

**ASOCIACIÓN ESPAÑOLA DE POWERLIFTING**  
**I Campeonato Ciudad de Cáceres**  
AEP-3 de iniciación de Extremadura y clubes invitados  
Cáceres - 20 abril 2024

Rev. 21/04/2024

<b>HOMBRES POWERLIFTING RAW</b>																	
<b>LEVANTADOR</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>-59 kg</b>																	
1	Núñez-Barranco	García Carlos	2006	PALBA	57,85	2	125,0	132,5	135,0	85,0	87,5	-90,0	165,0	172,5	177,5	<b>400,0</b>	<b>66,89</b>
<b>-66 kg</b>																	
1	Carballo Barata	Sergio	2004	PEXTR	64,00	6	170,0	-180,0	-180,0	-107,5	107,5	-112,5	210,0	215,0	-220,0	<b>492,5</b>	<b>78,04</b>
2	Alonso Rubiales	Germán	2003	PEXTR	64,00	5	132,5	140,0	150,0	85,0	-92,5	92,5	140,0	150,0	165,0	<b>407,5</b>	<b>64,57</b>
<b>-74 kg</b>																	
1	Lavado Delgado	Francisco Miguel	1985	PEXTR	73,25	10	140,0	-147,5	150,0	115,0	120,0	125,0	150,0	165,0	175,0	<b>450,0</b>	<b>66,41</b>
2	Giraldo Méndez	Jorge	2001	PEXTR	72,85	9	145,0	152,5	160,0	95,0	100,0	105,0	165,0	175,0	-185,0	<b>440,0</b>	<b>65,12</b>
<b>-83 kg</b>																	
1	Bonilla Rodríguez	Lucas	2000	PEXTR	80,15	23	195,0	205,0	-210,0	125,0	130,0	-132,5	-215,0	222,5	230,0	<b>565,0</b>	<b>79,61</b>
2	Gonzalez Lavin	Jorge	1998	ASEN	82,55	26	185,0	195,0	-205,0	107,5	-115,0	115,0	245,0	-257,5	-257,5	<b>555,0</b>	<b>77,04</b>
3	Jiménez López	Carlos	1990	PEXTR	82,15	31	185,0	192,5	195,0	127,5	132,5	-140,0	215,0	220,0	-230,0	<b>547,5</b>	<b>76,18</b>
4	Fornelino Lucas	Francisco José	2003	PEXTR	81,20	22	180,0	190,0	200,0	120,0	125,0	-130,0	200,0	210,0	220,0	<b>545,0</b>	<b>76,29</b>
5	Campos Criado	Manuel	1997	PEXTR	80,75	24	185,0	192,5	200,0	90,0	95,0	-97,5	-215,0	215,0	230,0	<b>525,0</b>	<b>73,69</b>
6	Fedelich Leonard	Roberto Carlos	2001	PEXTR	79,80	29	162,5	172,5	-180,0	115,0	120,0	-125,0	205,0	212,5	220,0	<b>512,5</b>	<b>72,37</b>
7	Cebrián Cabezón	?Raúl	2003	PEXTR	81,20	28	170,0	172,5	-185,0	100,0	107,5	115,0	210,0	220,0	225,0	<b>512,5</b>	<b>71,74</b>
8	Jaramillo Sanchez	Diego	2007	PEXTR	81,15	25	160,0	170,0	177,5	97,5	105,0	110,0	195,0	210,0	215,0	<b>502,5</b>	<b>70,36</b>
9	Nazar Shajeema	Shan	2007	PEXTR	80,55	30	-135,0	135,0	-145,0	80,0	85,0	-90,0	145,0	155,0	160,0	<b>380,0</b>	<b>53,41</b>
---	Alonso Romero	Fernando	2000	PEXTR	82,40	27	-170,0	-185,0	-185,0	85,0	-90,0	90,0	185,0	195,0	210,0	<b>0,0</b>	<b>0,00</b>
<b>-93 kg</b>																	
1	Mejía Valverde	Carlos Adrián	2005	BRKRS	90,95	21	200,0	210,0	217,5	135,0	142,5	145,0	270,0	-285,0	-300,0	<b>632,5</b>	<b>83,65</b>
2	Hurtado Sanguino	Víctor	2002	PEXTR	90,95	20	-185,0	190,0	200,0	95,0	102,5	-105,0	210,0	225,0	237,5	<b>540,0</b>	<b>71,42</b>
3	Ramirez Arroyo	Joel	2006	ASEN	91,55	17	175,0	192,5	200,0	105,0	-112,5	112,5	-215,0	215,0	227,5	<b>540,0</b>	<b>71,19</b>
4	Remedios Maldonado	Naim	2005	PEXTR	89,85	19	175,0	182,5	190,0	95,0	102,5	110,0	190,0	200,0	210,0	<b>510,0</b>	<b>67,86</b>
5	Grande Valiente	Álvaro	1996	PEXTR	88,75	16	147,5	160,0	170,0	115,0	-122,5	-122,5	190,0	-205,0	205,0	<b>490,0</b>	<b>65,59</b>
<b>-105 kg</b>																	
1	Asensio Moratinos	Carlos	2003	ASEN	103,20	14	230,0	245,0	260,0	160,0	170,0	180,0	265,0	280,0	-300,0	<b>720,0</b>	<b>89,62</b>
2	Ortiz Barron	Alejandro Luis	1995	FENIX	99,55	15	207,5	217,5	227,5	142,5	150,0	-160,0	245,0	257,5	267,5	<b>645,0</b>	<b>81,66</b>
3	Moreno González	Iván	2001	PEXTR	99,15	13	-215,0	225,0	-232,5	120,0	125,0	-130,0	250,0	262,5	-270,0	<b>612,5</b>	<b>77,69</b>
4	López Guillen	Samuel	2002	PEXTR	102,40	11	210,0	-225,0	235,0	115,0	-122,5	-122,5	202,5	215,0	-225,0	<b>565,0</b>	<b>70,58</b>
5	Avilés Rodríguez	Manuel	2000	ECLIP	102,00	12	200,0	207,5	210,0	107,5	112,5	-120,0	215,0	222,5	230,0	<b>552,5</b>	<b>69,15</b>
<b>-120 kg</b>																	
1	Bulat Bulat	Bogdan	2001	BRKRS	116,90	18	215,0	230,0	240,0	140,0	-145,0	145,0	230,0	245,0	255,0	<b>640,0</b>	<b>75,26</b>

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<b>MEJORES LEVANTADORES POWERLIFTING RAW a pt. IPF GL</b>						
<b>Nombre</b>	<b>Club</b>	<b>Peso</b>	<b>Cat.</b>	<b>Total</b>	<b>GL pt.</b>	<b>Clas.</b>
1 Asensio Moratinos Carlos	ASEN	103,20	-105kg	<b>720,0</b>	<b>89,62</b>	1
2 Mejía Valverde Carlos Adrián	BRSKRS	90,95	-93kg	<b>632,5</b>	<b>83,65</b>	1
3 Ortiz Barron Alejandro Luis	FENIX	99,55	-105kg	<b>645,0</b>	<b>81,66</b>	2
4 Bonilla Rodríguez Lucas	PEXTR	80,15	-83kg	<b>565,0</b>	<b>79,61</b>	1
5 Carballo Barata Sergio	PEXTR	64,00	-66kg	<b>492,5</b>	<b>78,04</b>	1
6 Moreno González Iván	PEXTR	99,15	-105kg	<b>612,5</b>	<b>77,69</b>	3
7 Gonzalez Lavin Jorge	ASEN	82,55	-83kg	<b>555,0</b>	<b>77,04</b>	2
8 Fornelino Lucas Francisco José	PEXTR	81,20	-83kg	<b>545,0</b>	<b>76,29</b>	4
9 Jiménez López Carlos	PEXTR	82,15	-83kg	<b>547,5</b>	<b>76,18</b>	3
10 Bulat Bulat Bogdan	BRSKRS	116,90	-120kg	<b>640,0</b>	<b>75,26</b>	1
11 Campos Criado Manuel	PEXTR	80,75	-83kg	<b>525,0</b>	<b>73,69</b>	5
12 Fedelich Leonard Roberto Carlos	PEXTR	79,80	-83kg	<b>512,5</b>	<b>72,37</b>	6
13 Cebrián Cabezón ?Raúl	PEXTR	81,20	-83kg	<b>512,5</b>	<b>71,74</b>	7
14 Hurtado Sanguino Víctor	PEXTR	90,95	-93kg	<b>540,0</b>	<b>71,42</b>	2
15 Ramirez Arroyo Joel	ASEN	91,55	-93kg	<b>540,0</b>	<b>71,19</b>	3

**ABREVIACIONES de CLUBES:**

ASEN = ASENSIO POWERLIFTING Valladolid  
 BRSKRS = BERSERKERS Toledo  
 ECLIP = ECLIPSE POWERLIFTING Ciudad Real  
 FENIX = FÉNIX GALICIA POWER  
 PALBA = POWERLIFTING ALBACETE  
 PEXTR = POWERLIFTING EXTREMADURA