

ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

I Campeonato Tierras del Cid, AEP-2 Regional del NorOeste-2

Cantabria, Euskadi, La Rioja, Navarra y las provincias de Ávila, Burgos, Palencia, Segovia, Soria y Valladolid
Villagonzalo Pedernales, Burgos - 18 y 19 de febrero del 2023

Rev. 24/02/2023

MUJERES POWERLIFTING RAW

LEVANTADORA	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS					PRESS BANCA			PESO MUERTO			TOTAL	IPFGL	Pt.	
-47kg																				
1 Salado Salmon Emma	2004	PCAN	44,78	0,2913	1	65,0	75,0	85,0	1	35,0	37,5	42,5	1	75,0	85,0	100,0	1	202,5	58,99	12
-52kg																				
1 Cagigas Tardio Lorena	1996	PCAN	51,36	0,2552	5	100,0	105,0	110,0	1	52,5	57,5	60,0	2	127,5	135,0	140,0	1	297,5	75,92	12
2 Galin Bilbao Nahia	1996	IZPW	51,80	0,2533	4	80,0	90,0	95,0	2	70,0	75,0	75,0	1	110,0	110,0	120,0	4	280,0	70,92	9
3 Perez Andres Judith	2000	INDAR	51,18	0,2560	3	77,5	82,5	85,0	4	42,5	47,5	50,0	3	115,0	120,0	125,0	2	257,5	65,92	8
4 Domingo Sanchez Laura	2000	INDAR	50,76	0,2579	6	82,5	87,5	90,0	3	42,5	45,0	45,0	6	110,0	117,5	125,0	3	250,0	64,47	7
5 Rodriguez Soria Janire	1999	INDAR	51,02	0,2567	2	75,0	77,5	80,0	5	45,0	50,0	50,0	5	95,0	100,0	100,0	6	220,0	56,47	6
— Ospina Buitrago Luisa	2000	MYTHOS	50,68	0,2582	7	95,0	95,0	95,0	—	40,0	45,0	47,5	4	100,0	102,5	102,5	5	—	—	—
-57kg																				
1 Martinez Diaz Paula	1996	INDAR	56,46	0,2363	19	125,0	130,0	135,0	1	65,0	67,5	70,0	3	155,0	155,0	155,0	2	360,0	85,07	12
2 Peña Cabezas Carmen	2000	BURGOS	53,46	0,2467	16	107,5	115,0	115,0	3	65,0	70,0	72,5	2	135,0	142,5	152,5	3	340,0	83,88	9
3 Casado Ruiz Marta	1990	PCAN	55,78	0,2385	21	115,0	125,0	135,0	2	57,5	62,5	65,0	5	135,0	142,5	150,0	4	337,5	80,49	8
4 Simo Gaztambide Elisa	2000	PNAVAR	56,64	0,2357	17	107,5	112,5	115,0	5	65,0	67,5	70,0	4	140,0	147,5	150,0	5	330,0	77,78	7
5 Lazaro Castrillejo Emma	2001	BURGOS	57,00	0,2346	8	115,0	115,0	120,0	4	52,5	55,0	57,5	7	142,5	152,5	157,5	1	330,0	77,42	6
6 Moreno Zabala Patricia	2002	GOIER	56,94	0,2348	13	95,0	105,0	110,0	7	65,0	70,0	75,0	1	100,0	110,0	120,0	10	305,0	71,61	5
7 Nebreda Porres Lara	1996	BURGOS	56,98	0,2346	20	112,5	120,0	120,0	6	55,0	57,5	60,0	6	120,0	130,0	135,0	7	302,5	70,97	4
8 Martinez Sanchez Nieves	1994	PNAVAR	57,06	0,2344	10	90,0	90,0	95,0	8	50,0	52,5	55,0	8	122,5	130,0	137,5	6	287,5	67,39	3
9 Hernandez Jimenez Jessica	1993	RSLIF	56,50	0,2361	18	77,5	85,0	90,0	9	42,5	47,5	50,0	10	105,0	117,5	125,0	8	262,5	61,98	2
10 Alvarez Sanchez Stella Maris	1997	INDAR	56,94	0,2348	14	80,0	85,0	90,0	10	47,5	50,0	52,5	9	102,5	107,5	112,5	11	245,0	57,53	1
11 Martin Ruiz Raquel	1997	BURGOS	55,10	0,2408	11	67,5	75,0	77,5	12	40,0	42,5	45,0	12	107,5	115,0	122,5	9	242,5	58,39	1
12 Madrid Lera Elena	2003	ETRAIN	54,76	0,2419	12	70,0	77,5	85,0	11	42,5	45,0	47,5	11	95,0	105,0	115,0	12	227,5	55,03	1
13 Fresnillo Herrero Lara	1998	BURGOS	56,64	0,2357	9	67,5	67,5	75,0	13	35,0	40,0	42,5	13	97,5	105,0	112,5	13	212,5	50,09	1
-63kg																				
1 Molina Fresno Maria Teresa	2001	PNAVAR	62,32	0,2203	22	130,0	140,0	145,0	1	72,5	77,5	80,0	2	160,0	170,0	175,0	1	392,5	86,47	12
2 Muniesa Lacasa Sara	1999	INDAR	61,74	0,2217	27	135,0	135,0	135,0	2	70,0	75,0	77,5	1	150,0	160,0	165,0	2	377,5	83,69	9
3 Casanovas Martin Ainhoa	2003	GOIER	62,34	0,2203	26	100,0	107,5	107,5	5	60,0	65,0	67,5	3	135,0	142,5	150,0	3	315,0	69,39	8
4 Gabriela Amaliei Bianca	2003	GOIER	62,62	0,2196	24	100,0	110,0	110,0	6	50,0	55,0	57,5	4	115,0	122,5	127,5	6	285,0	62,59	7
5 Battyan Padro Lia	2002	PCAN	58,60	0,2298	28	95,0	107,5	107,5	4	45,0	50,0	50,0	9	130,0	140,0	150,0	4	282,5	64,92	6
6 Garcia Martin Sara	2005	INDAR	62,42	0,2201	29	100,0	107,5	112,5	3	45,0	47,5	50,0	6	115,0	115,0	120,0	8	282,5	62,18	5
7 Eiyana Aboghrara Salma	1998	INDAR	61,60	0,2220	30	77,5	82,5	87,5	7	47,5	52,5	55,0	5	120,0	130,0	135,0	5	270,0	59,94	4
8 Lineira Riveiro Andrea	1996	PNUMA	60,32	0,2252	23	77,5	80,0	82,5	8	45,0	47,5	50,0	8	115,0	120,0	125,0	7	250,0	56,30	3
9 Sanz Nieto Alejandra	2003	VALKY	58,18	0,2310	25	60,0	70,0	80,0	9	40,0	47,5	55,0	7	92,5	100,0	107,5	9	235,0	54,28	2
-69kg																				
1 Mari Blazquez Alicia	1994	PNAVAR	67,08	0,2105	35	100,0	110,0	117,5	2	65,0	75,0	82,5	1	120,0	132,5	142,5	1	335,0	70,52	12
2 Pinedo Silgo Paula	2000	INDAR	68,12	0,2087	38	117,5	120,0	127,5	1	57,5	62,5	65,0	2	125,0	135,0	142,5	2	335,0	69,91	9
3 Roman Navarro Gloria	2006	MYTHOS	67,78	0,2093	36	90,0	92,5	95,0	3	40,0	45,0	47,5	3	110,0	120,0	130,0	3	270,0	56,51	8
-76kg																				
1 Recalde Unciti Elba	1991	PNAVAR	74,16	0,1995	42	135,0	147,5	152,5	1	62,5	67,5	70,0	1	135,0	147,5	157,5	2	365,0	72,82	12
2 Ibañez Cacho June Valeria	1997	INDAR	75,54	0,1977	40	122,5	130,0	137,5	2	57,5	62,5	62,5	2	142,5	152,5	160,0	1	360,0	71,17	9
3 Redondo Edo Raquel	2001	BURGOS	72,02	0,2025	41	117,5	125,0	130,0	3	55,0	60,0	62,5	3	125,0	132,5	140,0	3	322,5	65,31	8

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LEVANTADORA		AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS				PRESS BANCA			PESO MUERTO			TOTAL	IPFGL	Pt.		
-84kg																					
—	Marabel Perez Jimena	2006	INDAR	82,68	0,1900	34	110,0	110,0	110,0	—	X	X	X	—	120,0	130,0	140,0	1	—	—	
84+kg																					
1	Urrutia Arrieta Alazne	1992	PNAVARR	86,12	0,1871	31	120,0	127,5	130,0	1	70,0	75,0	77,5	1	150,0	160,0	170,0	1	375,0	70,16	12
—	Minguez Silva Estela	1997	INDAR	106,54	0,1755	33	117,5	120,0	120,0	—	67,5	75,0	77,5	2	127,5	135,0	142,5	2	—	—	

CLASIFICACIÓN POR CLUBS			pt.	Puntuaciones
1	POWERLIFTING NAVARRA	55	[12+12+12+12+7]	377,75 GL Pts
2	INDAR POWER Vitoria	47	[12+9+9+9+8]	375,77 GL Pts
3	POWERLIFTING CANTABRIA	38	[12+12+8+6]	280,32 GL Pts
4	STRENGTH BURGOS	28	[9+8+6+4+1]	355,96 GL Pts
5	GOIERRI KE Guipuzkoa	20	[8+7+5]	203,59 GL Pts
6	IZARRA POWERLIFTING Bizkaia	9	[9]	70,92 GL Pts

CLASIFICACIÓN POR CLUBS			pt.	Puntuaciones
7	MYTHOS GYM Valladolid	8	[8]	56,51 GL Pts
8	POWERLIFTING NUMANCIA	3	[3]	56,30 GL Pts
9	RS LIFTING Avila	2	[2]	61,98 GL Pts
10	VALKYRIA PT Valladolid	2	[2]	54,28 GL Pts
11	TEAM ELITETRAINER Santander	1	[1]	55,03 GL Pts

MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL							
Nombre	Club	Cat.	Peso corp.	Total	GL pt.	Clas.	
1	Molina Fresno Maria Teresa	POWERLIFTING NAVARRA	-63kg	62,32	392,5	86,4678	1
2	Martinez Diaz Paula	INDAR POWER Vitoria	-57kg	56,46	360,0	85,0680	1
3	Peña Cabezas Carmen	STRENGTH BURGOS	-57kg	53,46	340,0	83,8780	2
4	Muniesa Lacasa Sara	INDAR POWER Vitoria	-63kg	61,74	377,5	83,6918	2
5	Casado Ruiz Marta	POWERLIFTING CANTABRIA	-57kg	55,78	337,5	80,4938	3
6	Simo Gaztambide Elisa	POWERLIFTING NAVARRA	-57kg	56,64	330,0	77,7810	4
7	Lazaro Castrillejo Emma	STRENGTH BURGOS	-57kg	57,00	330,0	77,4180	5
8	Cagigas Tardio Lorena	POWERLIFTING CANTABRIA	-52kg	51,36	297,5	75,9220	1
9	Recalde Unciti Elba	POWERLIFTING NAVARRA	-76kg	74,16	365,0	72,8175	1
10	Moreno Zabala Patricia	GOIERRI KE Guipuzkoa	-57kg	56,94	305,0	71,6140	6
11	Ibañez Cacho June Valeria	INDAR POWER Vitoria	-76kg	75,54	360,0	71,1720	2
12	Nebreda Porres Lara	STRENGTH BURGOS	-57kg	56,98	302,5	70,9665	7
13	Galin Bilbao Nahia	IZARRA POWERLIFTING Bizkaia	-52kg	51,80	280,0	70,9240	2
14	Mari Blazquez Alicia	POWERLIFTING NAVARRA	-69kg	67,08	335,0	70,5175	1
15	Urrutia Arrieta Alazne	POWERLIFTING NAVARRA	84+kg	86,12	375,0	70,1625	1

ABREVIACIONES:

BURGOS = STRENGTH BURGOS

INDAR = INDAR POWER Vitoria

PCAN = POWERLIFTING CANTABRIA

RSLIF = RS LIFTING Avila

ETRAIN = TEAM ELITETRAINER Santander

IZPW = IZARRA POWERLIFTING Bizkaia

PNAVARR = POWERLIFTING NAVARRA

VALKY = VALKYRIA PT Valladolid

GOIER = GOIERRI KE Guipuzkoa

MYTHOS = MYTHOS GYM Valladolid

PNUMA = POWERLIFTING NUMANCIA