



ASOCIACIÓN ESPAÑOLA de POWERLIFTING

Resumen de Récords de España

MASCULINO RAW

Actualizado: 15/03/2018

Revisado: 16/03/2018

POWERLIFTING	Sentadillas (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	165,0	147,5	160,0						
66	188,0	177,5	187,5	180,0	180,0	157,5			
74	235,0	172,5	222,5	202,5	161,0	142,5	50,0		
83	277,5	205,0	260,0	215,0	215,0				
93	277,5	205,0	277,5	240,0	200,0	200,0			
105	273,0	180,0	265,0	272,5	190,0				
120	300,0	175,0	240,0	247,5	187,5				
+120	358,0		260,0	220,0	162,5				

POWERLIFTING	Press Banca (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	132,5	70,0	100,0						
66	130,0	115,0	130,0	100,0	100,0	90,0			
74	157,5	102,5	145,0	132,5	90,0	85,0	60,0		
83	170,5	135,0	165,0	125,0	115,5				
93	164,0	162,5	164,0	145,0	140,0	130,0			
105	190,0	115,0	170,0	172,5	115,0				
120	185,0	85,0	150,0	152,5	150,0				
+120	216,0		192,5	195,0	157,5				

POWERLIFTING	Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	222,5	190,0	222,5						
66	237,5	195,0	237,5	230,0	230,0	212,5			
74	281,0	202,5	260,0	230,0	200,0	177,5	90,0		
83	305,0	242,5	305,0	260,0	260,0				
93	313,0	235,0	302,5	252,5	215,0	210,0			
105	305,0	205,0	302,5	265,0	245,0				
120	330,0	202,5	280,0	270,0	197,5				
+120	346,5		320,0	290,0	220,0				

POWERLIFTING	Total (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	500,0	405,0	472,5						
66	537,5	487,5	530,0	510,0	510,0	460,0			
74	661,0	465,5	602,5	557,5	451,0	402,5	200,0		
83	730,0	575,0	730,0	582,5	582,5				
93	736,5	595,0	736,5	632,5	555,0	540,0			
105	748,0	490,0	732,5	677,5	545,0				
120	795,0	462,5	670,0	665,0	492,5				
+120	912,0		762,5	692,5	540,0				

POWERLIFTING	Mov. Único Press Banca (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	165,0	90,0	100,0						
66	177,5	115,0	130,0	137,5	137,5	90,0			
74	166,0	137,5	146,5	132,5	118,5	85,0	60,0		
83	200,0	135,0	190,0	200,0	135,5	120,0			
93	200,5	162,5	164,0	165,0	140,0	130,0			
105	200,0	115,0	170,0	175,0	135,0	135,0			
120	200,0	115,0	150,0	180,0	152,5				
+120	216,0		192,5	195,0	157,5				

POWERLIFTING	Mov. Único Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		53	---	---	---	---	---	---	---
59	222,5	190,0	222,5						
66	237,5	200,0	237,5	230,0	230,0	212,5			
74	281,0	220,0	260,0	235,5	235,5	200,0	90,0		
83	305,0	242,5	305,0	260,0	260,0	250,0			
93	313,0	235,0	302,5	252,5	220,0	210,0			
105	305,0	205,0	302,5	265,0	245,0	210,0			
120	330,0	202,5	280,0	315,0	197,5				
+120	346,5		320,0	290,0	220,0				



ASOCIACIÓN ESPAÑOLA de POWERLIFTING

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FEMENINO RAW

Actualizado: 15/03/2018

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POWERLIFTING	Sentadillas (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---				---	---	---
47	107,5				90,0	90,0			
52	105,0			105,0	102,5				
57	137,5	105,0	122,5	120,0					
63	150,0	90,0	130,0	147,5	110,0				
72	145,0	115,0	125,0	145,0					
84	135,0	40,0	40,0	135,0					
+84	145,0		145,0						

POWERLIFTING	Press Banca (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---				---	---	---
47	62,5				62,5	62,5			
52	70,0			52,5	60,0				
57	75,0	47,5	65,0	62,5					
63	80,0	60,0	70,0	75,0	72,5				
72	92,5	72,5	72,5	90,0					
84	90,0	40,0	40,0	90,0					
+84	78,0		76,0						

POWERLIFTING	Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---				---	---	---
47	138,0				102,5	100,0			
52	137,5			130,0	130,0				
57	157,5	120,0	140,0	130,0					
63	170,0	100,0	150,0	155,0	145,0				
72	185,0	140,0	140,0	185,0					
84	180,0	105,0	105,0	180,0					
+84	166,0		165,0						

POWERLIFTING	Total (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---				---	---	---
47	305,5				252,5	252,5			
52	292,5			280,0	292,5				
57	370,0	272,5	325,0	305,0					
63	397,5	250,0	340,0	372,5	327,5				
72	420,0	302,5	322,5	420,0					
84	405,0	185,0	185,0	405,0					
+84	386,0		386,0						

POWERLIFTING	Mov. Único Press Banca (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---				---	---	---
47	62,5				62,5	62,5			
52	95,0			55,0	60,0	60,0			
57	75,0	47,5	65,0	65,0					
63	80,0	60,0	70,0	75,0	72,5				
72	92,5	72,5	72,5	90,0	75,0				
84	90,0	40,0	62,5	90,0					
+84	80,0		76,0	52,5					

POWERLIFTING	Mov. Único Peso Muerto (kg)	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
		43	---				---	---	---
47	138,0				102,5	100,0			
52	137,5	90,0	130,0	130,0					
57	157,5	120,0	140,0	130,0					
63	170,0	100,0	150,0	155,0	145,0				
72	185,0	140,0	140,0	185,0	150,0				
84	180,0	105,0	105,0	180,0					
+84	180,0		165,0						