

ASOCIACIÓN ESPAÑOLA DE POWERLIFTING
I Open Reino de León, AEP-2 Regional Zona NorOeste
San Andrés de Rabanedo, León - 16-17 julio 2022

Rev. 17/07/2022

MUJERES POWERLIFTING RAW

LEVANTADORA	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS					PRESS BANCA			PESO MUERTO			TOTAL	IPF GL	Pt.	
-47kg																				
1 Fernandez Ramirez Marta	1982	PSALAM	44,93	0.2903	2	75.0	82.5	85.0	1	40.0	45.0	47.5	1	90.0	95.0	102.5	2	235.0	68.22	12
2 Ortiz De Urbina Fernandez Yolanda	1994	FNORT	45,24	0.2882	1	60.0	65.0	70.0	2	40.0	42.5	45.0	2	102.5	110.0	115.0	1	225.0	64.84	9
-52kg																				
1 Sousa Perez Alba	1998	VAK	49,93	0.2617	4	105.0	110.0	117.5	1	52.5	55.0	57.5	1	132.5	142.5	152.5	1	310.0	81.13	12
2 Zalomir Motora Iuliana	1999	FNORT	51,36	0.2552	5	70.0	77.5	82.5	2	45.0	50.0	55.0	2	105.0	112.5	122.5	2	260.0	66.35	9
— Alonso Abalde Henar	2002	FENIX	51,34	0.2553	3	95.0	102.5	102.5	—	40.0	45.0	45.0	3	95.0	102.5	115.0	3	—	—	—
-57kg																				
1 Martinez Diaz Paula	1996	INDAR	56,37	0.2365	13	115.0	120.0	122.5	1	65.0	67.5	70.0	1	150.0	157.5	160.0	1	350.0	82.78	12
2 Casado Ruiz Marta	1990	ETRAIN	54,80	0.2418	17	105.0	112.5	120.0	2	50.0	55.0	60.0	4	120.0	130.0	140.0	3	312.5	75.56	9
3 Chanevi Chuviru Lily	1984	PNAVAR	56,37	0.2365	19	100.0	112.5	117.5	3	50.0	52.5	60.0	9	130.0	142.5	150.0	2	307.5	72.72	8
4 Garcia Valle Sandra	1996	FNORT	56,13	0.2373	6	92.5	95.0	100.0	8	60.0	62.5	62.5	5	127.5	137.5	145.0	4	297.5	70.60	7
5 Abarquero Diezhandino Ester	1995	VAK	56,52	0.2361	15	97.5	102.5	107.5	5	50.0	55.0	60.0	7	127.5	135.0	142.5	5	297.5	70.24	6
6 Nebreda Porres Lara	1996	BURGOS	56,56	0.2359	12	100.0	107.5	112.5	4	52.5	55.0	60.0	8	115.0	120.0	122.5	7	290.0	68.41	5
7 Peña Cabezas Carmen	2000	BURGOS	54,17	0.2441	9	90.0	97.5	105.0	6	52.5	55.0	60.0	2	100.0	110.0	117.5	9	282.5	68.96	4
8 Fernandez Cordero Sandra	1986	CRSAL	54,41	0.2432	8	90.0	100.0	102.5	7	52.5	57.5	60.0	3	100.0	115.0	120.0	8	282.5	68.70	3
9 Garcia Lopez Paula	1999	FNORT	56,49	0.2362	16	100.0	105.0	105.0	9	50.0	55.0	57.5	6	105.0	117.5	125.0	6	280.0	66.14	2
10 Coballes Martinez Lucia	2001	GALI	56,49	0.2362	11	87.5	95.0	95.0	10	47.5	52.5	55.0	10	100.0	112.5	115.0	11	260.0	61.41	1
11 Hernandez Jimenez Jessica	1993	RSLIF	56,70	0.2355	14	75.0	82.5	87.5	11	42.5	47.5	47.5	12	110.0	117.5	117.5	10	242.5	57.11	1
12 Prieto Pita-Romero Amalia	2003	FENIX	56,17	0.2372	10	75.0	80.0	82.5	12	37.5	40.0	42.5	11	90.0	100.0	102.5	12	225.0	53.37	1
-63kg																				
1 Hernandez Garcia Edna Paula	1994	FNORT	62,12	0,2208	24	110,0	117,5	125,0	1	57,5	60,0	62,5	2	130,0	140,0	147,5	1	327,5	72,31	12
2 Santamarina Sanjuan Carla	1994	SPCFIC	62,86	0,2191	26	117,5	125,0	125,0	2	60,0	62,5	65,0	3	117,5	125,0	130,0	3	310,0	67,92	9
3 Tovar Diaz Maria	1997	CRSAL	60,91	0,2237	23	92,5	102,5	105,0	3	55,0	60,0	62,5	4	107,5	115,0	122,5	4	285,0	63,75	8
4 Garcia Turiel Alicia	2001	FNORT	61,00	0,2235	21	82,5	87,5	92,5	5	55,0	57,5	60,0	5	117,5	125,0	132,5	2	285,0	63,70	7
5 Garcia Rodriguez. Carmen	2003	ASTUR	59,42	0,2276	22	87,5	92,5	95,0	4	57,5	62,5	67,5	1	90,0	97,5	105,0	6	260,0	59,18	6
6 Martinez Bar Rocio	2005	GALI	60,75	0,2241	25	75,0	77,5	80,0	6	50,0	55,0	60,0	6	80,0	92,5	100,0	5	235,0	52,66	5
-69kg																				
1 Sande Pose Virginia	1995	FENIX	68,85	0,2074	29	102,5	110,0	115,0	1	50,0	52,5	55,0	1	117,5	127,5	135,0	1	292,5	60,66	12
2 Barrio Ronda Paula	1995	BURGOS	67,14	0,2104	30	90,0	95,0	102,5	2	45,0	50,0	50,0	2	100,0	107,5	112,5	2	257,5	54,18	9
-76kg																				
1 Hernandez Guerreiro Claudia	2003	VALKY	73,90	0,1998	32	100,0	105,0	110,0	4	67,5	70,0	72,5	1	132,5	142,5	145,0	1	322,5	64,44	12
2 Alvarez Ferro Lidia	1996	VAKNER	75,22	0,1981	33	97,5	105,0	110,0	2	50,0	50,0	52,5	4	135,0	145,0	155,0	2	305,0	60,42	9
3 Babanoor Sanz Yasmin	1991	FNORT	73,08	0,2010	34	100,0	105,0	110,0	1	47,5	50,0	50,0	3	120,0	127,5	132,5	3	292,5	58,79	8
4 Roa Sales Ana	1998	BURGOS	72,02	0,2025	35	105,0	112,5	112,5	3	60,0	62,5	65,0	2	115,0	122,5	130,0	4	290,0	58,73	7
-84kg																				
1 Dominguez Iglesias Lucia	1996	VAKNER	79,00	0,1937	27	102,5	107,5	112,5	1	50,0	52,5	57,5	1	117,5	122,5	127,5	1	282,5	54,72	12
84+ kg																				
1 Lago Pernisi Flor Anahi	1997	INDAR	91,91	0,1829	28	107,5	107,5	115,0	1	72,5	77,5	80,0	1	120,0	130,0	142,5	1	322,5	58,99	12

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CLASIFICACIÓN POR CLUBS		pt.	Puntuaciones
1	FUERZA NORTE Leon	45	[12+9+9+8+7] 332,90 GL Pts
2	VAKNER POWERLIFTING GALIZA	39	[12+12+9+6] 266,51 GL Pts
3	STRENGTH BURGOS	25	[9+7+5+4] 250,27 GL Pts
4	INDAR POWER Vitoria	24	[12+12] 141,76 GL Pts
5	FENIX GALICIA POWER	13	[12+1] 114,03 GL Pts
6	POWERLIFTING SALAMANCA	12	[12] 68,22 GL Pts
7	VALKYRIA PT Valladolid	12	[12] 64,44 GL Pts
8	CROSSFIT SALAMANCA	11	[8+3] 132,46 GL Pts
9	TEAM ELITETRAINER Santander	9	[9] 75,56 GL Pts
10	SPECIFIC STRENGTH Madrid	9	[9] 67,92 GL Pts
11	POWERLIFTING NAVARRA	8	[8] 72,72 GL Pts
12	ASOCIACION ASTURIANA	6	[6] 59,18 GL Pts
13	GALILIFTERS Pontevedra	6	[5+1] 114,08 GL Pts
14	RS LIFTING Avila	1	[1] 57,11 GL Pts

MEJORES LEVANTADORAS pt. IPF GL

	Nombre	Club	Cat.	Peso corp.	Total	GL pt.	Clas.
1	Martinez Diaz Paula	INDAR POWER Vitoria	-57kg	56,37	350,0	82,7750	1
2	Sousa Perez Alba	VAKNER POWERLIFTING GALIZA	-52kg	49,93	310,0	81,1270	1
3	Casado Ruiz Marta	TEAM ELITETRAINER Santander	-57kg	54,80	312,5	75,5625	2
4	Chanevi Chuviru Lily	POWERLIFTING NAVARRA	-57kg	56,37	307,5	72,7238	3
5	Hernandez Garcia Edna Paula	FUERZA NORTE Leon	-63kg	62,12	327,5	72,3120	1
6	Garcia Valle Sandra	FUERZA NORTE Leon	-57kg	56,13	297,5	70,5968	4
7	Abarquero Diezhandino Ester	VAKNER POWERLIFTING GALIZA	-57kg	56,52	297,5	70,2398	5
8	Peña Cabezas Carmen	STRENGTH BURGOS	-57kg	54,17	282,5	68,9583	7
9	Fernandez Cordero Sandra	CROSSFIT SALAMANCA	-57kg	54,41	282,5	68,7040	8
10	Nebreda Porres Lara	STRENGTH BURGOS	-57kg	56,56	290,0	68,4110	6
11	Fernandez Ramirez Marta	POWERLIFTING SALAMANCA	-47kg	44,93	235,0	68,2205	1
12	Santamarina Sanjuan Carla	SPECIFIC STRENGTH Madrid	-63kg	62,86	310,0	67,9210	2
13	Zalomir Motora Iuliana	FUERZA NORTE Leon	-52kg	51,36	260,0	66,3520	2
14	Garcia Lopez Paula	FUERZA NORTE Leon	-57kg	56,49	280,0	66,1360	9
15	Ortiz De Urbina Fernandez Yolanda	FUERZA NORTE Leon	-47kg	45,24	225,0	64,8450	2

ABREVIACIONES:

ASTUR = ASOCIACION ASTURIANA
 BURGOS = STRENGTH BURGOS
 CRSAL = CROSSFIT SALAMANCA
 ETRAIN = TEAM ELITETRAINER Santander
 FENIX = FENIX GALICIA POWER

FNORT = FUERZA NORTE Leon
 GALI = GALILIFTERS Pontevedra
 INDAR = INDAR POWER Vitoria
 PNAVAR = POWERLIFTING NAVARRA
 PSALAM = POWERLIFTING SALAMANCA

RSLIF = RS LIFTING Avila
 SPCFIC = SPECIFIC STRENGTH Madrid
 VAKNER = VAKNER POWERLIFTING GALIZA
 VALKY = VALKYRIA PT Valladolid