

ASOCIACIÓN ESPAÑOLA DE POWERLIFTING
I Campeonato Reino de Toledo
AEP-2 Regional de Castilla - La Mancha y Extremadura
Carranque, Toledo - 4-5 marzo 2023

Rev. 18/03/2023

MUJERES POWERLIFTING RAW																					
LEVANTADORA		AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS			PRESS BANCA				PESO MUERTO			TOTAL	IPFGL	Pt.		
-52kg																					
1	Rodriguez Ceballos Alba	1999	BRSKTO	51,09	0,2564	114	110,0	-117,5	-117,5	2	47,5	50,0	52,5	3	135,0	142,5	147,5	1	310,0	79,49	12
2	Fernandez Cordero Sandra	1986	PEXTRE	51,83	0,2532	118	105,0	-112,5	112,5	1	62,5	-67,5	-67,5	1	115,0	122,5	125,0	3	300,0	75,97	9
3	Rodriguez Marqués Ana Covadonga	2002	BRSKTO	50,02	0,2613	55	75,0	82,5	87,5	5	55,0	57,5	60,0	2	105,0	112,5	117,5	4	265,0	69,25	8
4	Martinez Rubio Raquel	1999	PALBA	51,90	0,2529	93	-85,0	90,0	-92,5	4	40,0	-45,0	-45,0	7	130,0	-132,5	X	2	260,0	65,76	7
5	Martinez Cortes Lucia	2005	BRSKTO	48,58	0,2685	107	80,0	90,0	92,5	3	45,0	47,5	50,0	4	100,0	110,0	-120,0	5	252,5	67,79	6
6	Zamora Reverte Irene	2003	ZBBAR	51,32	0,2554	15	72,5	-82,5	85,0	6	37,5	42,5	47,5	5	90,0	100,0	107,5	6	240,0	61,30	5
7	Alameda Torijano Elena	1990	APTOLE	49,85	0,2621	62	72,5	80,0	82,5	7	35,0	40,0	-42,5	6	82,5	87,5	92,5	7	215,0	56,35	4
-57kg																					
1	Pacheco Abujetas Paula	1989	BRSKTO	53,61	0,2461	25	85,0	90,0	-95,0	1	50,0	52,5	-55,0	1	127,5	132,5	137,5	2	280,0	68,92	12
2	Alvarez Belmonte Lucia	2005	ZBBAR	52,93	0,2487	51	82,5	87,5	-92,5	2	45,0	47,5	50,0	2	130,0	137,5	-140,0	1	275,0	68,41	9
3	Santos Ruz Maria	1996	BRSKTO	56,19	0,2371	74	70,0	75,0	80,0	3	40,0	45,0	-47,5	3	107,5	115,0	122,5	3	247,5	58,69	8
-63kg																					
1	Blázquez Martín Neus	2000	BRSKTO	61,96	0,2212	2	140,0	147,5	-152,5	1	75,0	77,5	80,0	1	122,5	135,0	150,0	1	377,5	83,49	12
2	Verdugo Maqueda Elena	2000	PALBA	61,28	0,2228	12	100,0	107,5	-117,5	2	55,0	60,0	62,5	3	110,0	120,0	125,0	3	295,0	65,73	9
3	Tovar Díaz María	1997	PEXTRE	62,14	0,2207	116	95,0	105,0	-112,5	3	57,5	62,5	-65,0	2	110,0	120,0	127,5	2	295,0	65,25	8
-69kg																					
1	Muñoz-Torrero Brown Alexandra	2005	ZBBAR	67,29	0,2101	22	112,5	117,5	-120,0	1	40,0	47,5	-50,0	2	130,0	-135,0	140,0	1	305,0	64,09	12
2	Martinez Herreros Alba	2001	PALBA	67,45	0,2099	38	92,5	107,5	112,5	2	55,0	62,5	-67,5	1	110,0	117,5	125,0	3	300,0	62,96	9
3	Galán Pintado Lucia	2003	FTOLE	66,46	0,2117	99	82,5	90,0	97,5	3	40,0	-42,5	42,5	3	110,0	120,0	130,0	2	270,0	57,15	8
-76kg																					
1	Peinado Quesada Ángela	2001	PEXTRE	73,85	0,1999	101	125,0	-127,5	-127,5	2	-75,0	77,5	-80,0	1	145,0	150,0	155,0	2	357,5	71,47	12
2	Torres Leon Sara Lucia	2000	PALBA	75,30	0,1980	16	125,0	135,0	140,0	1	52,5	57,5	60,0	2	135,0	145,0	157,5	1	357,5	70,79	9
+84kg																					
1	Schwellinger Fornaguera Buddy	1983	BRSKTO	121,66	0,1710	61	-105,0	-105,0	105,0	1	72,5	80,0	87,5	1	140,0	150,0	157,5	1	350,0	59,86	12
2	Jonkuteee Skirmanteee	2001	PALBA	93,06	0,1821	92	-90,0	92,5	100,0	2	55,0	-62,5	-65,0	2	110,0	120,0	130,0	2	285,0	51,91	9

MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL

Nombre	Club	Cat.	PC	Total	GL pt.	Clas.
1 Blázquez Martín Neus	BRSKTO	-63kg	61,96	377,5	83,49	1
2 Rodriguez Ceballos Alba	BRSKTO	-52kg	51,10	310,0	79,49	1
3 Fernandez Cordero Sandra	PEXTRE	-52kg	51,83	300,0	75,97	2

ABREVIACIONES:

APTOLE=ASOCIACION POWERLIFTING TOLEDO
BRSKTO=BERSERKERS TOLEDO

FTOLE=FUERZA TOLEDO
PALBA=POWERLIFTING ALBACETE

PEXTRE=POWERLIFTING EXTREMADURA
ZBBAR=ZB BARBELL Ciudad Real