

ASOCIACIÓN ESPAÑOLA DE POWERLIFTING
I Campeonato CDE Puerta De La Sierra
 AEP-3 de iniciación de Madrid y Toledo
 Cotos de Monterrey, Venturada, Madrid - 22 julio 2023

Rev. 23/07/2023

HOMBRES POWERLIFTING RAW																				
LEVANTADOR	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL	Pt.			
-66 kg																				
1	Cana Gómez Daniel	2005	SOYPOW	64,80	0,1574	21	135,0	145,0	152,5	1	77,5	82,5	87,5	2	172,5	182,5	-185,0	1	422,5	66,50
2	Melchor Simancas Daniel	1995	ÉXITO	64,00	0,1584	20	142,5	147,5	150,0	2	97,5	102,5	-105,0	1	157,5	165,0	-172,5	2	417,5	66,13
3	Padín Melnichenko Alejandro	2007	CROM	59,80	0,1643	22	115,0	122,5	-125,0	3	70,0	75,0	-80,0	3	135,0	142,5	150,0	3	347,5	57,09
-74 kg																				
1	Iturregui Luu Minh Triet	2002	MADPOW	73,70	0,1471	23	205,0	220,0	-227,5	1	137,5	145,0	150,0	1	220,0	240,0	250,0	2	620,0	91,20
2	Tellez De La Morena Ignacio	2001	PUERTA	73,60	0,1472	27	200,0	210,0	217,5	2	117,5	122,5	-127,5	2	235,0	250,0	260,0	1	600,0	88,32
3	Caneiro Torres Jesús Antonio	1989	ATPOW	73,10	0,1477	26	172,5	180,0	-185,0	3	115,0	120,0	-122,5	3	190,0	205,0	212,5	4	512,5	75,70
4	Jimenez Rojo David	2006	DTPOW	73,80	0,1470	29	162,5	172,5	180,0	4	92,5	-95,0	-95,0	7	207,5	222,5	230,0	3	502,5	73,87
5	De La Cruz Girón Daniel	2005	SOYPOW	72,30	0,1486	25	157,5	167,5	175,0	5	90,0	95,0	-100,0	5	-185,0	200,0	210,0	5	480,0	71,33
6	Ramírez Zarich Ilia	1994	ERALLO	71,60	0,1494	24	145,0	155,0	160,0	6	105,0	-112,5	115,0	4	185,0	195,0	202,5	6	477,5	71,34
7	Marín Torres Ángel	1998	RISING	72,30	0,1486	28	145,0	155,0	160,0	7	90,0	95,0	-97,5	6	180,0	190,0	200,0	7	455,0	67,61
-83 kg																				
1	Triguero Ruiz Rafael	1997	SOYPOW	82,90	0,1385	32	230,0	242,5	255,0	1	117,5	125,0	-130,0	2	225,0	-245,0	-260,0	1	605,0	83,79
2	Avilés Intriago Rubén Darío	1993	ÉXITO	82,80	0,1386	36	185,0	192,5	-200,0	4	142,5	150,0	152,5	1	200,0	220,0	-225,0	2	565,0	78,31
3	Grisales Morales Juan José	2007	CROM	81,90	0,1394	34	185,0	200,0	-207,5	2	105,0	-115,0	-120,0	4	175,0	185,0	200,0	3	505,0	70,40
4	Gutiérrez De La Torre Borja	2000	MGFPOW	82,20	0,1391	35	-170,0	180,0	-192,5	5	87,5	92,5	-97,5	5	185,0	200,0	217,5	4	490,0	68,16
5	Ahmed Akhter Sadman	2000	ENTINT	82,20	0,1391	31	165,0	-175,0	-180,0	6	82,5	90,0	-97,5	6	172,5	185,0	-192,5	6	440,0	61,20
6	Arpa Hervás Alberto	2005	ÉXITO	78,70	0,1422	33	140,0	155,0	-162,5	7	72,5	-80,0	85,0	7	180,0	195,0	-202,5	5	435,0	61,86
--	Fernández Morán Ariel	2005	RISING	82,30	0,1390	30	180,0	192,5	195,0	3	120,0	-125,0	-125,0	3	-200,0	X	X	--	0,0	0,00
-93 kg																				
1	García Bravo Jose Antonio	2002	RISING	88,80	0,1338	38	180,0	-200,0	200,0	1	120,0	130,0	-140,0	1	240,0	260,0	270,0	1	600,0	80,28
2	Rodriguez Centeno David	2000	CROM	90,60	0,1325	37	175,0	185,0	-190,0	2	95,0	102,5	-105,0	2	195,0	-205,0	-205,0	2	482,5	63,93
-105 kg																				
1	Martínez Martínez Gonzalo	1993	CROM	103,90	0,1241	40	205,0	-215,0	222,5	1	-105,0	115,0	-120,0	1	225,0	245,0	260,0	1	597,5	74,15
2	Fernández Uribe Daniel	2004	ERALLO	99,30	0,1268	39	140,0	147,5	155,0	2	80,0	85,0	87,5	2	180,0	190,0	200,0	2	442,5	56,11
-120 kg																				
1	Ripoll Ramzi Carlos	1996	RISING	116,60	0,1177	41	-242,5	252,5	262,5	1	140,0	-145,0	145,0	1	285,0	297,5	-307,5	1	705,0	82,98

MEJORES LEVANTADORES POWERLIFTING RAW a pt. IPF GL

Nombre	Club	Peso	Cat.	Total	GL pt.	Clas.
1 Iturregui Luu Minh Triet	MADPOW	73,70	-74kg	620,0	91,20	1
2 Tellez De La Morena Ignacio	PUERTA	73,60	-74kg	600,0	88,32	2
3 Triguero Ruiz Rafael	SOYPOW	82,90	-83kg	605,0	83,79	1

ABREVIACIONES:

ATPOW = ATPOWER TEAM Madrid
 CROM = CROM GYM Madrid
 DTPOW = DT POWER Madrid

ENTINT = ENTRENA INTENSO Madrid
 ERALLO = EDUARDO RALLO Madrid
 ÉXITO = ÉXITO28 Madrid

MADPOW = MAD POWERLIFTING Madrid
 MGFPOW = MGF POWER TEAM Madrid
 PUERTA = CDE PUERTA DE LA SIERRA Madrid

RISING = RISING POWER Madrid
 SOYPOW = SOY POWERLIFTER Madrid