

ASOCIACIÓN ESPAÑOLA DE POWERLIFTING
II Campeonato Entrena Intenso
AEP-3 de iniciación de la CA de Madrid y clubes invitados
Rivas-Vaciamadrid, Madrid - 29-30 abril 2023

Rev. 02/05/2023

HOMBRES POWERLIFTING RAW																					
LEVANTADOR	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS				PRESS BANCA			PESO MUERTO			TOTAL	IPFGL	Pt.			
-59 kg																					
1	Menéndez Suárez Daniel	2003	ATPOW	58,05		30	127,5	132,5	-140,0	1	82,5	87,5	-90,0	1	170,0	-175,0	-175,0	1	390,0	65,10	12
-66 kg																					
1	Streber Jiménez Christian André	2001	FENRIR	64,70		31	135,0	145,0	152,5	1	85,0	92,5	97,5	1	190,0	200,0	210,0	1	460,0	72,47	12
2	Díaz Rama Sergio	2004	CROM	65,55		32	127,5	135,0	140,0	2	72,5	77,5	82,5	2	155,0	165,0	-177,5	3	387,5	60,62	9
3	Guzman Jimenez Alvaro	2000	SONS	64,25		33	115,0	120,0	125,0	3	60,0	-67,5	75,0	3	160,0	170,0	182,5	2	382,5	60,48	8
-74 kg																					
1	De Miguel Mola Fernando	2000	FENRIR	73,95		34	185,0	197,5	205,0	1	95,0	102,5	110,0	5	200,0	-210,0	210,0	2	525,0	77,10	12
2	Santatecla Marijuán Enrique	2000	AGSTR	73,05		39	165,0	175,0	-182,5	4	117,5	122,5	127,5	1	200,0	-212,5	-222,5	5	502,5	74,27	9
3	Díaz Miguel Manuel	1991	CROM	72,90		38	147,5	155,0	167,5	6	105,0	115,0	122,5	2	185,0	200,0	210,0	1	500,0	73,98	8
4	Alonso Peña Álvaro	2003	ATPOW	72,05		40	160,0	-170,0	172,5	5	112,5	117,5	-125,0	3	185,0	197,5	207,5	3	497,5	74,06	7
5	Sanchez Carrera Hugo	2005	SONS	71,60		47	175,0	185,0	192,5	2	102,5	105,0	-110,0	7	195,0	-207,5	-207,5	6	492,5	73,56	6
6	Alba Marcos	2003	ENTINT	72,25		44	170,0	-182,5	182,5	3	105,0	110,0	-112,5	4	-185,0	190,0	-200,0	7	482,5	71,72	5
7	Peroza Flores Ricardo	1999	DTPow	69,70		36	-150,0	150,0	157,5	9	95,0	102,5	107,5	6	175,0	185,0	-195,0	9	450,0	68,16	4
8	Peña Rodriguez Javier	1997	FENRIR	71,85		45	-145,0	145,0	155,0	10	80,0	90,0	-95,0	12	180,0	192,5	205,0	4	450,0	67,09	3
9	Trespalacios Garcia-Bordallo Victor	2002	MGF	68,95		49	145,0	155,0	165,0	7	87,5	95,0	-100,0	10	170,0	185,0	-200,0	8	445,0	67,79	2
10	Arrabal López Alberto	2005	CROM	71,65		41	135,0	150,0	162,5	8	82,5	92,5	100,0	8	-157,5	165,0	180,0	10	442,5	66,06	1
11	Fernández Padrino Adrián	1999	PUERTA	72,10		42	140,0	145,0	150,0	11	90,0	-97,5	100,0	9	-162,5	162,5	170,0	12	420,0	62,50	1
12	Gómez Rico Sergio	2006	ERALLO	70,70		35	130,0	135,0	140,0	12	-90,0	-90,0	90,0	11	155,0	162,5	170,0	11	400,0	60,14	1
-83 kg																					
1	Triguero Ruiz Rafae	1997	SOYPOW	82,25		58	220,0	232,5	245,0	1	112,5	120,0	125,0	3	210,0	225,0	240,0	5	610,0	84,83	12
2	Martin Arroyo Victor	2002	ENTINT	82,00		62	-200,0	215,0	220,0	2	127,5	-135,0	-135,0	1	240,0	-252,5	255,0	2	602,5	83,92	9
3	Muñoz Pacheco Francisco	2001	CAPITAL	79,50		55	197,5	210,0	217,5	3	112,5	117,5	122,5	4	-232,5	-240,0	240,0	3	580,0	82,06	8
4	López López Ángel	2001	GRANDA	80,95		50	185,0	192,5	200,0	4	110,0	115,0	122,5	5	230,0	245,0	257,5	1	580,0	81,31	7
5	Bermejo Gámez Isaac	2003	ATPOW	80,00		63	182,5	-192,5	195,0	5	117,5	122,5	125,0	2	-217,5	240,0	-260,0	4	560,0	78,98	6
6	Olivares Gallego-Casilda Alejandro	2003	ENTINT	81,00		53	180,0	-190,0	190,0	8	120,0	-125,0	-125,0	7	215,0	225,0	235,0	6	545,0	76,38	5
7	Camacho Calatrava Álvaro	1997	ENTINT	80,95		56	-180,0	190,0	-200,0	7	110,0	115,0	120,0	6	-210,0	-220,0	227,5	7	537,5	75,35	4
8	Grisales Morales Juan José	2007	CROM	82,40		57	170,0	-182,5	192,5	6	85,0	97,5	107,5	8	170,0	185,0	200,0	11	500,0	69,47	3
9	Blanco Pérez Mario	2003	CAPITAL	78,90		54	155,0	-165,0	172,5	9	-100,0	105,0	-112,5	9	195,0	-210,0	212,5	8	490,0	69,60	2
10	Bautista Bejerano Fabio	2001	FENRIR	80,65		61	150,0	160,0	165,0	11	95,0	-105,0	105,0	10	190,0	-200,0	205,0	9	475,0	66,72	1
11	Ahmed Akhter Sadman	2000	ENTINT	81,65		51	160,0	170,0	-175,0	10	85,0	-90,0	-90,0	15	172,5	182,5	190,0	13	445,0	62,11	1
12	Elias Cordero Jaime	2004	MGF	82,10		66	145,0	-160,0	-165,0	14	85,0	92,5	100,0	11	175,0	190,0	200,0	10	445,0	61,94	1
13	Ladovic Stefan Joseph	1999	MADPOW	81,50		52	142,5	-150,0	150,0	12	87,5	92,5	95,0	12	-175,0	175,0	185,0	14	430,0	60,08	1
14	Di Silvestro Ortiz Marco	1997	SONS	81,50		65	125,0	135,0	145,0	13	80,0	90,0	-100,0	14	165,0	177,5	190,0	12	425,0	59,38	1
15	Aguilar Navarro Jaime	2004	CROM	82,75		64	125,0	135,0	-142,5	15	-85,0	90,0	92,5	13	155,0	165,0	175,0	15	402,5	55,80	1
-93 kg																					
1	Álvarez-Nieto Sabugal Luis Pablo	1997	ERALLO	91,65		76	232,5	245,0	255,0	1	140,0	147,5	155,0	3	227,5	242,5	-255,0	5	652,5	85,97	12
2	Diaz Ramos Rubén	2001	AGSTR	90,90		81	215,0	230,0	-240,0	4	150,0	155,0	160,0	1	242,5	260,0	-270,0	1	650,0	85,99	9
3	Argüelles Balas Ramón	2000	MGF	87,75		79	-225,0	225,0	240,0	3	132,5	140,0	145,0	4	235,0	250,0	-260,0	2	635,0	85,48	8
4	Morales Roselló Jose Abe	2004	DTPow	92,60		73	222,5	235,0	242,5	2	137,5	-145,0	145,0	6	230,0	245,0	-257,5	4	632,5	82,92	7
5	García Fernández Santiago	1995	CROM	91,90		74	210,0	222,5	230,0	5	150,0	160,0	-170,0	2	240,0	-257,5	-257,5	6	630,0	82,90	6
6	Alameda Lopez Diego	1994	VILLA	89,95		83	185,0	200,0	210,0	8	135,0	140,0	145,0	5	-215,0	230,0	245,0	3	600,0	79,79	5
7	Crespo García Rubén	1991	SOYPOW	89,15		77	185,0	195,0	205,0	10	140,0	147,5	-152,5	7	205,0	217,5	-227,5	9	570,0	76,13	4

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HOMBRES POWERLIFTING RAW

LEVANTADOR	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS				PRESS BANCA				PESO MUERTO				TOTAL	IPFGL	Pt.
8 Sanchez Garcia Mario	2004	SONS	89,85		84	205,0	220,0	-230,0	6	105,0	115,0	120,0	9	205,0	215,0	222,5	10	562,5	74,84	3
9 Rios Gómez Alberto	1997	DTPOW	90,00		69	190,0	202,5	210,0	9	130,0	-137,5	137,5	8	190,0	202,5	215,0	11	562,5	74,78	2
10 Martínez Martínez Javier	1999	CROM	89,15		78	190,0	200,0	212,5	7	105,0	112,5	117,5	10	205,0	220,0	-240,0	7	550,0	73,46	1
11 Benítez Ratón Pau	2003	RISING	89,95		80	180,0	195,0	205,0	11	97,5	105,0	110,0	14	200,0	220,0	-235,0	8	535,0	71,14	1
12 Díaz Colo Daniel	1995	DTPOW	91,65		72	170,0	182,5	190,0	12	105,0	110,0	115,0	11	205,0	215,0	-222,5	12	520,0	68,52	1
13 Ramos Fernández Santiago	1996	SPECIF	89,25		82	160,0	175,0	185,0	13	95,0	102,5	110,0	13	192,5	200,0	210,0	14	505,0	67,41	1
14 Escalante Osorio Mateo	2001	SONS	91,50		70	180,0	-190,0	-195,0	15	110,0	112,5	-117,5	12	-190,0	200,0	212,5	13	505,0	66,59	1
15 Gómez Martín Alberto	2000	MGF	90,00		86	165,0	180,0	-187,5	14	95,0	100,0	-105,0	16	175,0	190,0	200,0	15	480,0	63,81	1
16 Santos Santamaria Alejandro	2004	SONS	84,15		85	150,0	-160,0	160,0	16	97,5	100,0	102,5	15	165,0	172,5	180,0	16	442,5	60,83	1
17 Benito De La Puerta Alberto	1979	ENTINT	92,20		67	-155,0	-160,0	160,0	17	95,0	-100,0	-100,0	17	170,0	180,0	-190,0	17	435,0	57,15	1
-105 kg																				
1 Martín Escolano Hugo	2004	ERALLO	104,60		91	215,0	230,0	237,5	1	125,0	132,5	137,5	4	260,0	275,0	-300,0	1	650,0	80,39	12
2 Alfageme Martínez Luis	2004	RISING	104,90		89	215,0	225,0	230,0	3	135,0	-140,0	145,0	1	230,0	245,0	-260,0	2	620,0	76,58	9
3 Mendoza Burgos Mauro Junior	2000	PUERTA	103,70		88	197,5	210,0	-220,0	4	122,5	127,5	132,5	5	215,0	227,5	240,0	3	582,5	72,34	8
4 Casas Cuartero Sergio	2004	CAPITAL	97,35		93	157,5	170,0	182,5	5	125,0	130,0	-135,0	6	-210,0	220,0	237,5	4	550,0	70,38	7
5 Díaz Sánchez Alejandro	1996	PEXT	104,10		92	160,0	175,0	-190,0	7	-127,5	140,0	-145,0	3	-187,5	200,0	-215,0	6	515,0	63,84	6
6 Diaz Hernandez Oliver	2002	ENTINT	95,05		90	160,0	172,5	-185,0	8	120,0	122,5	-127,5	7	-205,0	-215,0	217,5	5	512,5	66,34	5
7 Del Giudice Hernández Carlos	2002	CAPITAL	104,30		94	157,5	177,5	-182,5	6	100,0	107,5	112,5	8	185,0	200,0	-210,0	7	490,0	60,69	4
8 Farhat Pérez Aimen	2006	DTPOW	102,80		96	155,0	-165,0	170,0	9	92,5	97,5	-100,0	9	-190,0	190,0	197,5	8	465,0	57,98	3
-- Merchante Rubio Carlos	2004	ENTINT	97,55		87	-225,0	232,5	-240,0	2	-132,5	-140,0	140,0	2	-260,0	-265,0	-265,0	--	0,0	0,00	--
-120 kg																				
1 Gutiérrez Bermúdez Ricardo	1995	RISING	110,90		97	200,0	210,0	220,0	1	140,0	145,0	-147,5	1	230,0	250,0	270,0	1	635,0	76,45	12

MEJORES LEVANTADORES POWERLIFTING RAW a pt. IPF GL

Nombre	Club	Cat.	PC	Total	GL pt.	Clas.
1 Diaz Ramos Rubén		-93kg	90,90	650,0	85,99	2
2 Álvarez-Nieto Sabugal Luis Pablo		-93kg	91,65	652,5	85,97	1
3 Argüelles Balas Ramón		-93kg	87,65	635,0	85,48	3

ABREVIACIONES:

AGSTR=AG STRENGTH Madrid	ENTINT=ENTRENA INTENSO Rivas	MGF=MGF POWER TEAM Madrid	SOYPOW=SOY POWERLIFTER Madrid
ATPOW= AT POWER TEAM Madrid	ERALLO=EDUARDO RALLO Las Rozas	PEXT=POWERLIFTING EXTREMADURA	SPECIF=SPECIFIC STRENGTH Alcobendas
CAPITAL=STRENGTH CAPITAL Madrid	FENRIR=FENRIR POWERLIFTING Madrid	PUERTA=CDE PUERTA DE LA SIERRA Berruco	VILLA=VILLA POWERLIFTING Colmenar