

		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	255,5	210,5	255,5	225,0	200,0	200,0	90,0
		83	292,5	233,0	275,0	242,5	215,0	180,5	
		93	307,5	273,5	280,5	270,0	270,0	201,0	
		105	330,5	262,5	330,5	275,0	235,0	200,0	
		120	317,5	237,5	301,0	247,5	242,5	185,0	
		+120	380,0		260,0	365,5	192,5		
POWERLIFTING	Press Banca (kg)	53	---	---	---	---	---	---	---
		59	132,5	115,0	120,0	80,0			
		66	150,0	122,5	143,0	112,5	100,0	92,5	
		74	168,0	135,0	165,0	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	171,0	169,0	169,0	135,0	
		105	200,5	158,0	180,0	180,0	172,5	130,0	
		120	211,0	147,5	183,5	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	285,0	247,5	285,0	252,5	222,5	222,5	125,0
		83	315,5	265,0	315,5	280,0	260,5	230,0	
		93	345,0	292,5	317,0	265,0	265,0	235,0	
		105	360,0	300,0	360,0	270,0	270,0	216,0	
		120	337,5	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	620,0	547,5	618,5	510,0	510,0	473,0	
		74	697,5	568,0	697,5	617,5	555,0	555,0	284,5
		83	745,0	600,5	730,0	670,0	582,5	500,0	
		93	802,5	682,5	749,0	698,5	698,5	571,0	
		105	827,5	695,0	825,5	677,5	673,5	540,0	
		120	865,0	622,5	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	122,5	143,0	137,5	137,5	92,5	
		74	168,0	137,5	165,0	140,0	132,5	132,5	70,0
		83	200,0	143,0	190,0	200,0	135,5	135,0	107,5
		93	204,0	162,5	171,0	170,0	170,0	135,0	120,0
		105	200,5	158,0	187,5	180,0	172,5	136,0	
		120	211,0	147,5	183,5	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	285,0	247,5	285,0	252,5	235,5	222,5	125,0
		83	315,5	265,0	315,5	280,0	261,0	250,0	
		93	345,0	292,5	330,0	265,0	265,0	235,0	
		105	360,0	300,0	360,0	270,0	270,0	216,0	
		120	337,5	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
POWERLIFTING	Sentadillas (kg)	43	---	61,0	75,0	---	---	---	---
		47	142,5		100,0	95,0	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	167,5	125,0	167,5	160,0	110,5		
		69	170,0	130,5	167,5	172,5	125,0		
		72	162,5	137,5	162,5	145,0			
		76	179,5	140,0	173,0	130,0	95,0		
		84	180,0	95,0	175,0	172,5			
		+84	155,0		146,0	155,0			
POWERLIFTING	Press Banca (kg)	43	---	36,0	36,0	---	---	---	---
		47	70,5		57,5	62,5	62,5	45,0	
		52	82,5	62,5	82,5	64,0	42,5	42,5	
		57	90,0	63,0	90,0	63,0	57,5		
		63	105,0	75,0	105,0	80,0	72,5		
		69	109,5	90,5	109,0	85,0	65,0		
		72	97,5	72,5	97,5	95,5			
		76	112,5	62,5	97,5	70,0	70,0		
		84	96,0	65,0	95,5	90,0			
		+84	95,0		76,0	75,0			
POWERLIFTING	Peso Muerto (kg)	43	---	93,0	105,0	---	---	---	---
		47	145,0		122,5	112,5	107,5	100,5	
		52	165,0	132,5	165,0	135,0	92,5	92,5	
		57	195,0	137,5	195,0	160,0	130,0		
		63	201,0	157,5	201,0	157,5	145,0		
		69	208,0	165,0	208,0	175,0	157,5		
		72	186,0	142,5	186,0	185,5			
		76	220,5	160,0	215,0	157,5	140,0		
		84	213,0	125,0	207,5	213,0			
		+84	180,5		180,5	155,0			
POWERLIFTING	Total (kg)	43	---	190,0	215,0	---	---	---	---
		47	347,5		275,0	255,0	252,5	228,0	
		52	367,5	277,5	367,5	305,0	210,0	210,0	
		57	457,5	325,5	457,5	333,0	277,5		
		63	464,0	342,5	464,0	395,0	327,5		
		69	476,5	362,5	476,5	430,0	347,5		
		72	437,5	322,5	437,5	420,0			
		76	510,0	362,5	485,5	347,5	305,0		
		84	467,5	280,0	465,5	465,5			
		+84	422,5		392,0	352,5			
Mov. Único	Press Banca (kg)	43	---	36,0	36,0	---	---	---	---
		47	70,5		57,5	62,5	62,5	45,0	
		52	97,5	62,5	82,5	64,0	60,0	42,5	
		57	90,0	63,0	90,0	65,0	60,0		
		63	105,0	75,0	105,0	80,0	72,5		
		69	109,5	90,5	109,0	85,0	65,0	27,5	27,5
		72	97,5	75,0	97,5	95,5	75,0		
		76	112,5	62,5	97,5	70,0	70,0		
		84	112,5	65,0	95,5	112,5			
		+84	95,0		76,0	75,0			
Mov. Único	Peso Muerto (kg)	43	---	93,0	105,0	---	---	---	---
		47	145,0		122,5	112,5	107,5	100,5	
		52	165,0	132,5	165,0	135,0	92,5	92,5	
		57	195,0	137,5	195,0	160,0	130,0		
		63	201,0	157,5	201,0	157,5	145,0		
		69	208,0	165,0	208,0	175,0	157,5		
		72	186,0	155,0	186,0	185,5	150,0		
		76	220,5	160,0	215,0	157,5	140,0		
		84	213,0	125,0	207,5	213,0			
		+84	180,5		180,5	155,0			