

**ASOCIACIÓN ESPAÑOLA DE POWERLIFTING**  
**I Campeonato Goierri - PWR Navarra**  
 AEP-3 de iniciación de Guipuzkoa y clubes invitados  
 Urretxu, Guipuzkoa - 4 febrero 2024

Rev. 04/02/2024

<b>MUJERES POWERLIFTING RAW</b>																
<b>LEVANTADORA</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>-57 kg</b>																
1 Zurimendi Sanchez Itsasne	2000	ERASO	56,50		4	95,0	102,5	110,0	75,0	80,0	85,0	110,0	120,0	130,0	<b>325,0</b>	<b>76,74</b>
2 González Casero Maialen	2005	GOIER	56,00		2	110,0	117,5	122,5	62,5	65,0	-67,5	110,0	120,0	-127,5	<b>307,5</b>	<b>73,11</b>
3 Cano Gallego Paula	2002	GOIER	56,00		3	90,0	95,0	102,5	50,0	55,0	-60,0	115,0	127,5	132,5	<b>290,0</b>	<b>68,95</b>
4 Ferrero López Irene	2004	GOIER	54,00		5	77,5	82,5	-87,5	45,0	50,0	-52,5	100,0	107,5	112,5	<b>245,0</b>	<b>59,95</b>
<b>-63 kg</b>																
1 Ormaetxea Prieto Leire	2003	GOIER	61,50		15	130,0	140,0	-150,0	80,0	-87,5	87,5	130,0	140,0	142,5	<b>370,0</b>	<b>82,24</b>
2 Garrido Gomez Nerea	2001	BURGOS	61,00		12	107,5	120,0	127,5	60,0	65,0	-70,0	117,5	132,5	145,0	<b>337,5</b>	<b>75,43</b>
3 Martinez Jorge Lara	1999	NAVAR	63,00		11	112,5	120,0	127,5	55,0	60,0	-65,0	130,0	142,5	150,0	<b>337,5</b>	<b>73,84</b>
4 Aldaba Senosiain María	2000	NAVAR	61,00		13	115,0	125,0	-130,0	55,0	57,5	62,5	117,5	127,5	140,0	<b>327,5</b>	<b>73,19</b>
5 Lasa Echeverria Itziar	2003	NAVAR	61,50		17	105,0	112,5	-120,0	52,5	57,5	62,5	112,5	125,0	132,5	<b>307,5</b>	<b>68,35</b>
6 Abad Santos Carol	2006	GOIER	60,00		16	100,0	107,5	115,0	50,0	55,0	-57,5	100,0	110,0	120,0	<b>290,0</b>	<b>65,55</b>
7 Fresnillo Herrero Lara	1998	BURGOS	59,00		14	80,0	-85,0	85,0	45,0	50,0	-55,0	90,0	95,0	97,5	<b>232,5</b>	<b>53,18</b>
<b>-69 kg</b>																
1 Ibañez Martin Maria	2007	BURGOS	68,50		8	120,0	132,5	140,0	60,0	70,0	75,0	120,0	135,0	150,0	<b>365,0</b>	<b>75,93</b>
2 Lerchundi Serrano Loraine	2003	NAVAR	67,00		9	110,0	117,5	125,0	52,5	-57,5	-57,5	115,0	127,5	137,5	<b>315,0</b>	<b>66,36</b>
3 Cordero Carazo Paula	1997	GOIER	68,50		6	97,5	-105,0	105,0	50,0	55,0	57,5	125,0	135,0	142,5	<b>305,0</b>	<b>63,45</b>
4 Gómez Palomar Nerea	2002	NUMA	69,00		7	95,0	100,0	105,0	45,0	50,0	-55,0	115,0	122,5	127,5	<b>282,5</b>	<b>58,53</b>
5 Yanez Vizuetete Anne Maialen	2003	GOIER	69,00		1	-87,5	-87,5	87,5	-55,0	55,0	57,5	110,0	120,0	130,0	<b>275,0</b>	<b>56,97</b>

<b>MEJORES LEVANTADORAS 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 Ormaetxea Prieto Leire	GOIER	61,50	-63kg	<b>370,0</b>	<b>82,24</b>	1
2 Zurimendi Sanchez Itsasne	ERASO	56,50	-57kg	<b>325,0</b>	<b>76,74</b>	1
3 Ibañez Martin Maria	BURGOS	68,50	-69kg	<b>365,0</b>	<b>75,93</b>	1
4 Garrido Gomez Nerea	BURGOS	61,00	-63kg	<b>337,5</b>	<b>75,43</b>	2
5 Martinez Jorge Lara	NAVAR	63,00	-63kg	<b>337,5</b>	<b>73,84</b>	3
6 Aldaba Senosiain María	NAVAR	61,00	-63kg	<b>327,5</b>	<b>73,19</b>	4
7 González Casero Maialen	GOIER	56,00	-56kg	<b>307,5</b>	<b>73,11</b>	2
8 Cano Gallego Paula	GOIER	56,00	-56kg	<b>290,0</b>	<b>68,95</b>	3
9 Lasa Echeverria Itziar	NAVAR	61,50	-63kg	<b>307,5</b>	<b>68,35</b>	5
10 Lerchundi Serrano Loraine	NAVAR	67,00	-69kg	<b>315,0</b>	<b>66,36</b>	2

<b>ABREVIACIONES de CLUBES:</b>
BURGOS = STRENGTH BURGOS
ERASO = ERASO POWERLIFTING Alava
GOIER = GOIERRI KE Gipuzkoa
NAVAR = POWERLIFTING NAVARRA
NUMA = POWERLIFTING NUMANCIA