

# ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

## I Campeonato SOB Madrid

AEP-3 de iniciación de Madrid y clubes invitados

Arganda del Rey, Madrid - 20-21 enero 2024

**PROVISIONAL**

Rev. 21/01/2024

<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	Montero Ramiro Sheila	2004	ERALLO	45,90		42	70,0	75,0	80,0	37,5	40,0	-42,5	100,0	107,5	112,5	<b>232,5</b>	<b>66,01</b>
2	Villa Pérez Nerea	2001	DANIG	47,00		46	65,0	75,0	-82,5	25,0	30,0	35,0	90,0	95,0	105,0	<b>215,0</b>	<b>59,60</b>
<b>-52 kg</b>																	
1	Lopez Carrasco Paz	2006	VILLA	50,00		49	95,0	100,0	-105,0	-47,5	47,5	52,5	130,0	140,0	150,0	<b>302,5</b>	<b>79,07</b>
2	Izaguirre Amézquita Luana	1978	CROM	51,70		51	75,0	80,0	85,0	-40,0	-42,5	42,5	87,5	95,0	-102,5	<b>222,5</b>	<b>56,46</b>
<b>-57 kg</b>																	
1	Lopesino Espinosa Patricia	2006	SONS	54,50		50	100,0	102,5	-107,5	52,5	57,5	60,0	112,5	125,0	-132,5	<b>287,5</b>	<b>69,82</b>
2	Haro Escribano Begoña	2002	DANIG	54,20		44	-75,0	-80,0	80,0	35,0	42,5	47,5	105,0	112,5	117,5	<b>245,0</b>	<b>59,77</b>
<b>-63 kg</b>																	
1	Ducay Martínez María	1992	DTPOW	62,90		47	117,5	127,5	132,5	67,5	72,5	75,0	122,5	132,5	142,5	<b>350,0</b>	<b>76,65</b>
2	Aroca Puerta Raquel	2000	ERALLO	59,00		43	100,0	105,0	110,0	57,5	62,5	65,0	107,5	115,0	120,0	<b>295,0</b>	<b>67,47</b>
3	Del Saz Rubia Natalia	1993	BLKBAR	62,10		48	67,5	77,5	82,5	42,5	47,5	-50,0	100,0	110,0	115,0	<b>245,0</b>	<b>54,11</b>
4	Méndez Cabrera Alba	1976	MADPOW	61,80		45	57,5	-65,0	67,5	32,5	37,5	40,0	67,5	75,0	80,0	<b>187,5</b>	<b>41,54</b>
<b>-69 kg</b>																	
1	Tapia Cruz Jessica Bridget	1989	IRMAD	68,70		30	-120,0	120,0	125,0	-75,0	75,0	-80,0	125,0	145,0	162,5	<b>362,5</b>	<b>75,28</b>
2	Pulido Rodríguez Lorena	2000	AGSTR	65,80		27	132,5	-140,0	140,0	70,0	72,5	-75,0	130,0	137,5	145,0	<b>357,5</b>	<b>76,13</b>
3	Erradi Mesrar Imán	2000	GRANDA	68,30		31	107,5	115,0	120,0	62,5	67,5	-70,0	135,0	-140,0	140,0	<b>327,5</b>	<b>68,24</b>
4	Maroto Gómez Lucía	2001	AGSTR	67,50		25	105,0	110,0	115,0	50,0	52,5	55,0	115,0	122,5	130,0	<b>300,0</b>	<b>62,93</b>
5	Asgikermani Seirany Bahar	2006	SONS	66,80		24	85,0	-90,0	90,0	45,0	50,0	52,5	125,0	132,5	140,0	<b>282,5</b>	<b>59,62</b>
6	Baubau Soriano Valeria	2000	RAGNA	67,70		28	95,0	102,5	110,0	45,0	47,5	50,0	-115,0	-115,0	115,0	<b>275,0</b>	<b>57,59</b>
7	Muñoz López Belén	2009	GRANDA	65,00		29	75,0	80,0	85,0	52,5	55,0	57,5	100,0	110,0	117,5	<b>260,0</b>	<b>55,78</b>
<b>-76 kg</b>																	
1	Casado Portuondo Beatriz	1994	EINTE	71,50		26	130,0	137,5	-142,5	70,0	75,0	-80,0	140,0	150,0	160,0	<b>372,5</b>	<b>75,70</b>
2	Salmerón González Daríam	2005	DTPOW	74,70		22	120,0	X	X	67,5	X	X	130,0	X	X	<b>317,5</b>	<b>63,12</b>
3	Romero Feito Ana	2006	RAGNA	73,00		32	95,0	102,5	110,0	45,0	50,0	55,0	115,0	120,0	125,0	<b>290,0</b>	<b>58,31</b>
<b>+84 kg</b>																	
1	Nieto Casquero María Gloria	1999	SNDAY	108,80		23	105,0	115,0	125,0	52,5	60,0	-65,0	125,0	135,0	150,0	<b>335,0</b>	<b>58,53</b>

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

	<b>Nombre</b>	<b>Club</b>	<b>Peso</b>	<b>Cat.</b>	<b>Total</b>	<b>GL pt.</b>	<b>Clas.</b>
1	Lopez Carrasco Paz	VILLA	50,00	-52kg	<b>302,5</b>	<b>79,07</b>	1
2	Ducay Martínez María	DTPOW	62,90	-63kg	<b>350,0</b>	<b>76,65</b>	1
3	Pulido Rodríguez Lorena	AGSTR	65,80	-69kg	<b>357,5</b>	<b>76,13</b>	2

### ABREVIACIONES de CLUBES:

AGSTR = AG STRENGTH Madrid  
 BLKBAR = BLACK BARBELL Madrid  
 CROM = CROM GYM Madrid  
 DANIG = DANIGPOWER Madrid  
 DTPOW = DT POWER Madrid  
 ERALLO = EDUARDO RALLO Madrid  
 EINTE = ENTRENA INTENSO Madrid  
 GRNDA = GRANDA POWERLIFTING Madrid