

**ASOCIACIÓN ESPAÑOLA DE POWERLIFTING**  
**Campeonato de España JÚNIOR, Ciudad de Ferrol**  
 AEP-1 Nacional de Powerlifting y Press Banca RAW  
 Ferrol, A Coruña - 17-19 mayo 2024

Rev. 07/07/2024

<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>Pt.</b>		
<b>-43kg</b>																					
1	Albers Galindo Elisa	2002	ESA	41,42	0,3180	44	95,0	101,0	105,0	1	47,5	-50,0	50,0	1	115,0	120,0	122,5	1	277,5	88,25	12
<b>-47kg</b>																					
1	Santos Mediavilla Paula	2005	CANSTR	47,00	0,2772	51	110,0	115,0	120,0	1	67,5	-72,5	-72,5	1	130,0	137,5	-145,0	3	325,0	90,09	12
2	Sanchez Collado Gisela	2001	PBAR	44,70	0,2919	47	97,5	102,5	-105,0	3	57,5	60,0	X	2	130,5	135,0	140,0	2	302,5	88,30	9
3	Menai Aya	2005	VAKNER	46,80	0,2784	45	90,0	100,0	-105,0	5	52,5	-55,0	55,0	3	120,0	130,0	142,5	1	297,5	82,82	8
4	Montero Ramiro Sheila	2001	ERALLO	44,60	0,2926	46	95,0	102,5	107,5	2	42,5	45,0	47,5	5	120,0	130,0	-142,5	4	285,0	83,39	7
5	Diaz Nieto Marta	2001	DTPOW	46,84	0,2781	48	92,5	102,5	-110,0	4	45,0	50,0	-52,5	4	110,0	120,0	127,5	5	280,0	77,87	6
6	Del Rosario Mora Rosa Maria	2001	GRSTR	46,50	0,2802	50	90,0	95,0	-95,0	6	40,0	45,0	-47,5	6	102,5	110,0	115,0	7	255,0	71,45	5
7	Souto Fernandez Noa	2005	VAKNER	46,58	0,2797	49	85,0	90,0	-95,0	7	42,5	45,0	-47,5	7	110,0	117,5	-127,5	6	252,5	70,62	4
<b>-52kg</b>																					
1	Alvarez Belmonte Lucia	2005	ZBCR	48,94	0,2666	60	110,0	117,5	122,5	1	60,0	-65,0	65,0	4	152,5	160,0	-168,0	1	347,5	92,64	12
2	Del Pueyo Lopez Elena	2002	PCAN	49,96	0,2616	53	117,5	-125,0	-125,0	2	57,5	62,5	65,0	5	135,0	142,5	145,0	2	327,5	85,67	9
3	Medina Torrent Claudia	2004	UFORCE	51,16	0,2561	59	-107,5	107,5	112,5	4	-65,0	70,0	-72,5	2	125,0	135,0	137,5	4	320,0	81,95	8
4	Bernabeu Gomez Lucia	2005	GRSTR	50,28	0,2601	57	107,5	115,0	-120,0	3	80,0	-86,0	-86,0	1	115,0	122,5	-130,0	8	317,5	82,58	7
5	Blanco Garcia Sara	2003	FENIX	50,84	0,2575	52	102,5	110,0	-115,0	5	60,0	65,0	67,5	3	120,0	130,0	-135,0	6	307,5	79,18	6
6	Martin Mayor Aida	2002	CAPIT	51,52	0,2545	55	97,5	105,0	107,5	6	57,5	-62,5	62,5	6	120,0	125,0	130,0	7	300,0	76,35	5
7	Gonzalez Lledias Paloma	2001	FENIX	49,58	0,2634	56	92,5	97,5	102,5	8	45,0	47,5	50,0	9	120,0	130,0	142,5	3	295,0	77,70	4
8	Zamora Reverte Irene	2003	ZBCR	51,24	0,2558	54	100,0	-107,5	-107,5	9	52,5	55,0	60,0	7	125,0	135,0	-145,0	5	295,0	75,46	3
9	Diequez Geira Gabriela	2002	MOON	51,50	0,2546	58	95,0	100,0	105,0	7	52,5	-55,0	55,0	8	107,5	115,0	-122,5	9	275,0	70,02	2
<b>-57kg</b>																					
1	Alonso Vazquez Paula	2001	FENIX	56,72	0,2354	39	140,0	145,0	-150,0	3	85,0	87,5	-90,5	2	157,5	165,0	172,5	4	405,0	95,34	12
2	Douay Badaoi Wisal	2003	UFORCE	56,96	0,2347	33	140,0	150,0	152,5	1	65,0	70,0	-72,5	12	155,0	-170,0	177,5	1	400,0	93,88	9
3	Moreno Zabala Patricia	2002	GOIER	56,66	0,2356	35	130,0	135,0	140,0	6	80,0	-85,0	85,0	3	152,5	162,5	172,5	3	397,5	93,65	8
4	Mena Llorca Ariadna	2001	AFA	56,16	0,2372	36	130,0	137,5	142,5	4	80,0	82,5	-85,0	4	145,0	-157,5	165,0	5	390,0	92,51	7
5	Escosura Flores Lara	2001	FEDCAT	55,96	0,2379	32	140,0	-145,0	-145,0	5	82,5	-87,5	87,5	1	155,0	-165,0	-165,0	8	382,5	91,00	6
6	Martinez Justo Sofia	2001	VAKNER	56,26	0,2369	40	132,5	-137,5	137,5	7	60,0	65,0	-67,5	17	155,0	170,0	172,5	2	375,0	88,84	5
7	Casas Arzua Alba	2001	BASIC	56,44	0,2363	42	120,0	127,5	-132,5	9	77,5	80,0	82,5	5	150,0	160,0	-165,0	6	370,0	87,43	4
8	Amigo Barba Maria	2001	BRSTOD	56,04	0,2376	41	137,5	145,0	-147,5	2	67,5	-72,5	-72,5	14	140,0	150,0	-155,0	10	362,5	86,13	3
9	Feria Llaurado Carla	2001	STB	55,64	0,2389	31	-122,5	-127,5	127,5	8	72,5	-77,5	-80,0	7	127,5	137,5	142,5	15	342,5	81,82	2
10	Gil Blanco Maria	2004	RISING	56,48	0,2362	23	115,0	120,0	125,0	10	-67,5	-70,0	70,0	11	135,0	145,0	-155,0	13	340,0	80,31	1
11	Vilda Feria Marta	2003	NWERA	55,42	0,2397	19	100,0	107,5	112,5	19	60,0	62,5	-65,0	19	145,0	157,5	-165,0	7	332,5	79,70	1
12	Gonzalez Casero Maialen	2005	GOIER	55,70	0,2387	20	112,5	122,5	-130,0	12	65,0	70,0	-72,5	9	120,0	130,0	140,0	17	332,5	79,37	1
13	Castellsague Henao Maria	2005	PBAR	55,10	0,2408	29	110,0	115,0	117,5	15	62,5	-67,5	-72,5	18	135,0	142,5	150,0	9	330,0	79,46	1
14	Polaina Moruno Laura	2002	PRSJ	56,24	0,2370	30	117,5	-122,5	122,5	14	-62,5	-62,5	62,5	20	135,0	140,0	145,0	12	330,0	78,21	1
15	Girones Gracia Paula	2002	TCEZ	56,88	0,2349	21	105,0	112,5	117,5	16	65,0	70,0	72,5	8	130,0	140,0	-150,0	18	330,0	77,52	1
16	Alonso Gonzalez Ceila	2005	CANSTR	55,16	0,2406	24	100,0	110,0	-115,0	21	-67,5	67,5	72,5	6	132,5	-145,0	145,0	11	327,5	78,80	1
17	Lerida Cuenca Andrea	2001	FCA	56,58	0,2359	34	112,5	-120,0	-120,0	20	65,0	67,5	-70,0	15	135,0	145,0	-150,0	14	325,0	76,67	1
18	Gonzalez Palao Lucia	2001	SLL	56,16	0,2372	22	100,0	-110,0	110,0	22	60,0	65,0	70,0	10	125,0	135,0	142,5	16	322,5	76,50	1
19	Faure Rodriguez Lucia	2001	FLSKEN	56,74	0,2354	28	115,0	122,5	125,0	11	52,5	55,0	-57,5	23	120,0	127,5	135,0	21	315,0	74,15	1
20	Campo Vaquero Laura	2002	SALAM	55,22	0,2403	25	105,0	112,5	115,0	17	62,5	67,5	-70,0	13	117,5	-125,0	130,0	22	312,5	75,09	1
21	Castillo Castillo Adriana	2004	ZBCR	55,48	0,2395	27	100,0	107,5	115,0	18	60,0	-62,5	X	21	125,0	135,0	-140,0	19	310,0	74,25	1
22	Teson Hernandez Alba	2001	SPARTA	56,06	0,2375	26	95,0	102,5	-107,5	23	-65,0	65,0	-70,0	16	125,0	135,0	-140,0	20	302,5	71,84	1

**ASOCIACIÓN ESPAÑOLA DE POWERLIFTING**  
**Campeonato de España JÚNIOR, Ciudad de Ferrol**  
AEP-1 Nacional de Powerlifting y Press Banca RAW  
Ferrol, A Coruña - 17-19 mayo 2024

Rev. 07/07/2024

<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>Pt.</b>			
— Lazaro Castrillejo Emma		2001	BURGOS	55,72	0,2387	37	117,5	122,5	-125,0	13	57,5	-60,0	X 22	-150,0	-150,0	-150,0	—	0,0	0,00	—	
<b>-63kg</b>																					
1	Prandi Merino Elsa	2002	SPCFIC	62,08	0,2209	100	137,5	145,0	150,0	4	97,5	102,5	105,5	1	150,0	157,5	165,0	8	420,5	92,89	12
2	Pradas Lozano Ainhoa	2004	NWERA	62,82	0,2192	99	125,0	135,0	142,5	11	85,0	90,0	-92,5	3	155,0	167,5	177,5	1	410,0	89,87	9
3	Manyes Garcia Minerva	2003	PRMOD	62,94	0,2189	104	142,5	152,5	-160,5	3	82,5	87,5	-90,0	4	150,0	160,0	170,0	6	410,0	89,75	8
4	Sequera Romero Ines	2002	RVSTR	60,82	0,2239	107	135,0	140,0	-145,0	12	92,5	92,5	-97,5	2	152,5	162,5	167,5	7	400,0	89,56	7
5	Ormaetxea Prieto Leire	2003	GOIER	61,62	0,2220	101	150,0	157,5	-165,5	1	85,0	90,0	-90,0	5	140,0	147,5	155,0	16	397,5	88,25	6
6	Alcaraz Marin Paola	2002	ERALLO	60,72	0,2242	92	130,0	137,5	142,5	7	-70,0	70,0	77,5	11	155,0	162,5	172,5	2	392,5	88,00	5
7	Isabella Galasso Ana	2004	FLSKEN	62,78	0,2193	98	-132,5	137,5	142,5	10	65,0	70,0	-72,5	19	152,5	165,0	170,0	5	382,5	83,88	4
8	Alonso Abalde Henar	2002	VAKNER	60,82	0,2239	91	122,5	132,5	137,5	17	80,0	82,5	-85,0	6	140,0	150,0	160,0	14	380,0	85,08	3
9	Figueiras Rull Eva	2004	FLSKEN	61,22	0,2230	89	137,5	-145,0	145,0	5	67,5	72,5	-75,0	15	145,0	155,0	162,5	10	380,0	84,74	2
10	Gonzalez Alfaya Nerea	2002	CANSTR	61,46	0,2224	106	-142,5	-142,5	142,5	8	65,0	-67,5	67,5	20	170,0	-180,0	-180,0	4	380,0	84,51	1
11	Calvo del Hierro Esther	2001	VALKY	61,96	0,2212	96	127,5	135,0	140,0	14	72,5	77,5	-80,0	12	150,0	162,5	-170,0	11	380,0	84,06	1
12	De La Calle Cuesta Jone	2001	EPA	62,40	0,2201	95	145,0	152,5	155,0	2	77,5	82,5	-85,0	8	135,0	142,5	-147,5	24	380,0	83,64	1
13	Santana Santos Thatiane	2004	AFA	62,54	0,2198	105	135,0	140,0	145,0	6	70,0	72,5	-75,0	17	150,0	160,0	-162,5	15	377,5	82,97	1
14	Fernandez Garcia Beatriz	2001	RISING	62,06	0,2209	103	135,0	142,5	-147,5	9	-72,5	72,5	77,5	13	140,0	155,0	-162,5	17	375,0	82,84	1
15	Baquerizo Adan Marta	2001	ZBCR	61,54	0,2222	86	130,0	137,5	140,0	13	75,0	77,5	80,0	9	140,0	150,0	-160,0	21	370,0	82,21	1
16	Diaz Yubero Emma	2001	FNORT	62,54	0,2198	102	112,5	120,0	125,0	21	77,5	80,0	-82,5	10	155,0	165,0	-175,0	9	370,0	81,33	1
17	Roig Leon Belen	2002	BRSTOD	62,14	0,2207	97	-135,0	135,0	140,0	15	-65,0	65,0	-70,0	23	145,0	155,0	-160,0	18	360,0	79,45	1
18	Carabot Tosar Marina	2005	DTPOW	62,44	0,2201	88	117,5	-127,5	127,5	19	65,0	70,0	-72,5	18	155,0	162,5	-170,0	13	360,0	79,24	1
19	Garrido Gomez Nerea	2001	BURGOS	62,48	0,2200	85	120,0	130,0	-140,0	18	67,5	72,5	-75,0	16	140,0	155,0	-162,5	19	357,5	78,65	1
20	Pineiro Fernandez Lucia	2004	FENIX	62,96	0,2189	90	125,0	132,5	140,0	16	72,5	77,5	-80,0	14	-125,0	132,5	140,0	25	357,5	78,26	1
21	Battyán Padro Lia	2002	PCAN	58,90	0,2290	93	110,0	115,0	120,0	25	57,5	62,5	65,0	21	160,0	170,0	-175,0	3	355,0	81,30	1
22	Perez Alcalde Elena	2001	FENIX	62,26	0,2205	87	117,5	122,5	-127,5	24	75,0	80,0	82,5	7	132,5	142,5	150,0	22	355,0	78,28	1
23	Alonso Moreno Ana	2004	BRSTOD	62,22	0,2206	83	117,5	125,0	-130,0	20	55,0	57,5	-60,0	25	152,5	162,5	-170,0	12	345,0	76,11	1
24	Moreira Cepeda Sara	2001	FENIX	62,74	0,2194	94	117,5	125,0	-130,0	22	62,5	65,0	-67,5	24	135,0	142,5	150,0	23	340,0	74,60	1
25	Casanovas Martin Ainhoa	2003	GOIER	60,64	0,2244	84	115,0	122,5	-127,5	23	65,0	-70,0	-70,0	22	140,0	150,0	X	20	337,5	75,73	1
<b>-69kg</b>																					
1	Sorli Ballester Alicia	2002	AFA	67,30	0,2101	72	155,0	162,5	168,0	3	82,5	87,5	-90,0	2	170,0	182,5	190,0	1	445,5	93,60	12
2	Fernandez Perez Beatriz	2002	AGSTR	68,60	0,2078	75	150,0	160,0	168,5	2	-87,5	87,5	92,5	1	162,5	175,0	-185,0	5	436,0	90,60	9
3	Caballero Torres Marta	2004	MGF	67,96	0,2090	76	150,0	160,0	169,0	1	65,0	70,0	-72,5	12	160,0	172,5	187,5	2	426,5	89,14	8
4	Loidi Malumbres Ainhoa	2003	PH	67,82	0,2092	80	152,5	160,0	-162,5	5	72,5	77,5	80,0	5	175,0	185,0	-197,5	4	425,0	88,91	7
5	Molina Fresno Maria Teresa	2001	BRSTOD	65,34	0,2138	78	145,0	-155,0	-155,0	8	-75,0	75,0	80,0	4	175,0	185,0	-202,5	3	410,0	87,66	6
6	Bernal Esquinas Paula	2005	BLCR	67,02	0,2106	73	155,0	162,5	-168,5	4	67,5	70,0	-72,5	11	157,5	167,5	-172,5	7	400,0	84,24	5
7	Gonzalez Tirado Ainhoa	2005	CHIPI	64,76	0,2150	82	132,5	140,0	147,5	7	67,5	72,5	75,0	8	162,5	172,5	-182,5	6	395,0	84,92	4
8	Ibanez Martin Maria	2007	BURGOS	67,68	0,2094	74	140,0	150,0	150,0	6	72,5	77,5	-80,0	7	147,5	160,0	167,5	8	395,0	82,71	3
9	Mendia Calvo Leire	2001	FLSKEN	68,78	0,2075	70	135,0	-142,5	-147,5	11	77,5	82,5	-87,5	3	-140,0	150,0	160,0	12	377,5	78,33	2
10	Vidal Castineiras Alejandra	2004	EINTE	68,24	0,2085	81	132,5	140,0	142,5	9	-65,0	65,0	-67,5	14	150,0	157,5	162,5	9	370,0	77,14	1
11	Martinez López-Yarto Diana	2005	AGSTR	68,38	0,2082	77	125,0	132,5	-140,0	12	-75,0	75,0	-77,5	9	140,0	155,0	162,5	10	370,0	77,03	1
12	Palmero Reyes Ainhoa	2003	FCA	68,72	0,2076	79	122,5	127,5	132,5	13	67,5	-70,0	70,0	13	145,0	152,5	160,0	11	362,5	75,25	1
13	Martin Carbo Vanesa	2001	AFA	68,02	0,2088	69	115,0	-125,0	130,0	14	-65,0	65,0	72,5	10	145,0	150,0	155,0	13	357,5	74,65	1
14	Fernandez Romero Eva Brigitte	2001	NWERA	67,54	0,2097	68	120,0	127,5	135,0	10	70,0	75,0	77,5	6	122,5	135,0	-137,5	14	347,5	72,87	1

**ASOCIACIÓN ESPAÑOLA DE POWERLIFTING**  
**Campeonato de España JÚNIOR, Ciudad de Ferrol**  
AEP-1 Nacional de Powerlifting y Press Banca RAW  
Ferrol, A Coruña - 17-19 mayo 2024

Rev. 07/07/2024

<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>Pt.</b>		
<b>-76kg</b>																					
1	Sanchez Fernandez Marina	2002	DTPOW	75,29	0,1980	15	157,5	-165,0	165,0	1	72,5	75,0	77,5	7	177,5	190,0	200,0	1	442,5	87,61	12
2	Lanza Alzamora Martina	2003	PRAET	74,88	0,1986	13	145,0	152,5	155,0	6	87,5	92,5	-97,5	1	160,0	170,0	175,0	7	422,5	83,91	9
3	Casado Portuondo Beatriz	2005	EINTE	72,42	0,2019	11	140,0	147,5	155,0	3	75,0	80,0	-85,0	5	160,0	-172,5	175,0	6	410,0	82,78	8
4	Vazquez Ortega Celia	2001	PLCO	72,50	0,2018	16	145,0	-155,0	155,0	4	70,0	75,0	-77,5	9	160,0	170,0	180,0	3	410,0	82,74	7
5	Vidal Belles Balma	2001	FIA	72,90	0,2012	17	135,0	142,5	145,0	10	72,5	75,0	-77,5	10	170,0	182,5	-192,5	2	402,5	80,98	6
6	Osorio Hita Lucia	2004	NORBA	74,64	0,1462	18	-145,0	150,0	155,0	5	77,5	-82,5	-82,5	6	155,0	167,5	-177,5	9	400,0	58,48	5
7	Ordak Amelia	2002	RISING	75,99	0,1972	2	140,0	150,0	-157,5	9	70,0	75,0	-77,5	12	162,5	175,0	-180,0	8	400,0	78,88	4
8	Salmeron Gonzalez Dariam	2006	DTPOW	75,43	0,1979	12	140,0	147,5	152,5	7	75,0	80,0	82,5	3	150,0	162,5	-175,0	12	397,5	78,67	3
9	Siguenza Ferrandez Carla Irene	2007	GRSTR	74,60	0,1989	5	-142,5	150,0	-155,0	8	-75,0	75,0	82,5	2	140,0	150,0	155,0	16	387,5	77,07	2
10	Bravo Lozano Eva	2005	CROM	76,00	0,1972	14	150,0	160,0	-167,5	2	60,0	-65,0	65,0	16	145,0	160,0	-170,0	15	385,0	75,92	1
11	Zambrano Gruart Alicia	2004	NWERA	74,42	0,1992	4	125,0	135,0	142,5	11	70,0	75,0	-77,5	11	140,0	152,5	162,5	11	380,0	75,70	1
12	Hernandez Guerreiro Claudia	2003	VALKY	75,57	0,1977	8	115,0	125,0	130,0	14	72,5	-77,5	77,5	8	150,0	160,0	-170,0	14	367,5	72,65	1
13	Rego Diaz Cristina	2001	VAKNER	71,91	0,2026	6	122,5	130,0	-135,0	13	80,0	-82,5	-82,5	4	137,5	-150,0	150,0	17	360,0	72,94	1
14	Cobos Garcia Noemi	2001	FGUAD	75,89	0,1973	7	117,5	-125,0	-125,0	16	-62,5	62,5	65,0	15	167,5	177,5	-180,0	4	360,0	71,03	1
15	Garcia Ferrero Raquel	2005	YACA	75,06	0,1983	3	122,5	127,5	-132,5	15	62,5	65,0	-67,5	14	150,0	160,0	-165,0	13	352,5	69,90	1
—	Hernandez Cortes Laura	2005	UFORCE	75,42	0,1979	10	-165,0	-173,5	-173,5	—	65,0	70,0	-72,5	13	155,0	165,0	-172,5	10	0,0	0,00	--
—	Oyhenart Zafra Lara Berenice	2003	PSVLL	75,97	0,1972	1	130,0	137,5	-140,0	12	-65,0	-65,0	X	—	170,0	177,5	-182,5	5	0,0	0,00	--
DT	Jimenez Vilches Sara	2006	STB	74,94	0,1985	9	132,5	140,0	-142,5	—	X	X	X	—	X	X	X	—	0,0	0,00	--
<b>-84kg</b>																					
1	Sanchez Jorge Carla	2002	SPARTA	77,82	0,1950	62	-172,5	172,5	185,0	1	87,5	92,5	-95,0	1	175,0	185,0	195,0	1	472,5	92,14	12
2	Mancebo Constanza Maria	2002	CROM	82,22	0,1905	61	135,0	145,0	-155,0	3	75,0	-80,0	-82,5	2	155,0	165,0	-172,5	2	385,0	73,34	9
3	Acosta Gallego Laia	2003	NWERA	83,68	0,1891	63	140,0	150,0	157,5	2	65,0	70,0	-72,5	3	140,0	152,5	-167,5	3	380,0	71,86	8
<b>84+kg</b>																					
1	Hernandez Aguilar Carla	2003	STB	139,66	0,1679	65	165,0	175,0	182,5	1	92,5	98,0	102,5	1	162,5	175,0	188,5	1	473,5	79,50	12

**RECORDS:**      **ABS**   **JUN**   **SBJ**

<b>ABREVIACIONES de CLUBES:</b>			
AFA = ALTEA-FINESTRAT-L'ALFAS	ERALLO = EDUARDO RALLO Madrid	NORBA = NORBA POWER Caceres	SLL = STRENGTH LEGACY Lleida
AGSTR = AG STRENGTH Madrid	ESA = EFFICIENT STRENGTH Almeria	NWERA = THE NEW ERA TEAM Barcelona	SPARTA = SPARTA Murcia
BASIC = BASIC STRENGTH Cadiz	FCA = FLOWERLIFTING CLUB Alicante	PBAR = POWERLIFTING BARCELONA	SPCFIC = SPECIFIC STRENGTH Madrid
BLCR = BLACK CROWN POWERLIFTING Madrid	FEDCAT = FEDERACION CATALANA	PCAN = POWERLIFTING CANTABRIA	STB = STB STRENGTH Barcelona
BRSTOD = BERSERKERS TOLEDO	FENIX = FENIX GALICIA POWER	PH = POWER HOUSE Pamplona	TCEZ = TEAM CE POWERLIFTING Zaragoza
BURGOS = STRENGTH BURGOS	FGUAD = FUERZA GUADAIRA	PLCO = POWERLIFTING LIFTERS Cordoba	UFORCE = UNITY FORCE Tarragona
CANSTR = CANARY STRENGTH	FIA = FUERZA ISABEL ATLAS Chiva	PRAET = PRAETORIANS TARRAGONA	VAKNER = VAKNER POWERLIFTING GALIZA
CAPIT = STRENGTH CAPITAL Madrid	FLSKEN = FORCA LAIESKEN Barcelona	PRMOD = THE PRMODE Granada	VALKY = VALKYRIA PT Valladolid
CHIPI = POWERLIFTING Chipiona	FNORT = FUERZA NORTE Leon	PRSJ = POWER RANGERS STRENGTH JAEN	YACA = YOUNG AMBITION Cantabria
CROM = CROM GYM Madrid	GOIER = GOIERRI KE Guipuzkoa	PSVLL = POWERLIFTING SEVILLA	ZBCR = ZB Barbell Ciudad Real
DTPOW = DT POWER Madrid	GRSTR = GR STRENGTH TORRENT Valencia	RISING = RISING POWER Madrid	
EINTE = ENTRENA INTENSO Madrid	MGF = MGF POWER TEAM Madrid	RVSTR = RV STRENGTH Huelva	
EPA = ERASO POWERLIFTING Alava	MOON = MOONSTONE BARBELL Sabadell	SALAM = POWERLIFTING SALAMANCA	

**ASOCIACIÓN ESPAÑOLA DE POWERLIFTING**  
**Campeonato de España JÚNIOR, Ciudad de Ferrol**  
AEP-1 Nacional de Powerlifting y Press Banca RAW  
Ferrol, A Coruña - 17-19 mayo 2024

Rev. 07/07/2024

<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 Pt.</b>	
<b>CLASIFICACIÓN POR CLUBES</b>						<b>CLASIFICACIÓN POR CLUBES</b>					
	<b>pt.</b>	<b>Puntuaciones</b>					<b>pt.</b>	<b>Puntuaciones</b>			
1 FENIX GALICIA POWER	24	[12+6+4+1+1]	408,76	GL	Pts	26 RV STRENGTH Huelva	7	[7]	89,56	GL	Pts
2 DT POWER Madrid	22	[12+6+3+1]	323,38	GL	Pts	27 POWER HOUSE Pamplona	7	[7]	88,91	GL	Pts
3 ALTEA-FINESTRAT-L'ALFAS	21	[12+7+1+1]	343,73	GL	Pts	28 POWERLIFTING LIFTERS Cordoba	7	[7]	82,74	GL	Pts
4 VAKNER POWERLIFTING GALIZA	21	[8+5+4+3+1]	400,30	GL	Pts	29 FEDERACION CATALANA	6	[6]	91,00	GL	Pts
5 THE NEW ERA TEAM Barcelona	20	[9+8+1+1+1]	390,00	GL	Pts	30 FUERZA ISABEL ATLAS Chiva	6	[6]	80,98	GL	Pts
6 ZB Barbell Ciudad Real	17	[12+3+1+1]	324,56	GL	Pts	31 RISING POWER Madrid	6	[4+1+1]	242,03	GL	Pts
7 UNITY FORCE Tarragona	17	[9+8]	175,83	GL	Pts	32 BLACK CROWN POWERLIFTING Madri	5	[5]	84,24	GL	Pts
8 GOIERRI KE Guipuzkoa	16	[8+6+1+1]	337,00	GL	Pts	33 STRENGTH CAPITAL Madrid	5	[5]	76,35	GL	Pts
9 STB STRENGTH Barcelona	14	[12+2]	161,32	GL	Pts	34 NORBA POWER Caceres	5	[5]	58,48	GL	Pts
10 CANARY STRENGTH	14	[12+1+1]	253,40	GL	Pts	35 BASIC STRENGTH Cadiz	4	[4]	87,43	GL	Pts
11 GR STRENGTH TORRENT Valencia	14	[7+5+2]	231,11	GL	Pts	36 POWERLIFTING Chipiona	4	[4]	84,93	GL	Pts
12 SPARTA Murcia	13	[12+1]	163,98	GL	Pts	37 STRENGTH BURGOS	4	[3+1]	161,36	GL	Pts
13 SPECIFIC STRENGTH Madrid	12	[12]	92,89	GL	Pts	38 MOONSTONE BARBELL Sabadell	2	[2]	70,01	GL	Pts
14 EFFICIENT STRENGTH Almeria	12	[12]	88,25	GL	Pts	39 VALKYRIA PT Valladolid	2	[1+1]	156,71	GL	Pts
15 EDUARDO RALLO Madrid	12	[7+5]	171,39	GL	Pts	40 FLOWERLIFTING CLUB Alicante	2	[1+1]	151,92	GL	Pts
16 BERSERKERS TOLEDO	11	[6+3+1+1]	329,35	GL	Pts	41 ERASO POWERLIFTING Alava	1	[1]	83,64	GL	Pts
17 POWERLIFTING BARCELONA	10	[9+1]	167,76	GL	Pts	42 FUERZA NORTE Leon	1	[1]	81,33	GL	Pts
18 AG STRENGTH Madrid	10	[9+1]	167,63	GL	Pts	43 POWER RANGERS STRENGTH JAEN	1	[1]	78,21	GL	Pts
19 POWERLIFTING CANTABRIA	10	[9+1]	166,97	GL	Pts	44 TEAM CE POWERLIFTING Zaragoza	1	[1]	77,52	GL	Pts
20 CROM GYM Madrid	10	[9+1]	149,26	GL	Pts	45 STRENGTH LEGACY Lleida	1	[1]	76,50	GL	Pts
21 PRAETORIANS TARRAGONA	9	[9]	83,91	GL	Pts	46 POWERLIFTING SALAMANCA	1	[1]	75,09	GL	Pts
22 ENTRENA INTENSO Madrid	9	[8+1]	159,92	GL	Pts	47 FUERZA GUADAIIRA	1	[1]	71,03	GL	Pts
23 FORCA LAIESKEN Barcelona	9	[4+2+2+1]	321,10	GL	Pts	48 YOUNG AMBITION Cantabria	1	[1]	69,90	GL	Pts
24 THE PRMODE Granada	8	[8]	89,75	GL	Pts	— POWERLIFTING SEVILLA	—				
25 MGF POWER TEAM Madrid	8	[8]	89,14	GL	Pts						

**ASOCIACIÓN ESPAÑOLA DE POWERLIFTING**  
**Campeonato de España JÚNIOR, Ciudad de Ferrol**  
AEP-1 Nacional de Powerlifting y Press Banca RAW  
Ferrol, A Coruña - 17-19 mayo 2024

Rev. 07/07/2024

<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>Pt.</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	Alonso Vazquez Paula	FENIX	56,72	-57kg		<b>405,0</b>	<b>95,34</b>	1			
2	Douay Badaoi Wisal	UFORCE	56,96	-57kg		<b>400,0</b>	<b>93,88</b>	2			
3	Moreno Zabala Patricia	GOIER	56,66	-57kg		<b>397,5</b>	<b>93,65</b>	3			
4	Sorli Ballester Alicia	AFA	67,30	-69kg		<b>445,5</b>	<b>93,60</b>	1			
5	Prandi Merino Elsa	SPCFIC	62,08	-63kg		<b>420,5</b>	<b>92,89</b>	1			
6	Alvarez Belmonte Lucia	ZBCR	48,94	-52kg		<b>347,5</b>	<b>92,64</b>	1			
7	Mena Llorca Ariadna	AFA	56,16	-57kg		<b>390,0</b>	<b>92,51</b>	4			
8	Sanchez Jorge Carla	SPARTA	77,82	-84kg		<b>472,5</b>	<b>92,14</b>	1			
9	Escosura Flores Lara	FEDCAT	55,96	-57kg		<b>382,5</b>	<b>91,00</b>	5			
10	Fernandez Perez Beatriz	AGSTR	68,60	-69kg		<b>436,0</b>	<b>90,60</b>	2			
11	Santos Mediavilla Paula	CANSTR	47,00	-47kg		<b>325,0</b>	<b>90,09</b>	1			
12	Pradas Lozano Ainhoa	NWERA	62,82	-63kg		<b>410,0</b>	<b>89,87</b>	2			
13	Manyes Garcia Minerva	PRMOD	62,94	-63kg		<b>410,0</b>	<b>89,75</b>	3			
14	Sequera Romero Ines	RVSTR	60,82	-63kg		<b>400,0</b>	<b>89,56</b>	4			
15	Caballero Torres Marta	MGF	67,96	-69kg		<b>426,5</b>	<b>89,14</b>	3			
16	Loidi Malumbres Ainhoa	PH	67,82	-69kg		<b>425,0</b>	<b>88,91</b>	4			
17	Martinez Justo Sofia	VAKNER	56,26	-57kg		<b>375,0</b>	<b>88,84</b>	6			
18	Sanchez Collado Gisela	PBAR	44,70	-47kg		<b>302,5</b>	<b>88,30</b>	2			
19	Albers Galindo Elisa	ESA	41,42	-43kg		<b>277,5</b>	<b>88,25</b>	1			
20	Ormaetxea Prieto Leire	GOIER	61,62	-63kg		<b>397,5</b>	<b>88,25</b>	5			
21	Alcaraz Marin Paola	ERALLO	60,72	-63kg		<b>392,5</b>	<b>88,00</b>	6			
22	Molina Fresno Maria Teresa	BRSTOD	65,34	-69kg		<b>410,0</b>	<b>87,66</b>	5			
23	Sanchez Fernandez Marina	DTPOW	75,29	-76kg		<b>442,5</b>	<b>87,61</b>	1			
24	Casas Arzua Alba	BASIC	56,44	-57kg		<b>370,0</b>	<b>87,43</b>	7			
25	Amigo Barba Maria	BRSTOD	56,04	-57kg		<b>362,5</b>	<b>86,13</b>	8			
26	Del Pueyo Lopez Elena	PCAN	49,96	-52kg		<b>327,5</b>	<b>85,67</b>	2			
27	Alonso Abalde Henar	VAKNER	60,82	-63kg		<b>380,0</b>	<b>85,08</b>	8			
28	Gonzalez Tirado Ainhoa	CHIPI	64,76	-69kg		<b>395,0</b>	<b>84,92</b>	7			
29	Figueiras Rull Eva	FLSKEN	61,22	-63kg		<b>380,0</b>	<b>84,74</b>	9			
30	Gonzalez Alfaya Nerea	CANSTR	61,46	-63kg		<b>380,0</b>	<b>84,51</b>	10			
31	Bernal Esquinas Paula	BLCR	67,02	-69kg		<b>400,0</b>	<b>84,24</b>	6			
32	Calvo del Hierro Esther	VALKY	61,96	-63kg		<b>380,0</b>	<b>84,06</b>	11			
33	Lanza Alzamora Martina	PRAET	74,88	-76kg		<b>422,5</b>	<b>83,91</b>	2			
34	Isabella Galasso Ana	FLSKEN	62,78	-63kg		<b>382,5</b>	<b>83,88</b>	7			
35	De La Calle Cuesta Jone	EPA	62,40	-63kg		<b>380,0</b>	<b>83,64</b>	12			
36	Montero Ramiro Sheila	ERALLO	44,60	-47kg		<b>285,0</b>	<b>83,39</b>	4			
37	Santana Santos Thatiane	AFA	62,54	-63kg		<b>377,5</b>	<b>82,97</b>	13			
38	Fernandez Garcia Beatriz	RISING	62,06	-63kg		<b>375,0</b>	<b>82,84</b>	14			
39	Menai Aya	VAKNER	46,80	-47kg		<b>297,5</b>	<b>82,82</b>	3			
40	Casado Portuondo Beatriz	EINTE	72,42	-76kg		<b>410,0</b>	<b>82,78</b>	3			