

**ASOCIACIÓN ESPAÑOLA DE POWERLIFTING**  
**X Campeonato de Andalucía, Canarias, Ceuta y Melilla**  
 AEP-2 Interregional de Powerlifting y Press Banca RAW  
 Huercal-Overa, Almería - Domingo, 14 julio 2024

Rev. 20/07/2024

<b>HOMBRES POWERLIFTING RAW</b>																					
<b>LEVANTADOR</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>-66kg</b>																					
1	Munoz Exposito Jorge	2004	FNAZ	65,00	0,1571	3	195,0	205,0	210,0	1	115,0	125,0	127,5	2	235,0	250,0	260,0	1	<b>597,5</b>	<b>93,87</b>	12
2	Lores Sanchez Antonio	1993	DNIXAR	65,18	0,1569	1	170,0	<del>-175,0</del>	175,0	2	140,0	147,5	<del>-152,5</del>	1	185,0	200,0	<del>-205,0</del>	2	<b>522,5</b>	<b>81,98</b>	9
3	Martin Fernandez Bruno	1998	ARP	66,00	0,1559	2	160,0	170,0	<del>-175,0</del>	3	102,5	107,5	112,5	3	170,0	<del>-185,0</del>	<del>-200,0</del>	3	<b>452,5</b>	<b>70,54</b>	8
<b>-74kg</b>																					
1	Palma Palma. Raul	1991	RVSTR	73,58	0,1472	6	205,0	215,0	<del>-220,0</del>	2	152,5	160,0	162,5	1	217,5	232,5	<del>-237,5</del>	3	<b>610,0</b>	<b>89,79</b>	12
2	Palmero Moreno Alvaro	2004	PSVLL	73,02	0,1478	7	195,0	210,0	<del>-215,0</del>	3	142,5	147,5	152,5	2	215,0	232,5	<del>-247,5</del>	2	<b>595,0</b>	<b>87,94</b>	9
3	De Las Heras Berjano Alvaro	1999	ALMBAR	73,40	0,1474	5	<del>-207,5</del>	215,0	<del>-227,5</del>	1	137,5	145,0	150,0	3	215,0	230,0	<del>-245,0</del>	4	<b>595,0</b>	<b>87,70</b>	8
4	Baute Hernandez Adrian	1998	FGUAN	73,70	0,1471	8	200,0	<del>-210,0</del>	<del>-210,0</del>	5	132,5	<del>-137,5</del>	137,5	5	235,0	255,0	<del>-260,0</del>	1	<b>592,5</b>	<b>87,16</b>	7
5	Fernandez Hermoso Enrique	2000	ALMBAR	73,06	0,1478	4	195,0	205,0	<del>-212,5</del>	4	<del>-145,0</del>	145,0	147,5	4	205,0	220,0	<del>-230,0</del>	5	<b>572,5</b>	<b>84,62</b>	6
<b>-83kg</b>																					
1	Oliva Garcia Giezi Manases	1998	CANSTR	81,96	0,1393	9	240,0	<del>-250,0</del>	<del>-250,0</del>	2	<del>-142,5</del>	142,5	145,0	2	240,0	252,5	<del>-270,0</del>	5	<b>637,5</b>	<b>88,80</b>	12
2	Serra Bolufer Emilio	1997	FNAZ	81,38	0,1398	11	<del>-235,0</del>	240,0	<del>-245,0</del>	1	142,5	<del>-147,5</del>	<del>-147,5</del>	3	235,0	252,5	<del>-265,0</del>	4	<b>635,0</b>	<b>88,77</b>	9
3	Vargas Forgas Adrian	1996	ALMBAR	82,70	0,1387	15	212,5	225,0	<del>-227,5</del>	6	132,5	140,0	142,5	4	250,0	262,5	<del>-272,5</del>	1	<b>630,0</b>	<b>87,38</b>	8
4	Dovao Miranda Antonio Jesus	2002	PRSJ	82,08	0,1392	17	210,0	220,0	230,0	4	115,0	120,0	125,0	8	240,0	252,5	260,0	3	<b>615,0</b>	<b>85,61</b>	7
5	Grande Hall Carlos	1993	ENRGY	82,24	0,1391	16	215,0	225,0	235,0	3	127,5	132,5	135,0	7	240,0	<del>-255,0</del>	<del>-260,0</del>	8	<b>610,0</b>	<b>84,85</b>	6
6	Patino Quintero Mauricio	2000	PSVLL	79,14	0,1418	12	200,0	210,0	220,0	7	127,5	135,0	137,5	5	235,0	250,0	<del>-262,5</del>	6	<b>607,5</b>	<b>86,14</b>	5
7	Merino Ruiz Daniel	1993	ESA	81,72	0,1395	10	195,0	200,0	210,0	9	125,0	130,0	135,0	6	240,0	255,0	260,0	2	<b>605,0</b>	<b>84,40</b>	4
8	Castano Del Castillo Carlos	1997	ALMBAR	82,18	0,1391	13	200,0	<del>-212,5</del>	215,0	8	140,0	145,0	147,5	1	225,0	240,0	<del>-250,0</del>	7	<b>602,5</b>	<b>83,81</b>	3
9	Gonzalez Fernandez De Toro Alberto	1999	ALMBAR	82,60	0,1388	14	217,5	<del>-227,5</del>	227,5	5	115,0	<del>-120,0</del>	120,0	9	<del>-227,5</del>	240,0	<del>-252,5</del>	9	<b>587,5</b>	<b>81,55</b>	2
<b>-93kg</b>																					
1	De Haro Munoz Pablo	2000	RVSTR	92,14	0,1314	21	237,5	250,0	262,5	2	170,0	177,5	<del>-182,5</del>	1	255,0	275,0	282,5	2	<b>722,5</b>	<b>94,94</b>	12
2	Delgado Delgado Diego Miguel	1998	ENRGY	92,40	0,1312	19	235,0	250,0	260,0	4	152,5	162,5	167,5	2	<del>-270,0</del>	270,0	<del>-287,5</del>	5	<b>697,5</b>	<b>91,51</b>	9
3	Guisado Garcia Mario	2001	FNAZ	90,80	0,1324	23	225,0	240,0	<del>-245,0</del>	6	142,5	150,0	<del>-152,5</del>	5	265,0	280,0	290,0	1	<b>680,0</b>	<b>90,03</b>	8
4	Palma Gonzalez Samuel	1992	FNAZ	92,54	0,1311	17	257,5	270,0	<del>-277,5</del>	1	142,5	147,5	150,0	7	257,5	<del>-275,0</del>	<del>-280,0</del>	7	<b>677,5</b>	<b>88,82</b>	7
5	Temblador Fabra Ricardo	1997	LIFTAM	92,04	0,1315	20	227,5	240,0	245,0	5	152,5	160,0	162,5	3	225,0	245,0	260,0	6	<b>667,5</b>	<b>87,78</b>	6
6	Bethencourt Gonzalez Luis Jose	1995	CANSTR	91,98	0,1315	18	205,0	220,0	222,5	8	150,0	155,0	<del>-160,0</del>	4	250,0	270,0	<del>-282,5</del>	4	<b>647,5</b>	<b>85,15</b>	5
7	Ben Hammou Oussama	1996	FNAZ	89,18	0,1335	22	200,0	215,0	222,5	7	137,5	142,5	<del>-145,0</del>	8	250,0	270,0	<del>-285,0</del>	3	<b>635,0</b>	<b>84,77</b>	4
--	Rodriguez Jimenez Juan Jose	1999	FNAZ	91,80	0,1317	24	235,0	250,0	260,0	3	142,5	150,0	<del>-155,0</del>	6	<del>-270,0</del>	<del>-290,0</del>	<del>-290,0</del>	--	<b>0,0</b>	<b>0,00</b>	--
<b>-105kg</b>																					
1	Miguel Castaneda Antonio	1997	PSVLL	100,88	0,1258	27	255,0	270,0	280,0	1	155,0	165,0	<del>-170,0</del>	1	270,0	<del>-290,0</del>	<del>-290,0</del>	2	<b>715,0</b>	<b>89,95</b>	12
2	Mayavangwa Esteo Christian-Jerome	1998	PSVLL	98,98	0,1269	25	225,0	240,0	255,0	3	130,0	135,0	140,0	3	265,0	280,0	290,0	1	<b>685,0</b>	<b>86,93</b>	9
3	Medina Castillo Roman	1997	ALMBAR	104,00	0,1240	26	250,0	262,5	<del>-267,5</del>	2	142,5	150,0	<del>-155,0</del>	2	270,0	<del>-290,0</del>	<del>-290,0</del>	3	<b>682,5</b>	<b>84,63</b>	8
<b>-120kg</b>																					
1	Cara Garzon Manuel Eduardo	2000	ALMBAR	118,60	0,1168	28	272,5	290,0	300,0	1	157,5	165,0	<del>-167,5</del>	1	262,5	280,0	<del>-282,5</del>	1	<b>745,0</b>	<b>87,02</b>	12
2	Peral Hernandez Pablo Domingo	1997	FGUAN	118,58	0,1169	29	240,0	250,0	<del>-255,0</del>	2	155,0	162,5	<del>-167,5</del>	2	260,0	275,0	<del>-287,5</del>	2	<b>687,5</b>	<b>80,37</b>	9
<b>120+kg</b>																					
1	Perez Felipe Ivan	1993	ALMBAR	140,72	0,1088	30	270,0	290,0	<del>-300,0</del>	1	160,0	165,0	170,0	1	275,0	<del>-295,0</del>	<del>-295,0</del>	1	<b>735,0</b>	<b>79,97</b>	12

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CLASIFICACIÓN POR CLUBES			
	pt.	Puntuaciones	
1 ALMERIA BARBELL CLUB	48	[12+12+8+8+8]	426,70 GL Pts
2 FUERZA NAZARI Granada	40	[12+9+8+7+4]	446,60 GL Pts
3 POWERLIFTING SEVILLA	35	[12+9+9+5]	350,96 GL Pts
4 RV STRENGTH Huelva	24	[12+12]	184,73 GL Pts
5 CANARY STRENGTH	17	[12+5]	173,95 GL Pts
6 FUERZA GUANCHE Canarias	16	[9+7]	167,53 GL Pts

CLASIFICACIÓN POR CLUBES			
	pt.	Puntuaciones	
7 ENERGY ALHAURIN	15	[9+6]	176,36 GL Pts
8 DEPORNIXAR ALMERIA	9	[9]	81,98 GL Pts
9 ALTERNATIVE RAW POWER Huelva	8	[8]	70,54 GL Pts
10 POWER RANGERS STRENGTH JAEN	7	[7]	85,61 GL Pts
11 LIFT AMBITION Granada	6	[6]	87,78 GL Pts
12 EFFICIENT STRENGTH Almeria	4	[4]	84,40 GL Pts

MEJORES LEVANTADORES POWERLIFTING RAW a pt. IPF GL							
Nombre	Año	Club	Peso	Cat.	Total	GL pt.	Clas.
1 De Haro Munoz Pablo	2000	RVSTR	92,14	-93kg	<b>722,5</b>	<b>94,94</b>	1
2 Munoz Exposito Jorge	2004	FNAZ	65,00	-66kg	<b>597,5</b>	<b>93,87</b>	1
3 Delgado Delgado Diego Miguel	1998	ENRGY	92,40	-93kg	<b>697,5</b>	<b>91,51</b>	2
4 Guisado Garcia Mario	2001	FNAZ	90,80	-93kg	<b>680,0</b>	<b>90,03</b>	3
5 Miguel Castaneda Antonio	1997	PSVLL	100,88	-105kg	<b>715,0</b>	<b>89,95</b>	1
6 Palma Palma. Raul	1991	RVSTR	73,58	-74kg	<b>610,0</b>	<b>89,79</b>	1
7 Palma Gonzalez Samuel	1992	FNAZ	92,54	-93kg	<b>677,5</b>	<b>88,82</b>	4
8 Oliva Garcia. Giezi Manases	1998	CANSTR	81,96	-83kg	<b>637,5</b>	<b>88,80</b>	1
9 Serra Bolufer Emilio	1997	FNAZ	81,38	-83kg	<b>635,0</b>	<b>88,77</b>	2
10 Palmero Moreno Alvaro	2004	PSVLL	73,02	-74kg	<b>595,0</b>	<b>87,94</b>	2
11 Temblador Fabra Ricardo	1997	LIFTAM	92,04	-93kg	<b>667,5</b>	<b>87,78</b>	5
12 De Las Heras Berjano Alvaro	1999	ALMBAR	73,40	-74kg	<b>595,0</b>	<b>87,70</b>	3
13 Vargas Forgas Adrian	1996	ALMBAR	82,70	-83kg	<b>630,0</b>	<b>87,38</b>	3
14 Baute Hernandez Adrian	1998	FGUAN	73,70	-74kg	<b>592,5</b>	<b>87,16</b>	4
15 Cara Garzon Manuel Eduardo	2000	ALMBAR	118,60	-120kg	<b>745,0</b>	<b>87,02</b>	1
16 Mayavangwa Esteo Christian-Jerome	1998	PSVLL	98,98	-105kg	<b>685,0</b>	<b>86,93</b>	2
17 Patino Quintero Mauricio	2000	PSVLL	79,14	-83kg	<b>607,5</b>	<b>86,14</b>	6
18 Dovaio Miranda Antonio Jesus	2002	PRSJ	82,08	-83kg	<b>615,0</b>	<b>85,61</b>	4
19 Bethencourt Gonzalez Luis Jose	1995	CANSTR	91,98	-93kg	<b>647,5</b>	<b>85,15</b>	6
20 Grande Hall Carlos	1993	ENRGY	82,24	-105kg	<b>610,0</b>	<b>84,85</b>	5
21 Ben Hammou Oussama	1996	FNAZ	89,18	-93kg	<b>637,5</b>	<b>84,77</b>	7
22 Medina Castillo Roman	1997	ALMBAR	104,00	-105kg	<b>682,5</b>	<b>84,63</b>	3
23 Fernandez Hermoso Enrique	2000	ALMBAR	73,06	-74kg	<b>572,5</b>	<b>84,62</b>	5
24 Merino Ruiz Daniel	1993	ESA	81,72	-83kg	<b>605,0</b>	<b>84,40</b>	7
25 Castano Del Castillo Carlos	1997	ALMBAR	82,18	-83kg	<b>602,5</b>	<b>83,81</b>	8
26 Lores Sanchez Antonio	1993	DNIXAR	65,18	-66kg	<b>522,5</b>	<b>81,98</b>	2
27 Gonzalez Fernandez De Toro Alberto	1999	ALMBAR	82,60	-83kg	<b>587,5</b>	<b>81,55</b>	9
28 Peral Hernandez Pablo Domingo	1997	FGUAN	118,58	-120kg	<b>687,5</b>	<b>80,37</b>	2

ABREVIACIONES de CLUBES:
ALMBAR = ALMERIA BARBELL CLUB
ARP = ALTERNATIVE RAW POWERLIFTING Huelva
CANSTR = CANARY STRENGTH
DNIXAR = DEPORNIXAR ALMERIA
ENRGY = ENERGY ALHAURIN
ESA = EFFICIENT STRENGTH Almeria
FGUAN = FUERZA GUANCHE Canarias
FNAZ = FUERZA NAZARI Granada
LIFTAM = LIFT AMBITION Granada
PRSJ = POWER RANGERS STRENGTH JAEN
PSVLL = POWERLIFTING SEVILLA
RVSTR = RV STRENGTH Huelva