

ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

IV Campeonato Soy Powerlifter

AEP-3 de iniciación de Madrid y clubes invitados

Villaverde, Madrid - Sábado, 4 noviembre 2023

Rev. 05/11/2023

HOMBRES POWERLIFTING RAW																	
LEVANTADOR		AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL
-59 kg																	
1	Rascón Mascaraque Pablo	2003	CROM	57,70	0,1675	48	147,5	160,0	170,0	95,0	102,5	-107,5	162,5	172,5	182,5	455,0	76,21
-66 kg																	
1	Guzman Jimenez Alvaro	2000	SONS	65,50	0,1565	14	125,0	132,5	137,5	72,5	77,5	82,5	-182,5	182,5	192,5	412,5	64,56
2	Fabian Brañez Hector	2003	SPFSTR	65,40	0,1566	51	135,0	142,5	-145,0	95,0	100,0	-105,0	-160,0	160,0	-175,0	402,5	63,03
-74 kg																	
1	Galán Villasante Jaime	1995	FTOLE	73,50	0,1473	1	180,0	192,5	200,0	100,0	105,0	107,5	225,0	235,0	-242,5	542,5	79,91
2	Santatecla Enrique	2000	AGSTR	72,50	0,1484	2	162,5	172,5	180,0	115,0	122,5	127,5	190,0	205,0	215,0	522,5	77,54
3	López Salinas Diego	2002	GRANDA	72,30	0,1486	49	165,0	175,0	185,0	100,0	-105,0	-107,5	205,0	217,5	230,0	515,0	76,53
4	Quiñones Martín David	2003	MADPOW	72,90	0,1480	13	175,0	182,5	-190,0	102,5	110,0	117,5	205,0	-225,0	-235,0	505,0	74,74
5	Serrano Antonio	2000	SIDER	72,10	0,1488	38	165,0	175,0	185,0	100,0	107,5	117,5	187,5	200,0	X	502,5	74,77
6	Hernandez Alcala Ricardo	2007	SPFSTR	73,20	0,1476	29	-165,0	170,0	180,0	95,0	100,0	105,0	180,0	192,5	200,0	485,0	71,59
7	Molina Esteban Eduardo	2002	VILLA	72,00	0,1489	53	150,0	162,5	-170,0	85,0	-90,0	90,0	-205,0	205,0	217,5	470,0	69,98
8	Marín Torres Ángel	1998	POWMAD	73,20	0,1476	36	-150,0	160,0	170,0	92,5	97,5	100,0	195,0	200,0	-205,0	470,0	69,37
9	Bueno Castel Jose Miguel	2005	BRSKRS	69,90	0,1512	15	155,0	-165,0	-165,0	-95,0	95,0	100,0	190,0	200,0	210,0	465,0	70,31
10	Varela Jose Martin	2005	VAKNER	69,80	0,1514	24	125,0	135,0	-142,5	105,0	-110,0	-110,0	210,0	-217,5	217,5	457,5	69,27
-83 kg																	
1	Triguero Ruiz Rafael	1997	SOYPOW	82,60	0,1388	34	240,0	252,5	-265,0	120,0	127,5	-132,5	220,0	230,0	240,0	620,0	86,06
2	De La Villa Sánchez Víctor	1995	VILLA	80,30	0,1408	31	197,5	207,5	217,5	110,0	117,5	122,5	215,0	235,0	-250,0	575,0	80,96
3	Bermejo Gámez Isaac	2003	ATPOW	81,10	0,1401	23	-190,0	195,0	202,5	-117,5	125,0	-130,0	230,0	-232,5	X	557,5	78,11
4	Villegas Güendica David	2002	PNAVAR	82,80	0,1386	33	170,0	180,0	187,5	105,0	112,5	115,0	205,0	220,0	230,0	532,5	73,80
5	Celorio Canal Jorge	1998	TELIT	79,20	0,1418	46	162,5	172,5	-180,0	-107,5	112,5	117,5	190,0	210,0	225,0	515,0	73,03
6	Alvarez Navarro Enilio	1999	VILLA	81,70	0,1395	35	170,0	180,0	190,0	105,0	112,5	-117,5	200,0	210,0	-217,5	512,5	71,49
7	García Mosquera Christian	1995	BRSKRS	80,90	0,1402	39	160,0	170,0	175,0	107,5	112,5	115,0	190,0	205,0	215,0	505,0	70,80
8	Jiménez López Carlos	2005	RISING	81,70	0,1395	37	175,0	185,0	190,0	90,0	95,0	100,0	180,0	190,0	202,5	492,5	68,70
9	Lens Santiago Javier	1996	MADPOW	80,20	0,1409	25	170,0	182,5	190,0	92,5	-95,0	95,0	185,0	195,0	202,5	487,5	68,69
10	Carriches Jonatan	1990	RISING	78,00	0,1429	32	130,0	140,0	152,5	100,0	105,0	107,5	195,0	220,0	225,0	485,0	69,31
11	Bermejo Corral Guillermo	2003	RISING	79,20	0,1418	42	150,0	160,0	167,5	95,0	102,5	-107,5	197,5	-210,0	210,0	480,0	68,06
12	Cutiño Miguel Javier	2001	SPFSTR	80,00	0,1410	17	162,5	167,5	172,5	92,5	97,5	105,0	175,0	187,5	-202,5	465,0	65,57
-93 kg																	
1	Alameda Lopez Diego	1994	VILLA	89,50	0,1333	50	205,0	217,5	222,5	137,5	142,5	-145,0	237,5	-250,0	250,0	615,0	81,98
2	Sanchez Garcia Mario	2004	SONS	90,40	0,1327	26	220,0	232,5	242,5	115,0	125,0	130,0	215,0	-225,0	-230,0	587,5	77,96
3	Benítez Ratón Pau	2003	RISING	90,40	0,1327	41	200,0	210,0	220,0	105,0	112,5	117,5	-205,0	225,0	-240,0	562,5	74,64
4	Ballester Rafael	1999	SONS	87,70	0,1347	7	162,5	172,5	180,0	100,0	105,0	110,0	195,0	205,0	-215,0	495,0	66,68
-105 kg																	
1	San Román Castro Pablo	1993	ENRGZ	98,30	0,1274	19	220,0	235,0	240,0	160,0	-170,0	-170,0	-285,0	300,0	-305,0	700,0	89,18
2	Muñoz Higuera Raúl	1997	DTPOW	98,50	0,1272	45	220,0	230,0	240,0	130,0	142,5	145,0	225,0	250,0	-265,0	635,0	80,77
3	García Luís Enrique	1996	FTOLE	100,10	0,1263	44	212,5	225,0	232,5	102,5	107,5	112,5	267,5	-280,0	285,0	630,0	79,57
4	Blanco Martín Santiago	1991	SOYPOW	102,40	0,1249	52	210,0	222,5	-235,0	125,0	132,5	-137,5	230,0	242,5	247,5	602,5	75,25
5	Nava Pérez Álvaro	2001	ERALLO	100,40	0,1261	20	192,5	205,0	215,0	107,5	115,0	122,5	210,0	225,0	-240,0	562,5	70,93

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MEJORES LEVANTADORES POWERLIFTING RAW a pt. IPF GL								
Nombre	Club	Peso	Cat.	Total	GL pt.	Clas.		
1	San Román Castro Pablo	1993	ENRGZ	98,30	-105kg	700,0	89,18	1
2	Triguero Ruiz Rafael	1997	SOYPOW	82,60	-83kg	620,0	86,06	1
3	Alameda Lopez Diego	1994	VILLA	89,50	-93kg	615,0	81,98	1
4	De La Villa Sánchez Víctor	1995	VILLA	80,30	-93kg	575,0	80,96	2
5	Muñoz Higuera Raúl	1997	DTPOW	98,50	-105kg	635,0	80,77	2
6	Galán Villasante Jaime	1995	FTOLE	73,50	-74kg	542,5	79,91	1
7	García Luís Enrique	1996	FTOLE	100,10	-105kg	630,0	79,57	3
8	Bermejo Gámez Isaac	2003	ATPOW	81,10	-83kg	557,5	78,11	3
9	Sanchez Garcia Mario	2004	SONS	90,40	-93kg	587,5	77,96	2
10	Santatecla Enrique	2000	AGSTR	72,50	-74kg	522,5	77,54	2
11	López Salinas Diego	2002	GRANDA	72,30	-74kg	515,0	76,53	3
12	Rascón Mascaraque Pablo	2003	CROM	57,70	-59kg	455,0	76,21	1
13	Blanco Martín Santiago	1991	SOYPOW	102,40	-105kg	602,5	75,25	4
14	Serrano Antonio	2000	SIDER	72,10	-74kg	502,5	74,77	5
15	Quiñones Martín David	2003	MADPOW	72,90	-74kg	505,0	74,74	4
16	Benítez Ratón Pau	2003	RISING	90,40	-93kg	562,5	74,64	3
17	Villegas Güendica David	2002	PNAVAR	82,80	-83kg	532,5	73,80	4
18	Celorio Canal Jorge	1998	TELIT	79,20	-83kg	515,0	73,03	5
19	Hernandez Alcalá Ricardo	2007	SPFSTR	73,20	-74kg	485,0	71,59	6
20	Alvarez Navarro Enilio	1999	VILLA	81,70	-83kg	512,5	71,49	6

ABREVIACIONES CLUBES:

AGSTR = AG STRENGTH Madrid
ASTUR = ASOCIACIÓN ASTURIANA
ATPOW = AT POWER TEAM Madrid
BRSKRS = BERSERKERS Toledo
CROM = GIMNASIO CROM Madrid
DTPOW = DT POWER Madrid
ENRGZ = ENERGIZIN' TEAM Madrid
ERALLO = EDUARDO RALLO Madrid
FTOLE = FUERZA TOLEDO
GRANDA = GRANDA Madrid
MADPOW = MAD POWERLIFTING Madrid
PEXTRE = POWERLIFTING EXTREMADURA
PNAVAR = POWERLIFTING NAVARRA
POWMAD = POWERLIFTING MADRID
RISING = RISING POWER Madrid
SIDER = SIDEROPOLIS Madrid
SONS = SONS OF BARBELL Madrid
SOYPOW = SOY POWERLIFTER Madrid
TELIT = TEAM ELITETRAINER Santander
VAKNER = VÁKNER POWERLIFTING GALIZA
VILLA = VILLA POWERLIFTING Madrid