

| CAT. | SQ | ABSOLUTO | CLUB | LOCALIDAD | FECHA |
|------|-------|------------------------------|---|-------------------------------|-----------|
| 47 | 142,5 | Ana Lores Fernández | DT Power Madrid | Ibi (Alicante) | 3/4/2022 |
| 52 | 143,0 | Jessica Cabañil Chavez | Berserkers Madrid | Ibi (Alicante) | 3/4/2022 |
| 57 | 177,5 | Maiara Da Silva Dias | Crom Madrid | Estambul (Turquia) | 4/9/2022 |
| 63 | 165,0 | Badaseraye Sheila | Ciutat de Palma | Alhaurín de la Torre (Málaga) | 6/6/2021 |
| 69 | 167,5 | Amira Isabel Blecua Malak | Federación Catalana | Halmstad (Suecia) | 28/9/2021 |
| 72 | 162,5 | Isabel Blecua Malak Amira | Federación Catalana | Kaunas (Lituania) | 2/12/2019 |
| 76 | 179,5 | Sara Sánchez-Manjavacas Ruíz | Altea-Finestrat-L'Alfas | Ibi (Alicante) | 3/4/2022 |
| 84 | 175,0 | Serena Vargas Fernandez | Fuerza Norte León | Ibi (Alicante) | 3/4/2022 |
| +84 | 155,0 | Adenikke Soremekun | ALFA Forjando Atletas Madric Ibi (Alicante) | | 3/4/2022 |

| CAT. | SQ | SUBJUNIOR (-18) | CLUB | LOCALIDAD | FECHA |
|------|-------|--------------------------------|-------------------------|--------------------------------|------------|
| 43 | | | | | |
| 47 | | | | | |
| 52 | 100,0 | Aylen Esteban Giménez | Fuerza Isabel Elche | Chiva (Valencia) | 6/10/2018 |
| 57 | 125,0 | Gemma Nerea Noval García-Muñoz | Altea-Finestrat-L'Alfas | Chiva (Valencia) | 6/10/2018 |
| 63 | 115,0 | Loidi Malumbres, Ainhoa | Powerlifting Navarra | San Andrés del Rabanedo (León) | 16/10/2021 |
| 69 | 130,0 | Lanza Alzamora, Martina | Federación Catalana | San Andrés del Rabanedo (León) | 16/10/2021 |
| 72 | 117,5 | Ana Segado Moreno | FG Power Alhaurín | Chiva (Valencia) | 3/11/2019 |
| 76 | | | | | |
| 84 | 95,0 | Tatiana Carmona Saldaña | Asociación Andaluza | Chiva (Valencia) | 6/10/2018 |
| +84 | | | | | |

| CAT. | SQ | JUNIOR (-23) | CLUB | LOCALIDAD | FECHA |
|------|-------|------------------------------|------------------------|----------------------------------|------------|
| 43 | | | | | |
| 47 | 97,5 | Ruxandra Moldovan Simina | Entrena Intenso Madrid | Ibi (Alicante) | 3/4/2022 |
| 52 | 125,0 | Jessica Cabañil Chavez | Berserkers Madrid | Bollulos Par del Condado, Huelva | 6/10/2019 |
| 57 | 177,5 | Maiara Da Silva Dias | Crom Madrid | Estambul (Turquia) | 4/9/2022 |
| 63 | 167,5 | Serena Vargas Fernandez | Eduardo Rallo Madrid | Västera (Suecia) | 12/12/2021 |
| 69 | 167,5 | Amira Isabel Blecua Malak | Federación Catalana | Halmstad (Suecia) | 28/9/2021 |
| 72 | 162,5 | Isabel Blecua Malak Amira | Federación Catalana | Kaunas (Lituania) | 2/12/2019 |
| 76 | 173,0 | Sara Sánchez-Manjavacas Ruíz | Iron Team Elche | Carranque (Toledo) | 13/11/2021 |
| 84 | 175,0 | Serena Vargas Fernandez | Fuerza Norte León | Ibi (Alicante) | 3/4/2022 |
| +84 | 146,0 | María José Vizuetete Velasco | Arete Caravaca | Chiva (Valencia) | 3/11/2019 |

| CAT. | SQ | MASTER I (+40) | CLUB | LOCALIDAD | FECHA |
|------|-------|------------------------------|-------------------------|-------------------------------|------------|
| 47 | 92,5 | Ana Sternfeld Buraya | Agrup. Dep. Sideropolis | Chiva (Valencia) | 3/11/2019 |
| 52 | 107,5 | Rosa Vázquez Marfil | Energy Alhaurín | Constantí (Tarragona) | 6/4/2019 |
| 57 | 120,0 | Raquel De La Calle Labarzana | Crom Madrid | Cádiz | 22/10/2017 |
| 63 | 160,0 | Raquel De La Calle Labarzana | Crom Madrid | Chiva (Valencia) | 3/11/2019 |
| 69 | 157,5 | Raquel De La Calle Labarzana | Crom Madrid | Pilsen (Rep. Checa) | 13/7/2021 |
| 72 | 145,0 | Amanda Planas Domínguez | Energy Alhaurín | Alhaurín de la Torre (Málaga) | 2/12/2017 |
| 76 | 112,5 | Yaima Reoli Téllez | Fuerza Norte León | Carranque (Toledo) | 13/11/2021 |
| 84 | 170,0 | Milá Cuevas Mulero | Basic Strength Cadiz | Vilnius (Lituania) | 13/3/2022 |
| +84 | 155,0 | Geni Devonish | Montocan Ceuti | Ibi (Alicante) | 3/4/2022 |

| CAT. | SQ | MASTER II (+50) | CLUB | LOCALIDAD | FECHA |
|------|-------|-------------------------|-------------------------|--------------------|-----------|
| 47 | 92,5 | Ana Sternfeld Buraya | Agrup. Dep. Sideropolis | Chiva (Valencia) | 3/11/2019 |
| 52 | 75,0 | Silvana Tancredi García | Agrup. Dep. Sideropolis | León | 13/7/2019 |
| 57 | 102,5 | Mari Mar Caro Laserna | Crom Madrid | Chiva (Valencia) | 26/6/2022 |
| 63 | 110,5 | Mari Mar Caro Laserna | Crom Madrid | León | 13/7/2019 |
| 69 | 125,0 | Raquel Martin Tomas | Powerlifting Salamanca | Vilnius (Lituania) | 9/3/2022 |
| 72 | | | | | |
| 76 | 95,0 | Marta Esteban Herraz | Powerlifting Madrid | Chiva (Valencia) | 26/6/2022 |
| 84 | | | | | |
| +84 | | | | | |

| CAT. | SQ | MASTER III (+60) | CLUB | LOCALIDAD | FECHA |
|------|------|-------------------------|-------------------------|------------------|-----------|
| 47 | 82,5 | Silvana Tancredi García | Sideropolis Madrid | Chiva (Valencia) | 26/6/2022 |
| 52 | 75,0 | Silvana Tancredi García | Agrup. Dep. Sideropolis | León | 13/7/2019 |
| 57 | | | | | |
| 63 | | | | | |
| 69 | | | | | |
| 72 | | | | | |
| 76 | | | | | |
| 84 | | | | | |
| +84 | | | | | |

| CAT. | SQ | MASTER IV (+70) | CLUB | LOCALIDAD | FECHA |
|------|----|-----------------|------|-----------|-------|
| 47 | | | | | |
| 52 | | | | | |
| 57 | | | | | |
| 63 | | | | | |
| 69 | | | | | |
| 72 | | | | | |
| 76 | | | | | |
| 84 | | | | | |
| +84 | | | | | |

| CAT. | PB | ABSOLUTO | CLUB | LOCALIDAD | FECHA |
|------|-------|------------------------------|---------------------------|--------------------|-----------|
| 47 | 70,5 | Miriam Sánchez Gutiérrez | DT Power Madrid | Ibi (Alicante) | 3/4/2022 |
| 52 | 82,5 | Nayma Larrosa Cintas | Fuerza Isabel Atlas Chiva | Ibi (Alicante) | 3/4/2022 |
| 57 | 90,0 | Maiara Da Silva Dias | Crom Madrid | Estambul (Turquia) | 4/9/2022 |
| 63 | 103,0 | Soto Ruiz Inmaculada | Lift Ambition Granada | Ibi (Alicante) | 3/4/2022 |
| 69 | 109,5 | Eva Vico Martínez | FG Power Alhaurín | Ibi (Alicante) | 3/4/2022 |
| 72 | 97,5 | Eva Vico Martínez | Basic Strength Cadiz | Kaunas (Lituania) | 2/12/2019 |
| 76 | 107,5 | Sara Sánchez-Manjavacas Ruíz | Altea-Finestrat-L'Alfas | Ibi (Alicante) | 3/4/2022 |
| 84 | 95,5 | Serena Vargas Fernandez | Fuerza Norte León | Ibi (Alicante) | 3/4/2022 |
| +84 | 95,0 | Maria Lara Benitez | Powerlifting Sevilla | Ibi (Alicante) | 3/4/2022 |

| CAT. | PB | SUBJUNIOR (-18) | CLUB | LOCALIDAD | FECHA |
|------|------|--------------------------------|-------------------------|-------------------------------|-----------|
| 43 | | | | | |
| 47 | | | | | |
| 52 | 45,0 | Aylen Esteban Giménez | Fuerza Isabel Elche | Chiva (Valencia) | 6/10/2018 |
| 57 | 63,0 | Gemma Nerea Noval García-Muñoz | Altea-Finestrat-L'Alfas | Chiva (Valencia) | 6/10/2018 |
| 63 | 70,0 | Alba Domingo Venegas | Federación Catalana | Ibi (Alicante) | 3/4/2022 |
| 69 | 90,0 | Andrea Morillas Tabernero | Lift Ambition Granada | Ibi (Alicante) | 3/4/2022 |
| 72 | 72,5 | Claudia Jaén Trujillo | FG Power Alhaurín | Palos de la Frontera (Huelva) | 11/3/2018 |
| 76 | | | | | |
| 84 | 65,0 | Tatiana Carmona Saldaña | Asociación Andaluza | Alhaurín de la Torre (Málaga) | 1/7/2018 |
| +84 | | | | | |

| CAT. | PB | JUNIOR (-23) | CLUB | LOCALIDAD | FECHA |
|------|-------|------------------------------|---------------------------|--------------------|------------|
| 43 | | | | | |
| 47 | 57,5 | Ruxandra Moldovan Simina | Entrena Intenso Madrid | Ibi (Alicante) | 3/4/2022 |
| 52 | 82,5 | Nayma Larrosa Cintas | Fuerza Isabel Atlas Chiva | Ibi (Alicante) | 3/4/2022 |
| 57 | 90,0 | Maiara Da Silva Dias | Crom Madrid | Estambul (Turquia) | 4/9/2022 |
| 63 | 103,0 | Soto Ruiz Inmaculada | Lift Ambition Granada | Ibi (Alicante) | 3/4/2022 |
| 69 | 109,0 | Amira Isabel Blecua Malak | Federación Catalana | Ibi (Alicante) | 3/4/2022 |
| 72 | 97,5 | Eva Vico Martínez | Basic Strength Cadiz | Kaunas (Lituania) | 2/12/2019 |
| 76 | 97,5 | Sara Sánchez-Manjavacas Ruíz | Iron Team Elche | Carranque (Toledo) | 13/11/2021 |
| 84 | 95,5 | Serena Vargas Fernandez | Fuerza Norte León | Ibi (Alicante) | 3/4/2022 |
| +84 | 76,0 | Natalia Pérez Garralón | Guerreros Guadalajara | Madrid | 25/9/2015 |

| CAT. | PB | MASTER I (+40) | CLUB | LOCALIDAD | FECHA |
|------|------|------------------------------|---------------------|-------------------------------|------------|
| 47 | 62,5 | Beatriz Cano Torres | Fed. Catalana | Medina Del Campo (Valladolid) | 25/6/2016 |
| 52 | 64,0 | Marta Rincon Fernandez | Crossfit Salamanca | Chiva (Valencia) | 26/6/2022 |
| 57 | 63,0 | Noelia Aliste Sanchez | Federación Catalana | Chiva (Valencia) | 26/6/2022 |
| 63 | 80,0 | Raquel De La Calle Labarzana | Crom Madrid | Albi (Francia) | 10/3/2020 |
| 69 | 85,0 | Raquel De La Calle Labarzana | Crom Madrid | Pilsen (Rep. Checa) | 13/7/2021 |
| 72 | 95,5 | Amanda Planas Domínguez | Energy Alhaurín | Chiva (Valencia) | 5/10/2018 |
| 76 | 70,0 | Marta Esteban Herraz | Powerlifting Madrid | Chiva (Valencia) | 26/6/2022 |
| 84 | 90,0 | Amanda Planas Domínguez | Energy Alhaurín | Cádiz | 22/10/2017 |
| +84 | 75,0 | Geni Devonish | Montocan Ceuti | Chiva (Valencia) | 27/6/2021 |

| CAT. | PB | MASTER II (+50) | CLUB | LOCALIDAD | FECHA |
|------|------|-------------------------------|-------------------------|-------------------------------|-----------|
| 47 | 62,5 | Beatriz Cano Torres | Fed. Catalana | Medina Del Campo (Valladolid) | 25/6/2016 |
| 52 | 42,5 | Silvana Tancredi García | Agrup. Dep. Sideropolis | León | 13/7/2019 |
| 57 | 57,5 | Elena de la Esperanza Encinar | Villamantilla Madrid | León | 13/7/2019 |
| 63 | 72,5 | María Repice | Energy Alhaurín | Alhaurín De La Torre (Málaga) | 3/12/2016 |
| 69 | 65,0 | Raquel Martin Tomas | Powerlifting Salamanca | Vilnius (Lituania) | 9/3/2022 |
| 72 | | | | | |
| 76 | 70,0 | Marta Esteban Herraz | Powerlifting Madrid | Chiva (Valencia) | 26/6/2022 |
| 84 | | | | | |
| +84 | | | | | |

| CAT. | PB | MASTER III (+60) | CLUB | LOCALIDAD | FECHA |
|------|------|-------------------------|-------------------------|------------------|-----------|
| 47 | 45,0 | Silvana Tancredi García | Agrup. Dep. Sideropolis | Chiva (Valencia) | 27/6/2021 |
| 52 | 42,5 | Silvana Tancredi García | Agrup. Dep. Sideropolis | León | 13/7/2019 |
| 57 | | | | | |
| 63 | | | | | |
| 69 | | | | | |
| 72 | | | | | |
| 76 | | | | | |
| 84 | | | | | |
| +84 | | | | | |

| CAT. | PB | MASTER IV (+70) | CLUB | LOCALIDAD | FECHA |
|------|----|-----------------|------|-----------|-------|
| 47 | | | | | |
| 52 | | | | | |
| 57 | | | | | |
| 63 | | | | | |
| 69 | | | | | |
| 72 | | | | | |
| 76 | | | | | |
| 84 | | | | | |
| +84 | | | | | |

| CAT. | PM | ABSOLUTO | CLUB | LOCALIDAD | FECHA |
|------|-------|------------------------------|-------------------------|----------------------------------|------------|
| 47 | 142,5 | Ana Lores Fernández | DT Power Madrid | Västeras (Suecia) | 12/12/2021 |
| 52 | 155,0 | Susana Donadeu Sanchez | Sideropolis Madrid | Hamm (Luxemburgo) | 3/9/2021 |
| 57 | 195,0 | Maiara Da Silva Dias | Crom Madrid | Ibi (Alicante) | 3/4/2022 |
| 63 | 201,0 | Soto Ruiz Inmaculada | Lift Ambition Granada | Ibi (Alicante) | 3/4/2022 |
| 69 | 208,0 | Amira Isabel Blecua Malak | Federación Catalana | Västeras (Suecia) | 12/12/2021 |
| 72 | 186,0 | Isabel Blecua Malak Amira | Federación Catalana | Bollulos Par del Condado, Huelva | 6/10/2019 |
| 76 | 220,5 | Sara Sánchez-Manjavacas Ruíz | Altea-Finestrat-L'Alfas | Ibi (Alicante) | 3/4/2022 |
| 84 | 213,0 | Milá Cuevas Mulero | Basic Strength Cadiz | Vilnius (Lituania) | 13/3/2022 |
| +84 | 180,5 | María José Vizquete Velasco | Arete Caravaca | Chiva (Valencia) | 3/11/2019 |

| CAT. | PM | SUBJUNIOR (-18) | CLUB | LOCALIDAD | FECHA |
|------|-------|--------------------------------|-------------------------|--------------------------------|------------|
| 43 | | | | | |
| 47 | | | | | |
| 52 | 125,0 | Ruiz Porcel, Noelia | Federación Catalana | San Andrés del Rabanedo (León) | 16/10/2021 |
| 57 | 137,5 | Gemma Nerea Noval García-Muñoz | Altea-Finestrat-L'Alfas | Chiva (Valencia) | 6/10/2018 |
| 63 | 147,5 | Alba Domingo Venegas | Federación Catalana | Ibi (Alicante) | 3/4/2022 |
| 69 | 165,0 | Lanza Alzamora, Martina | Federación Catalana | San Andrés del Rabanedo (León) | 16/10/2021 |
| 72 | 142,5 | Ana Segado Moreno | FG Power Alhaurín | Chiva (Valencia) | 3/11/2019 |
| 76 | | | | | |
| 84 | 125,0 | Tatiana Carmona Saldaña | Asociación Andaluza | Chiva (Valencia) | 6/10/2018 |
| +84 | | | | | |

| CAT. | PM | JUNIOR (-23) | CLUB | LOCALIDAD | FECHA |
|------|-------|------------------------------|---------------------------|----------------------------------|------------|
| 43 | | | | | |
| 47 | 120,0 | Ruxandra Moldovan Simina | Entrena Intenso Madrid | Ibi (Alicante) | 3/4/2022 |
| 52 | 152,5 | Nayma Larrosa Cintas | Fuerza Isabel Atlas Chiva | Ibi (Alicante) | 3/4/2022 |
| 57 | 195,0 | Maiara Da Silva Dias | Crom Madrid | Ibi (Alicante) | 3/4/2022 |
| 63 | 201,0 | Soto Ruiz Inmaculada | Lift Ambition Granada | Ibi (Alicante) | 3/4/2022 |
| 69 | 208,0 | Amira Isabel Blecua Malak | Federación Catalana | Västeras (Suecia) | 12/12/2021 |
| 72 | 186,0 | Isabel Blecua Malak Amira | Federación Catalana | Bollulos Par del Condado, Huelva | 6/10/2019 |
| 76 | 215,0 | Sara Sánchez-Manjavacas Ruíz | Iron Team Elche | Carranque (Toledo) | 13/11/2021 |
| 84 | 207,5 | Serena Vargas Fernandez | Eduardo Rallo Madrid | Alhaurín de la Torre (Málaga) | 6/6/2021 |
| +84 | 180,5 | María José Vizquete Velasco | Arete Caravaca | Chiva (Valencia) | 3/11/2019 |

| CAT. | PM | MASTER I (+40) | CLUB | LOCALIDAD | FECHA |
|------|-------|------------------------------|-------------------------|-----------------------|-----------|
| 47 | 107,5 | Ana Sternfeld Buraya | Agrup. Dep. Sideropolis | Gyor (Hungria) | 5/3/2019 |
| 52 | 135,0 | Rosa Vázquez Marfil | Energy Alhaurín | Constantí (Tarragona) | 6/4/2019 |
| 57 | 160,0 | Noelia Aliste Sanchez | Federación Catalana | Chiva (Valencia) | 26/6/2022 |
| 63 | 157,5 | Raquel De La Calle Labarzana | Crom Madrid | Chiva (Valencia) | 3/11/2019 |
| 69 | 170,0 | Raquel De La Calle Labarzana | Crom Madrid | Halmstad (Suecia) | 25/9/2021 |
| 72 | 185,5 | Amanda Planas Domínguez | Energy Alhaurín | Chiva (Valencia) | 5/10/2018 |
| 76 | 140,0 | Marta Esteban Herraz | Powerlifting Madrid | Chiva (Valencia) | 26/6/2022 |
| 84 | 213,0 | Milá Cuevas Mulero | Basic Strength Cadiz | Vilnius (Lituania) | 13/3/2022 |
| +84 | 155,0 | Geni Devonish | Montocan Ceuti | Chiva (Valencia) | 27/6/2021 |

| CAT. | PM | MASTER II (+50) | CLUB | LOCALIDAD | FECHA |
|------|-------|-------------------------|-------------------------|-------------------------------|-----------|
| 47 | 107,5 | Ana Sternfeld Buraya | Agrup. Dep. Sideropolis | Gyor (Hungria) | 5/3/2019 |
| 52 | 92,5 | Silvana Tancredi García | Agrup. Dep. Sideropolis | León | 13/7/2019 |
| 57 | 130,0 | Mari Mar Caro Laserna | Crom Madrid | Chiva (Valencia) | 26/6/2022 |
| 63 | 145,0 | María Repice | Energy Alhaurín | Alhaurín De La Torre (Málaga) | 3/12/2016 |
| 69 | 157,5 | Raquel Martín Tomas | Powerlifting Salamanca | Vilnius (Lituania) | 9/3/2022 |
| 72 | | | | | |
| 76 | 140,0 | Marta Esteban Herraz | Powerlifting Madrid | Chiva (Valencia) | 26/6/2022 |
| 84 | | | | | |
| +84 | | | | | |

| CAT. | PM | MASTER III (+60) | CLUB | LOCALIDAD | FECHA |
|------|-------|-------------------------|-------------------------|------------------|-----------|
| 47 | 100,5 | Silvana Tancredi García | Sideropolis Madrid | Chiva (Valencia) | 26/6/2022 |
| 52 | 92,5 | Silvana Tancredi García | Agrup. Dep. Sideropolis | León | 13/7/2019 |
| 57 | | | | | |
| 63 | | | | | |
| 69 | | | | | |
| 72 | | | | | |
| 76 | | | | | |
| 84 | | | | | |
| +84 | | | | | |

| CAT. | PM | MASTER IV (+70) | CLUB | LOCALIDAD | FECHA |
|------|----|-----------------|------|-----------|-------|
| 47 | | | | | |
| 52 | | | | | |
| 57 | | | | | |
| 63 | | | | | |
| 69 | | | | | |
| 72 | | | | | |
| 76 | | | | | |
| 84 | | | | | |
| +84 | | | | | |

| CAT. | TOTAL | ABSOLUTO | CLUB | LOCALIDAD | FECHA |
|------|-------|------------------------------|---------------------------|--------------------|-----------|
| 47 | 340,0 | Ana Lores Fernández | DT Power Madrid | Ibi (Alicante) | 3/4/2022 |
| 52 | 357,5 | Nayma Larrosa Cintas | Fuerza Isabel Atlas Chiva | Ibi (Alicante) | 3/4/2022 |
| 57 | 457,5 | Maiara Da Silva Dias | Crom Madrid | Estambul (Turquia) | 4/9/2022 |
| 63 | 464,0 | Soto Ruiz Inmaculada | Lift Ambition Granada | Ibi (Alicante) | 3/4/2022 |
| 69 | 476,5 | Amira Isabel Blecua Malak | Federación Catalana | Ibi (Alicante) | 3/4/2022 |
| 72 | 437,5 | Isabel Blecua Malak Amira | Federación Catalana | Kaunas (Lituania) | 2/12/2019 |
| 76 | 507,5 | Sara Sánchez-Manjavacas Ruíz | Altea-Finestrat-L'Alfas | Ibi (Alicante) | 3/4/2022 |
| 84 | 465,5 | Milá Cuevas Mulero | Basic Strength Cadiz | Vilnius (Lituania) | 13/3/2022 |
| +84 | 422,5 | Maria Lara Benitez | Powerlifting Sevilla | Ibi (Alicante) | 3/4/2022 |

| CAT. | TOTAL | SUBJUNIOR (-18) | CLUB | LOCALIDAD | FECHA |
|------|-------|--------------------------------|-------------------------|--------------------------------|------------|
| 43 | | | | | |
| 47 | | | | | |
| 52 | 257,5 | Ruiz Porcel, Noelia | Federación Catalana | San Andrés del Rabanedo (León) | 16/10/2021 |
| 57 | 325,5 | Gemma Nerea Noval García-Muñoz | Altea-Finestrat-L'Alfas | Chiva (Valencia) | 6/10/2018 |
| 63 | 322,5 | Alba Domingo Venegas | Federación Catalana | Ibi (Alicante) | 3/4/2022 |
| 69 | 360,0 | Lanza Alzamora, Martina | Federación Catalana | San Andrés del Rabanedo (León) | 16/10/2021 |
| 72 | 322,5 | Ana Segado Moreno | FG Power Alhaurín | Chiva (Valencia) | 3/11/2019 |
| 76 | | | | | |
| 84 | 280,0 | Tatiana Carmona Saldaña | Asociación Andaluza | Chiva (Valencia) | 6/10/2018 |
| +84 | | | | | |

| CAT. | TOTAL | JUNIOR (-23) | CLUB | LOCALIDAD | FECHA |
|------|-------|------------------------------|---------------------------|--------------------|------------|
| 43 | | | | | |
| 47 | 275,0 | Ruxandra Moldovan Simina | Entrena Intenso Madrid | Ibi (Alicante) | 3/4/2022 |
| 52 | 357,5 | Nayma Larrosa Cintas | Fuerza Isabel Atlas Chiva | Ibi (Alicante) | 3/4/2022 |
| 57 | 457,5 | Maiara Da Silva Dias | Crom Madrid | Estambul (Turquia) | 4/9/2022 |
| 63 | 464,0 | Soto Ruiz Inmaculada | Lift Ambition Granada | Ibi (Alicante) | 3/4/2022 |
| 69 | 476,5 | Amira Isabel Blecua Malak | Federación Catalana | Ibi (Alicante) | 3/4/2022 |
| 72 | 437,5 | Isabel Blecua Malak Amira | Federación Catalana | Kaunas (Lituania) | 2/12/2019 |
| 76 | 485,5 | Sara Sánchez-Manjavacas Ruíz | Iron Team Elche | Carranque (Toledo) | 13/11/2021 |
| 84 | 465,5 | Serena Vargas Fernandez | Fuerza Norte León | Ibi (Alicante) | 3/4/2022 |
| +84 | 392,0 | María José Vizuete Velasco | Arete Caravaca | Chiva (Valencia) | 3/11/2019 |

| CAT. | TOTAL | MASTER I (+40) | CLUB | LOCALIDAD | FECHA |
|------|-------|------------------------------|----------------------|-------------------------------|-----------|
| 47 | 252,5 | Beatriz Cano Torres | Fed. Catalana | Medina Del Campo (Valladolid) | 25/6/2016 |
| 52 | 305,0 | Rosa Vázquez Marfil | Energy Alhaurín | Constantí (Tarragona) | 6/4/2019 |
| 57 | 333,0 | Noelia Aliste Sanchez | Federación Catalana | Chiva (Valencia) | 26/6/2022 |
| 63 | 395,0 | Raquel De La Calle Labarzana | Crom Madrid | Chiva (Valencia) | 3/11/2019 |
| 69 | 410,0 | Raquel De La Calle Labarzana | Crom Madrid | Halmstad (Suecia) | 25/9/2021 |
| 72 | 420,0 | Amanda Planas Domínguez | Energy Alhaurín | Alhaurín de la Torre (Málaga) | 2/12/2017 |
| 76 | 305,0 | Marta Esteban Herraz | Powerlifting Madrid | Chiva (Valencia) | 26/6/2022 |
| 84 | 465,5 | Milá Cuevas Mulero | Basic Strength Cadiz | Vilnius (Lituania) | 13/3/2022 |
| +84 | 352,5 | Geni Devonish | Montocan Ceuti | Chiva (Valencia) | 27/6/2021 |

| CAT. | TOTAL | MASTER II (+50) | CLUB | LOCALIDAD | FECHA |
|------|-------|-------------------------|-------------------------|-------------------------------|------------|
| 47 | 252,5 | Beatriz Cano Torres | Fed. Catalana | Medina Del Campo (Valladolid) | 25/6/2016 |
| 52 | 210,0 | Silvana Tancredi García | Agrup. Dep. Sideropolis | León | 13/7/2019 |
| 57 | 277,5 | Mari Mar Caro Laserna | Crom Madrid | Carranque (Toledo) | 14/11/2021 |
| 63 | 327,5 | María Repice | Energy Alhaurín | Alhaurín De La Torre (Málaga) | 3/12/2016 |
| 69 | 347,5 | Raquel Martín Tomas | Powerlifting Salamanca | Vilnius (Lituania) | 9/3/2022 |
| 72 | | | | | |
| 76 | 305,0 | Marta Esteban Herraz | Powerlifting Madrid | Chiva (Valencia) | 26/6/2022 |
| 84 | | | | | |
| +84 | | | | | |

| CAT. | TOTAL | MASTER III (+60) | CLUB | LOCALIDAD | FECHA |
|------|-------|-------------------------|-------------------------|------------------|-----------|
| 47 | 228,0 | Silvana Tancredi García | Sideropolis Madrid | Chiva (Valencia) | 26/6/2022 |
| 52 | 210,0 | Silvana Tancredi García | Agrup. Dep. Sideropolis | León | 13/7/2019 |
| 57 | | | | | |
| 63 | | | | | |
| 69 | | | | | |
| 72 | | | | | |
| 76 | | | | | |
| 84 | | | | | |
| +84 | | | | | |

| CAT. | TOTAL | MASTER IV (+70) | CLUB | LOCALIDAD | FECHA |
|------|-------|-----------------|------|-----------|-------|
| 47 | | | | | |
| 52 | | | | | |
| 57 | | | | | |
| 63 | | | | | |
| 69 | | | | | |
| 72 | | | | | |
| 76 | | | | | |
| 84 | | | | | |
| +84 | | | | | |

| CAT. | PBMU | ABSOLUTO | CLUB | LOCALIDAD | FECHA |
|------|-------|--------------------------------|---------------------------|-------------------------------|------------|
| 47 | 70,5 | Miriam Sánchez Gutiérrez | DT Power Madrid | Ibi (Alicante) | 3/4/2022 |
| 52 | 97,5 | Loida Zabala Ollero | Berserkers Madrid | Merignac (Francia) | 10/8/2018 |
| 57 | 90,0 | Maiara Da Silva Dias | Crom Madrid | Estambul (Turquia) | 4/9/2022 |
| 63 | 103,0 | Soto Ruiz Inmaculada | Lift Ambition Granada | Ibi (Alicante) | 3/4/2022 |
| 69 | 109,5 | Eva Vico Martínez | FG Power Alhaurín | Ibi (Alicante) | 3/4/2022 |
| 72 | 97,5 | Eva Vico Martínez | Basic Strength Cadiz | Kaunas (Lituania) | 2/12/2019 |
| 76 | 107,5 | Sara Sánchez-Manjavacas Ruíz | Altea-Finestrat-L'Alfas | Ibi (Alicante) | 3/4/2022 |
| 84 | 112,5 | Montse Alcoba Membrilla | Peses Terrassa | Chiva (Valencia) | 25/6/2022 |
| +84 | 95,0 | María Lara Benitez | Powerlifting Sevilla | Ibi (Alicante) | 3/4/2022 |
| CAT. | PBMU | SUBJUNIOR (-18) | CLUB | LOCALIDAD | FECHA |
| 43 | | | | | |
| 47 | | | | | |
| 52 | 45,0 | Aylen Esteban Giménez | Fuerza Isabel Elche | Chiva (Valencia) | 6/10/2018 |
| 57 | 63,0 | Gemma Nerea Noval García-Muñoz | Altea-Finestrat-L'Alfas | Chiva (Valencia) | 6/10/2018 |
| 63 | 70,0 | Alba Domingo Venegas | Federación Catalana | Ibi (Alicante) | 3/4/2022 |
| 69 | 90,0 | Andrea Morillas Tabernero | Lift Ambition Granada | Ibi (Alicante) | 3/4/2022 |
| 72 | 75,0 | Neus Blázquez Martín | Power Castilla | Albacete | 17/11/2018 |
| 76 | | | | | |
| 84 | 65,0 | Tatiana Carmona Saldaña | Asociación Andaluza | Alhaurín de la Torre (Málaga) | 1/7/2018 |
| +84 | | | | | |
| CAT. | PBMU | JUNIOR (-23) | CLUB | LOCALIDAD | FECHA |
| 43 | | | | | |
| 47 | 57,5 | Ruxandra Moldovan Simina | Entrena Intenso Madrid | Ibi (Alicante) | 3/4/2022 |
| 52 | 82,5 | Nayma Larrosa Cintas | Fuerza Isabel Atlas Chiva | Ibi (Alicante) | 3/4/2022 |
| 57 | 90,0 | Maiara Da Silva Dias | Crom Madrid | Estambul (Turquia) | 4/9/2022 |
| 63 | 103,0 | Soto Ruiz Inmaculada | Lift Ambition Granada | Ibi (Alicante) | 3/4/2022 |
| 69 | 109,0 | Amira Isabel Blecua Malak | Federación Catalana | Ibi (Alicante) | 3/4/2022 |
| 72 | 97,5 | Eva Vico Martínez | Basic Strength Cadiz | Kaunas (Lituania) | 2/12/2019 |
| 76 | 97,5 | Sara Sánchez-Manjavacas Ruíz | Iron Team Elche | Carranque (Toledo) | 13/11/2021 |
| 84 | 95,5 | Serena Vargas Fernandez | Fuerza Norte León | Ibi (Alicante) | 3/4/2022 |
| +84 | 76,0 | Natalia Pérez Garralón | Guerreros Guadalajara | Madrid | 25/9/2015 |
| CAT. | PBMU | MASTER I (+40) | CLUB | LOCALIDAD | FECHA |
| 47 | 62,5 | Beatriz Cano Torres | Fed. Catalana | Medina Del Campo (Valladolid) | 25/6/2016 |
| 52 | 64,0 | Marta Rincon Fernandez | Crossfit Salamanca | Chiva (Valencia) | 26/6/2022 |
| 57 | 65,0 | Maribel Cano Torres | Fed. Catalana | Alhaurín De La Torre (Málaga) | 27/11/2015 |
| 63 | 80,0 | Raquel De La Calle Labarzana | Crom Madrid | Albi (Francia) | 10/3/2020 |
| 69 | 85,0 | Raquel De La Calle Labarzana | Crom Madrid | Pilsen (Rep. Checa) | 13/7/2021 |
| 72 | 95,5 | Amanda Planas Domínguez | Energy Alhaurín | Chiva (Valencia) | 5/10/2018 |
| 76 | 70,0 | Marta Esteban Herraz | Powerlifting Madrid | Chiva (Valencia) | 26/6/2022 |
| 84 | 112,5 | Montse Alcoba Membrilla | Peses Terrassa | Chiva (Valencia) | 25/6/2022 |
| +84 | 75,0 | Geni Devonish | Montocan Ceuti | Chiva (Valencia) | 27/6/2021 |
| CAT. | PBMU | MASTER II (+50) | CLUB | LOCALIDAD | FECHA |
| 47 | 62,5 | Beatriz Cano Torres | Fed. Catalana | Medina Del Campo (Valladolid) | 25/6/2016 |
| 52 | 60,0 | Beatriz Cano Torres | Fed. Catalana | Villajoyosa (Alicante) | 25/4/2015 |
| 57 | 60,0 | Elena de la Esperanza Encinar | Villamantilla Madrid | Chiva (Valencia) | 7/12/2019 |
| 63 | 72,5 | María Repice | Energy Alhaurín | Alhaurín De La Torre (Málaga) | 3/12/2016 |
| 69 | 65,0 | Raquel Martín Tomas | Powerlifting Salamanca | Vilnius (Lituania) | 9/3/2022 |
| 72 | 75,0 | Isabel García Martínez | Fuerza Isabel Elche | Madrid | 24/6/2017 |
| 76 | 70,0 | Marta Esteban Herraz | Powerlifting Madrid | Chiva (Valencia) | 26/6/2022 |
| 84 | | | | | |
| +84 | | | | | |
| CAT. | PBMU | MASTER III (+60) | CLUB | LOCALIDAD | FECHA |
| 47 | 45,0 | Silvana Tancredi García | Agrup. Dep. Sideropolis | Chiva (Valencia) | 27/6/2021 |
| 52 | 42,5 | Silvana Tancredi García | Agrup. Dep. Sideropolis | León | 13/7/2019 |
| 57 | | | | | |
| 63 | | | | | |
| 69 | | | | | |
| 72 | | | | | |
| 76 | | | | | |
| 84 | | | | | |
| +84 | | | | | |
| CAT. | PBMU | MASTER IV (+70) | CLUB | LOCALIDAD | FECHA |
| 47 | | | | | |
| 52 | | | | | |
| 57 | | | | | |
| 63 | | | | | |
| 69 | | | | | |
| 72 | | | | | |
| 76 | | | | | |
| 84 | | | | | |
| +84 | | | | | |

| CAT. | PMMU | ABSOLUTO | CLUB | LOCALIDAD | FECHA |
|------|-------|------------------------------|-------------------------|----------------------------------|------------|
| 47 | 142,5 | Ana Lores Fernández | DT Power Madrid | Västera (Suecia) | 12/12/2021 |
| 52 | 155,0 | Susana Donadeu Sanchez | Sideropolis Madrid | Hamm (Luxemburgo) | 3/9/2021 |
| 57 | 195,0 | Maiara Da Silva Dias | Crom Madrid | Ibi (Alicante) | 3/4/2022 |
| 63 | 201,0 | Soto Ruiz Inmaculada | Lift Ambition Granada | Ibi (Alicante) | 3/4/2022 |
| 69 | 208,0 | Amira Isabel Blecua Malak | Federación Catalana | Västera (Suecia) | 12/12/2021 |
| 72 | 186,0 | Isabel Blecua Malak Amira | Federación Catalana | Bollulos Par del Condado, Huelva | 6/10/2019 |
| 76 | 220,5 | Sara Sánchez-Manjavacas Ruíz | Altea-Finestrat-L'Alfas | Ibi (Alicante) | 3/4/2022 |
| 84 | 213,0 | Milá Cuevas Mulero | Basic Strength Cadiz | Vilnius (Lituania) | 13/3/2022 |
| +84 | 180,5 | María José Vizuete Velasco | Arete Caravaca | Chiva (Valencia) | 3/11/2019 |

| CAT. | PMMU | SUBJUNIOR (-18) | CLUB | LOCALIDAD | FECHA |
|------|-------|--------------------------------|-------------------------|--------------------------------|------------|
| 43 | | | | | |
| 47 | | | | | |
| 52 | 125,0 | Ruiz Porcel, Noelia | Federación Catalana | San Andrés del Rabanedo (León) | 16/10/2021 |
| 57 | 137,5 | Gemma Nerea Noval García-Muñoz | Altea-Finestrat-L'Alfas | Chiva (Valencia) | 6/10/2018 |
| 63 | 147,5 | Alba Domingo Venegas | Federación Catalana | Ibi (Alicante) | 3/4/2022 |
| 69 | 165,0 | Lanza Alzamora, Martina | Federación Catalana | San Andrés del Rabanedo (León) | 16/10/2021 |
| 72 | 155,0 | Neus Blázquez Martín | Power Castilla | Albacete | 18/11/2018 |
| 76 | | | | | |
| 84 | 125,0 | Tatiana Carmona Saldaña | Asociación Andaluza | Chiva (Valencia) | 6/10/2018 |
| +84 | | | | | |

| CAT. | PMMU | JUNIOR (-23) | CLUB | LOCALIDAD | FECHA |
|------|-------|------------------------------|---------------------------|----------------------------------|------------|
| 43 | | | | | |
| 47 | 120,0 | Ruxandra Moldovan Simina | Entrena Intenso Madrid | Ibi (Alicante) | 3/4/2022 |
| 52 | 152,5 | Nayma Larrosa Cintas | Fuerza Isabel Atlas Chiva | Ibi (Alicante) | 3/4/2022 |
| 57 | 195,0 | Maiara Da Silva Dias | Crom Madrid | Ibi (Alicante) | 3/4/2022 |
| 63 | 201,0 | Soto Ruiz Inmaculada | Lift Ambition Granada | Ibi (Alicante) | 3/4/2022 |
| 69 | 208,0 | Amira Isabel Blecua Malak | Federación Catalana | Västera (Suecia) | 12/12/2021 |
| 72 | 186,0 | Isabel Blecua Malak Amira | Federación Catalana | Bollulos Par del Condado, Huelva | 6/10/2019 |
| 76 | 215,0 | Sara Sánchez-Manjavacas Ruíz | Iron Team Elche | Carranque (Toledo) | 13/11/2021 |
| 84 | 207,5 | Serena Vargas Fernandez | Eduardo Rallo Madrid | Alhaurín de la Torre (Málaga) | 6/6/2021 |
| +84 | 180,5 | María José Vizuete Velasco | Arete Caravaca | Chiva (Valencia) | 3/11/2019 |

| CAT. | PMMU | MASTER I (+40) | CLUB | LOCALIDAD | FECHA |
|------|-------|------------------------------|-------------------------|-----------------------|-----------|
| 47 | 107,5 | Ana Sternfeld Buraya | Agrup. Dep. Sideropolis | Gyor (Hungria) | 5/3/2019 |
| 52 | 135,0 | Rosa Vázquez Marfil | Energy Alhaurín | Constantí (Tarragona) | 6/4/2019 |
| 57 | 160,0 | Noelia Aliste Sanchez | Federación Catalana | Chiva (Valencia) | 26/6/2022 |
| 63 | 157,5 | Raquel De La Calle Labarzana | Crom Madrid | Chiva (Valencia) | 3/11/2019 |
| 69 | 170,0 | Raquel De La Calle Labarzana | Crom Madrid | Halmstad (Suecia) | 25/9/2021 |
| 72 | 185,5 | Amanda Planas Domínguez | Energy Alhaurín | Chiva (Valencia) | 5/10/2018 |
| 76 | 140,0 | Marta Esteban Herraz | Powerlifting Madrid | Chiva (Valencia) | 26/6/2022 |
| 84 | 213,0 | Milá Cuevas Mulero | Basic Strength Cadiz | Vilnius (Lituania) | 13/3/2022 |
| +84 | 155,0 | Geni Devonish | Montocan Ceuti | Chiva (Valencia) | 27/6/2021 |

| CAT. | PMMU | MASTER II (+50) | CLUB | LOCALIDAD | FECHA |
|------|-------|-------------------------|-------------------------|-------------------------------|-----------|
| 47 | 107,5 | Ana Sternfeld Buraya | Agrup. Dep. Sideropolis | Gyor (Hungria) | 5/3/2019 |
| 52 | 92,5 | Silvana Tancredi García | Agrup. Dep. Sideropolis | León | 13/7/2019 |
| 57 | 130,0 | Mari Mar Caro Laserna | Crom Madrid | Chiva (Valencia) | 26/6/2022 |
| 63 | 145,0 | María Repice | Energy Alhaurín | Alhaurín De La Torre (Málaga) | 3/12/2016 |
| 69 | 157,5 | Raquel Martin Tomas | Powerlifting Salamanca | Vilnius (Lituania) | 9/3/2022 |
| 72 | 150,0 | Isabel García Martínez | Fuerza Isabel Elche | Finestrat (Alicante) | 21/5/2016 |
| 76 | 140,0 | Marta Esteban Herraz | Powerlifting Madrid | Chiva (Valencia) | 26/6/2022 |
| 84 | | | | | |
| +84 | | | | | |

| CAT. | PMMU | MASTER III (+60) | CLUB | LOCALIDAD | FECHA |
|------|-------|-------------------------|-------------------------|------------------|-----------|
| 47 | 100,5 | Silvana Tancredi García | Sideropolis Madrid | Chiva (Valencia) | 26/6/2022 |
| 52 | 92,5 | Silvana Tancredi García | Agrup. Dep. Sideropolis | León | 13/7/2019 |
| 57 | | | | | |
| 63 | | | | | |
| 69 | | | | | |
| 72 | | | | | |
| 76 | | | | | |
| 84 | | | | | |
| +84 | | | | | |

| CAT. | PMMU | MASTER IV (+70) | CLUB | LOCALIDAD | FECHA |
|------|------|-----------------|------|-----------|-------|
| 47 | | | | | |
| 52 | | | | | |
| 57 | | | | | |
| 63 | | | | | |
| 69 | | | | | |
| 72 | | | | | |
| 76 | | | | | |
| 84 | | | | | |
| +84 | | | | | |