



ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

Asociación de Powerlifting de Madrid

I Campeonato ALFA Forjando Atleta, AEP-3 de iniciación

Madrid - 30 de abril del 2022

| MEJORES LEVANTADORES POWERLIFTING RAW a pt. IPF GL | | | | | | | | | | Div. | (kg) | (kg) | (pt.) |
|--|-----|---------------------------|------------------------------|------|--------|------|------|-------|-------|------|------|------|-------|
| Ord. | PL. | NOMBRE | CLUB | AÑO | PESO | EDAD | CAT. | TOTAL | IPFGL | | | | |
| 14 | 1 | Martín Díaz Acebal | SOY POWERLIFTER Madrid | 1996 | 77,45 | SNR | 83 | 575,0 | 82,45 | | | | |
| 19 | 2 | Josué Jaime Caparrós | FUERZA TOLEDO | 1993 | 81,15 | SNR | 83 | 572,5 | 80,16 | | | | |
| 20 | 3 | Antonio Jaime Caparrós | FUERZA TOLEDO | 2002 | 90,90 | JUN | 93 | 590,0 | 78,05 | | | | |
| 15 | 4 | Antonio Carrasco Álvarez | CROM GYM Madrid | 1988 | 76,20 | SNR | 83 | 537,5 | 77,72 | | | | |
| 10 | 5 | Álvaro Camacho | ENTRENA INTENSO Madrid | 1997 | 73,20 | SNR | 74 | 505,0 | 74,56 | | | | |
| 13 | 6 | Marcos Alba | ENTRENA INTENSO Madrid | 2003 | 68,50 | JUN | 74 | 465,0 | 71,08 | | | | |
| 18 | 7 | Oscar Alonso Delgado | CROM GYM Madrid | 1993 | 84,65 | SNR | 93 | 490,0 | 67,16 | | | | |
| 21 | 8 | Gonzalo Martínez Martínez | CROM GYM Madrid | 1993 | 100,20 | SNR | 105 | 525,0 | 66,26 | | | | |
| 17 | 9 | Juan Gallego Steegmann | ENTRENA INTENSO Madrid | 1999 | 79,60 | JUN | 83 | 467,5 | 66,10 | | | | |
| 9 | 10 | Sebastián Banzas Baró | ALFA Forjando Atletas Madrid | 1988 | 75,65 | SNR | 83 | 442,5 | 64,23 | | | | |
| 16 | 11 | Carlos Silva Nieto | SOY POWERLIFTER Madrid | 2000 | 81,45 | JUN | 83 | 392,5 | 54,85 | | | | |
| 11 | 12 | Alejandro Albor Villa | ALFA Forjando Atletas Madrid | 1987 | 72,05 | SNR | 74 | 352,5 | 52,47 | | | | |
| 12 | 13 | David Pumares Mera | ALFA Forjando Atletas Madrid | 1999 | 73,10 | JUN | 74 | 340,0 | 50,23 | | | | |

| CLASIFICACION HOMBRES POWERLIFTING RAW POR CATEGORIAS | | | | | | | | | | | | | | | Div. | (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 | IPF GL | | | | | | | | | | |
| Cat. -74 kg | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10 | 1 | Álvaro Camacho | ENTRENA INTENSO Madrid | 1997 | 73,20 | SNR | 74 | 175,0 | 180,0 | -185,0 | 105,0 | -110,0 | -110,0 | 205,0 | 220,0 | -230,0 | 505,0 | 74,56 | | | | | | | | | | |
| 13 | 2 | Marcos Alba | ENTRENA INTENSO Madrid | 2003 | 68,50 | JUN | 74 | 155,0 | 165,0 | 170,0 | 95,0 | 100,0 | -102,5 | 175,0 | 185,0 | 195,0 | 465,0 | 71,08 | | | | | | | | | | |
| 11 | 3 | Alejandro Albor Villa | ALFA Forjando Atletas Madrid | 1987 | 72,05 | SNR | 74 | 100,0 | 110,0 | 115,0 | 80,0 | 85,0 | 87,5 | 125,0 | 135,0 | 150,0 | 352,5 | 52,47 | | | | | | | | | | |
| 12 | 4 | David Pumares Mera | ALFA Forjando Atletas Madrid | 1999 | 73,10 | JUN | 74 | -110,0 | 120,0 | 125,0 | 75,0 | -82,5 | -82,5 | 140,0 | -150,0 | -150,0 | 340,0 | 50,23 | | | | | | | | | | |
| Cat. -83 kg | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 | 1 | Martín Díaz Acebal | SOY POWERLIFTER Madrid | 1996 | 77,45 | SNR | 83 | 185,0 | 195,0 | 205,0 | 120,0 | -127,5 | 132,5 | 215,0 | 227,5 | 237,5 | 575,0 | 82,45 | | | | | | | | | | |
| 19 | 2 | Josué Jaime Caparrós | FUERZA TOLEDO | 1993 | 81,15 | SNR | 83 | 200,0 | 210,0 | -215,0 | 125,0 | 132,5 | -135,0 | 215,0 | 230,0 | -240,0 | 572,5 | 80,16 | | | | | | | | | | |
| 15 | 3 | Antonio Carrasco Álvarez | CROM GYM Madrid | 1988 | 76,20 | SNR | 83 | 175,0 | 185,0 | 192,5 | 120,0 | 125,0 | -130,0 | 205,0 | 220,0 | -230,0 | 537,5 | 77,72 | | | | | | | | | | |
| 17 | 4 | Juan Gallego Steegmann | ENTRENA INTENSO Madrid | 1999 | 79,60 | JUN | 83 | 135,0 | 145,0 | 152,5 | 105,0 | -110,0 | -110,0 | 192,5 | 205,0 | 210,0 | 467,5 | 66,10 | | | | | | | | | | |
| 9 | 5 | Sebastián Banzas Baró | ALFA Forjando Atletas Madrid | 1988 | 75,65 | SNR | 83 | 135,0 | 145,0 | 152,5 | 100,0 | 105,0 | -107,5 | 170,0 | -180,0 | 185,0 | 442,5 | 64,23 | | | | | | | | | | |
| 16 | 6 | Carlos Silva Nieto | SOY POWERLIFTER Madrid | 2000 | 81,45 | JUN | 83 | 127,5 | 137,5 | -142,5 | 80,0 | 85,0 | -90,0 | 147,5 | 160,0 | 170,0 | 392,5 | 54,85 | | | | | | | | | | |
| Cat. -93 kg | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20 | 1 | Antonio Jaime Caparrós | FUERZA TOLEDO | 2002 | 90,90 | JUN | 93 | 185,0 | 200,0 | -210,0 | 140,0 | 145,0 | 150,0 | 215,0 | 230,0 | 240,0 | 590,0 | 78,05 | | | | | | | | | | |
| 18 | 2 | Oscar Alonso Delgado | CROM GYM Madrid | 1993 | 84,65 | SNR | 93 | 170,0 | 180,0 | 187,5 | 92,5 | -100,0 | -100,0 | 190,0 | 200,0 | 210,0 | 490,0 | 67,16 | | | | | | | | | | |
| Cat. -105 kg | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21 | 1 | Gonzalo Martínez Martínez | CROM GYM Madrid | 1993 | 100,20 | SNR | 105 | 165,0 | 175,0 | -185,0 | 100,0 | 107,5 | 110,0 | 210,0 | 222,5 | 240,0 | 525,0 | 66,26 | | | | | | | | | | |