

ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

I Campeonato Ría de Ferrol

AEP-2 Regional de Asturias, Galicia y las provincias de León, Salamanca y Zamora

Ferrol, A Coruña - 11-12 marzo 2023

PROVISIONAL

Rev. 12/03/2023

MUJERES POWERLIFTING RAW																					
LEVANTADORA	AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS					PRESS BANCA			PESO MUERTO			TOTAL	IPFGL	Pt.		
-47kg																					
1	Ortiz De Urbina Fernandez Yolanda	1994	FNORT	46,08	0.2828	1	65.0	70.0	75.0	2	42.5	45.0	47.5	1	105.0	112.5	120.0	1	242.5	68.58	12
2	Menai Aya	2005	VAKNER	46,14	0.2824	2	75.0	80.0	87.5	1	37.5	40.0	45.0	2	105.0	105.0	105.0	2	237.5	67.07	9
-52kg																					
1	Gonzalez Lledias Paloma	2001	FENIX	50,86	0.2574	4	80.0	85.0	92.5	1	37.5	42.5	45.0	1	110.0	117.5	122.5	1	255.0	65.64	12
2	Casais Real Paula	2004	FENIX	51,04	0.2566	3	77.5	85.0	90.0	2	40.0	42.5	45.0	2	95.0	105.0	110.0	2	245.0	62.87	9
3	Rodriño Rodriguez Carmen	1998	FENIX	50,38	0.2596	5	72.5	77.5	82.5	3	37.5	40.0	42.5	3	80.0	87.5	92.5	3	215.0	55.81	8
-57kg																					
1	Alonso Vazquez Paula	2001	FENIX	56,96	0.2347	13	125.0	130.0	132.5	1	72.5	75.0	77.5	1	142.5	150.0	160.0	1	370.0	86.84	12
2	Alvarez Víctor Xeila	1995	VAKNER	55,94	0.2379	12	110.0	115.0	120.0	2	62.5	65.0	70.0	2	140.0	142.5	150.0	2	330.0	78.51	9
3	Abarquero Diezhandino Ester	1995	VAKNER	56,92	0.2348	18	115.0	120.0	120.0	3	57.5	60.0	65.0	3	137.5	145.0	150.0	3	330.0	77.48	8
4	Garcia Lopez Paula	1999	FNORT	56,46	0.2363	11	100.0	107.5	110.0	5	57.5	60.0	62.5	4	125.0	132.5	137.5	5	302.5	71.48	7
5	Fernandez Fernandez... Eva Yu	2003	ASTUR	55,22	0.2403	19	100.0	105.0	110.0	4	50.0	52.5	55.0	7	112.5	117.5	122.5	8	280.0	67.28	6
6	Tuñez Lema Patricia	1990	FENIX	56,70	0.2355	14	90.0	95.0	100.0	8	55.0	60.0	62.5	5	120.0	120.0	120.0	7	275.0	64.76	5
7	Perez Cao Lucia	1990	FENIX	55,96	0.2379	21	85.0	92.5	95.0	6	40.0	45.0	47.5	8	110.0	120.0	130.0	6	272.5	64.83	4
8	Crespo Gomez Lucia	2005	FENIX	56,72	0.2354	17	80.0	85.0	90.0	9	40.0	45.0	47.5	10	110.0	112.5	122.5	9	247.5	58.26	3
9	Magariños Lodeiro Carla	2005	GIMVIT	56,32	0.2367	22	85.0	95.0	100.0	7	40.0	45.0	47.5	9	100.0	110.0	115.0	10	242.5	57.40	2
10	Lozano Requelme Maria Laura	1973	FENIX	56,96	0.2347	15	80.0	85.0	90.0	10	40.0	42.5	45.0	11	95.0	100.0	105.0	11	227.5	53.39	1
—	Alonso Abalde Henar	2002	FENIX	53,48	0.2466	16	120.0	120.0	120.0	—	50.0	55.0	60.0	6	130.0	137.5	145.0	4	0	0	—
-63kg																					
1	Moreira Cepeda Sara	2001	FENIX	60,92	0.2237	33	117.5	125.0	130.0	2	57.5	62.5	62.5	9	140.0	150.0	162.5	1	350.0	78.30	12
2	Piñeiro Fernandez Lucia	2004	FENIX	62,96	0.2189	39	122.5	130.0	135.0	1	70.0	75.0	77.5	2	130.0	135.0	140.0	10	350.0	76.61	9
3	Troncoso Fernandez Angela	2000	GALI	62,30	0.2204	30	97.5	105.0	112.5	5	55.0	60.0	62.5	7	140.0	150.0	152.5	2	327.5	72.18	8
4	Calvo del Hierro Esther	2001	FNORT	62,92	0.2190	29	107.5	115.0	120.0	3	60.0	62.5	65.0	4	130.0	137.5	142.5	7	327.5	71.72	7
5	Martinez Lozano Sofia	1994	VAKNER	61,68	0.2218	32	102.5	110.0	117.5	4	47.5	52.5	57.5	15	125.0	135.0	145.0	6	315.0	69.87	6
6	Jul Hidalgo Brenda	2002	FNORT	62,18	0.2207	41	102.5	110.0	110.0	9	57.5	62.5	65.0	6	140.0	150.0	157.5	3	315.0	69.52	5
7	Perez Alcalde Elena	2001	FENIX	62,50	0.2199	40	107.5	112.5	117.5	6	72.5	77.5	80.0	1	110.0	115.0	120.0	15	310.0	68.17	4
8	Garcia Turiel Alicia	2001	FNORT	60,74	0.2241	42	95.0	100.0	105.0	11	57.5	60.0	62.5	5	127.5	132.5	140.0	8	302.5	67.79	3
9	Garcia Pensado Laura	2002	FENIX	60,04	0.2259	37	87.5	95.0	100.0	10	47.5	50.0	55.0	10	125.0	127.5	145.0	4	300.0	67.77	2
10	Martinez Jorge Lara	1999	FENIX	60,54	0.2246	34	90.0	95.0	102.5	8	47.5	52.5	60.0	12	120.0	130.0	145.0	5	300.0	67.38	1
11	García Ovalle Laura	2003	FNORT	60,12	0.2257	28	95.0	100.0	107.5	7	60.0	62.5	65.0	3	110.0	117.5	125.0	17	290.0	65.45	1
12	Gonzalez Montes Aida	1999	ASTUR	62,34	0.2203	27	92.5	100.0	100.0	14	55.0	60.0	65.0	8	122.5	130.0	135.0	12	290.0	63.89	1
13	Hernandez Lajas Alicia	2002	PSALAM	60,78	0.2240	36	92.5	100.0	107.5	12	50.0	55.0	60.0	11	117.5	125.0	132.5	11	287.5	64.40	1
14	Dominguez Arines Raquel	1993	VAKNER	60,82	0.2239	31	85.0	85.0	92.5	18	47.5	52.5	55.0	13	120.0	130.0	140.0	9	277.5	62.13	1
15	Orban Da Silva Elena	2000	VAKNER	61,40	0.2225	26	90.0	95.0	100.0	13	50.0	52.5	55.0	14	112.5	120.0	125.0	13	277.5	61.74	1
16	Coballes Martinez Lucia	2001	GALI	62,62	0.2196	43	85.0	87.5	92.5	16	47.5	50.0	52.5	16	100.0	105.0	115.0	18	255.0	56.00	1
17	Gomez Cola Nuria	2000	FENIX	60,36	0.2251	44	82.5	87.5	92.5	15	47.5	50.0	52.5	17	100.0	107.5	115.0	20	250.0	56.27	1
18	Blazquez Serna Patricia	1996	ASTUR	61,82	0.2215	35	82.5	92.5	97.5	19	45.0	50.0	52.5	19	110.0	120.0	130.0	14	247.5	54.82	1
19	Ospina Jaimes Nicolle Valentina	2001	FENIX	62,80	0.2192	24	80.0	87.5	95.0	17	42.5	45.0	47.5	18	100.0	110.0	120.0	19	245.0	53.70	1
20	Montilla Pulgar Lucia	2001	FENIX	62,89	0.2190	23	72.5	77.5	82.5	20	37.5	42.5	45.0	20	105.0	112.5	120.0	16	245.0	53.66	1
21	Arteaga Cabrera Lucia	1983	ASTUR	62,50	0.2199	25	75.0	80.0	80.0	21	37.5	40.0	42.5	21	95.0	100.0	102.5	21	222.5	48.93	1

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LEVANTADORA		AÑO	CLUB	PESO	COEF.	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL	Pt.			
-69kg																					
1	Alcudia Ramos Estefania	1994	FENIX	68,38	0.2082	47	120.0	127.5	132.5	1	60.0	62.5	65.0	2	145.0	152.5	160.0	1	345.0	71.83	12
2	Barreiro Reboredo Carlota	2003	FENIX	66,26	0.2121	46	95.0	105.0	115.0	4	60.0	67.5	70.0	1	130.0	142.5	152.5	3	325.0	68.93	9
4	Sande Pose Virginia	1995	FENIX	68,58	0.2079	45	107.5	115.0	120.0	3	50.0	55.0	57.5	4	127.5	137.5	145.0	2	322.5	67.05	8
4	Codesido Fernandez Laura	2005	FENIX	67,88	0.2091	48	95.0	100.0	100.0	5	45.0	50.0	50.0	6	130.0	135.0	140.0	5	285.0	59.59	7
5	Melcon Gonzalez Natalia	2001	FNORT	67,98	0.2089	50	92.5	100.0	102.5	6	47.5	50.0	52.5	5	107.5	117.5	122.5	6	270.0	56.40	6
--	Vidal Martínez Laura	2000	FNORT	67,88	0.2091	49	112.5	120.0	125.0	2	60.0	60.0	62.5	3	130.0	142.5	147.5	4	DT	0	--
-76kg																					
1	Vargas Fernandez Serena	2000	FNORT	75,88	0.1973	51	140.0	140.0	X	2	80.0	85.0	X	2	165.0	165.0	175.0	1	400.0	78.92	12
2	Ares Patiño Sandra	2001	FENIX	74,40	0.1992	54	125.0	132.5	137.5	3	82.5	85.0	85.0	1	125.0	137.5	147.5	2	370.0	73.70	9
3	Rego Diaz Cristina	2001	VAKNER	75,36	0.1979	53	125.0	132.5	140.0	1	77.5	77.5	82.5	3	140.0	147.5	155.0	3	365.0	72.23	8
4	Gutierrez Godoy Angela	1998	PSALAM	73,60	0.2002	52	112.5	112.5	117.5	4	45.0	47.5	50.0	5	135.0	142.5	X	4	305.0	61.06	7
5	Garcia Ferrero Raquel	2005	FENIX	74,64	0.1989	55	90.0	97.5	105.0	5	47.5	52.5	57.5	4	120.0	130.0	140.0	5	302.5	60.17	6
-84kg																					
1	Babanoor Sanz Yasmin	1991	VAKNER	77,88	0.1949	9	115.0	122.5	122.5	1	55.0	60.0	62.5	1	135.0	142.5	147.5	2	320.0	62.37	12
2	Alvarez Ferro Lidia	1996	VAKNER	79,98	0.1927	6	95.0	105.0	110.0	3	50.0	52.5	55.0	3	137.5	147.5	152.5	1	315.0	60.70	9
3	Dominguez Iglesias Lucia	1996	VAKNER	83,42	0.1894	10	107.5	115.0	120.0	2	57.5	60.0	62.5	2	112.5	120.0	125.0	3	297.5	56.35	8
84+kg																					
1	Canto Serantes Sofia	1995	FENIX	90,84	0.1836	8	127.5	135.0	147.5	1	65.0	70.0	75.0	1	160.0	172.5	182.5	1	377.5	69.31	12
2	Vazquez Dobrachinski Gisela	2008	FENIX	95,60	0.1806	7	90.0	100.0	107.5	2	60.0	65.0	65.0	2	110.0	120.0	125.0	2	292.5	52.83	9

MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL

Nombre	Club	Cat.	PC	Total	GL pt.	Clas.	
1	Alonso Vazquez Paula	FENIX	-57kg	56,96	370.0	86.8390	1
2	Vargas Fernandez Serena	FNORT	-76kg	75,88	400.0	78.9200	1
3	Alvarez Víctor Xeila	VAKNER	-57kg	55,94	330.0	78.5070	2

CLASIFICACIÓN POR CLUBS

	pt.	Puntuaciones
1	60	[12+12+12+12+12] 371.91 GL Pts
2	47	[12+9+9+9+8] 346.13 GL Pts
3	46	[12+12+8+7+7] 358.66 GL Pts
4	9	[8+1] 128.18 GL Pts

CLASIFICACIÓN POR CLUBS

	pt.	Puntuaciones
5	9	[6+1+1+1] 234.92 GL Pts
6	8	[7+1] 125.46 GL Pts
7	2	[2] 57.40 GL Pts

ABREVIACIONES:

ASTUR = ASOCIACION ASTURIANA
FENIX = FENIX GALICIA POWER

FNORT = FUERZA NORTE Leon
GALI = GALILIFTERS Pontevedra

GIMVIT = GIM VITAL Pontevedra
PSALAM = POWERLIFTING SALAMANCA

VAKNER = VAKNER POWERLIFTING GALIZA
DT=DESCALIFICACIÓN TÉCNICA