

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	PNAVAVAR	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	Domínguez 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	140.0	140.0	14	317.5	70.01	1
-69kg																					
1	Blecu 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	ERALL0	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 Denise 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 Taberbero 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	120.0	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 Sofia	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	ERALL0	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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LEVANTADORA	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS				PRESS BANCA				PESO MUERTO				TOTAL	IPF GL	Pt.
-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

CLASIFICACION 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

RECORDS:

ABS	M1
JUN	
SBJ	

Test Antidopaje *

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