

# ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

## I Campeonato Ría de Ferrol

AEP-2 Regional de Asturias, Galicia y las provincias de León, Salamanca y Zamora

Ferrol, A Coruña - 11-12 marzo 2023

Rev. 18/03/2023

MUJERES POWERLIFTING RAW																					
LEVANTADORA	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS					PRESS BANCA			PESO MUERTO			TOTAL	IPFGL	Pt.		
<b>-47kg</b>																					
1	Ortiz De Urbina Fernandez Yolanda	1994	FNORT	46,08	0,2828	1	65,0	70,0	75,0	2	42,5	45,0	47,5	1	105,0	112,5	120,0	1	242,5	68,58	12
2	Menai Aya	2005	VAKNER	46,14	0,2824	2	75,0	80,0	87,5	1	37,5	40,0	45,0	2	<del>105,0</del>	<del>105,0</del>	105,0	2	237,5	67,07	9
<b>-52kg</b>																					
1	Gonzalez Lledias Paloma	2001	FENIX	50,86	0,2574	4	80,0	85,0	92,5	1	37,5	42,5	45,0	1	110,0	117,5	<del>122,5</del>	1	255,0	65,64	12
2	Casais Real Paula	2004	FENIX	51,04	0,2566	3	77,5	85,0	90,0	2	40,0	42,5	45,0	2	95,0	105,0	110,0	2	245,0	62,87	9
3	Rodriño Rodriguez Carmen	1998	FENIX	50,38	0,2596	5	72,5	77,5	82,5	3	37,5	40,0	<del>42,5</del>	3	80,0	87,5	92,5	3	215,0	55,81	8
<b>-57kg</b>																					
1	Alonso Vazquez Paula	2001	FENIX	56,96	0,2347	13	125,0	130,0	132,5	1	72,5	75,0	77,5	1	142,5	150,0	160,0	1	370,0	86,84	12
2	Alvarez Víctor Xeila	1995	VAKNER	55,94	0,2379	12	110,0	115,0	<del>120,0</del>	2	62,5	65,0	<del>70,0</del>	2	140,0	142,5	150,0	2	330,0	78,51	9
3	Abarquero Diezhandino Ester	1995	VAKNER	56,92	0,2348	18	115,0	<del>120,0</del>	<del>120,0</del>	3	57,5	60,0	65,0	3	137,5	145,0	150,0	3	330,0	77,48	8
4	Garcia Lopez Paula	1999	FNORT	56,46	0,2363	11	100,0	107,5	110,0	5	57,5	60,0	<del>62,5</del>	4	125,0	132,5	<del>137,5</del>	5	302,5	71,48	7
5	Fernandez Fernandez... Eva Yu	2003	ASTUR	55,22	0,2403	19	100,0	105,0	110,0	4	50,0	52,5	<del>55,0</del>	7	112,5	117,5	<del>122,5</del>	8	280,0	67,28	6
6	Tuñez Lema Patricia	1990	FENIX	56,70	0,2355	14	90,0	95,0	<del>100,0</del>	8	55,0	60,0	<del>62,5</del>	5	<del>110,0</del>	<del>120,0</del>	120,0	7	275,0	64,76	5
7	Perez Cao Lucia	1990	FENIX	55,96	0,2379	21	85,0	92,5	95,0	6	40,0	45,0	47,5	8	110,0	120,0	130,0	6	272,5	64,83	4
8	Crespo Gomez Lucia	2005	FENIX	56,72	0,2354	17	80,0	85,0	90,0	9	40,0	45,0	<del>47,5</del>	10	110,0	112,5	<del>122,5</del>	9	247,5	58,26	3
9	Magariños Lodeiro Carla	2005	GIMVIT	56,32	0,2367	22	85,0	95,0	<del>100,0</del>	7	40,0	45,0	47,5	9	100,0	<del>110,0</del>	<del>115,0</del>	10	242,5	57,40	2
10	Lozano Requelme Maria Laura	1973	FENIX	56,96	0,2347	15	<del>80,0</del>	85,0	<del>90,0</del>	10	40,0	42,5	<del>45,0</del>	11	95,0	100,0	<del>105,0</del>	11	227,5	53,39	1
—	Alonso Abalde Henar	2002	FENIX	53,48	0,2466	16	<del>120,0</del>	<del>120,0</del>	<del>120,0</del>	—	50,0	55,0	<del>60,0</del>	6	130,0	137,5	145,0	4	227,5	0,00	—
<b>-63kg</b>																					
1	Moreira Cepeda Sara	2001	FENIX	60,92	0,2237	33	117,5	125,0	130,0	2	57,5	<del>62,5</del>	<del>62,5</del>	9	140,0	150,0	162,5	1	350,0	78,30	12
2	Piñeiro Fernandez Lucia	2004	FENIX	62,96	0,2189	39	122,5	130,0	135,0	1	<del>70,0</del>	75,0	<del>77,5</del>	2	130,0	135,0	140,0	10	350,0	76,61	9
3	Troncoso Fernandez Angela	2000	GALI	62,30	0,2204	30	<del>97,5</del>	105,0	112,5	5	<del>55,0</del>	60,0	62,5	7	140,0	150,0	152,5	2	327,5	72,18	8
4	Calvo del Hierro Esther	2001	FNORT	62,92	0,2190	29	107,5	115,0	120,0	3	60,0	62,5	65,0	4	130,0	137,5	142,5	7	327,5	71,72	7
5	Martinez Lozano Sofia	1994	VAKNER	61,68	0,2218	32	102,5	110,0	117,5	4	47,5	52,5	<del>57,5</del>	15	125,0	135,0	145,0	6	315,0	69,87	6
6	Jul Hidalgo Brenda	2002	FNORT	62,18	0,2207	41	102,5	<del>110,0</del>	<del>110,0</del>	9	57,5	62,5	<del>65,0</del>	6	140,0	150,0	<del>157,5</del>	3	315,0	69,52	5
7	Perez Alcalde Elena	2001	FENIX	62,50	0,2199	40	107,5	112,5	<del>117,5</del>	6	72,5	77,5	<del>80,0</del>	1	110,0	115,0	120,0	15	310,0	68,17	4
8	Garcia Turiel Alicia	2001	FNORT	60,74	0,2241	42	95,0	100,0	<del>105,0</del>	11	57,5	60,0	62,5	5	<del>127,5</del>	132,5	140,0	8	302,5	67,79	3
9	Garcia Pensado Laura	2002	FENIX	60,04	0,2259	37	87,5	<del>95,0</del>	100,0	10	47,5	50,0	55,0	10	125,0	127,5	145,0	4	300,0	67,77	2
10	Martinez Jorge Lara	1999	FENIX	60,54	0,2246	34	90,0	95,0	102,5	8	47,5	52,5	<del>60,0</del>	12	120,0	130,0	145,0	5	300,0	67,38	1
11	García Ovalle Laura	2003	FNORT	60,12	0,2257	28	95,0	100,0	<del>107,5</del>	7	60,0	62,5	65,0	3	110,0	117,5	<del>125,0</del>	17	290,0	65,45	1
12	Gonzalez Montes Aida	1999	ASTUR	62,34	0,2203	27	92,5	<del>100,0</del>	100,0	14	55,0	60,0	<del>65,0</del>	8	122,5	130,0	<del>135,0</del>	12	290,0	63,89	1
13	Hernandez Lajas Alicia	2002	PSALAM	60,78	0,2240	36	92,5	100,0	<del>107,5</del>	12	50,0	55,0	<del>60,0</del>	11	117,5	125,0	132,5	11	287,5	64,40	1
14	Dominguez Arines Raquel	1993	VAKNER	60,82	0,2239	31	<del>85,0</del>	85,0	<del>92,5</del>	18	47,5	52,5	<del>55,0</del>	13	120,0	130,0	140,0	9	277,5	62,13	1
15	Orban Da Silva Elena	2000	VAKNER	61,40	0,2225	26	90,0	95,0	100,0	13	50,0	52,5	<del>55,0</del>	14	112,5	120,0	125,0	13	277,5	61,74	1
16	Coballes Martinez Lucia	2001	GALI	62,62	0,2196	43	<del>85,0</del>	87,5	<del>92,5</del>	16	47,5	50,0	52,5	16	100,0	105,0	115,0	18	255,0	56,00	1
17	Gomez Cola Nuria	2000	FENIX	60,36	0,2251	44	82,5	87,5	92,5	15	47,5	50,0	<del>52,5</del>	17	100,0	107,5	<del>115,0</del>	20	250,0	56,27	1
18	Blazquez Serna Patricia	1996	ASTUR	61,82	0,2215	35	82,5	<del>92,5</del>	<del>97,5</del>	19	45,0	<del>50,0</del>	<del>52,5</del>	19	110,0	120,0	<del>130,0</del>	14	247,5	54,82	1
19	Ospina Jaimes Nicolle Valentina	2001	FENIX	62,80	0,2192	24	80,0	87,5	<del>95,0</del>	17	42,5	45,0	47,5	18	100,0	110,0	<del>120,0</del>	19	245,0	53,70	1
20	Montilla Pulgar Lucia	2001	FENIX	62,89	0,2190	23	72,5	77,5	82,5	20	37,5	42,5	<del>45,0</del>	20	105,0	112,5	120,0	16	245,0	53,66	1
21	Arteaga Cabrera Lucia	1983	ASTUR	62,50	0,2199	25	75,0	<del>80,0</del>	80,0	21	37,5	40,0	<del>42,5</del>	21	95,0	100,0	102,5	21	222,5	48,93	1

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LEVANTADORA		AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS				PRESS BANCA			PESO MUERTO			TOTAL	IPFGL	Pt.		
<b>-69kg</b>																					
1	Alcudia Ramos Estefania	1994	FENIX	68,38	0,2082	47	120,0	127,5	<del>132,5</del>	1	60,0	62,5	65,0	2	145,0	152,5	<del>160,0</del>	1	<b>345,0</b>	<b>71,83</b>	12
2	Barreiro Reboredo Carlota	2003	FENIX	66,26	0,2121	46	95,0	105,0	115,0	4	60,0	67,5	<del>70,0</del>	1	130,0	142,5	<del>152,5</del>	3	<b>325,0</b>	<b>68,93</b>	9
3	Vidal Martínez Laura	2000	FNORT	67,88	0,2091	49	112,5	120,0	<del>125,0</del>	2	<del>60,0</del>	60,0	62,5	3	130,0	142,5	<del>147,5</del>	4	<b>325,0</b>	<b>67,96</b>	8
4	Sande Pose Virginia	1995	FENIX	68,58	0,2079	45	107,5	115,0	120,0	3	50,0	55,0	57,5	4	127,5	137,5	145,0	2	<b>322,5</b>	<b>67,05</b>	7
5	Codesido Fernandez Laura	2005	FENIX	67,88	0,2091	48	<del>95,0</del>	<del>100,0</del>	100,0	5	45,0	<del>50,0</del>	<del>50,0</del>	6	130,0	<del>135,0</del>	140,0	5	<b>285,0</b>	<b>59,59</b>	6
6	Melcon Gonzalez Natalia	2001	FNORT	67,98	0,2089	50	92,5	100,0	<del>102,5</del>	6	47,5	50,0	52,5	5	107,5	117,5	<del>122,5</del>	6	<b>270,0</b>	<b>56,40</b>	5
<b>-76kg</b>																					
1	Vargas Fernandez Serena	2000	FNORT	75,88	0,1973	51	<del>140,0</del>	140,0	X	2	80,0	85,0	X	2	<del>165,0</del>	165,0	175,0	1	<b>400,0</b>	<b>78,92</b>	12
2	Ares Patiño Sandra	2001	FENIX	74,40	0,1992	54	125,0	132,5	137,5	3	<del>82,5</del>	<del>85,0</del>	85,0	1	125,0	137,5	147,5	2	<b>370,0</b>	<b>73,70</b>	9
3	Rego Diaz Cristina	2001	VAKNER	75,36	0,1979	53	125,0	132,5	140,0	1	<del>77,5</del>	77,5	<del>82,5</del>	3	140,0	147,5	<del>155,0</del>	3	<b>365,0</b>	<b>72,23</b>	8
4	Gutierrez Godoy Angela	1998	PSALAM	73,60	0,2002	52	<del>112,5</del>	112,5	<del>117,5</del>	4	45,0	47,5	50,0	5	135,0	142,5	X	4	<b>305,0</b>	<b>61,06</b>	7
5	Garcia Ferrero Raquel	2005	FENIX	74,64	0,1989	55	90,0	97,5	105,0	5	47,5	52,5	57,5	4	120,0	130,0	140,0	5	<b>302,5</b>	<b>60,17</b>	6
<b>-84kg</b>																					
1	Babanoor Sanz Yasmin	1991	VAKNER	77,88	0,1949	9	115,0	<del>122,5</del>	<del>122,5</del>	1	55,0	60,0	62,5	1	135,0	142,5	<del>147,5</del>	2	<b>320,0</b>	<b>62,37</b>	12
2	Alvarez Ferro Lidia	1996	VAKNER	79,98	0,1927	6	95,0	105,0	110,0	3	50,0	52,5	<del>55,0</del>	3	137,5	147,5	152,5	1	<b>315,0</b>	<b>60,70</b>	9
3	Dominguez Iglesias Lucia	1996	VAKNER	83,42	0,1894	10	107,5	115,0	<del>120,0</del>	2	57,5	<del>60,0</del>	62,5	2	<del>112,5</del>	120,0	<del>125,0</del>	3	<b>297,5</b>	<b>56,35</b>	8
<b>84+kg</b>																					
1	Canto Serantes Sofia	1995	FENIX	90,84	0,1836	8	127,5	135,0	<del>147,5</del>	1	65,0	70,0	<del>75,0</del>	1	160,0	172,5	<del>182,5</del>	1	<b>377,5</b>	<b>69,31</b>	12
2	Vazquez Dobrachinski Gisela	2008	FENIX	95,60	0,1806	7	90,0	100,0	107,5	2	60,0	<del>65,0</del>	65,0	2	110,0	120,0	<del>125,0</del>	2	<b>292,5</b>	<b>52,83</b>	9

CLASIFICACIÓN POR CLUBS		pt.	Puntuaciones
1	FENIX GALICIA POWER	60	[12+12+12+12+12] 371.91 GL Pts
2	VAKNER POWERLIFTING GALIZA	47	[12+9+9+9+8] 346.13 GL Pts
3	FUERZA NORTE Leon	46	[12+12+8+7+7] 358.66 GL Pts
4	GALILIFTERS Pontevedra	9	[8+1] 128.18 GL Pts

CLASIFICACIÓN POR CLUBS		pt.	Puntuaciones
5	ASOCIACION ASTURIANA	9	[6+1+1+1] 234.92 GL Pts
6	POWERLIFTING SALAMANCA	8	[7+1] 125.46 GL Pts
7	GIM VITAL Pontevedra	2	[2] 57.40 GL Pts

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MUJERES POWERLIFTING RAW	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS	PRESS BANCA	PESO MUERTO	TOTAL	IPFGL	Pt.
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### MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL

Nombre	Club	Cat.	PC	Total	GL pt.	Clas.	
1	Alonso Vazquez Paula	FENIX	-57kg	56,96	<b>370,0</b>	<b>86,839</b>	1
2	Vargas Fernandez Serena	FNORT	-76kg	75,88	<b>400,0</b>	<b>78,920</b>	1
3	Alvarez Victor Xeila	VAKNER	-57kg	55,94	<b>330,0</b>	<b>78,507</b>	2
4	Moreira Cepeda Sara	FENIX	-63kg	60,92	<b>350,0</b>	<b>78,295</b>	1
5	Abarquero Diezhandino Ester	VAKNER	-57kg	56,92	<b>330,0</b>	<b>77,484</b>	3
6	Piñeiro Fernandez Lucia	FENIX	-63kg	62,96	<b>350,0</b>	<b>76,615</b>	2
7	Ares Patiño Sandra	FENIX	-76kg	74,40	<b>370,0</b>	<b>73,704</b>	2
8	Rego Diaz Cristina	VAKNER	-76kg	75,36	<b>365,0</b>	<b>72,234</b>	3
9	Troncoso Fernandez Angela	GALI	-63kg	62,30	<b>327,5</b>	<b>72,181</b>	3
10	Alcudia Ramos Estefania	FENIX	-76kg	68,38	<b>345,0</b>	<b>71,829</b>	1
11	Calvo del Hierro Esther	FNORT	-63kg	62,92	<b>327,5</b>	<b>71,723</b>	4
12	Garcia Lopez Paula	FNORT	-57kg	56,46	<b>302,5</b>	<b>71,481</b>	4
13	Martinez Lozano Sofia	VAKNER	-63kg	61,68	<b>315,0</b>	<b>69,867</b>	5
14	Jul Hidalgo Brenda	FNORT	-63kg	62,18	<b>315,0</b>	<b>69,521</b>	6
15	Canto Serantes Sofia	FENIX	+84kg	90,84	<b>377,5</b>	<b>69,309</b>	1
16	Barreiro Reboredo Carlota	FENIX	-69kg	66,26	<b>325,0</b>	<b>68,933</b>	2
17	Ortiz De Urbina Fernandez Yolanda	FNORT	-47kg	46,08	<b>242,5</b>	<b>68,579</b>	1
18	Perez Alcalde Elena	FENIX	-63kg	62,50	<b>310,0</b>	<b>68,169</b>	7
19	Vidal Martínez Laura	FNORT	-69kg	67,88	<b>325,0</b>	<b>67,958</b>	3
20	Garcia Turiel Alicia	FNORT	-63kg	60,74	<b>302,5</b>	<b>67,790</b>	8

### ABREVIACIONES:

ASTUR = ASOCIACION ASTURIANA  
FENIX = FENIX GALICIA POWER

FNORT = FUERZA NORTE Leon  
GALI = GALILIFTERS Pontevedra

GIMVIT = GIM VITAL Pontevedra  
PSALAM = POWERLIFTING SALAMANCA

VAKNER = VAKNER POWERLIFTING GALIZA  
**DT=DESCALIFICACIÓN TÉCNICA**