

		CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
POWERLIFTING	Sentadillas (kg)	53	---	---	---	---	---	---	---
		59	197,5	176,0	197,5	122,5			
		66	235,0	195,0	235,0	180,0	180,0	175,0	
		74	242,5	210,5	242,5	225,0	200,0	200,0	90,0
		83	292,5	213,0	272,5	242,5	215,0	180,5	
		93	300,0	273,5	280,0	270,0	270,0	201,0	
		105	330,5	262,5	330,5	275,0	235,0	200,0	
		120	310,0	235,0	295,5	247,5	242,5	185,0	
		+120	380,0		260,0	355,0	192,5		
POWERLIFTING	Press Banca (kg)	53	---	---	---	---	---	---	---
		59	132,5	115,0	120,0	80,0			
		66	143,5	115,5	143,0	111,0	100,0	92,5	
		74	168,0	135,0	150,0	140,0	132,5	132,5	69,5
		83	177,5	143,0	177,5	150,0	125,0	112,5	
		93	192,5	162,5	169,0	169,0	169,0	135,0	
		105	200,5	158,0	180,0	180,0	172,5	130,0	
		120	205,0	147,5	183,0	196,0	186,0	130,0	
		+120	235,0		192,5	205,0	160,0		
POWERLIFTING	Peso Muerto (kg)	53	---	---	---	---	---	---	---
		59	247,5	214,5	247,5	145,0			
		66	263,0	230,0	263,0	230,0	230,0	215,0	
		74	282,5	247,5	270,0	252,5	222,5	222,5	125,0
		83	315,0	265,0	305,0	280,0	260,5	230,0	
		93	345,0	292,5	303,0	265,0	265,0	235,0	
		105	360,0	300,0	360,0	266,5	270,0	216,0	
		120	330,0	260,0	315,0	290,0	260,0	230,0	
		+120	346,5		320,0	330,0	235,0		
POWERLIFTING	Total (kg)	53	---	---	---	---	---	---	---
		59	565,0	465,0	565,0	347,5			
		66	618,5	540,0	618,5	510,0	510,0	473,0	
		74	661,0	568,0	646,0	617,5	555,0	555,0	284,5
		83	745,0	595,0	730,0	670,0	582,5	500,0	
		93	792,5	682,5	746,5	698,5	698,5	571,0	
		105	827,5	695,0	825,5	677,5	673,5	540,0	
		120	835,0	620,0	770,0	720,0	688,5	545,0	
		+120	945,0		762,5	877,5	577,5		
Mov. Único	Press Banca (kg)	53	---	---	---	---	---	---	---
		59	165,0	115,0	120,0	80,0			
		66	177,5	120,5	143,0	137,5	137,5	92,5	
		74	168,0	137,5	151,0	140,0	132,5	132,5	69,5
		83	200,0	143,0	190,0	200,0	135,5	135,0	107,5
		93	204,0	162,5	169,0	170,0	170,0	135,0	120,0
		105	200,5	158,0	187,5	180,0	172,5	136,0	
		120	205,0	147,5	183,0	195,0	187,5	130,0	
		+120	235,0		192,5	200,0	161,0		
Mov. Único	Peso Muerto (kg)	53	---	---	---	---	---	---	---
		59	247,5	214,5	247,5	145,0			
		66	263,0	230,0	263,0	230,0	230,0	215,0	
		74	282,5	247,5	270,0	252,5	235,5	222,5	125,0
		83	315,0	265,0	305,0	280,0	261,0	250,0	
		93	345,0	292,5	303,0	265,0	265,0	235,0	
		105	360,0	300,0	360,0	266,5	270,0	216,0	
		120	330,0	260,0	315,0	315,0	260,0	230,0	
		+120	346,5		320,0	330,0	235,0		

		CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
<b>POWERLIFTING</b>	<b>Sentadillas (kg)</b>	43	---			---	---	---	---
		47	142,5		97,5	92,5	92,5	82,5	
		52	143,0	100,0	125,0	107,5	75,0	75,0	
		57	177,5	125,0	177,5	120,0	102,5		
		63	165,0	115,0	167,5	160,0	110,5		
		69	167,5	130,0	167,5	157,5	125,0		
		72	162,5	117,5	162,5	145,0			
		76	179,5		173,0	112,5	95,0		
		84	175,0	95,0	175,0	170,0			
		+84	155,0		146,0	155,0			
<b>POWERLIFTING</b>	<b>Press Banca (kg)</b>	43	---			---	---	---	---
		47	70,5		57,5	62,5	62,5	45,0	
		52	82,5	45,0	82,5	64,0	42,5	42,5	
		57	90,0	63,0	90,0	63,0	57,5		
		63	103,0	70,0	103,0	80,0	72,5		
		69	109,5	90,0	109,0	85,0	65,0		
		72	97,5	72,5	97,5	95,5			
		76	107,5		97,5	70,0	70,0		
		84	95,5	65,0	95,5	90,0			
		+84	95,0		76,0	75,0			
<b>POWERLIFTING</b>	<b>Peso Muerto (kg)</b>	43	---			---	---	---	---
		47	142,5		120,0	107,5	107,5	100,5	
		52	155,0	125,0	152,5	135,0	92,5	92,5	
		57	195,0	137,5	195,0	160,0	130,0		
		63	201,0	147,5	201,0	157,5	145,0		
		69	208,0	165,0	208,0	170,0	157,5		
		72	186,0	142,5	186,0	185,5			
		76	220,5		215,0	140,0	140,0		
		84	213,0	125,0	207,5	213,0			
		+84	180,5		180,5	155,0			
<b>POWERLIFTING</b>	<b>Total (kg)</b>	43	---			---	---	---	---
		47	340,0		275,0	252,5	252,5	228,0	
		52	357,5	257,5	357,5	305,0	210,0	210,0	
		57	457,5	325,5	457,5	333,0	277,5		
		63	464,0	322,5	464,0	395,0	327,5		
		69	476,5	360,0	476,5	410,0	347,5		
		72	437,5	322,5	437,5	420,0			
		76	507,5		485,5	305,0	305,0		
		84	465,5	280,0	465,5	465,5			
		+84	422,5		392,0	352,5			
<b>Mov. Único</b>	<b>Press Banca (kg)</b>	43	---			---	---	---	---
		47	70,5		57,5	62,5	62,5	45,0	
		52	97,5	45,0	82,5	64,0	60,0	42,5	
		57	90,0	63,0	90,0	65,0	60,0		
		63	103,0	70,0	103,0	80,0	72,5		
		69	109,5	90,0	109,0	85,0	65,0		
		72	97,5	75,0	97,5	95,5	75,0		
		76	107,5		97,5	70,0	70,0		
		84	112,5	65,0	95,5	112,5			
		+84	95,0		76,0	75,0			
<b>Mov. Único</b>	<b>Peso Muerto (kg)</b>	43	---			---	---	---	---
		47	142,5		120,0	107,5	107,5	100,5	
		52	155,0	125,0	152,5	135,0	92,5	92,5	
		57	195,0	137,5	195,0	160,0	130,0		
		63	201,0	147,5	201,0	157,5	145,0		
		69	208,0	165,0	208,0	170,0	157,5		
		72	186,0	155,0	186,0	185,5	150,0		
		76	220,5		215,0	140,0	140,0		
		84	213,0	125,0	207,5	213,0			
		+84	180,5		180,5	155,0			