

**ASOCIACIÓN ESPAÑOLA DE POWERLIFTING**  
**IV Campeonato Entrena Intenso**  
AEP-3 de iniciación de Madrid  
Rivas-Vaciamadrid, Madrid - 13-14 abril 2024

Rev. 15/04/2024

<b>MUJERES POWERLIFTING RAW</b>																	
<b>LEVANTADORA</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>-52 kg</b>																	
1	Castillo Orellana Rocío	1999	DTPOW	52,00		7	105,0	<del>-112,5</del>	<del>-112,5</del>	42,5	47,5	52,5	112,5	120,0	127,5	<b>285,0</b>	<b>71,96</b>
2	Bataller Martínez Marta	1996	RAGNA	51,45		2	80,0	<del>-85,0</del>	87,5	42,5	45,0	<del>-47,5</del>	100,0	107,5	112,5	<b>245,0</b>	<b>62,44</b>
3	Marco Natalia	2000	INTEND	50,00		4	77,5	85,0	90,0	40,0	45,0	<del>-47,5</del>	95,0	100,0	<del>-107,5</del>	<b>235,0</b>	<b>61,43</b>
4	Suero Campos Victoria	2001	SOYPOW	51,30		6	60,0	65,0	70,0	40,0	42,5	<del>-45,0</del>	95,0	100,0	<del>-105,0</del>	<b>212,5</b>	<b>54,29</b>
--	Salinas Solíz Mayte Valery	2006	SILENT	<b>52,90</b>		3	90,0	<del>-95,0</del>	95,0	45,0	<del>-47,5</del>	50,0	100,0	110,0	115,0	<b>0,0</b>	<b>0,00</b>
<b>-57 kg</b>																	
1	Fernández-Calvillo Rincón Sara	2002	DANIG	56,45		1	100,0	110,0	115,0	55,0	60,0	65,0	115,0	125,0	<del>-135,0</del>	<b>305,0</b>	<b>72,07</b>
2	Fernandez Cordero Aurora	1989	ENTINT	57,00		8	90,0	<del>-95,0</del>	<del>-95,0</del>	45,0	<del>-47,5</del>	<del>-47,5</del>	100,0	110,0	115,0	<b>250,0</b>	<b>58,64</b>
3	Caballero Tinajas Cristina	1992	CROM	55,65		5	85,0	92,5	97,5	32,5	35,0	37,5	97,5	105,0	110,0	<b>245,0</b>	<b>58,53</b>
<b>-63 kg</b>																	
1	Rodríguez Díez Lucía	2004	MADPOW	61,85		14	105,0	112,5	117,5	62,5	67,5	72,5	127,5	140,0	150,0	<b>340,0</b>	<b>75,29</b>
2	Jaenal Martínez Virginia	1997	ERALLO	60,85		11	100,0	110,0	115,0	57,5	60,0	62,5	120,0	132,5	140,0	<b>317,5</b>	<b>71,08</b>
3	Maida Lazarte María Belén	1996	STRCAP	61,50		9	105,0	115,0	<del>-125,0</del>	52,5	55,0	57,5	125,0	135,0	145,0	<b>317,5</b>	<b>70,57</b>
4	Perez De Camino Argumosa Ana	2003	VILLPOW	62,20		16	100,0	105,0	110,0	57,5	62,5	67,5	105,0	110,0	<del>-115,0</del>	<b>287,5</b>	<b>63,43</b>
5	Arribas Cantalejo Helena	1990	BLKBAR	62,50		17	90,0	97,5	102,5	50,0	55,0	<del>-60,0</del>	112,5	125,0	130,0	<b>287,5</b>	<b>63,23</b>
6	García Ruiz Ainhoa	2001	PTASIE	62,40		10	100,0	105,0	110,0	42,5	45,0	<del>-47,5</del>	110,0	120,0	130,0	<b>285,0</b>	<b>62,74</b>
7	Quezada Yumbo Erika	1998	CROM	61,95		15	77,5	85,0	<del>-92,5</del>	40,0	42,5	45,0	115,0	127,5	130,0	<b>260,0</b>	<b>57,51</b>
8	Fenoy Elena Aurora	2005	RISING	59,85		12	70,0	77,5	82,5	40,0	45,0	47,5	115,0	122,5	<del>-130,0</del>	<b>252,5</b>	<b>57,17</b>
9	Díaz Bustamante Cinthia	2006	POWVAL	60,70		13	85,0	92,5	<del>-100,0</del>	47,5	52,5	<del>-55,0</del>	85,0	<del>-95,0</del>	<del>-100,0</del>	<b>230,0</b>	<b>51,58</b>
<b>-69 kg</b>																	
1	Gutiérrez Palomar Andrea	2003	AGSTR	67,05		20	132,5	140,0	<del>-150,0</del>	62,5	67,5	70,0	130,0	140,0	150,0	<b>360,0</b>	<b>75,81</b>
2	Rondón García Diana Carolina	1999	MADPOW	68,95		28	127,5	135,0	137,5	62,5	67,5	72,5	127,5	137,5	150,0	<b>360,0</b>	<b>74,61</b>
3	Lorente Mejía Denise	2005	SIDER	67,35		27	105,0	112,5	120,0	57,5	62,5	65,0	120,0	130,0	137,5	<b>322,5</b>	<b>67,74</b>
4	Martín Álvarez Andrea	1993	MADPOW	65,65		22	100,0	105,0	110,0	60,0	62,5	65,0	130,0	140,0	145,0	<b>320,0</b>	<b>68,24</b>
5	Baubau Soriano Valeria	2009	RAGNA	68,50		19	107,5	115,0	<del>-117,5</del>	50,0	55,0	<del>-57,5</del>	120,0	132,5	140,0	<b>310,0</b>	<b>64,49</b>
6	Porras Mendaña Noelia	1998	FENRIR	68,95		24	110,0	117,5	125,0	50,0	55,0	<del>-60,0</del>	105,0	115,0	122,5	<b>302,5</b>	<b>62,70</b>
7	Martin Burgos Maria	2001	FENRIR	67,20		25	97,5	105,0	<del>-112,5</del>	57,5	62,5	67,5	115,0	122,5	127,5	<b>300,0</b>	<b>63,09</b>
8	Labrador Lobato Rebeca	2005	VILLPOW	66,60		23	95,0	100,0	105,0	55,0	60,0	62,5	110,0	120,0	127,5	<b>295,0</b>	<b>62,37</b>
9	Tello Miguel Lucía	2004	MADPOW	66,80		26	100,0	105,0	110,0	42,5	45,0	<del>-47,5</del>	127,5	137,5	<del>-145,0</del>	<b>292,5</b>	<b>61,73</b>
10	Guaman Pila Leyre	2007	RAGNA	67,75		21	90,0	100,0	110,0	<del>-50,0</del>	<del>-55,0</del>	55,0	100,0	110,0	120,0	<b>285,0</b>	<b>59,66</b>
11	Climent Mainar Cristina	1992	DTPOW	68,85		18	105,0	X	X	70,0	X	X	<del>-110,0</del>	110,0	<del>-112,5</del>	<b>285,0</b>	<b>59,12</b>
<b>-76 kg</b>																	
1	Antón Jael	2006	INTEND	75,15		63	87,5	<del>-95,0</del>	100,0	42,5	45,0	47,5	112,5	122,5	130,0	<b>277,5</b>	<b>55,00</b>
<b>-84 kg</b>																	
1	Pérez Medeiro Laura	1998	LEOHAK	78,85		64	107,5	115,0	120,0	45,0	50,0	52,5	125,0	140,0	150,0	<b>322,5</b>	<b>62,53</b>
2	Villacís Espinosa Diana Alejandra	2005	POWVAL	83,85		62	105,0	112,5	117,5	57,5	60,0	<del>-62,5</del>	100,0	110,0	115,0	<b>292,5</b>	<b>55,28</b>
3	Castro Eusebio Aleshka Eileen	2005	DANIG	83,15		65	95,0	105,0	<del>-112,5</del>	50,0	55,0	57,5	90,0	100,0	107,5	<b>270,0</b>	<b>51,19</b>
4	Guindo Arroyo Ariadna	2002	MADPOW	82,80		66	85,0	90,0	95,0	55,0	57,5	<del>-60,0</del>	102,5	112,5	<del>-120,0</del>	<b>265,0</b>	<b>50,33</b>

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<b>MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL</b>							
<b>Nombre</b>	<b>Club</b>	<b>Peso</b>	<b>Cat.</b>	<b>Total</b>	<b>GL pt.</b>	<b>Clas.</b>	
1	Gutiérrez Palomar Andrea	AGSTR	67,05	-69kg	<b>360,0</b>	<b>75,81</b>	1
2	Rodríguez Díez Lucía	MADPOW	61,85	-63kg	<b>340,0</b>	<b>75,29</b>	1
3	Rondón García Diana Carolina	MADPOW	68,95	-69kg	<b>360,0</b>	<b>74,61</b>	2
4	Fernández-Calvillo Rincón Sara	DANIG	56,45	-57kg	<b>305,0</b>	<b>72,07</b>	1
5	Castillo Orellana Rocío	DTPOW	52,00	-52kg	<b>285,0</b>	<b>71,96</b>	1
6	Jaenal Martínez Virginia	ERALLO	60,85	-63kg	<b>317,5</b>	<b>71,08</b>	2
7	Maida Lazarte María Belén	STRCAP	61,50	-63kg	<b>317,5</b>	<b>70,57</b>	3
8	Martín Álvarez Andrea	MADPOW	65,65	-69kg	<b>320,0</b>	<b>68,24</b>	4
9	Lorente Mejía Denise	SIDER	67,35	-69kg	<b>322,5</b>	<b>67,74</b>	3
10	Baubau Soriano Valeria	RAGNA	68,50	-69kg	<b>310,0</b>	<b>64,49</b>	5
11	Perez De Camino Argumosa Ana	VILLPOW	62,20	-63kg	<b>287,5</b>	<b>63,43</b>	4
12	Arribas Cantalejo Helena	BLKBAR	62,50	-63kg	<b>287,5</b>	<b>63,23</b>	5
13	Martin Burgos Maria	FENRIR	67,20	-69kg	<b>300,0</b>	<b>63,09</b>	7
14	García Ruiz Ainhoa	PTASIE	62,40	-63kg	<b>285,0</b>	<b>62,74</b>	6
15	Porrás Mendaña Noelia	FENRIR	68,95	-69kg	<b>302,5</b>	<b>62,70</b>	6
16	Pérez Medeiro Laura	LEOHAK	78,85	-84kg	<b>322,5</b>	<b>62,53</b>	1
17	Bataller Martínez Marta	RAGNA	51,45	-52kg	<b>245,0</b>	<b>62,44</b>	2
18	Labrador Lobato Rebeca	VILLPOW	66,60	-69kg	<b>295,0</b>	<b>62,37</b>	8
19	Tello Miguel Lucía	MADPOW	66,80	-69kg	<b>292,5</b>	<b>61,73</b>	9
20	Marco Natalia	INTEND	50,00	-52kg	<b>235,0</b>	<b>61,43</b>	3

<b>ABREVIACIONES de CLUBES:</b>
AGSTR = AG STRENGTH Madrid
BLKBAR = BLACKBARBELL Madrid
BLKCRW = BLACK CROWN Madrid
CROM = CROM GYM Madrid
DANIG = DANIG
DTPOW = DT POWER Madrid
ERALLO = EDUARDO RALLO Madrid
ENTINT = ENTRENA INTENSO Madrid
ÉXITO = ÉXITO28 Madrid
FENFRIR = FENRIR Madrid
FZAFOR = ÇFUERZA LA FORJA Alcala de Henares
GRANDA = GRANDA Madrid
INTED = INTEND POWER Madrid
LEOHAK = LEONES HAKEÑOS Madrid
MADPOW = MAD POWERLIFTING Madrid
MGFPOW = MGF POWER TEAM Madrid
POWVAL = POWER VALHALLA Madrid
Powmad = POWERLIFTING MADRID
PTASIE = PUERTA DE LA SIERRA Madrid
RAGNA = RAGNA
RISING = RISING POWER Madrid
SIDER = SIDEROPOLIS Madrid
SILENT = SILENT Madrid
SOYPOW = SOY POWERLIFTER Madrid
STRCAP = STRENGTH CAPITAL Madrid
VILLPOW = VILLA POWERLIFTING Madrid