | | |



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| Cat. - 57 kg | | | | | | | | | | | | | | | | | | |
|--------------|----|-------------------------------------|------------------------------|------|-------|-----|-----|-------|--------|--------|-------|-------|-------|--------|--------|--------|-------|-------|
| 32 | 1ª | María Lara Bartolomé | SIDEROPOLIS Madrid | 1991 | 55,85 | SNR | 57 | 102,5 | 107,5 | -110,0 | 62,5 | 67,5 | -70,0 | 120,0 | 130,0 | 140,0 | 315,0 | 75,04 |
| 30 | 2ª | Fabiola Sanz Ocaña | DT POWER Madrid | 1997 | 55,45 | SNR | 57 | 92,5 | 102,5 | -110,0 | 57,5 | 62,5 | -65,0 | 112,5 | 122,5 | 132,5 | 297,5 | 71,27 |
| 27 | 3ª | Yuri Abigail Guifarro Urquia | SOY POWERLIFTER Madrid | 1991 | 55,90 | SNR | 57 | 90,0 | 95,0 | 100,0 | 50,0 | 52,5 | 55,0 | -112,5 | 120,0 | 127,5 | 282,5 | 67,25 |
| 28 | 4ª | Aida Martín Mayor | ÉXITO28 Madrid | 2002 | 53,70 | JUN | 57 | 87,5 | 95,0 | -100,0 | 45,0 | 50,0 | 52,5 | 102,5 | 112,5 | 122,5 | 270,0 | 66,36 |
| 26 | 5ª | Zariha Chivato Santos | DT POWER Madrid | 2000 | 56,10 | JUN | 57 | 80,0 | 87,5 | -92,5 | 45,0 | 50,0 | -55,0 | 100,0 | 102,5 | 110,0 | 247,5 | 58,76 |
| 29 | 6ª | Maria Santos Ruz | BERSERKERS Toledo | 1996 | 55,50 | SNR | 57 | 67,5 | 72,5 | 77,5 | 35,0 | 40,0 | -42,5 | 95,0 | 102,5 | 112,5 | 230,0 | 55,06 |
| Cat. - 63 kg | | | | | | | | | | | | | | | | | | |
| 55 | 1ª | Beatriz Fernandez Perez | AG STRENGTH Madrid | 2002 | 62,65 | JUN | 63 | 115,0 | 122,5 | 130,0 | 60,0 | 62,5 | 65,0 | 135,0 | 142,5 | 150,0 | 345,0 | 75,75 |
| 54 | 2ª | Cristina Sorribes Fernández Del Río | LIFT STRONG Madrid | 1998 | 62,20 | SNR | 63 | 107,5 | 115,0 | 120,0 | 55,0 | -60,0 | -60,0 | 135,0 | 145,0 | 150,0 | 325,0 | 71,70 |
| 60 | 3ª | Sara Abad Juzgado | DT POWER Madrid | 1996 | 62,25 | SNR | 63 | 90,0 | 100,0 | 107,5 | 67,5 | -72,5 | -72,5 | 115,0 | 127,5 | 140,0 | 315,0 | 69,46 |
| 59 | 4ª | Juana Maria Perez Lopez | BERSERKERS Madrid | 1993 | 58,15 | SNR | 63 | 112,5 | 120,0 | -127,5 | 47,5 | 50,0 | -52,5 | 125,0 | 135,0 | 142,5 | 312,5 | 72,23 |
| 53 | 5ª | Gemma Puerta Reina | SPECIFIC STRENGTH Madrid | 1998 | 60,50 | SNR | 63 | 105,0 | 115,0 | 122,5 | -50,0 | 50,0 | -52,5 | 122,5 | 132,5 | -142,5 | 305,0 | 68,55 |
| 57 | 6ª | Carla Santamarina Sanjuan | SPECIFIC STRENGTH Madrid | 1994 | 62,30 | SNR | 63 | 105,0 | -110,0 | 110,0 | -57,5 | 57,5 | 60,0 | 105,0 | 112,5 | 117,5 | 287,5 | 63,36 |
| 58 | 7ª | Alicia Josa Culleré | CROM GYM Madrid | 1996 | 60,65 | SNR | 63 | 82,5 | 87,5 | 90,0 | 52,5 | 55,0 | 57,5 | 112,5 | 120,0 | 125,0 | 272,5 | 61,14 |
| 56 | 8ª | Nadia Erenas Mateos | SOY POWERLIFTER Madrid | 2001 | 61,95 | JUN | 63 | 95,0 | 100,0 | -105,0 | 45,0 | 47,5 | 50,0 | 115,0 | 120,0 | -130,0 | 270,0 | 59,72 |
| 61 | -- | Lidia López-Astilleros Fernández | ÉXITO28 Madrid | 2002 | 59,45 | JUN | 63 | 77,5 | 85,0 | -90,0 | -52,5 | -52,5 | -52,5 | 95,0 | 100,0 | 105,0 | 0,0 | 0 |
| Cat. - 69 kg | | | | | | | | | | | | | | | | | | |
| 65 | 1ª | Julia Martínez Soria | EDUARDO RALLO Madrid | 1999 | 67,40 | JUN | 69 | 120,0 | 130,0 | 140,0 | 57,5 | 62,5 | 65,0 | 142,5 | 150,0 | 155,0 | 360,0 | 75,58 |
| 67 | 2ª | Amaya Olcoz Ituraiz | BERSERKERS Madrid | 2002 | 68,25 | JUN | 69 | 100,0 | 110,0 | 115,0 | 55,0 | 60,0 | -62,5 | 130,0 | 140,0 | 145,0 | 320,0 | 66,70 |
| 66 | 3ª | Marina Calvar Chamón | ALFA Forjando Atletas Madrid | 1989 | 67,25 | SNR | 69 | 115,0 | 125,0 | -130,0 | 55,0 | 57,5 | 60,0 | 115,0 | 125,0 | -130,0 | 310,0 | 65,17 |
| 64 | 4ª | Isabel Ruiz Rodriguez | GRANDA POWERLIFTING Madrid | 1991 | 68,20 | SNR | 69 | 105,0 | 110,0 | 115,0 | 60,0 | 65,0 | 67,5 | 110,0 | 115,0 | 120,0 | 302,5 | 63,08 |
| Cat. - 76 kg | | | | | | | | | | | | | | | | | | |
| 68 | 1ª | Leyre Ibáñez Archilla | GRANDA POWERLIFTING Madrid | 1994 | 74,35 | SNR | 76 | 130,0 | 137,5 | -145,0 | 75,0 | 82,5 | R | 145,0 | 165,0 | -180,0 | 385,0 | 76,71 |
| 69 | 2ª | Paula Sanchez Chamoso | LIFT STRONG Madrid | 1996 | 73,60 | SNR | 76 | 127,5 | 135,0 | 145,0 | 67,5 | 72,5 | 75,0 | 135,0 | 145,0 | 155,0 | 375,0 | 75,09 |
| 73 | 3ª | Gemma Pérez Real | EDUARDO RALLO Madrid | 1998 | 71,70 | SNR | 76 | 117,5 | 125,0 | 130,0 | 60,0 | 62,5 | 67,5 | 150,0 | 157,5 | 165,0 | 362,5 | 73,56 |
| 70 | 4ª | Aranzazu Pintor Chocano | SPECIFIC STRENGTH Madrid | 1993 | 72,95 | SNR | 76 | 120,0 | 130,0 | 135,0 | 60,0 | 62,5 | 65,0 | 137,5 | 150,0 | 160,0 | 360,0 | 72,41 |
| 71 | 5ª | Ángela Peinado Quesada | POWERLIFTING EXTREMADURA | 2001 | 73,60 | JUN | 76 | 100,0 | 107,5 | -115,0 | 60,0 | 65,0 | -70,0 | 120,0 | -130,0 | 135,0 | 307,5 | 61,58 |
| 72 | 6ª | Ines Medina Fernandez | ENERGIZIN' TEAM Madrid | 1998 | 73,45 | SNR | 76 | 110,0 | -115,0 | -115,0 | 60,0 | 62,5 | -65,0 | 122,5 | 132,5 | -142,5 | 305,0 | 61,14 |
| 74 | 7ª | Cristina Climent Mainar | MAD POWERLIFTING Madrid | 1992 | 74,20 | SNR | 76 | 95,0 | 102,5 | 107,5 | 60,0 | 62,5 | 65,0 | 95,0 | 105,0 | 112,5 | 285,0 | 56,84 |
| Cat. - 84 kg | | | | | | | | | | | | | | | | | | |
| 62 | 1ª | Alejandra Cianca Peñate | DT POWER Madrid | 1997 | 82,65 | SNR | 84 | 132,5 | 142,5 | -150,0 | 70,0 | 75,0 | 80,0 | 137,5 | 150,0 | 160,0 | 382,5 | 72,70 |
| Cat. + 84 kg | | | | | | | | | | | | | | | | | | |
| 63 | 1ª | Adenikke Soremekun | ALFA Forjando Atletas Madrid | 1987 | 91,40 | SNR | 84+ | 130,0 | 140,0 | 145,0 | 80,0 | 85,0 | 90,0 | 150,0 | 160,0 | 165,0 | 400,0 | 73,28 |