

**ASOCIACION ESPAÑOLA DE POWERLIFTING**  
**I Campeonato Valkyria Powerlifting Cup**  
 AEP-2 Regional Zona NorOeste-2  
 La Pedraja de Portillo, Valladolid - 14-16 julio 2023

Rev. 05/08/2023

**MUJERES POWERLIFTING RAW**

LEVANTADORA	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS			PRESS BANCA				PESO MUERTO			TOTAL	IPFGL	Pt.		
<b>-52kg</b>																				
1 Moneo Bernal Andrea	1998	GOIER	51,96	0,2527	1	100,0	107,5	115,0	1	45,0	50,0	52,5	4	120,0	125,0	135,0	1	<b>300,0</b>	<b>75,81</b>	12
2 Ospina Buitrago Luisa	2000	MYTHOS	51,56	0,2544	3	100,0	105,0	110,0	2	45,0	47,5	50,0	3	102,5	110,0	112,5	3	<b>272,5</b>	<b>69,32</b>	9
3 Domingo Sanchez Laura	2000	INDAR	51,44	0,2549	2	82,5	87,5	92,5	3	45,0	47,5	50,0	2	110,0	117,5	122,5	2	<b>265,0</b>	<b>67,55</b>	8
4 Rodriguez Soria Janire	1999	INDAR	51,12	0,2563	4	80,0	85,0	<del>90,0</del>	4	52,5	55,0	<del>57,5</del>	1	105,0	<del>112,5</del>	<del>112,5</del>	4	<b>245,0</b>	<b>62,79</b>	7
<b>-57kg</b>																				
1 Lostau De La Fuente Marina	1999	VALKY	56,46	0,2363	14	125,0	130,0	<del>132,5</del>	1	70,0	75,0	<del>77,5</del>	2	160,0	170,0	<del>177,5</del>	1	<b>375,0</b>	<b>88,61</b>	12
2 Peña Cabezas Carmen	2000	BURGOS	53,78	0,2455	7	<del>112,5</del>	112,5	120,0	3	70,0	75,0	<del>77,5</del>	1	137,5	145,0	150,0	2	<b>345,0</b>	<b>84,70</b>	9
3 Amigo Barba Maria	2001	BURGOS	55,54	0,2393	9	110,0	120,0	125,0	2	50,0	55,0	60,0	3	130,0	140,0	150,0	3	<b>335,0</b>	<b>80,17</b>	8
4 Nebreda Porres Lara	1996	BURGOS	56,94	0,2348	5	107,5	112,5	<del>117,5</del>	4	55,0	60,0	<del>65,0</del>	4	122,5	130,0	137,5	4	<b>310,0</b>	<b>72,79</b>	7
5 Rubio Hernan Celia	1999	VALKY	55,68	0,2388	13	100,0	105,0	110,0	5	57,5	<del>60,0</del>	<del>60,0</del>	6	115,0	127,5	132,5	5	<b>300,0</b>	<b>71,64</b>	6
6 Sanz Nieto Alejandra	2003	VALKY	55,08	0,2408	12	80,0	87,5	<del>92,5</del>	7	47,5	52,5	57,5	5	107,5	115,0	120,0	7	<b>265,0</b>	<b>63,81</b>	5
7 Rada Tejero Angela	2006	BURGOS	57,00	0,2346	15	90,0	<del>97,5</del>	<del>100,0</del>	6	<del>57,5</del>	57,5	<del>60,0</del>	7	100,0	110,0	<del>120,0</del>	9	<b>257,5</b>	<b>60,41</b>	4
8 Martin Ruiz Raquel	1997	BURGOS	56,38	0,2365	11	70,0	77,5	<del>82,5</del>	8	40,0	45,0	<del>47,5</del>	10	110,0	117,5	127,5	6	<b>250,0</b>	<b>59,13</b>	3
9 Fresnillo Herrero Lara	1998	BURGOS	57,00	0,2346	8	72,5	77,5	<del>85,0</del>	9	<del>42,5</del>	45,0	47,5	9	112,5	117,5	<del>120,0</del>	8	<b>242,5</b>	<b>56,89</b>	2
10 Ferrero Lopez Irene	2004	GOIER	53,50	0,2465	6	<del>70,0</del>	70,0	75,0	10	50,0	55,0	<del>57,5</del>	8	95,0	102,5	<del>107,5</del>	10	<b>232,5</b>	<b>57,31</b>	1
<b>-63kg</b>																				
1 Diez Yubero Emma	2001	VALKY	61,44	0,2224	22	102,5	110,0	115,0	6	77,5	80,0	<del>82,5</del>	1	145,0	152,5	160,0	1	<b>355,0</b>	<b>78,95</b>	12
2 De La Calle Cuesta Jone	2001	INDAR	62,00	0,2211	20	127,5	130,0	<del>140,0</del>	1	70,0	75,0	<del>77,5</del>	2	117,5	127,5	<del>135,0</del>	9	<b>332,5</b>	<b>73,52</b>	9
3 Sorazu Nido Ana	1996	RBARB	62,34	0,2203	19	<del>110,0</del>	120,0	<del>127,5</del>	3	47,5	<del>52,5</del>	55,0	9	137,5	152,5	157,5	2	<b>332,5</b>	<b>73,25</b>	8
4 Casanovas Martin Ainhoa	2003	GOIER	60,76	0,2241	18	105,0	112,5	117,5	4	65,0	67,5	<del>70,0</del>	3	145,0	<del>155,0</del>	<del>162,5</del>	6	<b>330,0</b>	<b>73,95</b>	7
5 Chanevi Chuviru Lily	1984	NAVAR	60,54	0,2246	17	<del>110,0</del>	<del>110,0</del>	110,0	7	50,0	55,0	<del>60,0</del>	7	135,0	147,5	155,0	3	<b>320,0</b>	<b>71,87</b>	6
6 Martinez Sanchez Nieves	1994	NAVAR	61,80	0,2216	25	97,5	105,0	110,0	8	<del>55,0</del>	<del>57,5</del>	57,5	5	130,0	142,5	152,5	4	<b>320,0</b>	<b>70,91</b>	5
7 Llorens Garcia Veronica	2005	VALKY	61,72	0,2217	16	117,5	<del>125,0</del>	127,5	2	57,5	62,5	65,0	4	122,5	<del>132,5</del>	<del>132,5</del>	11	<b>315,0</b>	<b>69,84</b>	4
8 Battyán Padro Lia	2002	PCAN	57,78	0,2322	23	100,0	<del>110,0</del>	<del>110,0</del>	9	50,0	<del>55,0</del>	55,0	6	140,0	150,0	<del>160,0</del>	5	<b>305,0</b>	<b>70,82</b>	3
9 Sanchez Lopez Paula	2001	RSLIF	60,88	0,2238	26	102,5	110,0	117,5	5	55,0	<del>60,0</del>	<del>60,0</del>	8	120,0	132,5	<del>142,5</del>	8	<b>305,0</b>	<b>68,26</b>	2
10 Eiyana Aboghrara Salma	1998	INDAR	62,46	0,2200	24	80,0	85,0	90,0	11	52,5	55,0	<del>57,5</del>	10	130,0	137,5	<del>145,0</del>	7	<b>282,5</b>	<b>62,15</b>	1
11 Vecino Oliveira Carolina	1997	NAVAR	62,06	0,2209	21	100,0	<del>110,0</del>	<del>110,0</del>	10	47,5	<del>52,5</del>	<del>52,5</del>	11	110,0	120,0	125,0	10	<b>272,5</b>	<b>60,20</b>	1
<b>-69kg</b>																				
1 Lostau De La Fuente Lucia	2001	VALKY	65,32	0,2139	29	127,5	135,0	<del>137,5</del>	1	62,5	67,5	70,0	2	132,5	140,0	145,0	2	<b>350,0</b>	<b>74,86</b>	12
2 Arroyo Cerezo Saray	1998	INDAR	65,86	0,2128	33	107,5	115,0	<del>125,0</del>	6	80,0	<del>85,0</del>	85,0	1	125,0	135,0	<del>142,5</del>	5	<b>335,0</b>	<b>71,29</b>	9
3 Monedero Sanz Belen	2000	HANGAR	67,88	0,2091	35	97,5	105,0	112,5	7	65,0	70,0	<del>75,0</del>	3	130,0	137,5	145,0	3	<b>327,5</b>	<b>68,48</b>	8
4 Arenal Fernandez Carmen	2003	TELIT	67,32	0,2101	38	110,0	122,5	130,0	3	55,0	60,0	<del>62,5</del>	5	<del>127,5</del>	135,0	<del>145,0</del>	6	<b>325,0</b>	<b>68,28</b>	7
5 Viñolas Feijoo Arantza	2000	VALKY	68,36	0,2083	39	125,0	130,0	135,0	2	57,5	<del>62,5</del>	<del>62,5</del>	7	130,0	<del>137,5</del>	<del>142,5</del>	9	<b>322,5</b>	<b>67,18</b>	6
6 Ramirez Renau Irene	2004	RSLIF	68,26	0,2084	32	92,5	100,0	<del>105,0</del>	10	52,5	57,5	60,0	6	130,0	140,0	145,0	4	<b>305,0</b>	<b>63,56</b>	5
7 Sainz Rozas De Castro Ana	2004	TELIT	68,70	0,2077	31	102,5	<del>110,0</del>	110,0	8	<del>57,5</del>	57,5	<del>60,0</del>	8	120,0	132,5	<del>137,5</del>	8	<b>300,0</b>	<b>62,31</b>	4
8 Lerchundi Serrano Loraine	2003	NAVAR	67,42	0,2099	34	95,0	102,5	<del>110,0</del>	9	47,5	<del>55,0</del>	<del>60,0</del>	9	115,0	125,0	135,0	7	<b>285,0</b>	<b>59,82</b>	3
9 Presentacion Hernandez Maitane	2005	IZRRA	67,56	0,2097	36	82,5	87,5	<del>95,0</del>	11	40,0	42,5	45,0	10	87,5	95,0	102,5	10	<b>235,0</b>	<b>49,28</b>	2
— Ibañez Martin Maria	2007	BURGOS	67,96	0,2090	30	<del>125,0</del>	<del>125,0</del>	125,0	5	<del>60,0</del>	60,0	65,0	4	<del>132,5</del>	<del>140,0</del>	<del>140,0</del>	—	<b>0,0</b>	<b>0,00</b>	—
— Pinedo Silgo Paula	2000	INDAR	68,30	0,2084	37	120,0	127,5	<del>132,5</del>	4	<del>62,5</del>	<del>65,0</del>	<del>65,0</del>	—	135,0	142,5	150,0	1	<b>0,0</b>	<b>0,00</b>	—
<b>-76kg</b>																				
1 Hernandez Guerreiro Claudia	2003	VALKY	74,86	0,1986	40	120,0	127,5	<del>132,5</del>	1	72,5	77,5	<del>80,0</del>	1	137,5	147,5	155,0	2	<b>360,0</b>	<b>71,50</b>	12
2 Izaguirre Uriarte Irati	2000	NAVAR	74,96	0,1985	41	100,0	110,0	120,0	2	45,0	52,5	55,0	2	145,0	157,5	<del>170,0</del>	1	<b>332,5</b>	<b>66,00</b>	9

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**MUJERES POWERLIFTING RAW**

LEVANTADORA	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL	Pt.			
<b>-84kg</b>																				
1 Ibañez Cacho June Valeria	1997	INDAR	78,02	0,1948	27	130,0	137,5	142,5	1	57,5	62,5	65,0	1	145,0	155,0	165,0	1	370,0	72,08	12
2 Marabel Perez Jimena	2006	INDAR	82,94	0,1898	28	110,0	117,5	122,5	2	52,5	55,0	57,5	2	125,0	132,5	140,0	2	320,0	60,74	9

CLASIFICACIÓN POR CLUBS	pt.	Puntuaciones	
1 VALKYRIA PT Valladolid	54	[12+12+12+12+6]	385,57 GL Pts
2 INDAR POWER Vitoria	47	[12+9+9+9+8]	345,16 GL Pts
3 STRENGTH BURGOS	31	[9+8+7+4+3]	357,19 GL Pts
4 POWERLIFTING NAVARRA	24	[9+6+5+3+1]	328,80 GL Pts
5 GOIERRI KE Guipuzkoa	20	[12+7+1]	207,07 GL Pts
6 TEAM ELITETRAINER Santander	11	[7+4]	130,59 GL Pts

CLASIFICACIÓN POR CLUBS	pt.	Puntuaciones	
7 MYTHOS GYM Valladolid	9	[9]	69,32 GL Pts
8 RAW BARBELL CLUB Bizkaia	8	[8]	73,25 GL Pts
9 HANGAR La Rioja	8	[8]	68,48 GL Pts
10 RS LIFTING Avila	7	[5+2]	131,82 GL Pts
11 POWERLIFTING CANTABRIA	3	[3]	70,82 GL Pts
12 IZARRA POWERLIFTING Bizkaia	2	[2]	49,28 GL Pts

**MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL**

Nombre	Club	Peso	Cat.	Total	GL pt.	Clas.
1 Lostau De La Fuente. Marina	VALKY	56,46	-57kg	375,0	88,6125	1
2 Peña Cabezas Carmen	BURGOS	53,78	-57kg	345,0	84,6975	2
3 Amigo Barba Maria	BURGOS	55,54	-57kg	335,0	80,1655	3
4 Diez Yubero Emma	VALKY	61,44	-63kg	355,0	78,9520	1
5 Moneo Bernal Andrea	GOIER	51,96	-52kg	300,0	75,8100	1
6 Lostau De La Fuente Lucia	VALKY	65,32	-69kg	350,0	74,8650	1
7 Casanovas Martin Ainhoa	GOIER	60,76	-63kg	330,0	73,9530	4
8 De La Calle Cuesta Jone	INDAR	62,00	-63kg	332,5	73,5158	2
9 Sorazu Nido Ana	RBARB	62,34	-63kg	332,5	73,2498	3
10 Nebreda Porres Lara	BURG	56,94	-57kg	310,0	72,7880	4
11 Ibañez Cacho June Valeria	INDAR	78,02	-84kg	370,0	72,0760	1
12 Chanevi Chuviru Lily	NAVAR	60,54	-63kg	320,0	71,8720	5
13 Rubio Hernan Celia	VALKY	55,68	-57kg	300,0	71,6400	5
14 Hernandez Guerreiro Claudia	VALKY	74,86	-76kg	360,0	71,4960	1
15 Arroyo Cerezo Saray	INDAR	65,86	-69kg	335,0	71,2880	2

**ABREVIACIONES:**

BURGOS = STRENGTH BURGOS  
 GOIER = GOIERRI KE Guipuzkoa  
 HANGAR = HANGAR La Rioja

INDAR = INDAR POWER Vitoria  
 IZARRA = IZARRA POWERLIFTING Bizkaia  
 MYTHOS = MYTHOS GYM Valladolid

NAVAR = POWERLIFTING NAVARRA  
 PCAN = POWERLIFTING CANTABRIA  
 RBARB = RAW BARBELL CLUB Bizkaia

RSLIF = RS LIFTING Avila  
 TELIT = TEAM ELITETRAINER Santander  
 VALKY = VALKYRIA PT Valladolid