

ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

I Copa del NorOeste

AEP-2 Regional de Asturias, Cantabria, Castilla y León, Galicia, Euskadi, La Rioja y Navarra

Esquiroz, Navarra - Sábado, 16 diciembre 2023

Rev. 19/12/2023

| MUJERES POWERLIFTING RAW | | | | | | | | | | | | | | | | | | | | |
|-------------------------------------|------|--------|-------|--------|------|-------------|------------------|------------------|---|-------------|-----------------|-----------------|-------------|-------|------------------|------------------|-------|-------|-------|----|
| LEVANTADORA | AÑO | CLUB | PESO | COEF. | Ord. | SENTADILLAS | | | | PRESS BANCA | | | PESO MUERTO | | | TOTAL | IPFGL | | | |
| -47kg | | | | | | | | | | | | | | | | | | | | |
| 1 Ortiz De Urbina Fernandez Yolanda | 1994 | FNORT | 46,10 | 0,2826 | 1 | 70,0 | 75,0 | 80,0 | 1 | 50,0 | 52,5 | 55,0 | 1 | 105,0 | 112,5 | 120,0 | 1 | 255,0 | 72,06 | 12 |
| -52kg | | | | | | | | | | | | | | | | | | | | |
| 1 Galin Bilbao Nahia | 1996 | IZRRA | 51,76 | 0,2535 | 2 | 100,0 | 107,5 | 110,0 | 1 | 75,0 | 77,5 | 77,5 | 1 | 115,0 | 122,5 | 132,5 | 1 | 315,0 | 79,85 | 12 |
| -57kg | | | | | | | | | | | | | | | | | | | | |
| 1 Abarquero Diezhandino Ester | 1995 | VAKNER | 56,18 | 0,2372 | 4 | 122,5 | 127,5 | 132,5 | 1 | 67,5 | 70,0 | 72,5 | 2 | 147,5 | 157,5 | 167,5 | 1 | 365,0 | 86,58 | 12 |
| 2 Alonso Abalde Henar | 2002 | FENIX | 54,20 | 0,2439 | 3 | 110,0 | 120,0 | 125,0 | 2 | 70,0 | 72,5 | 75,0 | 1 | 140,0 | 150,0 | 155,0 | 2 | 355,0 | 86,58 | 9 |
| 3 Garcia Lopez Paula | 1999 | FNORT | 56,94 | 0,2348 | 5 | 105,0 | 110,0 | 115,0 | 3 | 62,5 | 65,0 | 67,5 | 3 | 125,0 | 132,5 | 140,0 | 3 | 307,5 | 72,20 | 8 |
| -63kg | | | | | | | | | | | | | | | | | | | | |
| 1 Lostau De La Fuente. Marina | 1999 | VALKY | 61,10 | 0,2232 | 10 | 135,0 | 142,5 | 147,5 | 1 | 70,0 | 75,0 | 77,5 | 1 | 155,0 | 167,5 | 180,0 | 1 | 405,0 | 90,40 | 12 |
| 2 Calvo del Hierro Esther | 2001 | FNORT | 62,92 | 0,2190 | 9 | 120,0 | 130,0 | 135,0 | 2 | 67,5 | 72,5 | 77,5 | 2 | 140,0 | 152,5 | 162,5 | 4 | 365,0 | 79,94 | 9 |
| 3 Martinez Lozano Sofia | 1994 | VAKNER | 60,18 | 0,2256 | 12 | 120,0 | 127,5 | 130,0 | 3 | 55,0 | 60,0 | 60,0 | 3 | 135,0 | 147,5 | 155,0 | 3 | 345,0 | 77,83 | 8 |
| 4 Chanevi Chuviru Lily | 1984 | NAVAR | 60,90 | 0,2237 | 11 | 105,0 | 115,0 | 122,5 | 4 | 52,5 | 57,5 | 60,0 | 4 | 140,0 | 157,5 | 165,0 | 2 | 340,0 | 76,06 | 7 |
| -69kg | | | | | | | | | | | | | | | | | | | | |
| 1 Mari Blazquez Alicia | 1994 | NAVAR | 67,96 | 0,2090 | 17 | 120,0 | 132,5 | 132,5 | 2 | 72,5 | 80,0 | 85,0 | 1 | 130,0 | 137,5 | 145,0 | 1 | 362,5 | 75,76 | 12 |
| 2 Arenal Fernandez Carmen | 2003 | ELITR | 69,00 | 0,2072 | 16 | 122,5 | 130,0 | 135,0 | 1 | 57,5 | 62,5 | 65,0 | 2 | 132,5 | 147,5 | 147,5 | 2 | 330,0 | 68,38 | 9 |
| -76kg | | | | | | | | | | | | | | | | | | | | |
| 1 Rego Diaz Cristina | 2001 | VAKNER | 73,60 | 0,2002 | 7 | 122,5 | 132,5 | 132,5 | 1 | 77,5 | 80,0 | 82,5 | 1 | 137,5 | 147,5 | 157,5 | 2 | 370,0 | 74,07 | 12 |
| 2 Izaguirre Uriarte Irati | 2000 | NAVAR | 74,42 | 0,1992 | 6 | 105,0 | 112,5 | 117,5 | 2 | 52,5 | 57,5 | 57,5 | 2 | 150,0 | 162,5 | 175,0 | 1 | 337,5 | 67,23 | 9 |
| -84kg | | | | | | | | | | | | | | | | | | | | |
| 1 Ibañez Cacho June Valeria | 1997 | INDAR | 80,10 | 0,1926 | 14 | 137,5 | 145,0 | 150,0 | 1 | 60,0 | 62,5 | 65,0 | 1 | 155,0 | 162,5 | 170,0 | 1 | 377,5 | 72,71 | 12 |
| 84+kg | | | | | | | | | | | | | | | | | | | | |
| 1 Urrutia Arrieta Alazne | 1992 | NAVAR | 87,38 | 0,1861 | 15 | 130,0 | 135,0 | 140,0 | 1 | 80,0 | 85,0 | 87,5 | 1 | 165,0 | 175,0 | 182,5 | 1 | 410,0 | 76,30 | 12 |

| CLASIFICACIÓN POR CLUBES | pt. | Puntuaciones | |
|------------------------------|-----|--------------|---------------|
| 1 POWERLIFTING NAVARRA | 40 | [12+12+9+7] | 295,35 GL Pts |
| 2 VAKNER POWERLIFTING GALIZA | 32 | [12+12+8] | 238,48 GL Pts |
| 3 FUERZA NORTE Leon | 29 | [12+9+8] | 224,20 GL Pts |
| 4 VALKYRIA PT Valladolid | 12 | [12] | 90,40 GL Pts |

| CLASIFICACIÓN POR CLUBES | pt. | Puntuaciones | |
|-------------------------------|-----|--------------|--------------|
| 5 IZARRA POWERLIFTING Bizkaia | 12 | [12] | 79,85 GL Pts |
| 6 INDAR POWER Vitoria | 12 | [12] | 72,71 GL Pts |
| 7 FENIX GALICIA POWER | 9 | [9] | 86,58 GL Pts |
| 8 TEAM ELITETRAINER Santander | 9 | [9] | 68,38 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 | 61,10 | -63kg | 405,0 | 90,396000 | 1 |
| 2 Alonso Abalde Henar | FENIX | 54,20 | -57kg | 355,0 | 86,584500 | 2 |
| 3 Abarquero Diezhandino Ester | VAKNER | 56,18 | -57kg | 365,0 | 86,578000 | 1 |
| 4 Calvo del Hierro Esther | FNORT | 62,92 | -63kg | 365,0 | 79,935000 | 2 |
| 5 Galin Bilbao Nahia | IZRRA | 51,76 | -52kg | 315,0 | 79,852500 | 1 |
| 6 Martinez Lozano Sofia | VAKNER | 60,18 | -63kg | 345,0 | 77,832000 | 3 |

| ABREVIACIONES de CLUBES: | | | |
|-------------------------------------|-----------------------------|-------------------------------------|-------------------------------------|
| ELITR = TEAM ELITETRAINER Santander | FNORT = FUERZA NORTE Leon | IZRRA = IZARRA POWERLIFTING Bizkaia | VAKNER = VAKNER POWERLIFTING GALIZA |
| FENIX = FENIX GALICIA POWER | INDAR = INDAR POWER Vitoria | NAVAR = POWERLIFTING NAVARRA | VALKY = VALKYRIA PT Valladolid |