

INTERNATIONAL POWERLIFTING FEDERATION
AEP3 I Campeonato de Hellin, Hellin, Albacete (Spain), 13.01.2024
DETAILED SCORESHEET

| Rnk | Name | d.o.b. | Team | Bwt | GL Coef | Lot | All Squat | | | All Bench Press | | | All Deadlift | | | Total | GL Pts | Pts | | | |
|--------------|---------------------------------|--------|--------|-------|---------|-----|------------------|------------------|------------------|-----------------|------------------|------------------|------------------|----|------------------|------------------|------------------|-----|-------|-------|----|
| -66kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Raposo Anton Victor Andres | 1993 | SVICEN | 59,31 | 0,1650 | 3 | 155,0 | 160,0 | 167,5 | 1 | 90,0 | 95,0 | 95,0 | 3 | 210,0 | 220,0 | 227,5 | 1 | 477,5 | 78,79 | 12 |
| 2 | Navarro Zapata Mario | 2004 | MYRT | 65,34 | 0,1567 | 4 | 142,5 | 142,5 | 142,5 | 4 | 92,5 | 97,5 | 102,5 | 2 | 177,5 | 182,5 | 187,5 | 2 | 427,5 | 66,99 | 9 |
| 3 | Torres Cumbicus Alvaro Ismael | 2006 | BNZAI | 61,68 | 0,1616 | 1 | 132,5 | 142,5 | 150,0 | 2 | 72,5 | 80,0 | 90,0 | 4 | 150,0 | 165,0 | 180,0 | 3 | 420,0 | 67,87 | 8 |
| 4 | Redondo Perez Julen | 2004 | FIA | 62,39 | 0,1606 | 2 | 140,0 | 145,0 | 150,0 | 3 | 100,0 | 105,0 | 105,0 | 1 | 135,0 | 145,0 | 160,0 | 4 | 415,0 | 66,65 | 7 |
| -74kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Lilao Barbera Ruben | 2006 | AFA | 72,02 | 0,1489 | 9 | 157,5 | 170,0 | 180,0 | 1 | 107,5 | 115,0 | 117,5 | 1 | 185,0 | 200,0 | 210,0 | 1 | 507,5 | 75,57 | 12 |
| 2 | Manchon Campoy Pedro | 2006 | BNZAI | 72,10 | 0,1488 | 6 | 160,0 | 165,0 | 170,0 | 3 | 80,0 | 85,0 | 90,0 | 4 | 180,0 | 195,0 | 210,0 | 2 | 465,0 | 69,19 | 9 |
| 3 | Molina Cabrera Raul | 2006 | MYRT | 72,61 | 0,1483 | 10 | 165,0 | 175,0 | 182,5 | 2 | 90,0 | 95,0 | 100,0 | 2 | 165,0 | 177,5 | 190,0 | 3 | 465,0 | 68,96 | 8 |
| 4 | Lopez Cordero Diego Alexander | 2007 | FIA | 73,59 | 0,1472 | 5 | 115,0 | 125,0 | 130,0 | 6 | 77,5 | 90,0 | 95,0 | 5 | 145,0 | 160,0 | 165,0 | 5 | 385,0 | 56,67 | 7 |
| 5 | Torro Bautista David | 2005 | GRSTR | 71,45 | 0,1495 | 8 | 142,5 | 152,5 | 157,5 | 5 | 85,0 | 90,0 | 92,5 | 3 | 130,0 | X | X | 6 | 377,5 | 56,44 | 6 |
| — | Hogendoom Santamaria Cristian | 2002 | AFA | 71,85 | 0,1491 | 7 | 160,0 | 170,0 | 170,0 | 4 | 110,0 | 110,0 | 110,0 | — | 150,0 | 160,0 | 165,0 | 4 | DSQ | — | — |
| -83kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Garcia Rodriguez Miguel | 1999 | IRONT | 80,72 | 0,1404 | 32 | 210,0 | 230,0 | 250,0 | 1 | 142,5 | 150,0 | 155,0 | 1 | 225,0 | 250,0 | 265,0 | 1 | 670,0 | 94,07 | 12 |
| 2 | Fernandez Gil Feliciano | 2005 | MYRT | 81,98 | 0,1393 | 28 | 210,0 | 220,0 | 230,0 | 4 | 140,0 | 145,0 | 150,0 | 3 | 222,5 | 235,0 | 242,5 | 3 | 622,5 | 86,71 | 9 |
| 3 | Grau Tortosa Javier | 1999 | GRSTR | 80,27 | 0,1408 | 42 | 220,0 | 232,5 | 240,0 | 2 | 130,0 | 130,0 | 137,5 | 4 | 225,0 | 237,5 | 245,0 | 4 | 615,0 | 86,59 | 8 |
| 4 | Pascual Aparisi Ramon | 2000 | AFA | 81,46 | 0,1397 | 43 | 225,0 | 225,0 | X | 6 | 150,0 | X | X | 2 | 225,0 | 225,0 | X | 8 | 600,0 | 83,82 | 7 |
| 5 | Martinez Diaz.. Javier | 2003 | BNZAI | 80,10 | 0,1409 | 40 | 212,5 | 222,5 | 232,5 | 3 | 112,5 | 120,0 | 120,0 | 6 | 230,0 | 245,0 | 255,0 | 2 | 597,5 | 84,19 | 6 |
| 6 | Hernan Garrigos Lluís | 1993 | GRSTR | 80,55 | 0,1405 | 37 | 205,0 | 217,5 | 227,5 | 5 | 110,0 | 117,5 | 125,0 | 5 | 210,0 | 225,0 | 237,5 | 7 | 577,5 | 81,14 | 5 |
| 7 | Ruiz Zaragoza Pablo | 2002 | GRSTR | 81,07 | 0,1401 | 22 | 177,5 | 190,0 | 200,0 | 7 | 90,0 | 97,5 | 105,0 | 13 | 220,0 | 230,0 | 237,5 | 5 | 542,5 | 76,00 | 4 |
| 8 | Hernandez Molina Victor | 2007 | AFA | 78,45 | 0,1425 | 26 | 150,0 | 165,0 | 172,5 | 13 | 97,5 | 107,5 | 112,5 | 10 | 195,0 | 210,0 | 220,0 | 9 | 500,0 | 71,25 | 3 |
| 9 | Pardo Sorribes Julio | 2002 | AFA | 80,06 | 0,1410 | 29 | 155,0 | 165,0 | 175,0 | 10 | 82,5 | 90,0 | 95,0 | 18 | 210,0 | 225,0 | 240,0 | 6 | 495,0 | 69,80 | 2 |
| 10 | Ibanez Bouhamdi Abraham | 2004 | BNZAI | 78,47 | 0,1424 | 21 | 160,0 | 170,0 | 177,5 | 15 | 100,0 | 110,0 | 115,0 | 9 | 187,5 | 200,0 | 210,0 | 11 | 490,0 | 69,78 | 1 |
| 11 | Garcia Lujan Rodriguez Carlos | 2006 | AFA | 80,92 | 0,1402 | 31 | 165,0 | 175,0 | 185,0 | 11 | 95,0 | 102,5 | 105,0 | 12 | 180,0 | 195,0 | 210,0 | 12 | 490,0 | 68,70 | 1 |
| 12 | Jaen Gomez Juan | 2006 | SPARTA | 80,43 | 0,1407 | 39 | 160,0 | 160,0 | 175,0 | 21 | 107,5 | 115,0 | 115,0 | 11 | 212,5 | 220,0 | 230,0 | 10 | 487,5 | 68,59 | 1 |
| 13 | Cortes Rubio Roberto | 2003 | GRSTR | 79,82 | 0,1412 | 36 | 160,0 | 160,0 | 160,0 | 19 | 100,0 | 107,5 | 112,5 | 8 | 180,0 | 195,0 | 207,5 | 13 | 480,0 | 67,78 | 1 |
| 14 | Ez Zayani Hssina Osama | 2002 | GRSTR | 80,53 | 0,1406 | 34 | 160,0 | 175,0 | 190,0 | 8 | 80,0 | 87,5 | 95,0 | 20 | 175,0 | 190,0 | 200,0 | 16 | 477,5 | 67,14 | 1 |
| 15 | Diaz Carricondo David | 2006 | AFA | 81,30 | 0,1399 | 23 | 165,0 | 175,0 | 182,5 | 12 | 97,5 | 102,5 | 107,5 | 16 | 170,0 | 170,0 | 200,0 | 17 | 477,5 | 66,80 | 1 |
| 16 | Yang Li Jian | 2007 | BGOAL | 80,08 | 0,1410 | 38 | 165,0 | 172,5 | 180,0 | 9 | 97,5 | 102,5 | 110,0 | 15 | 180,0 | 190,0 | 200,0 | 18 | 472,5 | 66,62 | 1 |
| 17 | Melendez Escribano Javier | 1972 | FIA | 81,00 | 0,1401 | 44 | 150,0 | 160,0 | 165,0 | 17 | 100,0 | 110,0 | 115,0 | 7 | 180,0 | 190,0 | 195,0 | 19 | 470,0 | 65,85 | 1 |
| 18 | Vivo Luz Jorge | 2007 | GRSTR | 80,04 | 0,1410 | 25 | 145,0 | 160,0 | 172,5 | 20 | 95,0 | 102,5 | 110,0 | 14 | 165,0 | 185,0 | 200,0 | 15 | 462,5 | 65,21 | 1 |
| 19 | Alcalde Garcia. Álvaro | 2002 | BNZAI | 81,62 | 0,1396 | 27 | 145,0 | 152,5 | 165,0 | 18 | 87,5 | 95,0 | 102,5 | 19 | 177,5 | 192,5 | 202,5 | 14 | 462,5 | 64,56 | 1 |
| 20 | Ruiz Corma Fran | 2006 | BGOAL | 80,45 | 0,1406 | 33 | 147,5 | 160,0 | 172,5 | 14 | 90,0 | 97,5 | 105,0 | 17 | 140,0 | 152,5 | 165,0 | 22 | 435,0 | 61,16 | 1 |
| 21 | Molina Medina Diego | 2006 | SVICEN | 82,32 | 0,1390 | 41 | 160,0 | 170,0 | 177,5 | 16 | 77,5 | 82,5 | 85,0 | 23 | 170,0 | 180,0 | 190,0 | 21 | 432,5 | 60,12 | 1 |
| 22 | Ferriol Gonzalez Francisco | 2006 | AFA | 80,78 | 0,1403 | 35 | 127,5 | 140,0 | 145,0 | 23 | 82,5 | 87,5 | 87,5 | 21 | 150,0 | 165,0 | 180,0 | 20 | 412,5 | 57,87 | 1 |
| 23 | Peris Marquez Andreu | 2008 | KRA | 81,22 | 0,1400 | 30 | 140,0 | 150,0 | 160,0 | 22 | 80,0 | 87,5 | 90,0 | 22 | 140,0 | 155,0 | 170,0 | 23 | 402,5 | 56,35 | 1 |
| -93kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Gonzalez Saez De Castillo David | 2006 | AFA | 88,91 | 0,1337 | 66 | 215,0 | 215,0 | 230,0 | 6 | 137,5 | 145,0 | 150,0 | 1 | 242,5 | 257,5 | 280,0 | 1 | 617,5 | 82,56 | 12 |
| 2 | Molina Garcia Nicolau | 1999 | GRSTR | 92,17 | 0,1314 | 49 | 210,0 | 225,0 | 240,0 | 1 | 122,5 | 130,0 | 137,5 | 3 | 210,0 | 225,0 | 240,0 | 4 | 617,5 | 81,14 | 9 |
| 3 | Vallespir Adilon Miguel | 2003 | SPARTA | 90,15 | 0,1328 | 59 | 190,0 | 205,0 | 220,0 | 5 | 115,0 | 122,5 | 130,0 | 6 | 220,0 | 240,0 | 255,0 | 3 | 590,0 | 78,35 | 8 |
| 4 | Ruiz Alvarez Jonathan | 1998 | SVICEN | 91,06 | 0,1322 | 53 | 205,0 | 215,0 | 222,5 | 4 | 110,0 | 117,5 | 120,0 | 14 | 225,0 | 235,0 | 245,0 | 5 | 575,0 | 76,02 | 7 |
| 5 | Guillamon Piza Mario | 1998 | AFA | 89,34 | 0,1334 | 55 | 205,0 | 217,5 | 230,0 | 2 | 115,0 | 125,0 | 132,5 | 4 | 187,5 | 210,0 | 230,0 | 14 | 572,5 | 76,37 | 6 |
| 6 | Herrera Daswani Hugo | 2005 | SPARTA | 89,42 | 0,1334 | 52 | 200,0 | 207,5 | 215,0 | 7 | 117,5 | 125,0 | 125,0 | 7 | 210,0 | 225,0 | 240,0 | 10 | 565,0 | 75,37 | 5 |

| | | | | | | | | | | | | | | | | | | | | | |
|----|--------------------------|------|--------|-------|--------|----|------------------|------------------|------------------|----|------------------|------------------|------------------|----|------------------|------------------|------------------|----|-------|-------|---|
| 7 | Armero Serrano David | 2002 | AFA | 91,76 | 0,1317 | 61 | 185,0 | 185,0 | 202,5 | 15 | 120,0 | 125,0 | 132,5 | 9 | 220,0 | 235,0 | 250,0 | 2 | 560,0 | 73,75 | 4 |
| 8 | Alonso Pascual Marc | 2006 | FIA | 88,37 | 0,1341 | 50 | 192,5 | 210,0 | 215,0 | 13 | 125,0 | 125,0 | 130,0 | 5 | 225,0 | 230,0 | 230,0 | 7 | 552,5 | 74,09 | 3 |
| 9 | Ruiz Saez. Carlos | 2006 | AFA | 90,09 | 0,1329 | 48 | 185,0 | 200,0 | 207,5 | 12 | 112,5 | 115,0 | 122,5 | 10 | 207,5 | 225,0 | 230,0 | 9 | 552,5 | 73,43 | 2 |
| 10 | Cremades Cayetano Marcos | 1997 | IRONT | 92,01 | 0,1315 | 57 | 185,0 | 195,0 | 202,5 | 9 | 132,5 | 140,0 | 145,0 | 2 | 185,0 | 197,5 | 210,0 | 17 | 552,5 | 72,65 | 1 |
| 11 | Pelayo Martínez. Juan | 1999 | GRSTR | 89,90 | 0,1330 | 63 | 182,5 | 187,5 | 200,0 | 11 | 112,5 | 115,0 | 117,5 | 13 | 205,0 | 220,0 | 230,0 | 8 | 547,5 | 72,82 | 1 |
| 12 | Canas Vergara Francisco | 2000 | RVSTR | 90,10 | 0,1329 | 60 | 200,0 | 215,0 | 225,0 | 3 | 105,0 | 112,5 | 117,5 | 16 | 190,0 | 210,0 | 225,0 | 15 | 547,5 | 72,76 | 1 |
| 13 | Dumitru Daniel | 1999 | GRSTR | 90,53 | 0,1326 | 64 | 195,0 | 205,0 | 212,5 | 8 | 105,0 | 115,0 | 122,5 | 11 | 175,0 | 195,0 | 210,0 | 16 | 545,0 | 72,27 | 1 |
| 14 | Salmeron Hernandez Hugo | 2004 | SPARTA | 91,24 | 0,1321 | 46 | 185,0 | 190,0 | 200,0 | 14 | 125,0 | 125,0 | 135,0 | 8 | 195,0 | 205,0 | 217,5 | 11 | 532,5 | 70,34 | 1 |
| 15 | Ferrerres Sales Pau | 1995 | AFA | 87,50 | 0,1348 | 51 | 165,0 | 165,0 | 182,5 | 19 | 105,0 | 115,0 | 122,5 | 15 | 200,0 | 215,0 | 230,0 | 6 | 510,0 | 68,75 | 1 |
| 16 | Alarcon Alarcon Cristian | 2006 | SPARTA | 87,06 | 0,1351 | 56 | 162,5 | 172,5 | 177,5 | 16 | 87,5 | 92,5 | 95,0 | 20 | 200,0 | 215,0 | 222,5 | 12 | 475,0 | 64,17 | 1 |
| 17 | Munoz Castillo Marcos | 1999 | KRA | 87,01 | 0,1352 | 45 | 150,0 | 162,5 | 175,0 | 20 | 90,0 | 100,0 | 105,0 | 17 | 185,0 | 205,0 | 205,0 | 18 | 472,5 | 63,88 | 1 |
| 18 | Cru Llorens Jaime | 2002 | KRA | 89,42 | 0,1334 | 54 | 170,0 | 190,0 | 210,0 | 18 | 90,0 | 100,0 | 110,0 | 18 | 175,0 | 185,0 | 200,0 | 20 | 455,0 | 60,70 | 1 |
| 19 | Flores Sancho Raul | 1998 | FIA | 86,88 | 0,1353 | 65 | 142,5 | 142,5 | 155,0 | 21 | 85,0 | 92,5 | 100,0 | 19 | 172,5 | 182,5 | 190,0 | 19 | 437,5 | 59,19 | 1 |
| 20 | Cano Garcia. Javier | 1997 | MYRT | 90,88 | 0,1323 | 58 | 130,0 | 130,0 | 150,0 | 22 | 110,0 | 117,5 | 122,5 | 12 | 160,0 | 172,5 | 185,0 | 21 | 437,5 | 57,88 | 1 |
| 21 | Burguera Belenguera Pepe | 2008 | BGOAL | 89,25 | 0,1335 | 47 | 152,5 | 162,5 | 170,0 | 17 | 82,5 | 90,0 | 90,0 | 21 | 172,5 | 172,5 | 172,5 | 22 | 425,0 | 56,74 | 1 |
| — | Garcia Robledo Mario | 2003 | FIA | 88,72 | 0,1339 | 62 | 190,0 | 200,0 | 210,0 | 10 | 125,0 | 127,5 | 127,5 | — | 205,0 | 215,0 | 225,0 | 13 | DSQ | — | — |

-105kg

| | | | | | | | | | | | | | | | | | | | | | |
|---|-------------------------|------|-------|--------|--------|----|------------------|------------------|------------------|---|------------------|------------------|------------------|---|------------------|-------|------------------|---|-------|-------|----|
| 1 | Soria Nieto Pedro | 2002 | AFA | 103,80 | 0,1241 | 15 | 220,0 | 235,0 | X | 3 | 145,0 | 150,0 | X | 1 | 250,0 | 275,0 | X | 1 | 660,0 | 81,91 | 12 |
| 2 | Galindo Gomez Eugenio | 1994 | MYRT | 103,92 | 0,1241 | 13 | 215,0 | 230,0 | 240,0 | 1 | 125,0 | 132,5 | 137,5 | 3 | 210,0 | 235,0 | 250,0 | 3 | 622,5 | 77,25 | 9 |
| 3 | Fernandez Romero. Angel | 2004 | GRSTR | 102,92 | 0,1246 | 12 | 205,0 | 220,0 | 235,0 | 2 | 115,0 | 120,0 | 125,0 | 6 | 215,0 | 235,0 | 252,5 | 6 | 595,0 | 74,14 | 8 |
| 4 | Asensi Ramos Alex | 1997 | KRA | 98,32 | 0,1274 | 16 | 187,5 | 207,5 | 225,0 | 4 | 107,5 | 117,5 | 127,5 | 4 | 210,0 | 235,0 | 270,0 | 5 | 587,5 | 74,85 | 7 |
| 5 | Abad Costa. Adrian | 1991 | MYRT | 100,38 | 0,1261 | 14 | 180,0 | 192,5 | 200,0 | 6 | 112,5 | 120,0 | 125,0 | 5 | 202,5 | 215,0 | 230,0 | 7 | 555,0 | 69,99 | 6 |
| 6 | Campos Montes Adrian | 2001 | KRA | 99,64 | 0,1265 | 17 | 167,5 | 167,5 | 182,5 | 7 | 117,5 | 125,0 | 132,5 | 2 | 217,5 | 230,0 | 245,0 | 4 | 545,0 | 68,94 | 5 |
| — | Alcelay Montenegro Unax | 2004 | GRSTR | 99,53 | 0,1266 | 11 | 195,0 | 215,0 | 230,0 | 5 | 147,5 | 157,5 | 157,5 | — | 230,0 | 250,0 | 265,0 | 2 | DSQ | — | — |

-120kg

| | | | | | | | | | | | | | | | | | | | | | |
|---|-------------------------|------|-------|--------|--------|----|-------|------------------|-------|---|-------|------------------|-------|---|-------|-------|------------------|---|-------|-------|----|
| 1 | Botella Balasch Enrique | 2002 | PALBA | 106,55 | 0,1226 | 20 | 235,0 | 247,5 | 257,5 | 1 | 147,5 | 155,0 | 155,0 | 1 | 250,0 | 265,0 | 280,0 | 1 | 692,5 | 84,90 | 12 |
| 2 | Escoda Llopis Gonzalo | 2001 | AFA | 118,08 | 0,1171 | 19 | 200,0 | 215,0 | 215,0 | 2 | 115,0 | 122,5 | 130,0 | 2 | 210,0 | 230,0 | 250,0 | 2 | 580,0 | 67,92 | 9 |
| 3 | Zhekov Todorov Teodor | 2006 | FIA | 119,00 | 0,1167 | 18 | 155,0 | 170,0 | 180,0 | 3 | 80,0 | 95,0 | 95,0 | 3 | 170,0 | 185,0 | 200,0 | 3 | 445,0 | 51,93 | 8 |

Best Lifters of Open by IPF GL Formula

| Rnk | Lifter | Team | Bwt | Total | GL Points |
|-----|-------------------------|------------------------------|-------|-------|-----------|
| 1. | Garcia Rodriguez Miguel | IRON TEAM Elche | 80.72 | 670,0 | 94,0680 |
| 2. | Fernandez Gil Feliciano | MYRTEA LIFTING Murcia | 81.98 | 622,5 | 86,7143 |
| 3. | Grau Tortosa Javier | GR STRENGTH TORRENT Valencia | 80.27 | 615,0 | 86,5920 |

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; wg - World Games Record;

1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

AFA = ALTEA-FINESTRAT-L'ALFAS

BGOAL = BEGOAL Alicante

BNZAI = BANZAI STRENGTH Cartagena

FIA = FUERZA ISABEL ATLAS Chiva

GRSTR = GR STRENGTH TORRENT Valencia

IRONT = IRON TEAM Elche

KRA = KRAKEN STRENGTH Liria

MYRT = MYRTEA LIFTING Murcia

PALBA = POWERLIFTING ALBACETE

RVSTR = RV STRENGTH Huelva

SPARTA = SPARTA Murcia

SVICEN = POWER SAN VICENTE