

ASOCIACIÓN ESPAÑOLA DE POWERLIFTING
I Campeonato Élite Powerlifting
AEP-3 de iniciación de Sevilla y clubes invitados de Andalucía
Almensilla, Sevilla - 23-24 marzo 2024

Rev. 06/04/2024

MUJERES POWERLIFTING RAW																	
LEVANTADORA		AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL
-47 kg																	
1	Ramos Reyes Gema María	2000	PWRNG	46,80		10	87,5	90,0	92,5	55,0	57,5	62,5	105,0	110,0	115,0	265,0	73,77
-52 kg																	
1	Carmona Perez Andrea	2010	ELTBOL	51,40		4	72,5	77,5	82,5	32,5	37,5	40,0	90,0	100,0	110,0	232,5	59,30
2	Gimenez Ereu Shantall Nicoll	2007	ELTBOL	51,10		11	70,0	75,0	80,0	40,0	45,0	47,5	95,0	102,5	110,0	225,0	57,68
-57 kg																	
1	Solorzano Ordoñez Milena	2006	PWRNG	55,50		5	97,5	102,5	107,5	55,0	57,5	60,0	112,5	120,0	125,0	292,5	70,02
2	Pastor Díaz-Asensio Marta	2005	PWRNG	56,40		1	87,5	95,0	100,0	55,0	57,5	60,0	107,5	115,0	117,5	262,5	62,07
3	Navia Lesmes Natasha	2000	PSVLLA	56,20		3	85,0	92,5	97,5	52,5	57,5	62,5	100,0	105,0	110,0	260,0	61,64
-63 kg																	
1	Poyatos Cosano Estefania	1996	ELTBOL	61,60		15	107,5	115,0	117,5	65,0	70,0	72,5	135,0	150,0	160,0	350,0	77,71
2	López Angeriz Gisela	2002	BASIC	61,60		16	102,5	110,0	115,0	47,5	50,0	50,0	130,0	140,0	150,0	315,0	69,94
3	Ruiz Palacios Nerea	2002	FNAZA	61,10		19	102,5	105,0	105,0	57,5	60,0	60,0	110,0	120,0	127,5	290,0	64,74
4	Montagut Collado Sara	1998	ALMBAR	62,80		12	95,0	100,0	100,0	50,0	55,0	57,5	125,0	130,0	130,0	277,5	60,84
5	Ruiz Solier Laura	2007	PRJCT	60,90		22	97,5	102,5	107,5	42,5	47,5	52,5	90,0	100,0	115,0	275,0	61,53
6	Segovia Pernía Laura	2006	ELTPH	61,00		21	82,5	90,0	95,0	47,5	55,0	60,0	107,5	115,0	120,0	275,0	61,46
7	Ardila Bermudo Maria De La Paloma	1990	ELTBOL	61,60		14	87,5	90,0	90,0	60,0	65,0	67,5	107,5	112,5	117,5	275,0	61,06
8	Montenegro De La Torre Alba	2005	PRJCT	62,20		20	97,5	102,5	107,5	62,5	67,5	70,0	85,0	95,0	100,0	270,0	59,56
9	Martinez Rodriguez Maria	1999	ENRGY	62,30		17	90,0	95,0	100,0	55,0	57,5	60,0	100,0	105,0	110,0	270,0	59,50
10	Boudouch Boudouch Mariam	2002	PLIFT	59,90		13	85,0	95,0	100,0	40,0	42,5	45,0	100,0	110,0	117,5	260,0	58,84
11	Balboa Esquivel Irene	2002	ALTRAW	61,70		18	75,0	82,5	85,0	42,5	47,5	50,0	95,0	100,0	107,5	242,5	53,78
-69 kg																	
1	Garcia Nuñez Maina	2005	PRJT	67,40		2	105,0	112,5	112,5	65,0	70,0	72,5	135,0	150,0	167,5	332,5	69,81
2	Muñoz Barrios Marta	1994	ALTRAW	65,10		8	95,0	100,0	102,5	60,0	62,5	65,0	122,5	130,0	132,5	300,0	64,30
3	Barranco Sanchez-Rico Rosa	1998	FNAZA	66,80		9	95,0	102,5	107,5	55,0	60,0	65,0	115,0	125,0	125,0	297,5	62,79
4	Ortega Romo María	2003	PCHIP	69,00		6	95,0	97,5	110,0	45,0	47,5	50,0	120,0	130,0	140,0	295,0	61,12
--	Ligero Montilla Mariola	2004	PRJCT	73,80		7	105,0	115,0	120,0	52,5	57,5	57,5	105,0	110,0	117,5	0,0	0,00
-76 kg																	
1	Rodriguez Rios Sofia	2003	PSVLLA	75,00		57	140,0	147,5	155,0	55,0	60,0	62,5	155,0	162,5	170,0	380,0	75,39
2	Tordat Uivarosi Rebecca	2001	PLIFT	73,70		47	127,5	140,0	145,0	62,5	65,0	67,5	145,0	155,0	160,0	370,0	74,04
3	Fernandez Vallespir Lucia	2004	ALMBAR	74,30		49	107,5	112,5	115,0	47,5	52,5	55,0	125,0	132,5	140,0	307,5	61,29
4	Gómez Rodríguez Ana María	2004	ALTRAW	73,80		48	120,0	127,5	127,5	50,0	57,5	60,0	110,0	115,0	115,0	302,5	60,49
5	Guerrero Gómez Olga	1996	ALTRAW	72,40		52	97,5	105,0	105,0	50,0	52,5	55,0	132,5	142,5	150,0	300,0	60,58
6	Rey Rama Pilar	1976	ALMBAR	73,60		51	115,0	117,5	120,0	40,0	47,5	50,0	115,0	122,5	130,0	292,5	58,57
7	González Márquez Carmen	1997	FGUAD	74,50		58	95,0	102,5	107,5	52,5	57,5	60,0	112,5	120,0	125,0	292,5	58,22
8	Blanco Moreno Maria Isabel	1990	PSVLLA	71,50		50	82,5	82,5	87,5	52,5	55,0	57,5	110,0	115,0	117,5	260,0	52,84
-84 kg																	
1	Oyhenart Zafra Lara Berenice	2003	PSVLLA	82,70		56	135,0	142,5	142,5	62,5	67,5	70,0	170,0	177,5	182,5	390,0	74,11
2	Gallardo Murciano Marta	2000	FNAZA	81,10		55	112,5	112,5	120,0	55,0	57,5	60,0	140,0	147,5	155,0	335,0	64,17
3	Splittgerber Camacho Manuela Elisab	1999	ELTBOL	80,60		54	117,5	127,5	135,0	47,5	52,5	55,0	125,0	135,0	145,0	332,5	63,86
4	Molina Triviño Sara	2005	ALTRAW	82,30		46	112,5	117,5	125,0	57,5	62,5	67,5	117,5	125,0	132,5	317,5	60,45
5	Orellana Solís Amanda	1992	FGUAD	77,00		53	110,0	115,0	120,0	62,5	65,0	65,0	105,0	112,5	120,0	300,0	58,79

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MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL						
Nombre	Club	Peso	Cat.	Total	GL pt.	Clas.
1 Poyatos Cosano Estefania	ELTBOL	61,60	-63kg	350,0	77,71	1
2 Rodriguez Rios Sofia	PSVLLA	75,00	-76kg	380,0	75,39	1
3 Oyhenart Zafra Lara Berenice	PSVLLA	82,70	-84kg	390,0	74,11	1
4 Tordat Uivarosi Rebecca	PLIFT	73,70	-76kg	370,0	74,04	2
5 Ramos Reyes Gema María	PWRNG	46,80	-47kg	265,0	73,77	1
6 Solorzano Ordoñez Milena	PWRNG	55,50	-57kg	292,5	70,02	1
7 López Angeriz Gisela	BASIC	61,60	-63kg	315,0	69,94	2
8 Garcia Nuñez Maina	PRJT	67,40	-69kg	332,5	69,81	1
9 Ruiz Palacios Nerea	FNAZA	61,10	-63kg	290,0	64,74	3
10 Muñoz Barrios Marta	ALTRAW	65,10	-69kg	300,0	64,30	2
11 Gallardo Murciano Marta	FNAZA	81,10	-84kg	335,0	64,17	2
12 Splittgerber Camacho Manuela Elisabeth	ELTBOL	80,60	-84kg	332,5	63,86	3
13 Barranco Sanchez-Rico Rosa	FNAZA	66,80	-69kg	297,5	62,79	3
14 Pastor Díaz-Asensio Marta	PWRNG	56,40	-57kg	262,5	62,07	2
15 Navia Lesmes Natasha	PSVLLA	56,20	-57kg	260,0	61,64	3
16 Ruiz Solier Laura	PRJCT	60,90	-63kg	275,0	61,53	5
17 Segovia Pernía Laura	ELTPH	61,00	-63kg	275,0	61,46	6
18 Fernandez Vallespir Lucia	ALMBAR	74,30	-76kg	307,5	61,29	3
19 Ortega Romo María	PCHUPI	69,00	-69kg	295,0	61,12	4
20 Ardila Bermudo Maria De La Paloma	ELTBOL	61,60	-63kg	275,0	61,06	7

ABREVIACIONES de CLUBES:
ALMBAR = ALMERÍA BARBELL CLUB
ALTRAW = ALTERNATIVE RAW Huelva
BASIC = BASIC STRENGTH Cádiz
ELITBO = ÉLITE BOLLULLOS
ELITPH = ELITE POWERHOUSE Sevilla
ENRGY = ENERGY ALHAURÍN
FGUAD = FUERZA GUADAIRA
FNAZA = FUERZA NAZARI Granada
PWRNG = POWER RANGERS STRENGTH Jaén
PCHUPI = POWERLIFTING CHIPIONA
PLIFT = POWERLIFTING LIFTERS Córdoba
PSVLLA = POWERLIFTING SEVILLA
PRJCT = PROJECT STRENGTH Málaga