

**ASOCIACIÓN ESPAÑOLA DE POWERLIFTING**  
**I Campeonato Ciudad de Salamanca**  
 AEP-3 de iniciación de Salamanca y clubes invitados  
 Salamanca - sábado, 9 septiembre 2023

Rev. 12/09/2023

<b>MUJERES POWERLIFTING RAW</b>																	
<b>LEVANTADORA</b>		<b>AÑO</b>	<b>CLUB</b>	<b>PESO</b>	<b>COEF.</b>	<b>Ord.</b>	<b>SENTADILLAS</b>			<b>PRESS BANCA</b>			<b>PESO MUERTO</b>			<b>TOTAL</b>	<b>IPFGL</b>
<b>-47 kg</b>																	
1	Souto Fernandez Noa	2005	VAKNER	46,82	0,2783	1	77,5	82,5	-87,5	37,5	-40,0	40,0	85,0	92,5	-100,0	<b>215,0</b>	<b>59,83</b>
<b>-52 kg</b>																	
1	Del Pueyo Lopez Elena	2002	PCANT	50,36	0,2597	2	100,0	110,0	120,0	50,0	55,0	60,0	125,0	137,5	-150,0	<b>317,5</b>	<b>82,46</b>
<b>-57 kg</b>																	
1	Galin Bilbao Nahia	1996	IZARRA	54,76	0,2419	4	90,0	97,5	105,0	70,0	75,0	-80,0	110,0	-120,0	-125,0	<b>290,0</b>	<b>70,16</b>
2	Álvarez Sánchez Stella Maris	1997	INDAR	56,94	0,2348	5	87,5	92,5	-97,5	52,5	-57,5	-57,5	105,0	107,5	-112,5	<b>252,5</b>	<b>59,27</b>
<b>-63 kg</b>																	
1	Sánchez López Paula	2001	RSLIFT	61,68	0,2218	11	107,5	117,5	122,5	55,0	60,0	62,5	125,0	135,0	145,0	<b>330,0</b>	<b>73,21</b>
2	Martinez Justo Sofía	2001	VAKNER	58,32	0,2306	10	102,5	110,0	115,0	50,0	52,5	55,0	122,5	130,0	137,5	<b>307,5</b>	<b>70,92</b>
3	Hernández Lajas Alicia	2002	PSALAM	61,58	0,2221	7	97,5	105,0	112,5	52,5	57,5	60,0	120,0	127,5	-132,5	<b>300,0</b>	<b>66,62</b>
4	Orbán Da Silva Elena	2000	VAKNER	62,56	0,2198	12	97,5	102,5	107,5	52,5	55,0	-57,5	117,5	125,0	130,0	<b>292,5</b>	<b>64,29</b>
5	Hernández Jiménez Jessica	1993	RSLIFT	61,58	0,2221	9	85,0	92,5	-100,0	50,0	55,0	57,5	110,0	122,5	132,5	<b>282,5</b>	<b>62,74</b>
6	Jimenez Montero Ana	1995	ELTRAI	61,78	0,2216	8	70,0	77,5	85,0	40,0	45,0	-50,0	95,0	105,0	-112,5	<b>235,0</b>	<b>52,08</b>
<b>-69 kg</b>																	
1	Gallo Alcalá Laura	1995	PNAVAR	67,86	0,2091	15	110,0	115,0	120,0	47,5	50,0	52,5	122,5	130,0	140,0	<b>312,5</b>	<b>65,35</b>
2	Ramírez Renau Irene	2004	RSLIFT	68,24	0,2085	13	92,5	100,0	105,0	55,0	-60,0	60,0	127,5	140,0	145,0	<b>310,0</b>	<b>64,62</b>
3	Santander Varona Lucia	2006	PCANT	66,48	0,2116	14	90,0	100,0	-107,5	40,0	-45,0	-45,0	100,0	110,0	120,0	<b>260,0</b>	<b>55,03</b>
<b>+84 kg</b>																	
1	Dominguez Iglesias Lucía	1996	VAKNER	86,54	0,1867	16	102,5	110,0	117,5	57,5	62,5	-65,0	115,0	125,0	135,0	<b>315,0</b>	<b>58,82</b>

<b>MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL</b>							
<b>Nombre</b>	<b>Club</b>	<b>Peso</b>	<b>Cat.</b>	<b>Total</b>	<b>GL pt.</b>	<b>Clas.</b>	
1	Del Pueyo Lopez Elena	PCANT	50,36	-52kg	<b>317,5</b>	<b>82,46</b>	1
2	Sánchez López Paula	RSLIFT	61,68	-63kg	<b>330,0</b>	<b>73,21</b>	1
3	Martinez Justo Sofía	VAKNER	58,32	-63kg	<b>307,5</b>	<b>70,92</b>	2
4	Galin Bilbao Nahia	IZARRA	54,76	-57kg	<b>290,0</b>	<b>70,16</b>	1
5	Hernández Lajas Alicia	PSALAM	61,58	-63kg	<b>300,0</b>	<b>66,62</b>	3
6	Gallo Alcalá Laura	PNAVAR	67,86	-69kg	<b>312,5</b>	<b>65,35</b>	1
7	Ramírez Renau Irene	RSLIFT	68,24	-69kg	<b>310,0</b>	<b>64,62</b>	2
8	Orbán Da Silva Elena	VAKNER	62,56	-63kg	<b>292,5</b>	<b>64,29</b>	4
9	Hernández Jiménez Jessica	RSLIFT	61,58	-63kg	<b>282,5</b>	<b>62,74</b>	5
10	Souto Fernandez Noa	VAKNER	46,82	-47kg	<b>215,0</b>	<b>59,83</b>	1

<b>ABREVIACIONES CLUBES:</b>
INDAR = INDAR POWER Vitoria
IZARRA = IZARRA Bizkaia
PCANT = POWERLIFTING CANTABRIA
PNAVAR = POWERLIFTING NAVARRA
PSALAM = POWERLIFTING SALAMANCA
RSLIFT = RS LIFTING Ávila
ELTRAI = TEAM ELITETRAINER Santander
VAKNER = VÁKNER POWERLIFTING GALIZA