

	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
POWERLIFTING Sentadillas (kg)	53	---	125,0	150,0	---	---	---	---
	59	210,0	176,0	210,0	122,5			
	66	238,0	197,5	235,0	181,0	180,0	175,0	
	74	271,0	218,0	271,0	225,0	202,5	202,5	97,5
	83	292,5	247,5	275,0	260,0	215,0	180,5	
	93	308,0	273,5	280,5	270,0	270,0	203,0	
	105	340,0	262,5	335,0	275,0	237,5	215,0	
	120	340,0	246,0	310,0	250,0	242,5	185,0	
	+120	380,5		260,0	380,5	192,5		
POWERLIFTING Press Banca (kg)	53	---	77,5	90,0	---	---	---	---
	59	132,5	115,0	132,5	80,0			
	66	150,5	125,5	143,0	115,0	100,0	92,5	
	74	170,0	142,5	165,0	140,0	135,0	135,0	71,5
	83	177,5	143,5	177,5	153,0	127,5	112,5	
	93	203,0	162,5	191,0	169,0	169,0	138,0	
	105	205,0	158,0	180,0	180,0	175,0	145,0	
	120	220,0	150,5	192,5	200,0	186,0	130,0	
	+120	235,5		192,5	233,0	160,0		
POWERLIFTING Peso Muerto (kg)	53	---	147,5	155,0	---	---	---	---
	59	262,5	214,5	262,5	145,0			
	66	263,5	240,0	263,0	230,5	230,0	215,0	
	74	293,5	247,5	290,0	252,5	232,5	225,0	140,0
	83	332,5	267,5	332,5	285,0	260,5	230,0	
	93	350,0	292,5	317,5	283,0	265,0	238,0	
	105	360,0	300,0	360,0	285,0	272,5	250,0	
	120	347,5	260,5	315,0	290,0	260,0	230,0	
	+120	350,0		320,0	337,5	235,0		
POWERLIFTING Total (kg)	53	---	350,0	395,0	---	---	---	---
	59	602,5	465,0	602,5	347,5			
	66	627,5	557,5	618,5	524,0	510,0	473,0	
	74	724,0	587,5	724,0	617,5	560,0	560,0	312,5
	83	747,5	655,0	740,0	695,0	582,5	500,0	
	93	807,5	682,5	763,5	698,5	698,5	579,0	
	105	848,0	695,0	847,5	697,5	685,0	610,0	
	120	907,5	646,5	782,5	735,0	688,5	545,0	
	+120	952,5		762,5	951,0	577,5		
Mov. Único Press Banca (kg)	53	---	77,5	90,0	---	---	---	---
	59	165,0	115,0	132,5	80,0			
	66	177,5	125,5	143,0	137,5	137,5	92,5	
	74	170,0	142,5	165,0	140,0	135,0	135,0	71,5
	83	200,0	143,5	190,0	200,0	137,5	135,0	110,0
	93	204,0	162,5	191,0	170,0	170,0	138,0	122,5
	105	205,0	158,0	197,5	180,0	175,0	145,0	80,0
	120	220,0	150,5	192,5	200,0	187,5	131,0	
	+120	236,0		192,5	233,0	161,0		
Mov. Único Peso Muerto (kg)	53	---	147,5	155,0	---	---	---	---
	59	262,5	214,5	262,5	145,0			
	66	263,5	240,0	263,0	230,5	230,0	215,0	
	74	293,5	247,5	290,0	252,5	235,5	225,0	140,0
	83	332,5	267,5	332,5	285,0	261,0	250,0	
	93	350,0	292,5	330,0	283,0	265,0	238,0	
	105	360,0	300,0	360,0	285,0	272,5	250,0	
	120	347,5	260,5	315,0	315,0	260,0	230,0	
	+120	350,0		320,0	337,5	235,0		

		CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
POWERLIFTING	Sentadillas (kg)	43	---	61,0	100,5	---	---	---	---
		47	145,0	105,0	105,0	105,0	92,5	82,5	
		52	155,0	115,5	135,0	107,5	75,5	75,0	
		57	180,0	125,5	177,5	140,0	107,5		
		63	167,5	125,0	167,5	160,0	110,5	47,5	47,5
		69	176,0	135,0	167,5	172,5	132,5		
		72	162,5	117,5	162,5	145,0			
		76	187,5	140,0	173,0	137,5	135,0		
		84	180,0	151,0	175,0	172,5	167,5		
		+84	170,5	155,5	168,0	155,0	120,0		
POWERLIFTING	Press Banca (kg)	43	---	36,0	48,0	---	---	---	---
		47	73,0	65,0	65,0	62,5	62,5	45,0	
		52	88,0	76,5	85,5	64,0	43,0	42,5	
		57	90,5	80,0	90,0	92,5	60,0		
		63	107,5	75,0	105,0	93,0	72,5	33,0	33,0
		69	109,5	90,5	109,0	97,5	75,0		
		72	97,5	72,5	97,5	95,5			
		76	117,5	78,5	100,0	77,5	70,0		
		84	102,0	70,0	95,5	90,0	92,5		
		+84	95,5	72,5	76,0	82,5	60,0		
POWERLIFTING	Peso Muerto (kg)	43	---	93,0	112,0	---	---	---	---
		47	155,0	130,0	130,0	127,5	107,5	105,0	
		52	187,5	147,0	167,5	135,0	112,5	92,5	
		57	205,0	140,0	195,0	160,5	155,0		
		63	210,0	161,0	210,0	166,0	145,0	55,0	57,5
		69	208,0	166,0	208,0	187,5	167,5		
		72	186,0	142,5	186,0	185,5			
		76	227,5	160,0	215,0	180,0	145,0		
		84	213,0	164,5	207,5	213,0	217,5		
		+84	180,5	150,0	180,5	162,5	140,0		
POWERLIFTING	Total (kg)	43	---	190,0	260,5	---	---	---	---
		47	362,5	298,0	298,0	287,5	252,5	228,0	
		52	387,5	317,0	385,5	305,0	231,0	210,0	
		57	472,5	340,0	457,5	390,0	322,5		
		63	477,5	343,5	467,5	399,0	327,5	135,5	135,5
		69	476,5	371,0	476,5	430,0	360,0		
		72	437,5	322,5	437,5	420,0			
		76	532,5	371,0	485,5	372,5	335,0		
		84	467,5	374,0	465,5	465,5	477,5		
		+84	436,0	378,0	423,5	365,0	302,5		
Mov. Único	Press Banca (kg)	43	---	36,0	48,0	---	---	---	---
		47	73,0	65,0	65,0	62,5	62,5	45,0	
		52	97,5	76,5	85,5	64,0	60,0	42,5	
		57	90,5	80,0	90,0	92,5	60,0		
		63	107,5	75,0	105,0	93,0	72,5	33,0	33,0
		69	109,5	90,5	109,0	97,5	75,0	27,5	27,5
		72	97,5	75,0	97,5	95,5	75,0		
		76	117,5	78,5	100,0	77,5	70,0		
		84	112,5	70,0	95,5	112,5	92,5		
		+84	95,5	72,5	76,0	82,5	60,0		
Mov. Único	Peso Muerto (kg)	43	---	93,0	112,0	---	---	---	---
		47	155,0	130,0	130,0	127,5	107,5	105,0	
		52	187,5	147,0	167,5	135,0	112,5	92,5	
		57	205,0	140,0	195,0	160,5	155,0		
		63	210,0	161,0	210,0	166,0	145,0	55,0	57,5
		69	208,0	166,0	208,0	187,5	167,5		
		72	186,0	155,0	186,0	185,5	150,0		
		76	227,5	160,0	215,0	180,0	145,0		
		84	213,0	164,5	207,5	213,0	217,5		
		+84	180,5	150,0	180,5	162,5	140,0		