

# 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

Rev. 06/04/2024

MUJERES POWERLIFTING RAW																	
LEVANTADORA		AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL
<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	232,5	66,01
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	215,0	59,60
<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	302,5	79,07
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	222,5	56,46
<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	287,5	69,82
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	245,0	59,77
<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	350,0	76,65
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	295,0	67,47
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	245,0	54,11
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	187,5	41,54
<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	362,5	75,28
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	357,5	76,13
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	327,5	68,24
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	300,0	62,93
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	282,5	59,62
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	275,0	57,59
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	260,0	55,78
<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	372,5	75,70
2	Salmerón González Dariam	2005	DTPOW	74,70		22	120,0	X	X	67,5	X	X	130,0	X	X	317,5	63,12
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	290,0	58,31
<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	335,0	58,53

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

Nombre	Club	Peso	Cat.	Total	GL pt.	Clas.
1 Lopez Carrasco Paz	VILLA	50,00		302,5	79,07	1
2 Ducay Martínez María	DTPOW	62,90		350,0	76,65	1
3 Pulido Rodríguez Lorena	AGSTR	65,80		357,5	76,13	2
4 Casado Portuondo Beatriz	EINTE	71,50		372,5	75,70	1
5 Tapia Cruz Jessica Bridget	IRMAD	68,70		362,5	75,28	1
6 Lopesino Espinosa Patricia	SONS	54,50		287,5	69,82	1
7 Erradi Mesrar Imán	GRANDA	68,30		327,5	68,24	3
8 Aroca Puerta Raquel	ERALLO	59,00		295,0	67,47	2
9 Montero Ramiro Sheila	ERALLO	45,90		232,5	66,01	1
10 Salmerón González Dariam	DTPOW	74,70		317,5	63,12	2
11 Maroto Gómez Lucía	AGSTR	67,50		300,0	62,93	4
12 Haro Escribano Begoña	DANIG	54,20		245,0	59,77	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  
 IRMAD = IRONSIDE STRENGTH Madrid  
 MADPOW = MAD POWERLIFTING Madrid  
 RAGNA = RAGNAROK Madrid  
 SONS = SONS OF BARBELL Madrid  
 SNDAY = SUNDAY POWER  
 VILLA = VILLA POWERLIFTING Madrid