

**ASOCIACION ESPAÑOLA DE POWERLIFTING**  
**V Open Regional de Andalucía - Canarias- Ceuta - Melilla**  
 Almensilla, Sevilla - 13-15 mayo 2022

Rev. 15/05/2022

**MUJERES POWERLIFTING RAW**

LEVANTADORA	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPF GL	Pt.			
<b>-52kg</b>																				
1 Diaz Ruiz. Violeta	1996	RVSTR	50,81	0.2577	1	90.0	100.0	110.0	1	57.5	62.5	<del>70.0</del>	1	120.0	130.0	142.5	1	<b>315.0</b>	<b>81.18</b>	12
<b>-57kg</b>																				
1 Stabile Lacasta Irene	1995	RVSTR	55,91	0.2380	5	107.5	112.5	117.5	3	75.0	77.5	80.0	1	135.0	145.0	150.0	2	<b>347.5</b>	<b>82.70</b>	12
2 Troncone Sanchez Mariana	1991	LIFTAM	55,77	0.2385	3	105.0	110.0	117.5	2	57.5	62.5	<del>65.0</del>	3	140.0	150.0	<del>157.5</del>	1	<b>330.0</b>	<b>78.70</b>	9
3 Pimentel Gil-Munilla Maria	1998	PSVLL	56,99	0.2346	2	107.5	115.0	120.0	1	72.5	77.5	<del>80.0</del>	2	117.5	130.0	<del>140.0</del>	4	<b>327.5</b>	<b>76.83</b>	8
4 Gazquez Corral Alba	2000	ALMBAR	55,77	0.2385	6	95.0	102.5	<del>105.0</del>	5	52.5	57.5	60.0	4	<del>120.0</del>	120.0	132.5	3	<b>295.0</b>	<b>70.36</b>	7
5 Lorenzo Garrido Jennifer	1994	ALMBAR	56,28	0.2368	4	102.5	107.5	<del>112.5</del>	4	<del>50.0</del>	52.5	<del>57.5</del>	5	105.0	115.0	120.0	5	<b>280.0</b>	<b>66.30</b>	6
6 Ladaga Lopez Andrea	2002	FGALH	56,27	0.2369	8	77.5	82.5	87.5	6	40.0	42.5	45.0	6	87.5	95.0	<del>102.5</del>	6	<b>227.5</b>	<b>53.89</b>	5
<b>-63kg</b>																				
1 Espinosa Parreño Gabriela	2004	IRONS	59,69	0.2269	15	100.0	<del>107.5</del>	<del>112.5</del>	2	52.5	57.5	60.0	3	110.0	117.5	125.0	2	<b>285.0</b>	<b>64.67</b>	12
2 Iniesta Pedrajas Ana	1998	PANDJ	61,44	0.2224	13	<del>80.0</del>	85.0	90.0	4	57.5	60.0	62.5	1	120.0	127.5	132.5	1	<b>285.0</b>	<b>63.38</b>	9
3 Verdugo Maqueda Elena	2000	FGUAN	59,95	0.2262	14	87.5	92.5	100.0	3	42.5	45.0	47.5	4	110.0	120.0	125.0	3	<b>272.5</b>	<b>61.64</b>	8
4 Gomez Perez Miriam	2006	ANDAL	59,14	0.2283	10	80.0	90.0	100.0	1	45.0	52.5	60.0	2	85.0	95.0	110.0	5	<b>270.0</b>	<b>61.64</b>	7
5 Toledo Mira Aranzazu	1978	ELITP	61,59	0.2221	12	80.0	85.0	<del>90.0</del>	6	42.5	<del>47.5</del>	<del>47.5</del>	6	102.5	110.0	115.0	4	<b>242.5</b>	<b>53.86</b>	6
6 Lopez Fernandez. Paloma	1998	PSVLL	59,15	0.2283	11	72.5	80.0	85.0	5	37.5	42.5	<del>45.0</del>	5	100.0	<del>110.0</del>	110.0	6	<b>237.5</b>	<b>54.22</b>	5
<b>-69kg</b>																				
1 Venäläinen Sira Janina	2000	LIFTAM	68,90	0.2073	17	125.0	132.5	140.0	1	67.5	72.5	75.0	1	140.0	150.0	<del>165.0</del>	1	<b>365.0</b>	<b>75.66</b>	12
2 Ramirez Osuna Ana	2000	FNAZ	65,46	0.2136	16	100.0	107.5	112.5	3	45.0	<del>47.5</del>	<del>47.5</del>	4	<del>135.0</del>	135.0	145.0	2	<b>302.5</b>	<b>64.61</b>	9
3 Gutierrez Pelaez Maria	1995	RVSTR	67,15	0.2104	19	95.0	105.0	115.0	2	57.5	62.5	67.5	2	110.0	120.0	<del>130.0</del>	4	<b>302.5</b>	<b>63.65</b>	8
4 Muñoz Barrios Marta	1994	IRONS	64,37	0.2158	18	82.5	85.0	92.5	4	57.5	62.5	<del>65.0</del>	3	120.0	127.5	135.0	3	<b>290.0</b>	<b>62.58</b>	7
<b>-76kg</b>																				
1 Castejon Martinez Yolanda	1997	ENRGY	74,43	0.1991	9	105.0	112.5	115.0	1	60.0	65.0	67.5	1	120.0	132.5	<del>140.0</del>	1	<b>315.0</b>	<b>62.72</b>	12

**CLASIFICACIÓN POR CLUBS**

	pt.	Puntuaciones
1 RV STRENGTH Huelva	32	[12+12+8] 227.53 GL Pts
2 LIFT AMBITION Granada	21	[12+9] 152.81 GL Pts
3 IRONSIDE STRENGTH Sevilla	19	[12+7] 127.25 GL Pts
4 POWERLIFTING SEVILLA	13	[8+5] 131.05 GL Pts
5 ALMERIA BARBELL CLUB	13	[7+6] 136.66 GL Pts
6 ENERGY ALHAURIN	12	[12] 62.72 GL Pts
7 FUERZA NAZARI Granada	9	[9] 64.61 GL Pts
8 POWERLIFTING ANDUJAR	9	[9] 63.38 GL Pts
9 FUERZA GUANCHE Tenerife	8	[8] 61.64 GL Pts
10 ASOCIACION ANDALUZA	7	[7] 61.64 GL Pts
11 ELITE POWERLIFTING Bollullos	6	[6] 53.86 GL Pts
12 FG POWER ALHAURIN	5	[5] 53.89 GL Pts

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**MUJERES POWERLIFTING RAW**

LEVANTADORA	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS	PRESS BANCA	PESO MUERTO	TOTAL	IPF GL	Pt.
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**MEJORES LEVANTADORAS pt. IPF GL**

Nombre	Club	Cat.	Peso corp.	Total	GL pt.	Clasif.	
1	Stabile Lacasta Irene	RV STRENGTH Huelva	-57kg	55,91	<b>347,5</b>	<b>82,7050</b>	1
2	Diaz Ruiz. Violeta	RV STRENGTH Huelva	-52kg	50,81	<b>315,0</b>	<b>81,1755</b>	1
3	Troncone Sanchez Mariana	LIFT AMBITION Granada	-57kg	55,77	<b>330,0</b>	<b>78,7050</b>	2
4	Pimentel Gil-Munilla Maria	POWERLIFTING SEVILLA	-57kg	56,99	<b>327,5</b>	<b>76,8315</b>	3
5	Venäläinen Sira Janina	LIFT AMBITION Granada	-69kg	68,90	<b>365,0</b>	<b>75,6645</b>	1
6	Gazquez Corral Alba	ALMERIA BARBELL CLUB	-57kg	55,77	<b>295,0</b>	<b>70,3575</b>	4
7	Lorenzo Garrido Jennifer	ALMERIA BARBELL CLUB	-57kg	56,28	<b>280,0</b>	<b>66,3040</b>	5
8	Espinosa Parreño Gabriela	IRONSIDE STRENGTH Sevilla	-63kg	59,69	<b>285,0</b>	<b>64,6665</b>	1
9	Ramirez Osuna Ana	FUERZA NAZARI Granada	-69kg	65,46	<b>302,5</b>	<b>64,6140</b>	2
10	Gutierrez Pelaez Maria	RV STRENGTH Huelva	-69kg	67,15	<b>302,5</b>	<b>63,6460</b>	3
11	Iniesta Pedrajas Ana	POWERLIFTING ANDUJAR	-63kg	61,44	<b>285,0</b>	<b>63,3840</b>	2
12	Castejon Martinez Yolanda	ENERGY ALHAURIN	-76kg	74,43	<b>315,0</b>	<b>62,7165</b>	1
13	Muñoz Barrios Marta	IRONSIDE STRENGTH Sevilla	-69kg	64,37	<b>290,0</b>	<b>62,5820</b>	4
14	Gomez Perez Miriam	ASOCIACION ANDALUZA	-63kg	59,14	<b>270,0</b>	<b>61,6410</b>	4
15	Verdugo Maqueda Elena	FUERZA GUANCHE Tenerife	-63kg	59,95	<b>272,5</b>	<b>61,6395</b>	3
16	Lopez Fernandez. Paloma	POWERLIFTING SEVILLA	-63kg	59,15	<b>237,5</b>	<b>54,2213</b>	6
17	Ladaga Lopez Andrea	FG POWER ALHAURIN	-57kg	56,27	<b>227,5</b>	<b>53,8948</b>	6
18	Toledo Mira Aranzazu	ELITE POWERLIFTING Bollullos	-63kg	61,59	<b>242,5</b>	<b>53,8593</b>	5

**ABREVIACIONES:**

ALMBAR = ALMERIA BARBELL CLUB  
 ANDAL = ASOCIACION ANDALUZA  
 ELITP = ELITE POWERLIFTING Bollullos  
 ENRGY = ENERGY ALHAURIN  
 FGALH = FG POWER ALHAURIN

FGUAN = FUERZA GUANCHE Tenerife  
 FNAZ = FUERZA NAZARI Granada  
 IRONS = IRONSIDE STRENGTH Sevilla  
 LIFTAM = LIFT AMBITION Granada  
 PANDJ = POWERLIFTING ANDUJAR

PSVLL = POWERLIFTING SEVILLA  
 RVSTR = RV STRENGTH Huelva