

ASOCIACIÓN ESPAÑOLA DE POWERLIFTING
II Campeonato Valkyria Cup
AEP-2 Regional Zona NorOeste-1
Boecillo, Valladolid - Sábado, 3 febrero 2024

Rev. 04/02/2024

MUJERES POWERLIFTING RAW																					
LEVANTADORA		AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL	pt			
-47kg																					
1	Menai Aya	2005	VAKNER	46,16	0,2823	14	92,5	-97,5	100,0	2	50,0	52,5	55,0	1	112,5	122,5	132,5	2	287,5	81,16	12
2	Souto Fernandez Noa	2005	VAKNER	46,00	0,2833	13	85,0	-90,0	-92,5	3	37,5	40,0	42,5	2	105,0	-112,5	117,5	3	245,0	69,41	9
--	Gonzalez Lledias Paloma	2001	FENIX	45,24	0,2882	12	100,0	102,5	-105,0	1	-47,5	-47,5	-47,5	--	125,0	130,0	135,0	1	0,0	0,00	--
-52kg																					
1	Gomez Cordoba M ^a del Carmen	1998	GALI	50,78	0,2578	1	95,0	105,0	110,0	1	-50,0	55,0	-57,5	1	115,0	125,0	132,5	1	297,5	76,70	12
-57kg																					
1	Ospina Buitrago Luisa	2000	VALKY	56,44	0,2363	3	110,0	115,0	-120,0	1	50,0	52,5	55,0	3	115,0	125,0	132,5	2	302,5	71,48	12
2	Gende Varela Nerea	2002	VAKNER	56,94	0,2348	2	90,0	97,5	-105,0	3	57,5	-60,0	-60,0	2	110,0	120,0	127,5	3	282,5	66,33	9
3	Garcia Pensado Laura	2002	FENIX	52,64	0,2499	5	-95,0	100,0	-107,5	2	47,5	-52,5	52,5	4	125,0	-135,0	-147,5	4	277,5	69,35	8
--	Garcia Turiel Alicia	2001	FNORT	55,48	0,2395	4	-92,5	-97,5	-97,5	--	57,5	60,0	62,5	1	122,5	130,0	135,0	1	0,0	0,00	--
-63kg																					
1	Llorens Garcia Veronica	2005	VALKY	61,38	0,2226	9	117,5	125,0	130,0	1	65,0	70,0	72,5	1	127,5	137,5	145,0	2	347,5	77,35	12
2	Sanchez Lopez Paula	2001	RSLIF	61,60	0,2220	7	105,0	115,0	-122,5	5	57,5	62,5	-65,0	4	130,0	140,0	147,5	1	325,0	72,15	9
3	Garcia Ovalle Laura	2003	FNORT	61,24	0,2229	10	105,0	112,5	117,5	2	67,5	-72,5	-72,5	3	120,0	-127,5	135,0	3	320,0	71,33	8
4	Hernandez Lajas Alicia	2002	SALAM	61,94	0,2212	8	110,0	117,5	-122,5	3	60,0	-65,0	-65,0	5	127,5	135,0	-140,0	4	312,5	69,13	7
5	Orban Da Silva Elena	2000	VAKNER	60,28	0,2253	6	115,0	-120,0	-120,0	4	52,5	57,5	-60,0	6	120,0	130,0	-140,0	5	302,5	68,15	6
6	Rayado Fernandez Ana Maria	2002	GTG	61,78	0,2216	11	92,5	100,0	-102,5	6	65,0	-67,5	70,0	2	102,5	110,0	115,0	7	285,0	63,16	5
7	Hernandez Jimenez Jessica	1993	RSLIF	61,66	0,2219	12	87,5	97,5	-102,5	7	52,5	57,5	-60,0	7	115,0	125,0	-135,0	6	280,0	62,13	4
-69kg																					
1	Monedero Sanz Belen	2000	RSLIF	67,24	0,2102	22	110,0	117,5	122,5	4	65,0	70,0	75,0	2	142,5	150,0	155,0	2	352,5	74,10	12
2	Rodrigo Jimenez Sara	1998	FENIX	67,34	0,2101	21	122,5	130,0	135,0	2	70,0	75,0	77,5	1	125,0	132,5	137,5	7	350,0	73,53	9
3	Vinolas Feijoo Arantza	2000	PUSPV	67,86	0,2091	18	132,5	137,5	-140,0	1	60,0	65,0	-67,5	4	135,0	142,5	-150,0	6	345,0	72,14	8
4	Codesido Fernandez Laura	2005	FENIX	68,66	0,2077	23	110,0	117,5	122,5	5	55,0	60,0	62,5	5	140,0	150,0	160,0	1	345,0	71,66	7
5	Riopedre Menendez Elsa	2005	GTG	68,96	0,2072	20	105,0	112,5	-117,5	6	62,5	65,0	67,5	3	-145,0	155,0	-165,0	3	335,0	69,41	6
6	Ramirez Renau Irene	2004	RSLIF	68,46	0,2081	24	92,5	102,5	-110,0	7	55,0	60,0	-62,5	6	130,0	140,0	150,0	4	312,5	65,03	5
--	Jul Hidalgo Brenda	2002	FENIX	68,50	0,2080	19	115,0	120,0	125,0	3	-67,5	-67,5	-67,5	--	137,5	147,5	-155,0	5	0,0	0,00	--
-84kg																					
1	Dominguez Iglesias Lucia	1996	VAKNER	83,12	0,1896	16	117,5	125,0	130,0	1	62,5	65,0	67,5	1	122,5	132,5	142,5	2	340,0	64,46	12
2	Alvarez Ferro Lidia	1996	GALI	81,44	0,1912	15	105,0	110,0	-115,0	2	55,0	57,5	-60,0	2	145,0	155,0	160,0	1	327,5	62,62	9

CLASIFICACIÓN POR CLUBES		pt.	Puntuaciones
1	VAKNER POWERLIFTING GALIZA	48	[12+12+9+9+6] 349,52 GL Pts
2	RS LIFTING Avila	30	[12+9+5+4] 273,41 GL Pts
3	VALKYRIA PT Valladolid	24	[12+12] 148,83 GL Pts
4	FENIX GALICIA POWER	24	[9+8+7] 214,54 GL Pts
5	GALILIFTERS Pontevedra	21	[12+9] 139,31 GL Pts

CLASIFICACIÓN POR CLUBES		pt.	Puntuaciones
6	GRIND TEAM Gijon	11	[6+5] 132,57 GL Pts
7	PUCELA STENGTH POWER Valladolid	8	[8] 72,14 GL Pts
8	FUERZA NORTE Leon	8	[8] 71,33 GL Pts
9	POWERLIFTING SALAMANCA	7	[7] 69,13 GL Pts

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MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL							ABREVIACIONES de CLUBES:
Nombre	Club	Peso	Cat.	Total	GL pt.	Clas.	
1 Menai Aya	VAKNER	46,16	-47kg	287,5	81,16	1	FENIX = FENIX GALICIA POWER
2 Llorens Garcia Veronica	VALKY	61,38	-63kg	347,5	77,35	1	FNORT = FUERZA NORTE Leon
3 Gomez Cordoba M ^a del Carmen	GALI	50,78	-52kg	297,5	76,70	1	GALI = GALILIFTERS Pontevedra
4 Monedero Sanz Belen	RSLIF	67,24	-69kg	352,5	74,10	1	GTG = GRIND TEAM Gijon
5 Rodrigo Jimenez Sara	FENIX	67,34	-69kg	350,0	73,53	2	PUSPV = PUCELA STENGTH POWER Valladolid
6 Sanchez Lopez Paula	RSLIF	61,60	-63kg	325,0	72,15	2	RSLIF = RS LIFTING Avila
7 Vinolas Feijoo Arantza	PUSPV	67,86	-69kg	345,0	72,14	3	SALAM = POWERLIFTING SALAMANCA
8 Codesido Fernandez Laura	FENIX	68,66	-69kg	345,0	71,66	4	VAKNER = VAKNER POWERLIFTING GALIZA
9 Ospina Buitrago Luisa	VALKY	56,44	-57kg	302,5	71,48	1	VALKY = VALKYRIA PT Valladolid
10 Garcia Ovalle Laura	FNORT	61,24	-63kg	320,0	71,33	3	
11 Souto Fernandez Noa	VAKNER	46,00	-47kg	245,0	69,41	2	
12 Riopedre Menendez Elsa	GTG	68,96	-69kg	335,0	69,41	5	