

# 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. 20/03/2023

HOMBRES POWERLIFTING RAW																					
LEVANTADOR	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS					PRESS BANCA			PESO MUERTO			TOTAL	IPFGL	Pt.		
<b>-59kg</b>																					
1	Oroso Lopez Alejandro	2004	FENIX	58,62	0,1660	19	145,0	150,0	155,0	2	90,0	97,5	105,0	1	200,0	<del>210,0</del>	<del>210,0</del>	1	<b>460,0</b>	<b>76,36</b>	12
2	Mallo Placer Borja	1994	FENIX	58,12	0,1668	20	140,0	150,0	160,0	1	92,5	97,5	<del>100,0</del>	2	<del>172,5</del>	172,5	<del>192,5</del>	2	<b>430,0</b>	<b>71,72</b>	9
<b>-66kg</b>																					
1	Alvarez Sanchez. Adrian	2000	ASTUR	64,48	0,1578	22	142,5	155,0	160,0	5	107,5	<del>115,0</del>	115,0	1	185,0	195,0	207,5	1	<b>482,5</b>	<b>76,14</b>	12
2	Lungu Lucian Ionut Titel	1997	VAKNER	64,52	0,1578	25	155,0	162,5	170,0	1	110,0	115,0	<del>120,0</del>	2	162,5	175,0	187,5	7	<b>472,5</b>	<b>74,56</b>	9
3	Sanchez Merchan Iker Joan	2003	ASTUR	65,72	0,1562	26	145,0	155,0	165,0	4	85,0	90,0	95,0	5	<del>185,0</del>	<del>200,0</del>	200,0	3	<b>460,0</b>	<b>71,85</b>	8
4	Barbero Bautista Alvaro	2000	PSALAM	65,02	0,1571	30	165,0	170,0	X	2	90,0	<del>95,0</del>	<del>95,0</del>	7	185,0	192,5	<del>200,0</del>	4	<b>452,5</b>	<b>71,09</b>	7
5	Paz Serrano Pablo	2005	FENIX	65,06	0,1571	24	140,0	145,0	152,5	6	92,5	100,0	<del>102,5</del>	3	190,0	<del>200,0</del>	<del>202,5</del>	6	<b>442,5</b>	<b>69,52</b>	6
6	Pita Varela Jose Antonio	2005	FENIX	62,48	0,1605	21	150,0	165,0	<del>175,0</del>	3	67,5	75,0	77,5	8	190,0	<del>205,0</del>	<del>205,0</del>	5	<b>432,5</b>	<b>69,42</b>	5
7	Martin Pena Joaquin	2000	PSALAM	63,80	0,1587	28	127,5	<del>135,0</del>	135,0	8	90,0	95,0	<del>97,5</del>	4	200,0	<del>215,0</del>	<del>215,0</del>	2	<b>430,0</b>	<b>68,24</b>	4
8	Pombo Gago Diego	2005	GIMVIT	64,12	0,1583	23	135,0	145,0	<del>152,5</del>	7	87,5	<del>92,5</del>	92,5	6	140,0	152,5	162,5	9	<b>400,0</b>	<b>63,32</b>	3
9	Mediavilla Aller Jorge	2005	FNORT	63,84	0,1587	29	112,5	120,0	130,0	9	65,0	72,5	77,5	9	137,5	147,5	160,0	10	<b>367,5</b>	<b>58,32</b>	2
10	Carames Pascual Alberto	1995	GALI	64,82	0,1574	27	110,0	115,0	120,0	10	70,0	<del>75,0</del>	X	10	<del>160,0</del>	175,0	<del>190,0</del>	8	<b>365,0</b>	<b>57,45</b>	1
<b>-74kg</b>																					
1	Torres Sanmartin Ivan	1994	VAKNER	73,16	0,1477	39	210,0	<del>225,0</del>	<del>225,0</del>	2	127,5	135,0	<del>140,0</del>	2	215,0	225,0	<del>240,0</del>	3	<b>570,0</b>	<b>84,19</b>	12
2	Mehdi Menai Nabil	2001	VAKNER	71,66	0,1493	31	177,5	185,0	192,5	4	107,5	112,5	<del>117,5</del>	8	232,5	<del>240,0</del>	<del>240,0</del>	1	<b>537,5</b>	<b>80,25</b>	9
3	Bedoya Suaza Sebastian	2002	FENIX	73,04	0,1478	43	197,5	207,5	215,0	1	<del>117,5</del>	<del>117,5</del>	117,5	6	<del>185,0</del>	185,0	200,0	7	<b>532,5</b>	<b>78,70</b>	8
4	Cambeiro Gonzalez Alberto	1995	GALI	72,58	0,1483	44	157,5	167,5	175,0	9	125,0	132,5	135,0	1	200,0	215,0	<del>225,0</del>	4	<b>525,0</b>	<b>77,86</b>	7
5	Martinez Ramos Alex	1987	FENIX	72,16	0,1487	35	165,0	180,0	190,0	5	105,0	112,5	117,5	5	180,0	192,5	200,0	6	<b>507,5</b>	<b>75,47</b>	6
6	Vazquez Santos Santiago	2003	FENIX	71,54	0,1494	41	152,5	162,5	167,5	10	92,5	100,0	<del>105,0</del>	12	205,0	220,0	230,0	2	<b>497,5</b>	<b>74,33</b>	5
7	Gonzalez Rodriguez Adrian	2000	VAKNER	71,94	0,1490	36	180,0	<del>190,0</del>	<del>190,0</del>	7	115,0	<del>122,5</del>	<del>122,5</del>	7	180,0	192,5	<del>200,0</del>	9	<b>487,5</b>	<b>72,64</b>	4
8	Sanchez Hernandez Angel	2003	PSALAM	73,64	0,1472	33	<del>180,0</del>	<del>180,0</del>	180,0	8	95,0	102,5	110,0	10	185,0	197,5	<del>210,0</del>	8	<b>487,5</b>	<b>71,76</b>	3
9	Perez Peleteiro Abel	2004	VAKNER	72,32	0,1486	37	155,0	162,5	<del>165,0</del>	12	97,5	105,0	110,0	9	<del>192,5</del>	205,0	<del>210,0</del>	5	<b>477,5</b>	<b>70,96</b>	2
10	Amor Carreira Denis	2006	GIMVIT	72,40	0,1485	34	155,0	165,0	<del>175,0</del>	11	95,0	107,5	<del>110,0</del>	11	175,0	190,0	<del>202,5</del>	10	<b>462,5</b>	<b>68,68</b>	1
11	Sanchez Rodríguez. Lián	1900	FNORT	71,94	0,1490	38	125,0	132,5	142,5	13	90,0	95,0	<del>100,0</del>	13	160,0	175,0	182,5	11	<b>420,0</b>	<b>62,58</b>	1
—	Gonzalez Lorenzo Samuel	1997	FENIX	72,76	0,1481	32	<del>180,0</del>	185,0	<del>195,0</del>	6	120,0	125,0	<del>130,0</del>	3	<del>230,0</del>	<del>230,0</del>	<del>230,0</del>	—	<b>0,0</b>	<b>0,00</b>	—
—	Caballo Orgaz Jesus	1997	PSALAM	74,00	0,1468	42	200,0	X	X	3	125,0	X	X	4	<del>260,0</del>	<del>260,0</del>	<del>260,0</del>	—	<b>0,0</b>	<b>0,00</b>	—
<b>-74kg (solo PRESS BANCA)</b>																					
1	González Mariño Ángel	1995	FENIX	73,64	0,5347	45	X	X	X	--	<del>160,0</del>	<del>160,0</del>	<del>160,0</del>	--	X	X	X	--	<b>0,0</b>	<b>0,00</b>	--
<b>-83kg</b>																					
1	Diaw Aziz	1999	ASTUR	80,78	0,1403	48	200,0	225,0	235,0	1	120,0	127,5	<del>132,5</del>	7	252,5	265,0	<del>277,5</del>	1	<b>627,5</b>	<b>88,04</b>	12
2	Alvarez Vilas Fabian	1991	FENIX	81,38	0,1398	54	210,0	220,0	225,0	2	132,5	140,0	<del>145,0</del>	2	260,0	<del>275,0</del>	<del>275,0</del>	3	<b>625,0</b>	<b>87,38</b>	9
3	Balletero Benito Sergio	1992	PSALAM	81,02	0,1401	52	205,0	215,0	220,0	3	130,0	135,0	<del>140,0</del>	3	235,0	<del>245,0</del>	247,5	5	<b>602,5</b>	<b>84,41</b>	8
4	Lopez Fraga Pablo	1995	FENIX	82,50	0,1389	65	190,0	205,0	215,0	4	135,0	145,0	<del>150,0</del>	1	215,0	225,0	235,0	10	<b>595,0</b>	<b>82,65</b>	7
5	Perez Cordoba Jorge	1991	PSALAM	79,86	0,1412	57	170,0	180,0	190,0	10	115,0	120,0	125,0	8	220,0	260,0	<del>285,0</del>	2	<b>575,0</b>	<b>81,19</b>	6
6	Soutullo Trigo Martin	2000	GALI	81,08	0,1401	56	180,0	190,0	<del>200,0</del>	11	122,5	<del>130,0</del>	130,0	6	225,0	240,0	<del>250,0</del>	8	<b>560,0</b>	<b>78,46</b>	5
7	García De La Hoz Ruben	1999	ASTUR	81,20	0,1400	49	182,5	192,5	200,0	7	107,5	115,0	120,0	10	215,0	227,5	240,0	9	<b>560,0</b>	<b>78,40</b>	4
8	Gude Vila Alexis	2001	FENIX	80,98	0,1402	63	180,0	195,0	207,5	5	107,5	115,0	122,5	9	190,0	205,0	220,0	12	<b>550,0</b>	<b>77,11</b>	3
9	Mielgo Dominguez Ricardo	2003	FNORT	80,84	0,1403	50	<del>190,0</del>	190,0	192,5	9	92,5	95,0	97,5	18	235,0	242,5	252,5	7	<b>542,5</b>	<b>76,11</b>	2
10	Alvarez Delgado Sergio	1993	FNORT	78,80	0,1421	68	155,0	165,0	175,0	13	102,5	107,5	110,0	12	240,0	255,0	<del>265,0</del>	4	<b>540,0</b>	<b>76,73</b>	1
11	García Brea Ramon	2003	GIMVIT	80,08	0,1410	62	197,5	<del>207,5</del>	<del>207,5</del>	8	100,0	<del>105,0</del>	105,0	15	222,5	<del>232,5</del>	<del>232,5</del>	11	<b>525,0</b>	<b>74,03</b>	1
12	Merchan Fernandez Cristian	1993	PSALAM	79,36	0,1416	66	165,0	170,0	<del>175,0</del>	15	110,0	120,0	130,0	4	200,0	215,0	<del>225,0</del>	14	<b>515,0</b>	<b>72,92</b>	1

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LEVANTADOR	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS				PRESS BANCA				PESO MUERTO			TOTAL	IPFGL	Pt.	
13 Gago Remeseiro Alberto Taqui	1984	GIMVIT	80,14	0,1409	59	<del>160,0</del>	170,0	<del>180,0</del>	16	115,0	120,0	130,0	5	200,0	215,0	<del>230,0</del>	15	<b>515,0</b>	<b>72,56</b>	1
14 Luna Perez Diego	2001	FENIX	81,00	0,1401	64	<del>182,5</del>	<del>182,5</del>	182,5	12	110,0	<del>117,5</del>	<del>117,5</del>	13	195,0	205,0	<del>220,0</del>	19	<b>497,5</b>	<b>69,70</b>	1
15 Garcia Gonzalez Armando	2000	ASTUR	78,84	0,1421	51	140,0	150,0	160,0	19	107,5	112,5	<del>117,5</del>	11	190,0	205,0	215,0	13	<b>487,5</b>	<b>69,27</b>	1
16 Abal Del Blanco Juan	1998	VAKNER	80,20	0,1409	47	165,0	172,5	<del>180,0</del>	14	100,0	105,0	<del>110,0</del>	16	175,0	185,0	200,0	21	<b>477,5</b>	<b>67,28</b>	1
17 Herrero Gonzalez Sergio	1999	PSALAM	79,18	0,1418	61	155,0	160,0	<del>165,0</del>	20	105,0	<del>110,0</del>	<del>115,0</del>	14	210,0	<del>230,0</del>	<del>240,0</del>	17	<b>475,0</b>	<b>67,36</b>	1
18 Garcia Trigo Ruben	1989	GALI	77,16	0,1437	60	150,0	152,5	165,0	18	95,0	<del>102,5</del>	<del>102,5</del>	19	75,0	200,0	212,5	16	<b>472,5</b>	<b>67,90</b>	1
19 Blanco Carames Marcos	2006	GALI	82,12	0,1392	67	155,0	<del>165,0</del>	170,0	17	80,0	85,0	<del>90,0</del>	21	190,0	200,0	210,0	18	<b>465,0</b>	<b>64,73</b>	1
20 Alfaya Verde Diego	2001	FENIX	81,98	0,1393	58	145,0	152,5	<del>155,0</del>	22	95,0	100,0	<del>105,0</del>	17	<del>192,5</del>	192,5	205,0	20	<b>457,5</b>	<b>63,73</b>	1
21 Lago Lopez Brais	2007	GALI	80,90	0,1402	53	130,0	142,5	155,0	21	80,0	87,5	95,0	20	160,0	175,0	190,0	22	<b>440,0</b>	<b>61,69</b>	1
— Alvarez Rodriguez Diego	2000	ASTUR	80,04	0,1410	55	205,0	<del>220,0</del>	<del>220,0</del>	6	<del>122,5</del>	<del>125,0</del>	<del>125,0</del>	—	235,0	245,0	<del>257,5</del>	6	<b>0,0</b>	<b>0,00</b>	—
<b>-93kg</b>																				
1 Andrade Caamaño Angel	1987	GALI	92,90	0,1309	91	<del>232,5</del>	232,5	245,0	1	135,0	<del>145,0</del>	<del>145,0</del>	7	280,0	<del>310,0</del>	X	1	<b>660,0</b>	<b>86,39</b>	12
2 Valls Del Valle Daniel	1997	VAKNER	91,26	0,1320	77	210,0	<del>220,0</del>	225,0	3	162,5	<del>172,5</del>	172,5	1	215,0	<del>230,0</del>	240,0	11	<b>637,5</b>	<b>84,15</b>	9
3 Fernandez Ramos. Guillermo	1995	VAKNER	92,04	0,1315	71	210,0	220,0	<del>230,0</del>	5	147,5	150,0	152,5	2	240,0	250,0	260,0	3	<b>632,5</b>	<b>83,17</b>	8
4 Botana Fernandez José Angel	2000	ASTUR	91,80	0,1317	76	205,0	217,5	225,0	4	137,5	142,5	<del>147,5</del>	4	230,0	245,0	257,5	4	<b>625,0</b>	<b>82,31</b>	7
5 Gutierrez Conde Alfonso	1994	FNORT	90,90	0,1323	90	185,0	<del>197,5</del>	200,0	12	137,5	142,5	147,5	3	225,0	242,5	252,5	7	<b>600,0</b>	<b>79,38</b>	6
6 Yuste Hernandez Sergio	1997	FENIX	92,62	0,1311	87	200,0	212,5	220,0	6	120,0	125,0	<del>130,0</del>	13	230,0	245,0	255,0	6	<b>600,0</b>	<b>78,66</b>	5
7 Castañon De La Fuente Jesus	1980	ASTUR	85,88	0,1361	88	195,0	205,0	212,5	7	115,0	120,0	125,0	11	240,0	255,0	260,0	2	<b>597,5</b>	<b>81,32</b>	4
8 Perez Gonzalez Ivan	1999	FNORT	90,40	0,1327	92	210,0	217,5	225,0	2	112,5	117,5	122,5	15	225,0	235,0	242,5	10	<b>590,0</b>	<b>78,29</b>	3
9 Sebe Mosquera Manuel	1997	FENIX	91,72	0,1317	79	195,0	205,0	212,5	8	117,5	125,0	130,0	10	230,0	245,0	<del>252,5</del>	9	<b>587,5</b>	<b>77,37</b>	2
10 Miranda De Lucas Daniel	1997	ASTUR	86,68	0,1354	82	190,0	200,0	205,0	9	125,0	130,0	135,0	5	<del>230,0</del>	240,0	245,0	8	<b>585,0</b>	<b>79,21</b>	1
11 Pereira Rodriguez David	2002	GALI	90,54	0,1326	70	180,0	190,0	200,0	10	115,0	120,0	<del>125,0</del>	18	230,0	245,0	255,0	5	<b>575,0</b>	<b>76,25</b>	1
12 Perez Castiñeira Marcos	1999	FNORT	90,80	0,1324	89	175,0	187,5	200,0	11	107,5	115,0	120,0	19	200,0	220,0	230,0	16	<b>550,0</b>	<b>72,82</b>	1
13 Baamonde Simon Omar	1996	FENIX	91,54	0,1318	84	175,0	190,0	200,0	13	105,0	115,0	120,0	20	210,0	220,0	230,0	18	<b>550,0</b>	<b>72,49</b>	1
14 Gonzalez Santalla Nuno	2003	FENIX	92,08	0,1315	73	180,0	<del>190,0</del>	190,0	17	110,0	115,0	120,0	21	215,0	230,0	240,0	12	<b>550,0</b>	<b>72,33</b>	1
15 Gonzalez Arroyo David	1980	PSALAM	87,62	0,1347	86	180,0	190,0	192,5	15	115,0	122,5	<del>127,5</del>	14	215,0	227,5	232,5	13	<b>547,5</b>	<b>73,75</b>	1
16 Garcia Amado Damian	1999	FENIX	89,24	0,1335	80	<del>175,0</del>	<del>185,0</del>	185,0	18	127,5	135,0	<del>140,0</del>	6	190,0	200,0	212,5	21	<b>532,5</b>	<b>71,09</b>	1
17 Herbello Hermida Pablo	1997	FENIX	85,26	0,1366	85	<del>167,5</del>	167,5	<del>172,5</del>	23	125,0	<del>132,5</del>	132,5	8	215,0	230,0	<del>240,0</del>	14	<b>530,0</b>	<b>72,40</b>	1
18 Gonzalez Suarez Javier	1992	ASTUR	90,82	0,1323	75	152,5	160,0	165,0	24	120,0	125,0	<del>130,0</del>	12	205,0	220,0	230,0	17	<b>520,0</b>	<b>68,80</b>	1
19 Villares Fernandez Pablo	2003	GALI	91,36	0,1320	74	165,0	177,5	185,0	19	117,5	122,5	<del>125,0</del>	16	<del>205,0</del>	<del>205,0</del>	205,0	22	<b>512,5</b>	<b>67,65</b>	1
20 Freire Agulleiro Oscar	1995	VAKNER	89,76	0,1331	83	160,0	170,0	175,0	20	100,0	102,5	105,0	23	210,0	220,0	230,0	15	<b>510,0</b>	<b>67,88</b>	1
21 Viñas Gomez Nicolas	2001	FENIX	90,64	0,1325	93	180,0	190,0	<del>195,0</del>	16	92,5	<del>97,5</del>	97,5	26	205,0	217,5	<del>225,0</del>	19	<b>505,0</b>	<b>66,91</b>	1
22 Alvarez Pailos Bruno	1999	GALI	90,36	0,1327	94	160,0	170,0	175,0	21	100,0	105,0	<del>107,5</del>	24	190,0	205,0	215,0	20	<b>495,0</b>	<b>65,69</b>	1
23 Fornies Navarro Eduard	1995	FENIX	90,88	0,1323	72	185,0	195,0	<del>200,0</del>	14	<del>90,0</del>	95,0	100,0	25	190,0	200,0	<del>210,0</del>	23	<b>495,0</b>	<b>65,49</b>	1
24 Garcia Pazos Carlos	2004	FENIX	90,22	0,1328	78	<del>160,0</del>	160,0	172,5	22	<del>130,0</del>	<del>130,0</del>	130,0	9	170,0	<del>180,0</del>	<del>190,0</del>	26	<b>472,5</b>	<b>62,75</b>	1
25 Mendez Garcia Adrian	2002	FENIX	87,54	0,1348	69	140,0	150,0	<del>160,0</del>	25	112,5	120,0	<del>127,5</del>	17	160,0	175,0	<del>185,0</del>	24	<b>445,0</b>	<b>59,99</b>	1
26 Perez Lujano Miguel	2003	FENIX	88,60	0,1340	81	125,0	140,0	150,0	26	97,5	<del>105,0</del>	105,0	22	170,0	<del>180,0</del>	<del>180,0</del>	25	<b>425,0</b>	<b>56,95</b>	1
<b>-105kg</b>																				
1 Vales Ferreira Adrian	1993	FENIX	102,78	0,1247	6	235,0	250,0	257,5	3	162,5	170,0	175,0	1	255,0	272,5	280,0	3	<b>712,5</b>	<b>88,85</b>	12
2 Lado Campaña Daniel	1997	FENIX	102,30	0,1250	8	250,0	265,0	<del>275,0</del>	2	145,0	150,0	<del>155,0</del>	3	<del>280,0</del>	290,0	<del>305,0</del>	2	<b>705,0</b>	<b>88,13</b>	9
3 Alonso Sanchez Jose	1993	FENIX	103,70	0,1242	18	250,0	262,5	267,5	1	140,0	145,0	<del>150,0</del>	6	272,5	<del>292,5</del>	292,5	1	<b>705,0</b>	<b>87,56</b>	8
4 Alonso Seco Miguel	1996	FNORT	104,40	0,1238	16	230,0	250,0	<del>262,5</del>	4	137,5	145,0	150,0	4	250,0	265,0	280,0	4	<b>680,0</b>	<b>84,18</b>	7
5 Juanes Carrasco Oscar	1995	VAKNER	102,50	0,1249	7	<del>225,0</del>	225,0	<del>230,0</del>	7	135,0	145,0	<del>155,0</del>	5	250,0	260,0	<del>270,0</del>	6	<b>630,0</b>	<b>78,69</b>	6

# 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. 20/03/2023

### HOMBRES POWERLIFTING RAW

LEVANTADOR	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS				PRESS BANCA				PESO MUERTO			TOTAL	IPFGL	Pt.	
6 Abad Costa Ismael	2002	FENIX	104,16	0,1239	4	215,0	230,0	240,0	5	127,5	135,0	140,0	8	230,0	245,0	<del>255,0</del>	10	<b>625,0</b>	<b>77,44</b>	5
7 Nolet Menendez Daniel	1996	ASTUR	104,80	0,1236	9	<del>200,0</del>	200,0	215,0	11	145,0	152,5	157,5	2	<del>235,0</del>	242,5	<del>255,0</del>	11	<b>615,0</b>	<b>76,01</b>	4
8 Amor Golpe Daniel	1994	FENIX	99,90	0,1264	3	210,0	220,0	<del>225,0</del>	9	120,0	127,5	<del>130,0</del>	10	245,0	262,5	<del>270,0</del>	5	<b>610,0</b>	<b>77,10</b>	3
9 Ortiz Barron Alejandro Luis	1995	FENIX	96,40	0,1286	5	<del>195,0</del>	200,0	215,0	10	130,0	140,0	<del>147,5</del>	7	240,0	250,0	<del>260,0</del>	7	<b>605,0</b>	<b>77,80</b>	2
10 Montero Sanchez Miguel	1999	FNORT	104,40	0,1238	1	220,0	232,5	237,5	6	120,0	127,5	132,5	9	215,0	230,0	<del>235,0</del>	12	<b>600,0</b>	<b>74,28</b>	1
11 Seijas Gonzalez Martin	2001	FENIX	103,40	0,1244	17	225,0	<del>235,0</del>	<del>235,0</del>	8	115,0	122,5	<del>130,0</del>	11	245,0	<del>265,0</del>	<del>275,0</del>	9	<b>592,5</b>	<b>73,71</b>	1
12 Fayze Mouayadeddin Ahmed	2003	FENIX	104,42	0,1238	2	180,0	190,0	200,0	12	<del>115,0</del>	115,0	<del>120,0</del>	12	225,0	240,0	250,0	8	<b>565,0</b>	<b>69,95</b>	1
<b>-105kg (solo PRESS BANCA)</b>																				
1 Pérez Sánchez Pedro	1999	GALI	100,45	0,4571	46	X	X	X	--	120,0	127,5	130,0	1	X	X	X	--	<b>130,0</b>	<b>59,42</b>	--
<b>-120kg</b>																				
1 Sanchez Barreiro Fernan	1999	VAKNER	117,32	0,1174	12	237,5	247,5	255,0	1	162,5	170,0	<del>175,0</del>	1	265,0	<del>277,5</del>	277,5	1	<b>702,5</b>	<b>82,47</b>	12
2 Sanchez Valle Javier	1997	PSALAM	115,50	0,1182	14	200,0	<del>210,0</del>	210,0	3	110,0	120,0	125,0	2	260,0	<del>280,0</del>	<del>280,0</del>	2	<b>595,0</b>	<b>70,33</b>	9
3 Vidal Patiño Ignacio	2003	FENIX	114,70	0,1186	15	185,0	200,0	210,0	2	97,5	105,0	110,0	4	202,5	<del>215,0</del>	215,0	4	<b>535,0</b>	<b>63,45</b>	8
4 Rey Varela Ruben	2001	VAKNER	105,20	0,1234	11	<del>185,0</del>	185,0	200,0	4	<del>95,0</del>	<del>100,0</del>	100,0	5	190,0	205,0	220,0	3	<b>520,0</b>	<b>64,17</b>	7
5 Taibo Moreno Javier	2000	FENIX	110,70	0,1205	10	170,0	180,0	<del>190,0</del>	5	107,5	115,0	<del>120,0</del>	3	170,0	182,5	190,0	5	<b>485,0</b>	<b>58,44</b>	6

### MEJORES LEVANTADORES POWERLIFTING RAW a pt. IPF GL

Nombre	Club	Cat.	PC	Total	GL pt.	Clas.
1 Vales Ferreira Adrian	FENIX	-105kg	102,78	<b>712,5</b>	<b>88,849</b>	1
2 Lado Campaña Daniel	FENIX	-105kg	102,30	<b>705,0</b>	<b>88,125</b>	2
3 Diaw Aziz	ASTUR	-83kg	80,78	<b>627,5</b>	<b>88,038</b>	1
4 Alonso Sanchez Jose	FENIX	-105kg	103,70	<b>705,0</b>	<b>87,561</b>	3
5 Alvarez Vilas Fabian	FENIX	-83kg	81,38	<b>625,0</b>	<b>87,375</b>	2
6 Andrade Caamaño Angel	GALI	-93kg	92,90	<b>660,0</b>	<b>86,394</b>	1
7 Ballester Benito Sergio	PSALAM	-83kg	81,02	<b>602,5</b>	<b>84,410</b>	3
8 Torres Sanmartin Ivan	VAKNER	-74kg	73,16	<b>570,0</b>	<b>84,189</b>	1
9 Alonso Seco Miguel	FNORT	-105kg	104,40	<b>680,0</b>	<b>84,184</b>	4
10 Valls Del Valle Daniel	VAKNER	-93kg	91,26	<b>637,5</b>	<b>84,150</b>	2
11 Fernandez Ramos. Guillermo	VAKNER	-93kg	92,04	<b>632,5</b>	<b>83,174</b>	3
12 Lopez Fraga Pablo	FENIX	-83kg	82,50	<b>595,0</b>	<b>82,646</b>	4
13 Sanchez Barreiro Fernan	VAKNER	-120kg	117,32	<b>702,5</b>	<b>82,474</b>	1
14 Botana Fernandez José Angel	ASTUR	-93kg	91,80	<b>625,0</b>	<b>82,313</b>	4
15 Castañon De La Fuente Jesus	ASTUR	-93kg	85,88	<b>597,5</b>	<b>81,320</b>	7
16 Perez Cordoba Jorge	PSALAM	-83kg	79,86	<b>575,0</b>	<b>81,190</b>	5
17 Mehdi Menai Nabil	VAKNER	-74kg	71,66	<b>537,5</b>	<b>80,249</b>	2
18 Gutierrez Conde Alfonso	FNORT	-93kg	90,90	<b>600,0</b>	<b>79,380</b>	5
19 Miranda De Lucas Daniel	ASTUR	-93kg	86,68	<b>585,0</b>	<b>79,209</b>	10
20 Bedoya Suaza Sebastian	FENIX	-74kg	73,04	<b>532,5</b>	<b>78,704</b>	3

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Ferrol, A Coruña - 11-12 marzo 2023

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### HOMBRES POWERLIFTING RAW

LEVANTADOR	AÑO	CLUB	PESO	COEF, Ord,	SENTADILLAS	PRESS BANCA	PESO MUERTO	TOTAL	IPFGL	Pt.
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CLASIFICACIÓN POR CLUBS		pt.	Puntuaciones	
1	FENIX GALICIA POWER	51	[12+12+9+9+9]	412.43 GL Pts
2	VAKNER POWERLIFTING GALIZA	51	[12+12+9+9+9]	405.62 GL Pts
3	ASOCIACION ASTURIANA	43	[12+12+8+7+4]	399.66 GL Pts
4	POWERLIFTING SALAMANCA	34	[9+8+7+6+4]	375.26 GL Pts

CLASIFICACIÓN POR CLUBS		pt,	Puntuaciones	
5	GALILIFTERS Pontevedra	26	[12+7+5+1+1]	386,85 GL Pts
6	FUERZA NORTE Leon	20	[7+6+3+2+2]	376,91 GL Pts
7	GIM VITAL Pontevedra	6	[3+1+1+1]	278,59 GL Pts

### 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