

ASOCIACIÓN ESPAÑOLA DE POWERLIFTING
I Campeonato Rising Power
 AEP-3 de iniciación de Madrid y Toledo
 Mejorada del Campo, Madrid - 14 mayo 2023

Rev. 14/05/2023

MUJERES POWERLIFTING RAW																					
LEVANTADORA		AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS				PRESS BANCA			PESO MUERTO			TOTAL	IPFGL	Pt.		
-47 kg																					
1	Viera Milla Iiuba	1980	BLKBAR	40,05		1	70,0	75,0	77,5	1	32,5	35,0	-37,5	1	80,0	85,0	90,0	1	202,5	67,08	12
-57 kg																					
1	Calleja Álvarez Virginia	1997	RISING	56,35		2	90,0	97,5	105,0	2	-45,0	47,5	52,5	2	100,0	110,0	120,0	2	277,5	65,66	12
2	Gil Blanco María	2004	RISING	55,85		3	95,0	100,0	105,0	1	50,0	55,0	-60,0	1	115,0	-125,0	-125,0	4	275,0	65,51	9
3	Rodriguez Muñoz Martha	2006	RISING	56,20		5	85,0	95,0	100,0	3	40,0	45,0	-47,5	4	102,5	112,5	120,0	1	265,0	62,83	8
4	Alves Rojo Paula	1997	BLKBAR	55,10		4	80,0	85,0	90,0	4	42,5	45,0	-47,5	3	105,0	112,5	117,5	3	252,5	60,79	7
-63 kg																					
1	Abad Juzgado Sara	1996	DTPOW	62,40		10	110,0	120,0	122,5	1	75,0	77,5	-80,0	1	130,0	140,0	150,0	1	350,0	77,05	12
2	Arribas Cantalejo Helena	1990	BLKBAR	62,85		8	97,5	-102,5	-102,5	2	50,0	52,5	-55,0	3	117,5	125,0	132,5	2	282,5	61,90	9
3	Díaz Jaro Claudia	2000	ERALLO	58,95		6	85,0	90,0	95,0	3	45,0	47,5	50,0	4	120,0	130,0	-140,0	3	275,0	62,94	8
4	Gonzalez Peña Maria	1997	RISING	60,50		7	82,5	87,5	92,5	4	50,0	55,0	-57,5	2	105,0	115,0	120,0	4	267,5	60,12	7
-69 kg																					
1	Sánchez Guiscardo Alejandra	2004	ENERG	68,55		14	122,5	130,0	-135,0	1	65,0	-70,0	-70,0	1	130,0	140,0	142,5	2	337,5	70,18	12
2	Erenas Mateos Nadia	2001	SOYPOW	66,10		13	110,0	117,5	122,5	2	52,5	57,5	-60,0	3	130,0	142,5	155,0	1	335,0	71,14	9
3	Colmenarejo Madridano Ana	1997	BLKBAR	67,70		11	100,0	107,5	112,5	3	57,5	60,0	-62,5	2	122,5	130,0	140,0	4	312,5	65,44	8
4	Vázquez Pérez Ana	1992	DTPOW	68,50		15	92,5	100,0	-107,5	5	47,5	50,0	52,5	4	125,0	130,0	135,0	5	287,5	59,81	7
5	Jimenez Lobaton Carmen	1997	RISING	67,15		12	87,5	95,0	100,0	4	40,0	42,5	45,0	5	115,0	125,0	140,0	3	285,0	59,96	6
-76 kg																					
1	Corral Carazo Ana	2000	ERALLO	71,85		16	110,0	115,0	117,5	2	67,5	70,0	72,5	1	145,0	-155,0	-155,0	1	335,0	67,91	12
2	Calvar Chamón Marina	1989	ALFA	74,25		17	110,0	120,0	125,0	1	60,0	62,5	-65,0	2	120,0	130,0	135,0	2	322,5	64,30	9
3	Velandrino Gómez Iris	1991	ALFA	71,85		18	70,0	77,5	80,0	3	37,5	40,0	-42,5	3	85,0	92,5	95,0	3	215,0	43,58	8
-84 kg																					
1	Bartolomé Menéndez Marina	2002	AGSTR	81,35		19	107,5	-117,5	117,5	1	62,5	65,0	-67,5	1	130,0	142,5	150,0	1	332,5	63,61	12

MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL

Nombre	CLUB	Cat.	PESO	Total	GL pt.	Clas.
1 Abad Juzgado Sara	DTPOW	-63kg	62,40	350,0	77,05	1
2 Erenas Mateos Nadia	SOYPOW	-69kg	66,10	335,0	71,14	2
3 Sánchez Guiscardo Alejandra	ENERG	-69kg	68,55	337,5	70,18	1

ABREVIACIONES:

AGSTR=AG STRENGTH Madrid BLKBAR=BLACK BARBELL Madrid ENERG=ENERGIZIN' TEAM Madrid RISING=RISING POWER Madrid
 ALFA=ALFA Forjando Atletas Masrid DTPOW=DT POWER Madrid ERALLO=EDUARDO RALLO Madrid SOYPOW=SOY POWERLIFTER Madrid