

		CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
POWERLIFTING	Sentadillas (kg)	53	---	133,5	162,5	---	---	---	---
		59	210,0	176,5	210,0	122,5			
		66	238,0	207,5	235,0	181,0	180,0	175,0	
		74	271,0	230,0	271,0	225,0	202,5	202,5	105,0
		83	292,5	247,5	277,5	260,0	215,0	180,5	
		93	308,0	273,5	285,0	270,0	270,0	203,0	80,0
		105	340,0	262,5	335,0	275,0	237,5	220,0	
		120	340,0	261,0	310,5	250,0	242,5	185,0	
		+120	380,5		300,0	380,5	192,5		
POWERLIFTING	Press Banca (kg)	53	---	89,5	102,5	---	---	---	---
		59	132,5	115,5	132,5	80,0			
		66	150,5	126,0	143,5	115,0	100,0	92,5	
		74	170,0	142,5	165,0	140,0	135,0	135,0	120,0
		83	177,5	150,5	177,5	154,0	127,5	112,5	
		93	203,0	162,5	191,0	169,0	169,0	138,0	50,0
		105	205,0	158,0	182,0	180,0	175,0	155,0	
		120	220,0	171,0	192,5	200,0	186,0	130,0	
		+120	235,5		192,5	233,0	160,0		
POWERLIFTING	Peso Muerto (kg)	53	---	172,5	190,0	---	---	---	---
		59	262,5	215,0	262,5	145,0			
		66	263,5	240,0	263,0	230,5	230,0	215,0	
		74	293,5	255,5	292,5	252,5	232,5	225,0	140,5
		83	332,5	290,5	332,5	285,0	260,5	230,0	
		93	350,0	292,5	319,0	283,0	265,0	238,0	131,0
		105	360,0	300,0	360,0	285,0	273,0	255,0	
		120	347,5	261,0	315,0	290,0	260,0	230,0	
		+120	350,0		320,5	337,5	235,0		
POWERLIFTING	Total (kg)	53	---	388,5	455,0	---	---	---	---
		59	602,5	492,0	602,5	347,5			
		66	627,5	557,5	618,5	524,0	510,0	473,0	
		74	724,0	593,0	724,0	617,5	560,0	560,0	312,5
		83	747,5	655,0	740,0	695,0	582,5	500,0	
		93	807,5	682,5	765,5	698,5	698,5	579,0	261,0
		105	848,0	695,0	847,5	707,5	685,0	630,0	
		120	907,5	693,0	782,5	735,0	688,5	545,0	
		+120	952,5		768,0	951,0	577,5		
Mov. Único	Press Banca (kg)	53	---	89,5	102,5	---	---	---	---
		59	165,0	115,5	132,5	80,0			
		66	177,5	126,0	143,5	137,5	137,5	92,5	
		74	170,0	142,5	165,0	140,0	135,0	135,0	120,0
		83	200,0	150,5	190,0	200,0	137,5	135,0	110,0
		93	204,0	162,5	191,0	170,0	170,0	138,0	122,5
		105	205,0	158,0	197,5	180,0	175,0	155,0	80,0
		120	220,0	171,0	192,5	200,0	187,5	132,5	
		+120	250,0		192,5	233,0	161,0		
Mov. Único	Peso Muerto (kg)	53	---	172,5	190,0	---	---	---	---
		59	262,5	215,0	262,5	145,0			
		66	263,5	240,0	263,0	230,5	230,0	215,0	
		74	293,5	255,5	292,5	252,5	235,5	225,0	140,5
		83	332,5	290,5	332,5	285,0	261,0	250,0	
		93	350,0	292,5	330,0	283,0	265,0	238,0	131,0
		105	360,0	310,0	360,0	285,0	273,0	255,0	180,0
		120	347,5	261,0	315,0	315,0	260,0	230,0	
		+120	350,0		320,5	337,5	235,0		

		CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
POWERLIFTING	Sentadillas (kg)	43	---	61,0	105,0	---	---	---	---
		47	145,0	105,0	120,0	105,0	92,5	82,5	
		52	155,0	115,5	135,0	107,5	75,5	75,0	
		57	180,0	130,5	177,5	140,0	107,5		
		63	165,0	137,5	160,0	160,0	120,0	47,5	47,5
		69	176,0	158,0	169,0	172,5	132,5		
		72	162,5	117,5	162,5	145,0			
		76	187,5	153,0	173,0	137,5	135,0		
		84	185,0	151,0	185,0	172,5	167,5		
		+84	182,5	155,5	182,5	168,0	168,0		
POWERLIFTING	Press Banca (kg)	43	---	36,0	50,0	---	---	---	---
		47	73,0	65,0	67,5	62,5	62,5	45,0	
		52	88,0	76,5	85,5	64,0	43,5	42,5	
		57	92,5	80,0	90,0	92,5	60,0		
		63	110,0	100,0	105,5	93,0	73,0	33,0	33,0
		69	109,5	90,5	109,0	97,5	75,0		
		72	97,5	72,5	97,5	95,5			
		76	117,5	87,5	100,0	77,5	70,0		
		84	102,5	70,0	95,5	92,5	92,5		
		+84	102,5	72,5	102,5	93,0	93,0		
POWERLIFTING	Peso Muerto (kg)	43	---	93,0	122,5	---	---	---	---
		47	155,0	130,0	142,5	127,5	107,5	105,0	
		52	187,5	147,0	167,5	135,0	112,5	92,5	
		57	205,0	145,0	195,0	160,5	155,0		
		63	210,0	161,0	210,0	166,0	145,0	57,5	57,5
		69	208,0	167,5	208,0	187,5	167,5		
		72	186,0	142,5	186,0	185,5			
		76	227,5	162,5	215,0	180,0	145,0		
		84	217,5	164,5	207,5	217,5	217,5		
		+84	200,0	150,0	188,5	200,0	200,0		
POWERLIFTING	Total (kg)	43	---	190,0	277,5	---	---	---	---
		47	362,5	298,0	325,0	287,5	252,5	228,0	
		52	387,5	317,0	385,5	305,0	231,0	210,0	
		57	472,5	340,0	457,5	390,0	322,5		
		63	477,5	390,0	472,5	399,0	327,5	135,5	135,5
		69	476,5	395,0	476,5	430,0	360,0		
		72	437,5	322,5	437,5	420,0			
		76	532,5	397,5	485,5	372,5	335,0		
		84	477,5	374,0	472,5	477,5	477,5		
		+84	473,5	378,0	473,5	461,0	461,0		
Mov. Único	Press Banca (kg)	43	---	36,0	50,0	---	---	---	---
		47	73,0	65,0	67,5	62,5	62,5	45,0	
		52	97,5	76,5	85,5	64,0	60,0	42,5	
		57	92,5	80,0	90,0	92,5	60,0		
		63	110,0	100,0	105,5	93,0	73,0	33,0	33,0
		69	109,5	90,5	109,0	97,5	75,0	27,5	27,5
		72	97,5	75,0	97,5	95,5	75,0		
		76	117,5	87,5	100,0	77,5	70,0		
		84	112,5	70,0	95,5	112,5	92,5		
		+84	102,5	72,5	102,5	93,0	93,0		
Mov. Único	Peso Muerto (kg)	43	---	93,0	122,5	---	---	---	---
		47	155,0	130,0	142,5	127,5	107,5	105,0	
		52	187,5	147,0	167,5	135,0	112,5	92,5	
		57	205,0	145,0	195,0	160,5	155,0		
		63	210,0	161,0	210,0	166,0	145,0	57,5	57,5
		69	208,0	167,5	208,0	187,5	167,5		
		72	186,0	155,0	186,0	185,5	150,0		
		76	227,5	162,5	215,0	180,0	145,0		
		84	217,5	164,5	207,5	217,5	217,5		
		+84	200,0	150,0	188,5	200,0	200,0		