

# ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

## IV Campeonato Entrena Intenso

AEP-3 de iniciación de Madrid

Rivas-Vaciamadrid, Madrid - 13-14 abril 2024

Rev. 03/05/2024

<b>HOMBRES POWERLIFTING RAW</b>																	
LEVANTADOR	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL	
<b>-59 kg</b>																	
1	Pardo Santana Mauro	2008	CROM	55,80		75	115,0	122,5	130,0	65,0	70,0	-75,0	140,0	150,0	162,5	362,5	61,81
<b>-66 kg</b>																	
1	Lobato Jiménez Miguel Bikash	2000	EXIT28	65,70		68	172,5	182,5	-190,0	-97,5	102,5	107,5	205,0	215,0	225,0	515,0	80,47
2	Foguet Camacho Alejandro	2006	ERALLO	65,20		76	-165,0	165,0	175,0	107,5	112,5	115,0	187,5	197,5	207,5	497,5	78,05
3	Moliner Mangicotti Oscar	2003	MGFPOW	65,90		74	147,5	155,0	162,5	97,5	102,5	107,5	190,0	202,5	210,0	480,0	74,88
4	Toro Duque Alejandro	2006	ERALLO	63,20		77	165,0	172,5	177,5	82,5	87,5	90,0	170,0	182,5	190,0	457,5	72,98
5	Trujillo González Adrian	1994	EXIT28	65,25		78	-150,0	150,0	157,5	90,0	95,0	-97,5	160,0	170,0	-180,0	422,5	66,26
6	Lozoya Tutard Pascal	2002	SOYPOW	64,95		70	127,5	135,0	142,5	70,0	75,0	80,0	157,5	167,5	177,5	400,0	62,89
7	Wee Olivero Camilo Patricio	1988	MADPOW	64,60		67	120,0	125,0	-130,0	92,5	95,0	-97,5	160,0	170,0	-180,0	390,0	61,49
8	Tello Marmolejos Joaquín Leonardo	1999	POWVAL	64,65		72	122,5	132,5	-137,5	80,0	85,0	-87,5	155,0	170,0	-182,5	387,5	61,07
9	Yañez Gómez Felipe Ignacio	2002	FENRIR	64,35		71	105,0	115,0	122,5	70,0	75,0	80,0	120,0	130,0	142,5	345,0	54,51
10	Casa Tapia Fernando David	2007	GRANDA	64,60		73	110,0	120,0	127,5	67,5	72,5	-77,5	120,0	135,0	-150,0	335,0	52,82
11	Rodríguez Muñoz Alejandro	2008	LEOHAK	63,05		69	107,5	115,0	117,5	52,5	60,0	62,5	120,0	132,5	142,5	322,5	51,51
<b>-74 kg</b>																	
1	Morales Lerma Alejandro	1999	AGSTR	73,10		91	180,0	190,0	195,0	117,5	125,0	130,0	180,0	195,0	202,5	527,5	77,94
2	Rodríguez Del Rio David	1994	ENTINT	73,40		83	-170,0	180,0	-195,0	100,0	110,0	-115,0	210,0	230,0	-240,0	520,0	76,66
3	Chernyshev Michael	2007	INTED	72,25		81	175,0	190,0	-200,0	90,0	100,0	-102,5	200,0	215,0	220,0	510,0	75,81
4	Mancia Linares Carlos Alfredo	1992	DANIG	73,20		92	165,0	-167,5	175,0	100,0	115,0	127,5	170,0	192,5	205,0	507,5	74,93
5	Viera Benaiges Santiago	2007	MGFPOW	72,30		94	-180,0	-180,0	180,0	95,0	102,5	-107,5	200,0	220,0	-232,5	502,5	74,67
6	Molina Rodríguez Rafael	2001	MGFPOW	73,25		88	170,0	182,5	-190,0	95,0	100,0	102,5	-195,0	205,0	217,5	502,5	74,16
7	Gómez Morenilla Roger Manuel	1999	MGFPOW	73,70		95	160,0	-172,5	172,5	130,0	-135,0	135,0	182,5	192,5	-200,0	500,0	73,56
8	Suárez Quizhpe Damián	2002	EXIT28	71,25		85	-155,0	155,0	167,5	92,5	97,5	100,0	200,0	210,0	220,0	487,5	73,00
9	Ramírez Tarifa Rubén	2007	MADPOW	71,15		86	175,0	182,5	190,0	100,0	105,0	-112,5	180,0	190,0	-195,0	485,0	72,67
10	Andrés Simionescu Eduardo	2004	GRANDA	70,70		79	155,0	-167,5	170,0	-105,0	105,0	112,5	170,0	185,0	200,0	482,5	72,54
11	Suero Campos Juan Carlos	2006	SOYPOW	72,15		87	165,0	172,5	180,0	85,0	90,0	95,0	180,0	190,0	200,0	475,0	70,66
12	Fabian Brañez Hector	2003	RISING	72,30		96	145,0	155,0	165,0	100,0	107,5	112,5	170,0	185,0	192,5	470,0	69,84
13	Fernández Otavalo Adrián Josué	2004	STRCAP	74,00		80	150,0	160,0	-165,0	97,5	102,5	107,5	175,0	190,0	200,0	467,5	68,63
14	Isabel Ormay Vicente	2004	POWMAD	74,00		90	147,5	-155,0	155,0	95,0	102,5	-105,0	197,5	205,0	-212,5	462,5	67,90
15	Otazu Paredes Aaron	1992	MADPOW	73,25		82	150,0	152,5	160,0	100,0	-107,5	112,5	-170,0	-180,0	180,0	452,5	66,78
16	Diaz Rama Sergio	2004	DANIG	73,95		93	147,5	155,0	162,5	80,0	87,5	92,5	157,5	172,5	-185,0	427,5	62,78
17	Borissov Cholakov Metody	2007	SOYPOW	68,60		89	135,0	142,5	-150,0	85,0	90,0	95,0	165,0	175,0	-185,0	412,5	63,00
18	Hernandez Muñoz Jorge	2005	MGFPOW	71,10		84	115,0	125,0	-135,0	87,5	92,5	-95,0	150,0	165,0	175,0	392,5	58,84
<b>-83 kg</b>																	
1	Campillo Prieto Jaime	2006	RAGNA	80,50		53	190,0	200,0	-205,0	-120,0	125,0	132,5	240,0	-252,5	-252,5	572,5	80,49
2	Blasco González Ignacio	2001	MADPOW	82,45		45	200,0	-207,5	212,5	130,0	137,5	142,5	210,0	-222,5	X	565,0	78,47
3	Hernández Saez Bruno	2002	DTPOW	81,10		46	185,0	195,0	202,5	117,5	125,0	-130,0	210,0	222,5	235,0	562,5	78,78
4	Martín-Viveros Barba Alex	2006	RISING	81,45		58	195,0	205,0	212,5	105,0	110,0	-112,5	205,0	225,0	240,0	562,5	78,61
5	García De Marina Metola Rodrigo	1999	STRCAP	79,40		52	170,0	180,0	190,0	105,0	110,0	112,5	225,0	242,5	255,0	557,5	78,93
6	Armada Vázquez Juan	2006	ERALLO	80,05		59	190,0	200,0	-210,0	107,5	117,5	125,0	190,0	200,0	-207,5	525,0	74,02
7	Negrin Alejandro Daniel	2003	ERALLO	80,15		55	175,0	182,5	-190,0	110,0	115,0	-120,0	200,0	210,0	217,5	515,0	72,56
8	García Capilla Luis	2002	ENTINT	81,25		54	-165,0	175,0	-185,0	95,0	100,0	105,0	200,0	212,5	225,0	505,0	70,66
9	Ferri Pablo	2005	INTED	82,00		41	145,0	160,0	167,5	100,0	107,5	-115,0	200,0	215,0	230,0	505,0	70,34
10	Martialay Ignacio	1995	SOYPOW	82,50		44	140,0	147,5	155,0	130,0	137,5	-140,0	190,0	200,0	210,0	502,5	69,77

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LEVANTADOR	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL
11 Di Silvestro Ortiz Marco	1997	BLKCRW	82,35		39	172,5	182,5	-190,0	97,5	102,5	105,0	200,0	212,5	-230,0	500,0	69,49
12 Sánchez Torres Adrián	2007	POWVAL	79,40		56	162,5	-172,5	172,5	95,0	100,0	-102,5	200,0	212,5	222,5	495,0	70,08
13 Ordak Michal	1996	RISING	82,80		61	180,0	190,0	-195,0	100,0	105,0	107,5	197,5	-212,5	-212,5	495,0	68,60
14 Amarnani Abhishek	2005	INTED	80,20		51	150,0	160,0	-170,0	105,0	112,5	-117,5	195,0	207,5	220,0	492,5	69,37
15 Gordillo Hernández Andrés Felipe	2005	DANIG	81,20		48	167,5	177,5	185,0	90,0	100,0	105,0	177,5	190,0	200,0	490,0	68,59
16 Quervós López Raúl	2007	BLKCRW	75,40		50	157,5	170,0	-175,0	100,0	107,5	110,0	192,5	202,5	-205,0	482,5	70,15
17 Quer Piedrafita Bernat	2007	MGFPOW	81,85		43	145,0	-155,0	155,0	87,5	92,5	97,5	190,0	210,0	230,0	482,5	67,26
18 Gómez De Luna Conesa Alejandro	1997	STRCAP	80,85		60	155,0	165,0	175,0	92,5	97,5	100,0	195,0	205,0	-220,0	480,0	67,33
19 Peñaranda Padilla Miguel Trinidad	2007	GRANDA	81,55		40	145,0	160,0	-170,0	100,0	105,0	-110,0	175,0	195,0	210,0	475,0	66,34
20 Hernandez Fermosell Jose	2003	VILLPOW	81,10		57	157,5	165,0	170,0	90,0	95,0	100,0	180,0	190,0	200,0	470,0	65,83
21 Cutiño Miguel Javier	2001	SILENT	81,60		38	160,0	-170,0	-175,0	97,5	102,5	-107,5	187,5	200,0	205,0	467,5	65,27
22 Cifuentes Izquierdo Iván	1998	POWVAL	77,00		47	160,0	170,0	180,0	82,5	87,5	92,5	170,0	180,0	190,0	462,5	66,52
23 Calderon Aguado Jorge	2007	FENRIR	76,95		42	145,0	152,5	162,5	82,5	90,0	95,0	160,0	172,5	190,0	447,5	64,38
24 Rodriguez Gutierrez Victor	2008	GRANDA	80,95		49	140,0	-155,0	-170,0	80,0	-90,0	100,0	140,0	155,0	-170,0	395,0	55,38
<b>-93 kg</b>																
1 Quintana González Alberto	1999	ERALLO	92,75		112	210,0	222,5	235,0	135,0	140,0	-142,5	245,0	262,5	280,0	655,0	85,80
2 Fernández León Pablo	1998	RISING	91,65		97	180,0	190,0	200,0	140,0	145,0	-147,5	190,0	205,0	220,0	565,0	74,44
3 Canel Rejano Alejandro	2004	INTED	90,00		108	187,5	200,0	210,0	112,5	117,5	122,5	195,0	215,0	230,0	562,5	74,78
4 Martín Mayor Elias	1999	STRCAP	89,80		101	177,5	190,0	200,0	117,5	125,0	-130,0	215,0	230,0	-237,5	555,0	73,86
5 Velayos Garrido-Palma Víctor	2005	LEOHAK	91,20		103	195,0	-205,0	205,0	115,0	122,5	-125,0	207,5	220,0	-227,5	547,5	72,31
6 Rodrigo Jon	2004	INTED	91,65		106	210,0	-225,0	-230,0	100,0	-107,5	-107,5	210,0	225,0	235,0	545,0	71,81
7 Torres Vidal Marc	2003	MGFPOW	90,65		114	175,0	190,0	195,0	115,0	-122,5	127,5	195,0	207,5	220,0	542,5	71,87
8 Cabrera Obregón Federico Rafael	1998	ERALLO	92,75		111	177,5	185,0	190,0	115,0	120,0	122,5	210,0	220,0	230,0	542,5	71,06
9 Ihionkhan Aghahowa Godwin Eromor	2007	SOYPOW	89,55		99	160,0	170,0	180,0	102,5	107,5	112,5	-217,5	232,5	247,5	540,0	71,97
10 García Enrique Daniel	2005	DTPOW	90,85		102	180,0	190,0	200,0	90,0	95,0	100,0	210,0	227,5	240,0	540,0	71,46
11 Javier Hernández Sánchez Diego	1999	MGFPOW	91,05		104	-172,5	182,5	192,5	97,5	105,0	112,5	195,0	210,0	220,0	525,0	69,40
12 Silva Nieto Carlos	2000	INTED	92,55		98	172,5	-180,0	185,0	102,5	110,0	115,0	195,0	210,0	220,0	520,0	68,19
13 Moldovan Valentin	1972	ENTINT	91,50		105	170,0	-182,5	-190,0	115,0	120,0	-125,0	190,0	-210,0	210,0	500,0	65,93
14 Aguilar Navarro Jaime	2004	FZAFOR	84,95		100	155,0	165,0	175,0	110,0	117,5	-122,5	192,5	205,0	-217,5	497,5	68,07
15 Suárez González Alberto	2005	CROM	92,15		110	175,0	-185,0	185,0	95,0	105,0	110,0	190,0	200,0	-215,0	495,0	65,05
16 Sánchez Montilla Alejandro	2005	STRCAP	91,30		107	165,0	175,0	180,0	87,5	-97,5	100,0	190,0	200,0	-230,0	480,0	63,36
17 Solera Rinconada Álvaro	2007	RAGNA	90,40		109	152,5	160,0	165,0	95,0	100,0	105,0	185,0	195,0	205,0	475,0	63,01
18 Nava Rodríguez Ildelfonso	1965	RISING	92,20		113	105,0	115,0	125,0	-75,0	75,0	82,5	125,0	135,0	142,5	350,0	45,98
<b>-105 kg</b>																
1 Aires Díaz Guillermo	2001	ERALLO	98,95		37	195,0	210,0	220,0	122,5	130,0	137,5	220,0	235,0	-242,5	592,5	75,23
2 Podzun Pardo Federico	2006	ERALLO	103,30		33	205,0	217,5	227,5	125,0	130,0	135,0	210,0	220,0	225,0	587,5	73,09
3 Nava Pérez Sergio	1996	RISING	103,30		34	140,0	150,0	162,5	95,0	100,0	105,0	145,0	160,0	180,0	447,5	55,67
4 Farhat Pérez Khaled	2006	VALHALLA	96,10		35	-150,0	150,0	-160,0	80,0	-85,0	87,5	140,0	150,0	157,5	395,0	50,86
<b>-120 kg</b>																
1 Bidu Alexandru	2000	ENTINT	119,30		32	225,0	240,0	255,0	-160,0	160,0	175,0	260,0	280,0	-300,0	710,0	82,75
2 Blasco Colonia Omar	2000	FZAFOR	118,30		29	225,0	240,0	X	142,5	150,0	155,0	240,0	260,0	275,0	670,0	78,37
3 Membrillo Zapata Juan Jose	1996	BLKCRW	118,50		30	220,0	230,0	235,0	170,0	180,0	185,0	225,0	235,0	-245,0	655,0	76,56

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MEJORES LEVANTADORES POWERLIFTING RAW a pt. IPF GL											
Nombre	Club	Peso	Cat.	Total	GL pt.	Clas.					
1	Quintana González Alberto	ERALLO	92,75	-93kg	<b>655,0</b>	<b>85,80</b>	1				
2	Bidu Alexandru	ENTINT	119,30	-120kg	<b>710,0</b>	<b>82,75</b>	1				
3	Campillo Prieto Jaime	RAGNA	80,50	-83kg	<b>572,5</b>	<b>80,49</b>	1				
4	Lobato Jiménez Miguel Bikash	EXIT28	65,70	-66kg	<b>515,0</b>	<b>80,47</b>	1				
5	García De Marina Metola Rodrigo	STRCAP	79,40	-83kg	<b>557,5</b>	<b>78,93</b>	5				
6	Hernández Saez Bruno	DTPOW	81,10	-83kg	<b>562,5</b>	<b>78,78</b>	3				
7	Martín-Viveros Barba Alex	RISING	81,45	-83kg	<b>562,5</b>	<b>78,61</b>	4				
8	Blasco González Ignacio	MADPOW	82,45	-83kg	<b>565,0</b>	<b>78,47</b>	2				
9	Blasco Colonia Omar	FZAFOR	118,30	-120kg	<b>705,0</b>	<b>78,37</b>	2				
10	Foguet Camacho Alejandro	ERALLO	65,20	-66kg	<b>497,5</b>	<b>78,05</b>	2				
11	Morales Lerma Alejandro	AGSTR	73,10	-74kg	<b>527,5</b>	<b>77,94</b>	1				
12	Rodríguez Del Rio David	ENTINT	73,40	-74kg	<b>520,0</b>	<b>76,66</b>	2				
13	Membrillo Zapata Juan Jose	BLKCRW	118,50	-120kg	<b>655,0</b>	<b>76,56</b>	3				
14	Chernyshev Michael	INTED	72,25	-74kg	<b>510,0</b>	<b>75,81</b>	3				
15	Aires Díaz Guillermo	ERALLO	98,95	-105kg	<b>592,5</b>	<b>75,23</b>	1				
16	Mancia Linares Carlos Alfredo	DANIG	73,20	-74kg	<b>507,5</b>	<b>74,93</b>	4				
17	Moliner Mangicotti Oscar	MGFPOW	65,90	-66kg	<b>480,0</b>	<b>74,88</b>	3				
18	Canel Rejano Alejandro	INTED	90,00	-93kg	<b>562,5</b>	<b>74,78</b>	3				
19	Viera Benaiges Santiago	MGFPOW	72,30	-74kg	<b>502,5</b>	<b>74,67</b>	5				
20	Fernández León Pablo	RISING	91,65	-93kg	<b>565,0</b>	<b>74,44</b>	2				
21	Molina Rodríguez Rafael	MGFPOW	73,25	-74kg	<b>502,5</b>	<b>74,16</b>	6				
22	Armada Vázquez Juan	ERALLO	80,05	-83kg	<b>525,0</b>	<b>74,02</b>	6				
23	Martín Mayor Elias	STRCAP	89,80	-93kg	<b>555,0</b>	<b>73,86</b>	4				
24	Gómez Morenilla Roger Manuel	MGFPOW	73,70	-74kg	<b>500,0</b>	<b>73,56</b>	7				
25	Podzun Pardo Federico	ERALLO	103,30	-105kg	<b>587,5</b>	<b>73,09</b>	2				
26	Suárez Quizhpe Damián	EXIT28	71,25	-74kg	<b>487,5</b>	<b>73,00</b>	8				
27	Toro Duque Alejandro	ERALLO	63,20	-66kg	<b>457,5</b>	<b>72,98</b>	4				
28	Ramírez Tarifa Rubén	MADPOW	71,15	-74kg	<b>485,0</b>	<b>72,67</b>	9				
29	Negrin Alejandro Daniel	ERALLO	80,15	-83kg	<b>515,0</b>	<b>72,56</b>	7				
30	Andrés Simionescu Eduardo	GRANDA	70,70	-74kg	<b>482,5</b>	<b>72,54</b>	10				
31	Velayos Garrido-Palma Víctor	LEOHAK	91,20	-93kg	<b>547,5</b>	<b>72,31</b>	5				
32	Ihionkhan Aghahowa Godwin Eromonsele	SOYPOW	89,55	-93kg	<b>540,0</b>	<b>71,97</b>	9				
33	Torres Vidal Marc	MGFPOW	90,65	-93kg	<b>542,5</b>	<b>71,87</b>	7				
34	Rodrigo Jon	INTED	91,65	-93kg	<b>545,0</b>	<b>71,81</b>	6				
35	García Enrique Daniel	DTPOW	90,85	-93kg	<b>540,0</b>	<b>71,46</b>	10				
36	Cabrera Obregón Federico Rafael	ERALLO	92,75	-93kg	<b>542,5</b>	<b>71,06</b>	8				
37	Suero Campos Juan Carlos	SOYPOW	72,15	-74kg	<b>475,0</b>	<b>70,66</b>	11				
38	García Capilla Luis	ENTINT	81,25	-83kg	<b>505,0</b>	<b>70,66</b>	8				
39	Ferri Pablo	INTED	82,00	-83kg	<b>505,0</b>	<b>70,34</b>	9				
40	Guervós López Raúl	BLKCRW	75,40	-83kg	<b>482,5</b>	<b>70,15</b>	16				

### ABREVIACIONES de CLUBES:

AGSTR = AG STRENGTH Madrid  
 BLKBAR = BLACKBARBELL Madrid  
 BLKCRW = BLACK CROWN Madrid  
 CROM = CROM GYM Madrid  
 DANIG = DANIGPOWER Madrid  
 DTPOW = DT POWER Madrid  
 ERALLO = EDUARDO RALLO Madrid  
 ENTINT = ENTRENA INTENSO Madrid  
 ÉXITO = ÉXITO28 Madrid  
 FENFRIR = FENRIR Madrid  
 FZAFOR = FUERZA LA FORJA Alcala de Henares  
 GRANDA = GRANDA Madrid  
 INTED = INTEND POWER Madrid  
 LEOHAK = LEONES HAKEÑOS Madrid  
 MADPOW = MAD POWERLIFTING Madrid  
 MGFPOW = MGF POWER TEAM Madrid  
 POWVAL = POWER VALHALLA Madrid  
 Powmad = POWERLIFTING MADRID  
 PTASIE = PUERTA DE LA SIERRA Madrid  
 RAGNA = RAGNAROK Madrid  
 RISING = RISING POWER Madrid  
 SIDER = SIDEROPOLIS Madrid  
 SILENT = SILENT Madrid  
 SOYPOW = SOY POWERLIFTER Madrid  
 STRCAP = STRENGTH CAPITAL Madrid  
 VILLPOW = VILLA POWERLIFTING Madrid