

		CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
POWERLIFTING	Sentadillas (kg)	53	---	137,5	162,5	---	---	---	---
		59	212,5	180,0	212,5	122,5			
		66	238,0	215,0	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	285,0	260,0	215,0	180,5	
		93	308,0	273,5	285,0	270,0	270,0	203,0	80,0
		105	340,0	312,5	336,0	275,0	237,5	220,0	
		120	346,0	282,5	310,5	250,0	242,5	185,0	
		+120	380,5		300,0	380,5	192,5		
POWERLIFTING	Press Banca (kg)	53	---	95,0	107,5	---	---	---	---
		59	140,0	129,0	140,0	80,0			
		66	150,5	127,5	143,5	115,0	100,0	92,5	
		74	173,0	145,0	165,0	140,0	135,0	135,0	120,0
		83	183,0	165,0	183,0	154,0	127,5	112,5	
		93	203,0	162,5	191,0	169,0	169,0	138,0	50,0
		105	205,0	177,5	182,0	180,0	175,0	155,0	
		120	220,0	187,5	192,5	200,0	186,0	130,0	
		+120	235,5		192,5	233,0	160,0		
POWERLIFTING	Peso Muerto (kg)	53	---	175,0	190,0	---	---	---	---
		59	263,0	217,5	263,0	145,0			
		66	272,5	242,5	263,0	230,5	230,0	215,0	
		74	302,5	275,0	302,5	252,5	232,5	225,0	140,5
		83	332,5	290,5	332,5	285,0	260,5	230,0	
		93	350,0	300,0	320,0	283,0	265,0	238,0	131,0
		105	360,0	317,5	360,0	285,0	273,0	255,0	
		120	347,5	310,0	317,5	290,0	260,0	230,0	
		+120	350,0		320,5	337,5	235,0		
POWERLIFTING	Total (kg)	53	---	397,5	455,0	---	---	---	---
		59	602,5	526,5	602,5	347,5			
		66	627,5	575,0	618,5	524,0	510,0	473,0	
		74	724,0	645,0	724,0	617,5	560,0	560,0	312,5
		83	765,0	677,5	765,0	695,0	582,5	500,0	
		93	807,5	685,0	765,5	698,5	698,5	579,0	261,0
		105	866,0	804,5	866,0	707,5	685,0	630,0	
		120	908,5	770,0	800,0	735,0	688,5	545,0	
		+120	952,5		768,0	951,0	577,5		
Mov. Único	Press Banca (kg)	53	---	95,0	107,5	---	---	---	---
		59	165,0	129,0	132,5	80,0			
		66	177,5	127,5	143,5	137,5	137,5	92,5	
		74	173,0	145,0	165,0	140,0	135,0	135,0	120,0
		83	200,0	165,0	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	177,5	197,5	180,0	175,0	155,0	80,0
		120	220,0	187,5	192,5	200,0	187,5	132,5	
		+120	250,0		192,5	233,0	161,0		
Mov. Único	Peso Muerto (kg)	53	---	175,0	190,0	---	---	---	---
		59	263,0	217,5	263,0	145,0			
		66	272,5	242,5	263,0	230,5	230,0	215,0	
		74	302,5	275,0	302,5	252,5	235,5	225,0	140,5
		83	332,5	290,5	332,5	285,0	261,0	250,0	
		93	350,0	300,0	330,0	283,0	265,0	238,0	131,0
		105	360,0	317,5	360,0	285,0	273,0	255,0	180,0
		120	347,5	310,0	317,5	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	158,0	115,5	135,0	107,5	75,5	75,0	
		57	180,0	130,5	177,5	140,0	107,5		
		63	172,5	145,0	170,0	160,0	120,0	47,5	47,5
		69	176,0	158,0	175,0	172,5	132,5		
		72	162,5	117,5	162,5	145,0			
		76	192,5	153,0	175,0	137,5	135,0		
		84	197,5	151,0	197,5	172,5	167,5		
		+84	200,0	155,5	182,5	168,0	168,0		
POWERLIFTING	Press Banca (kg)	43	---	36,0	52,5	---	---	---	---
		47	75,0	65,0	75,0	62,5	62,5	45,0	
		52	88,0	76,5	85,5	64,0	43,5	42,5	
		57	94,0	80,0	93,5	92,5	60,0		
		63	110,0	104,0	110,0	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	122,5	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	145,0	127,5	107,5	105,0	
		52	188,0	147,0	167,5	165,0	112,5	92,5	
		57	205,0	152,5	195,0	160,5	155,0		
		63	210,0	165,0	210,0	166,0	145,0	57,5	57,5
		69	210,0	170,0	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	222,5	164,5	222,5	217,5	217,5		
		+84	212,5	150,0	188,5	200,0	200,0		
POWERLIFTING	Total (kg)	43	---	190,0	277,5	---	---	---	---
		47	362,5	298,0	337,5	287,5	252,5	228,0	
		52	395,0	317,0	385,5	322,5	231,0	210,0	
		57	472,5	342,5	457,5	390,0	322,5		
		63	482,5	414,0	472,5	399,0	327,5	135,5	135,5
		69	487,5	407,5	476,5	430,0	360,0		
		72	437,5	322,5	437,5	420,0			
		76	537,5	397,5	485,5	372,5	335,0		
		84	515,0	374,0	515,0	477,5	477,5		
		+84	475,0	378,0	473,5	461,0	461,0		
Mov. Único	Press Banca (kg)	43	---	36,0	52,5	---	---	---	---
		47	75,0	65,0	75,0	62,5	62,5	45,0	
		52	97,5	76,5	85,5	64,0	60,0	42,5	
		57	94,0	80,0	93,5	92,5	60,0		
		63	110,0	104,0	110,0	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	122,5	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	145,0	127,5	107,5	105,0	
		52	188,0	147,0	167,5	165,0	112,5	92,5	
		57	205,0	152,5	195,0	160,5	155,0		
		63	210,0	165,0	210,0	166,0	145,0	57,5	57,5
		69	210,0	170,0	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	222,5	164,5	222,5	217,5	217,5		
		+84	212,5	150,0	188,5	200,0	200,0		