

**ASOCIACIÓN ESPAÑOLA DE POWERLIFTING**  
**III Campeonato Entrena Intenso**  
AEP-3 de iniciación de Madrid  
Rivas-Vaciamadrid, Madrid - 25 noviembre 2023

Rev. 27/11/2023

<b>HOMBRES POWERLIFTING RAW</b>																
<b>LEVANTADOR</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>-66 kg</b>																
-- Miguel Verdejo Daniel	2005	RISING	62,55		11	-145,0	-150,0	-150,0	-87,5	92,5	-97,5	195,0	205,0	-210,0	<b>0,0</b>	<b>0,00</b>
<b>-74 kg</b>																
1 Caneiro Torres Jesús Antonio	1989	ATPOW	73,85		20	170,0	-177,5	-182,5	115,0	120,0	122,5	200,0	210,0	220,0	<b>512,5</b>	<b>75,32</b>
2 Cañas Fernández Daniel	1997	MIKEB	73,30		1	170,0	175,0	-180,0	110,0	117,5	-122,5	205,0	-212,5	-212,5	<b>497,5</b>	<b>73,40</b>
3 Valiño Guerra Jorge	1996	SONS	73,10		3	150,0	165,0	-175,0	97,5	105,0	-112,5	175,0	187,5	200,0	<b>470,0</b>	<b>69,44</b>
4 Peña Rodríguez Javier	1997	FENRIR	70,90		13	150,0	160,0	165,0	85,0	-92,5	95,0	180,0	195,0	-210,0	<b>455,0</b>	<b>68,30</b>
<b>-83 kg</b>																
1 Garcia Garcia Jaime	2003	STRCAP	80,05		10	200,0	210,0	215,0	137,5	145,0	150,0	250,0	262,5	-270,0	<b>627,5</b>	<b>88,47</b>
2 Rodrigo Pla Marc	2004	MGF	80,15		12	170,0	185,0	195,0	95,0	100,0	-105,0	270,0	285,0	-290,0	<b>580,0</b>	<b>81,72</b>
3 López Alonso Alejandro	1998	SOYPOW	82,45		30	-200,0	200,0	-215,0	130,0	140,0	-145,0	-230,0	230,0	-240,0	<b>570,0</b>	<b>79,17</b>
4 Sánchez Solana Álvaro	2002	CROM	80,60		27	175,0	185,0	195,0	100,0	107,5	-112,5	210,0	230,0	-240,0	<b>532,5</b>	<b>74,82</b>
5 Garcia Agurre Unai	2004	MGF	80,60		4	180,0	192,5	200,0	95,0	105,0	112,5	175,0	195,0	205,0	<b>517,5</b>	<b>72,71</b>
6 Puerto Vallés Juan	2002	CROM	81,00		18	-185,0	-192,5	192,5	105,0	115,0	-122,5	190,0	205,0	-215,0	<b>512,5</b>	<b>71,83</b>
7 Serrano García Luis	2004	MGF	81,25		2	160,0	175,0	-182,5	-117,5	122,5	127,5	175,0	185,0	200,0	<b>502,5</b>	<b>70,31</b>
8 García Figueredo Germán	2003	MGF	80,40		15	165,0	175,0	-180,0	95,0	102,5	-105,0	195,0	210,0	220,0	<b>497,5</b>	<b>69,99</b>
9 Vinuesa Maquera Cristian	2004	FENRIR	77,15		29	160,0	-172,5	-172,5	112,5	120,0	-125,0	190,0	-192,5	210,0	<b>490,0</b>	<b>70,40</b>
10 Di Silvestro Ortiz Marco	1997	SONS	82,75		16	-147,5	155,0	167,5	95,0	-102,5	102,5	190,0	202,5	210,0	<b>480,0</b>	<b>66,55</b>
11 Aguilar Navarro Jaime	2004	CROM	81,10		26	142,5	152,5	157,5	97,5	105,0	110,0	187,5	-197,5	-212,5	<b>455,0</b>	<b>63,73</b>
12 Guervós Lopez Raúl	2007	SONS	79,70		19	135,0	-145,0	-150,0	90,0	97,5	105,0	160,0	177,5	-200,0	<b>417,5</b>	<b>59,00</b>
<b>-93 kg</b>																
1 Iglesias Santos Alvaro	1997	FENRIR	84,65		40	250,0	-260,0	-265,0	140,0	150,0	155,0	255,0	270,0	280,0	<b>685,0</b>	<b>93,89</b>
2 Olivares Gallego-Casilda Alejandro	2003	ENTINT	87,30		8	185,0	200,0	-205,0	125,0	130,0	-135,0	230,0	245,0	-255,0	<b>575,0</b>	<b>77,60</b>
3 Diaz Hernandez Oliver	2002	ENTINT	91,25		28	-180,0	180,0	197,5	130,0	135,0	-140,0	220,0	235,0	-245,0	<b>567,5</b>	<b>74,93</b>
4 Torres Vidal Marc	2003	MGF	91,85		39	-167,5	167,5	180,0	117,5	125,0	130,0	-190,0	200,0	212,5	<b>522,5</b>	<b>68,77</b>
5 Vicente Chacon Alberto	2001	BRSTOL	90,60		38	162,5	177,5	185,0	105,0	112,5	115,0	175,0	-195,0	210,0	<b>510,0</b>	<b>67,58</b>
6 Rodriguez Centeno David	2000	CROM	90,10		31	180,0	190,0	195,0	100,0	105,0	110,0	180,0	-195,0	-205,0	<b>485,0</b>	<b>64,44</b>
<b>-105 kg</b>																
1 Berdasco Rodríguez Álvaro	1998	ATPOW	103,40		17	222,5	232,5	242,5	180,0	190,0	195,0	257,5	270,0	282,5	<b>720,0</b>	<b>89,53</b>
2 Ampudia García Ricardo	1998	ATPOW	99,75		22	200,0	210,0	220,0	127,5	135,0	140,0	210,0	222,5	232,5	<b>592,5</b>	<b>74,94</b>
3 Fernández Uribe Daniel	2004	ERALLO	99,80		5	150,0	160,0	167,5	87,5	-92,5	92,5	185,0	200,0	210,0	<b>470,0</b>	<b>59,43</b>
<b>-120 kg</b>																
1 Gutiérrez Bermúdez Ricardo	1995	RISING	114,40		14	230,0	240,0	245,0	142,5	150,0	152,5	255,0	270,0	-282,5	<b>667,5</b>	<b>79,25</b>
2 Lopez Gomez Alvaro	2004	ENTINT	111,20		34	217,5	230,0	240,0	137,5	145,0	-150,0	240,0	260,0	280,0	<b>665,0</b>	<b>79,97</b>
3 Prada Jiménez Eduardo	1970	CROM	112,90		7	-205,0	220,0	-232,5	130,0	135,0	140,0	220,0	235,0	245,0	<b>605,0</b>	<b>72,26</b>

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<b>MEJORES LEVANTADORES 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 Iglesias Santos Alvaro	FENRIR	84,65	-93kg	<b>685,0</b>	<b>93,89</b>	1
2 Berdasco Rodríguez Álvaro	ATPOW	103,40	-105kg	<b>720,0</b>	<b>89,53</b>	1
3 Garcia Garcia Jaime	STRCAP	80,05	-83kg	<b>627,5</b>	<b>88,47</b>	1
4 Rodrigo Pla Marc	MGF	80,15	-83kg	<b>580,0</b>	<b>81,72</b>	2
5 Lopez Gomez Alvaro	ENTINT	111,20	-120kg	<b>665,0</b>	<b>79,97</b>	2
6 Gutiérrez Bermúdez Ricardo	RISING	114,40	-120kg	<b>667,5</b>	<b>79,25</b>	1
7 López Alonso Alejandro	SOYPOW	82,45	-83kg	<b>570,0</b>	<b>79,17</b>	3
8 Olivares Gallego-Casilda Alejandro	ENTINT	87,30	-93kg	<b>575,0</b>	<b>77,60</b>	2
9 Caneiro Torres Jesús Antonio	ATPOW	73,85	-74kg	<b>512,5</b>	<b>75,32</b>	1
10 Ampudia García Ricardo	ATPOW	99,75	-105kg	<b>592,5</b>	<b>74,94</b>	2
11 Diaz Hernandez Oliver	ENTINT	91,25	-93kg	<b>567,5</b>	<b>74,93</b>	3
12 Sánchez Solana Álvaro	CROM	80,60	-83kg	<b>532,5</b>	<b>74,82</b>	4

<b>ABREVIACIONES de CLUBES:</b>
AGSTR = AG STRENGTH Madrid
ATPOW = ATPower TEAM Madrid
BRSTOL = BERSERKERS Toledo
PUERTA = CDE PUERTA DE LA SIERRA Madrid
CROM GYM Madrid
ERALLO = EDUARDO RALLO Madrid
EINTE = ENTRENA INTENSO Madrid
MADPOW = MAD POWERLIFTING Madrid
MGF MGF POWER TEAM Madrid
MIKEB = MIKEBARBELL Madrid
FENRIR = FENRIR Madrid
RISING = RISING POWER Madrid
SONS = SONS OF BARBELL Madrid
SOYPOW = SOY POWERLIFTER Madrid
STRCAP = STRENGTH CAPITAL Madrid