

ASOCIACIÓN ESPAÑOLA DE POWERLIFTING
IX Campeonato de la Asociación de Powerlifting de Madrid
AEP-2 Regional de Madrid
Buitrago De Lozoya, Madrid - 3-4 marzo 2024

Rev. 11/03/2024

MUJERES POWERLIFTING RAW																					
LEVANTADORA		AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL	Pt.			
-47kg																					
1	Montero Ramiro Sheila	2001	ERALLO	45,10	0,2891	27	82,5	90,0	95,0	1	40,0	42,5	45,0	2	112,5	120,0	-125,0	1	260,0	75,17	12
2	Sanchez Asensio Clara	1999	ALFA	46,72	0,2789	28	82,5	87,5	90,0	2	42,5	45,0	47,5	1	105,0	115,0	-120,0	2	252,5	70,42	9
-57kg																					
1	Garcia Castanar Patricia	1992	ERALLO	56,24	0,2370	30	-140,0	-140,0	140,0	1	67,5	72,5	75,0	1	130,0	140,0	-145,0	2	355,0	84,14	12
2	Gil Blanco Maria	2004	RISING	55,86	0,2382	29	105,0	115,0	117,5	2	65,0	-70,0	-70,0	2	130,0	140,0	145,0	1	327,5	78,01	9
3	Alves Rojo Paula	1997	BLKBAR	55,76	0,2385	32	95,0	105,0	-110,0	3	47,5	50,0	-52,5	5	115,0	125,0	-130,0	3	280,0	66,78	8
4	Calleja Alvarez Virginia	1997	RISING	56,20	0,2371	31	-100,0	100,0	-110,0	5	50,0	55,0	-57,5	3	105,0	115,0	125,0	4	280,0	66,39	7
5	Haro Escribano Begona	1992	DANIG	53,88	0,2451	33	85,0	92,5	100,0	4	47,5	52,5	X	4	115,0	122,5	-130,0	5	275,0	67,40	6
-63kg																					
1	Puerta Reina Gemma	1998	AGSTR	62,92	0,2190	45	130,0	140,0	150,0	1	67,5	72,5	-75,0	5	150,0	160,0	-165,0	2	382,5	83,77	12
2	Grimali Bouillet Lisa	1999	SPCFIC	62,88	0,2191	41	127,5	135,0	140,0	4	70,0	75,0	-77,5	4	140,0	152,5	165,0	1	380,0	83,26	9
3	Ducay Martinez Maria	2000	DTPOW	61,52	0,2222	42	127,5	135,0	142,5	2	72,5	77,5	-80,0	1	140,0	150,0	-160,0	4	370,0	82,21	8
4	Fernandez Garcia Beatriz	2001	RISING	61,38	0,2226	46	132,5	-140,0	140,0	3	70,0	75,0	-77,5	2	142,5	150,0	-155,0	3	365,0	81,25	7
5	Rodriguez Cuenca Maria	1994	POVA	63,00	0,2188	39	107,5	112,5	117,5	6	72,5	-75,0	-75,0	6	125,0	135,0	-145,0	7	325,0	71,11	6
6	Rodriguez Ibanez Ana Isabel	1999	MADPOW	60,70	0,2242	38	107,5	-115,0	115,0	7	55,0	57,5	60,0	10	125,0	135,0	145,0	5	320,0	71,74	5
7	Moledo Uribe Ane	2003	MADPOW	62,50	0,2199	44	107,5	-115,0	117,5	5	57,5	60,0	62,5	7	122,5	132,5	-137,5	8	312,5	68,72	4
8	Galvez Santamaria Irene	1994	POVA	62,82	0,2192	43	95,0	100,0	102,5	9	72,5	-75,0	75,0	3	110,0	120,0	130,0	9	307,5	67,40	3
9	Santos Chivato Zariha	2000	VILLA	60,46	0,2249	40	100,0	105,0	-110,0	8	52,5	57,5	60,0	9	125,0	135,0	140,0	6	305,0	68,59	2
10	Diaz Jaro Claudia	2000	MADPOW	59,30	0,2279	34	95,0	100,0	-105,0	10	47,5	50,0	-52,5	11	120,0	127,5	-135,0	10	277,5	63,24	1
11	Gonzalez Pena. Maria	1997	RISING	60,08	0,2258	36	82,5	90,0	95,0	11	52,5	57,5	60,0	8	110,0	120,0	-125,0	11	275,0	62,09	1
12	Moreno De Las Heras Maria	1994	ALFA	61,64	0,2219	37	92,5	-100,0	-100,0	12	50,0	-55,0	-55,0	12	105,0	115,0	-120,0	12	257,5	57,14	1
-69kg																					
1	Caballero Torres Marta	2004	MGF	67,90	0,2091	18	145,0	155,0	162,5	1	60,0	65,0	67,5	5	160,0	172,5	180,0	1	410,0	85,73	12
2	Fernandez Perez Beatriz	2002	AGSTR	68,24	0,2085	25	140,0	147,5	-155,0	3	75,0	80,0	85,0	1	155,0	165,0	-172,5	3	397,5	82,88	9
3	Bernal Esquinas Paula	2005	BLCR	65,46	0,2136	23	142,5	152,5	160,0	2	62,5	-67,5	-67,5	10	145,0	-155,0	162,5	4	385,0	82,24	8
4	Pinedo Silgo Paula	2000	GRNDA	68,40	0,2082	17	117,5	125,0	130,0	5	60,0	65,0	67,5	6	140,0	152,5	160,0	5	357,5	74,43	7
5	Erradi Mesrar Iman	2001	GRNDA	68,50	0,2080	20	112,5	120,0	125,0	7	67,5	-70,0	70,0	3	142,5	-150,0	150,0	6	345,0	71,76	6
6	Nova Candelario Mariam Teresa	2001	FENRIR	68,56	0,2079	21	120,0	127,5	-135,0	6	-65,0	65,0	70,0	4	-137,5	137,5	147,5	7	345,0	71,73	5
7	Amzir Pérez Daniela	2003	VILLA	65,84	0,2129	24	115,0	125,0	130,0	4	57,5	62,5	65,0	7	130,0	140,0	-150,0	9	335,0	71,32	4
8	Colmenarejo Madridano Ana	1997	BLKBAR	65,88	0,2128	22	-117,5	120,0	-127,5	8	65,0	70,0	-72,5	2	127,5	137,5	145,0	8	335,0	71,29	3
9	Jimenez Lobaton Carmen	1997	RISING	67,00	0,2107	16	100,0	110,0	-115,0	12	47,5	52,5	55,0	13	145,0	160,0	165,0	2	330,0	69,53	2
10	Toncu Maria Denisa	2004	INTP	67,02	0,2106	14	105,0	110,0	115,0	11	60,0	-65,0	65,0	8	130,0	137,5	-145,0	13	317,5	66,87	1
11	Blazquez Serna Patricia	1996	RISING	65,84	0,2129	15	95,0	105,0	117,5	9	47,5	52,5	57,5	11	117,5	130,0	140,0	10	315,0	67,06	1
12	Maroto Gomez Lucia	2006	AGSTR	65,86	0,2128	26	110,0	115,0	117,5	10	52,5	55,0	-57,5	12	125,0	132,5	140,0	11	312,5	66,50	1
13	Nicola Pauna Bianca	1995	PUEMA	67,10	0,2105	19	95,0	102,5	107,5	13	62,5	65,0	-67,5	9	130,0	140,0	-147,5	12	312,5	65,78	1

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MUJERES POWERLIFTING RAW																					
LEVANTADORA		AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL	Pt.			
-76kg																					
1	Salmeron Gonzalez Dariam	2006	DTPOW	74,74	0,1987	8	142,5	-152,5	152,5	2	65,0	75,0	80,0	2	-155,0	-160,0	160,0	4	392,5	77,99	12
2	Casado Portuondo Beatriz	2005	EINTE	70,82	0,2043	10	130,0	137,5	145,0	3	70,0	75,0	-80,0	3	145,0	160,0	167,5	2	387,5	79,17	9
3	Bravo Lozano Eva	2005	CROM	74,44	0,1991	11	150,0	160,0	162,5	1	57,5	62,5	65,0	7	150,0	160,0	-165,0	3	387,5	77,15	8
4	Alcudia Ramos Estefania	1994	ERALLO	75,56	0,1977	7	-127,5	132,5	140,0	5	65,0	67,5	70,0	6	145,0	155,0	160,0	5	370,0	73,15	7
5	Bello Garcia Sandra Jamileth	1996	SOYPOW	75,82	0,1974	13	125,0	132,5	-140,0	7	57,5	60,0	62,5	8	165,0	175,0	-185,0	1	370,0	73,04	6
6	Ciiment Mainar Cristina	1992	DTPOW	70,88	0,2042	6	120,0	130,0	140,0	4	72,5	77,5	82,5	1	130,0	137,5	145,0	8	367,5	75,04	5
7	Ordak Amelia	2002	RISING	76,00	0,1972	4	137,5	-147,5	-152,5	6	67,5	72,5	X	5	130,0	140,0	150,0	7	360,0	70,99	4
8	Rodriguez Vicente Martina	2005	DANIG	73,62	0,2002	9	115,0	122,5	130,0	8	62,5	67,5	72,5	4	127,0	142,5	-157,5	9	345,0	69,07	3
9	Jorge Ruiz Raquel	1993	IRON	73,12	0,2009	12	117,5	-122,5	122,5	9	52,5	57,5	60,0	9	150,0	157,5	-167,5	6	340,0	68,31	2
10	Freire Iorio Antia	1995	ALFA	74,56	0,1990	5	105,0	112,5	115,0	10	52,5	57,5	-60,0	10	115,0	125,0	-127,5	10	297,5	59,20	1
-84kg																					
1	Mancebo Constanza Maria	2002	CROM	82,56	0,1902	2	135,0	-145,0	145,0	1	75,0	-80,0	-80,0	1	150,0	160,0	-167,5	1	380,0	72,28	12
84+kg																					
1	Lora Bomaba Mercedes	2004	ERALLO	87,64	0,1859	3	160,0	170,0	175,0	1	65,0	70,0	72,5	1	180,0	192,5	200,0	1	447,5	83,19	12

CLASIFICACIÓN POR CLUBES		
	pt.	Puntuaciones
1	EDUARDO RALLO Madrid	43 [12+12+12+7] 315,64 GL Pts
2	RISING POWER Madrid	29 [9+7+7+4+2] 366,17 GL Pts
3	DT POWER Madrid	25 [12+8+5] 235,25 GL Pts
4	AG STRENGTH Madrid	22 [12+9+1] 233,15 GL Pts
5	CROM GYM Madrid	20 [12+8] 149,43 GL Pts
6	GRANDA Madrid	13 [7+6] 146,19 GL Pts
7	MGF POWER TEAM Madrid	12 [12] 85,73 GL Pts
8	ALFA Forjando Atletas Madrid	11 [9+1+1] 186,76 GL Pts
9	BLACK BARBELL Madrid	11 [8+3] 138,07 GL Pts
10	MAD POWERLIFTING Madrid	10 [5+4+1] 203,71 GL Pts
11	SPECIFIC STRENGTH Madrid	9 [9] 83,26 GL Pts

CLASIFICACIÓN POR CLUBES		
	pt.	Puntuaciones
12	ENTRENA INTENSO Madrid	9 [9] 79,17 GL Pts
13	POWER VALHALLA Madrid	9 [6+3] 138,51 GL Pts
14	DANIGPOWER Madrid	9 [6+3] 136,47 GL Pts
15	BLACK CROWN Madrid	8 [8] 82,24 GL Pts
16	SOY POWERLIFTER Madrid	6 [6] 73,04 GL Pts
17	VILLA POWERLIFTING Madrid	6 [4+2] 139,92 GL Pts
18	FENRIR Madrid	5 [5] 71,73 GL Pts
19	IRONSIDE STRENGTH Madrid	2 [2] 68,31 GL Pts
20	PUERTA DE LA SIERRA Madrid	1 [1] 66,87 GL Pts
21	INTEND POWER Madrid	1 [1] 65,78 GL Pts

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LEVANTADORA	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS	PRESS BANCA	PESO MUERTO	TOTAL	IPFGL Pt.

MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL							
Nombre	Club	Peso	Cat.	Total	GL pt.	Clas.	
1 Caballero Torres Marta	MGF	67,90	-69kg	410,0	85,731000	1	
2 Garcia Castanar Patricia	ERALLO	56,24	-57kg	355,0	84,135000	1	
3 Puerta Reina Gemma	AGSTR	62,92	-63kg	382,5	83,767500	1	
4 Grimali Bouillet Lisa	SPCFIC	62,88	-63kg	380,0	83,258000	2	
5 Lora Bomaba Mercedes	ERALLO	87,64	84+kg	447,5	83,190250	1	
6 Fernandez Perez Beatriz	AGSTR	68,24	-69kg	397,5	82,878750	2	
7 Bernal Esquinas Paula	BLCR	65,46	-69kg	385,0	82,236000	3	
8 Ducay Martinez Maria	DTPOW	61,52	-63kg	370,0	82,214000	3	
9 Fernandez García Beatriz	RISING	61,38	-63kg	365,0	81,249000	4	
10 Casado Portuondo Beatriz	EINTE	70,82	-76kg	387,5	79,166250	2	
11 Gil Blanco Maria	RISING	55,86	-57kg	327,5	78,010500	2	
12 Salmeron Gonzalez Dariam	DTPOW	74,74	-76kg	392,5	77,989750	1	
13 Bravo Lozano Eva	CROM	74,44	-76kg	387,5	77,151250	3	
14 Montero Ramiro Sheila	ERALLO	45,10	-47kg	260,0	75,166000	1	
15 Climent Mainar Cristina	DTPOW	70,88	-76kg	367,5	75,043500	6	
16 Pinedo Silgo Paula	GRNDA	68,40	-69kg	357,5	74,431500	4	
17 Alcudia Ramos Estefania	ERALLO	75,56	-76kg	370,0	73,149000	4	
18 Bello Garcia Sandra Jamileth	SOYPOW	75,82	-76kg	370,0	73,038000	5	
19 Mancebo Constanza Maria	CROM	82,56	-84kg	380,0	72,276000	1	
20 Erradi Mesrar Iman	GRNDA	68,50	-69kg	345,0	71,760000	5	

ABREVIACIONES de CLUBES:
AGSTR = AG STRENGTH Madrid
ALFA = ALFA Forjando Atletas Madrid
BLCR = BLACK CROWN Madrid
BLKBAR = BLACK BARBELL Madrid
CROM = CROM GYM Madrid
DANIG = DANIGPOWER Madrid
DTPOW = DT POWER Madrid
EINTE = ENTRENA INTENSO Madrid
ERALLO = EDUARDO RALLO Madrid
FENRIR = FENRIR Madrid
GRNDA = GRANDA Madrid
INTP = INTEND POWER Madrid
IRON = IRONSIDE STRENGTH Madrid
MADPOW = MAD POWERLIFTING Madrid
MGF = MGF POWER TEAM Madrid
POVA = POWER VALHALLA Madrid
PUEMA = PUERTA DE LA SIERRA Madrid
RISING = RISING POWER Madrid
SOYPOW = SOY POWERLIFTER Madrid
SPCFIC = SPECIFIC STRENGTH Madrid
VILLA = VILLA POWERLIFTING Madrid