

		CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
POWERLIFTING	Sentadillas (kg)	53	---	---	---	---	---	---	---
		59	210,0	176,0	210,0	122,5			
		66	235,0	195,0	235,0	180,5	180,0	175,0	
		74	271,0	210,5	271,0	225,0	202,5	202,5	95,0
		83	292,5	233,0	275,0	260,0	215,0	180,5	
		93	307,5	273,5	280,5	270,0	270,0	203,0	
		105	330,5	262,5	330,5	275,0	235,0	200,0	
		120	340,0	237,5	301,0	250,0	242,5	185,0	
		+120	380,5		260,0	370,0	192,5		
POWERLIFTING	Press Banca (kg)	53	---	---	---	---	---	---	---
		59	132,5	115,0	130,0	80,0			
		66	150,5	125,0	143,0	115,0	100,0	92,5	
		74	168,0	135,0	165,0	140,0	135,0	135,0	70,5
		83	177,5	143,0	177,5	153,0	125,5	112,5	
		93	203,0	162,5	182,5	169,0	169,0	138,0	
		105	200,5	158,0	180,0	180,0	175,0	130,0	
		120	215,0	147,5	192,5	200,0	186,0	130,0	
		+120	235,5		192,5	207,5	160,0		
POWERLIFTING	Peso Muerto (kg)	53	---	---	---	---	---	---	---
		59	262,5	214,5	262,5	145,0			
		66	263,5	240,0	263,0	230,0	230,0	215,0	
		74	288,0	247,5	288,0	252,5	225,0	225,0	130,0
		83	330,0	265,0	330,0	285,0	260,5	230,0	
		93	345,0	292,5	317,0	282,5	265,0	238,0	
		105	360,0	300,0	360,0	271,0	271,0	220,0	
		120	340,0	260,0	315,0	290,0	260,0	230,0	
		+120	350,0		320,0	330,0	235,0		
POWERLIFTING	Total (kg)	53	---	---	---	---	---	---	---
		59	602,5	465,0	602,5	347,5			
		66	625,0	557,5	618,5	513,0	510,0	473,0	
		74	724,0	568,0	724,0	617,5	560,0	560,0	295,5
		83	745,0	600,5	740,0	695,0	582,5	500,0	
		93	802,5	682,5	749,0	698,5	698,5	579,0	
		105	837,5	695,0	830,0	677,5	676,0	540,0	
		120	895,0	622,5	782,5	730,0	688,5	545,0	
		+120	952,5		762,5	877,5	577,5		
Mov. Único	Press Banca (kg)	53	---	---	---	---	---	---	---
		59	165,0	115,0	130,0	80,0			
		66	177,5	125,0	143,0	137,5	137,5	92,5	
		74	168,0	137,5	165,0	140,0	135,0	135,0	70,5
		83	200,0	143,0	190,0	200,0	135,5	135,0	110,0
		93	204,0	162,5	182,5	170,0	170,0	138,0	122,5
		105	200,5	158,0	187,5	180,0	175,0	136,0	80,0
		120	215,0	147,5	192,5	200,0	187,5	130,5	
		+120	235,5		192,5	207,5	161,0		
Mov. Único	Peso Muerto (kg)	53	---	---	---	---	---	---	---
		59	262,5	214,5	262,5	145,0			
		66	263,5	240,0	263,0	230,0	230,0	215,0	
		74	288,0	247,5	288,0	252,5	235,5	225,0	130,0
		83	330,0	265,0	330,0	285,0	261,0	250,0	
		93	345,0	292,5	330,0	282,5	265,0	238,0	
		105	360,0	300,0	360,0	271,0	271,0	220,0	
		120	340,0	260,0	315,0	315,0	260,0	230,0	
		+120	350,0		320,0	330,0	235,0		

		CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
POWERLIFTING	Sentadillas (kg)	43	---	61,0	75,0	---	---	---	---
		47	142,5	100,0	100,0	105,0	92,5	82,5	
		52	149,0	107,5	130,0	107,5	75,5	75,0	
		57	180,0	125,0	177,5	120,0	107,5		
		63	167,5	125,0	167,5	160,0	110,5	45,0	45,0
		69	172,5	130,5	167,5	172,5	132,5		
		72	162,5	117,5	162,5	145,0			
		76	187,5	140,0	173,0	135,0	135,0		
		84	180,0	95,0	175,0	172,5			
		+84	155,0		146,0	155,0			
POWERLIFTING	Press Banca (kg)	43	---	36,0	36,0	---	---	---	---
		47	73,0	57,5	57,5	62,5	62,5	45,0	
		52	82,5	67,5	82,5	64,0	43,0	42,5	
		57	90,5	63,0	90,0	64,0	57,5		
		63	105,0	75,0	105,0	93,0	72,5	32,5	32,5
		69	109,5	90,5	109,0	85,0	75,0		
		72	97,5	72,5	97,5	95,5			
		76	112,5	62,5	97,5	72,5	70,0		
		84	96,0	65,0	95,5	90,0			
		+84	95,0		76,0	81,0			
POWERLIFTING	Peso Muerto (kg)	43	---	93,0	105,0	---	---	---	---
		47	145,0	127,5	127,5	127,5	107,5	100,5	
		52	187,5	132,5	165,0	135,0	112,5	92,5	
		57	205,0	137,5	195,0	160,0	135,0		
		63	205,0	157,5	205,0	166,0	145,0	50,0	50,0
		69	208,0	165,0	208,0	175,0	167,5		
		72	186,0	142,5	186,0	185,5			
		76	225,0	160,0	215,0	180,0	145,0		
		84	213,0	125,0	207,5	213,0			
		+84	180,5		180,5	160,0			
POWERLIFTING	Total (kg)	43	---	190,0	215,0	---	---	---	---
		47	350,0	285,0	285,0	280,0	252,5	228,0	
		52	371,0	292,5	367,5	305,0	231,0	210,0	
		57	472,5	325,5	457,5	333,0	292,5		
		63	464,0	342,5	464,0	399,0	327,5	127,5	127,5
		69	476,5	362,5	476,5	430,0	360,0		
		72	437,5	322,5	437,5	420,0			
		76	510,0	362,5	485,5	372,5	335,0		
		84	467,5	280,0	465,5	465,5			
		+84	422,5		392,0	352,5			
Mov. Único	Press Banca (kg)	43	---	36,0	36,0	---	---	---	---
		47	73,0	57,5	57,5	62,5	62,5	45,0	
		52	97,5	67,5	82,5	64,0	60,0	42,5	
		57	90,5	63,0	90,0	67,5	60,0		
		63	105,0	75,0	105,0	93,0	72,5	32,5	32,5
		69	109,5	90,5	109,0	85,0	75,0	27,5	27,5
		72	97,5	75,0	97,5	95,5	75,0		
		76	112,5	62,5	97,5	72,5	70,0		
		84	112,5	65,0	95,5	112,5	70,0		
		+84	95,0		76,0	81,0			
Mov. Único	Peso Muerto (kg)	43	---	93,0	105,0	---	---	---	---
		47	145,0	127,5	127,5	127,5	107,5	100,5	
		52	187,5	132,5	165,0	135,0	112,5	92,5	
		57	205,0	137,5	195,0	160,0	135,0		
		63	205,0	157,5	205,0	166,0	145,0	50,0	50,0
		69	208,0	165,0	208,0	175,0	167,5		
		72	186,0	155,0	186,0	185,5	150,0		
		76	225,0	160,0	215,0	180,0	145,0		
		84	213,0	125,0	207,5	213,0			
		+84	180,5		180,5	160,0			