

ASOCIACIÓN ESPAÑOLA DE POWERLIFTING
AEP 3 – Copa Iron Fira
AEP-3 de iniciación de Cataluña y clubes invitados
Barcelona 14 de junio de 2026

Rev. 28/06/2026

MUJERES POWERLIFTING RAW																	
Cat.	Pos.	LEVANTADORA	AÑO	CLUB	PESO	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL
52	1	Martin Cilleruelo Ines	'1995-01-01	STB STRENGTH Barcelona	48.8	118	80.0	85.0	-90.0	45.0	47.5	50.0	92.5	100.0	107.5	242.5	44.440
57	1	Samper Van Cauteren Coco	'2001-01-01	BARBASTRO POWERLIFTING Huesca	56.7	121	-110.0	110.0	120.0	52.5	57.5	-60.0	110.0	122.5	132.5	310	52.400
63	1	Nievas Tenor Laia	'1996-01-01	FEDERACION CATALANA	61.3	113	90.0	100.0		52.5	57.5	60.0	105.0	117.5	127.5	287.5	64.040
69	1	del Cano Lopez Ariadna	'2004-01-01	STB STRENGTH Barcelona	68.5	111	120.0	130.0	140.0	55.0	60.0	65.0	120.0	130.0	140.0	345	71.770
69	2	Vives Pellise Cristina	'1997-01-01	FEDERACION CATALANA	67.8	119	110.0	117.5	125.0	50.0	55.0	57.5	132.5	147.5	160.0	342.5	52.640
69	3	Lorenzo Garrido Jennifer	'1994-01-01	POWERLIFTING BARCELONA	67.3	116	115.0	-125.0	125.0	57.5	62.5	-65.0	125.0	-132.5	132.5	320	67.240
69	4	Seisdedos Gonzalez Sandra	'1996-01-01	RZ POWER TEAM Sabadell	66.1	117	-90.0	95.0	-100.0	-50.0	55.0	-60.0	102.5	110.0	115.0	265	41.280
69	5	Navarro Pallares Ariadna	'2003-01-01	Barbastro Powerlifting	68.8	115	72.5	80.0	92.5	37.5	40.0	-45.0	80.0	90.0	-100.0	222.5	46.170
76	1	Bel Suarez Paula	'1997-01-01	PBP CLUB Barcelona	75.8	114	-120.0	120.0	130.0	52.5	57.5	60.0	127.5	135.0	137.5	327.5	64.650
76	2	Munoz Surowiec Paula	'2003-01-01	RZ POWER TEAM Sabadell	74.6	110	102.5	110.0	115.0	65.0	70.0	72.5	110.0	120.0	127.5	315	62.660
76	3	Rappel de Amorim Ana Luiza	'1996-01-01	POWERLIFTING BARCELONA	71.6	120	95.0	105.0	115.0	55.0	60.0	-65.0	105.0	115.0	125.0	300	44.810
84	1	Gomez Luciano Nicole	'2006-01-01	Barbastro Powerlifting	82.2	112	110.0	120.0	125.0	65.0	70.0	75.0	110.0	120.0	125.0	325	61.910

MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL							
	Nombre	Año	Club	Peso	Cat.	Total	GL pt. Clas.
1	del Cano Lopez Ariadna	'2004-01-01	STB STRENGTH Barcelona	68.5	69	345	71.770 1
2	Lorenzo Garrido Jennifer	'1994-01-01	POWERLIFTING BARCELONA	67.3	69	320	67.240 3
3	Bel Suarez Paula	'1997-01-01	PBP CLUB Barcelona	75.8	76	327.5	64.650 1
4	Nievas Tenor Laia	'1996-01-01	FEDERACION CATALANA	61.3	63	287.5	64.040 1
5	Munoz Surowiec Paula	'2003-01-01	RZ POWER TEAM Sabadell	74.6	76	315	62.660 2
6	Gomez Luciano Nicole	'2006-01-01	Barbastro Powerlifting	82.2	84	325	61.910 1
7	Vives Pellise Cristina	'1997-01-01	FEDERACION CATALANA	67.8	69	342.5	52.640 2
8	Samper Van Cauteren Coco	'2001-01-01	BARBASTRO POWERLIFTING Huesca	56.7	57	310	52.400 1
9	Navarro Pallares Ariadna	'2003-01-01	Barbastro Powerlifting	68.8	69	222.5	46.170 5
10	Rappel de Amorim Ana Luiza	'1996-01-01	POWERLIFTING BARCELONA	71.6	76	300	44.810 3
11	Martin Cilleruelo Ines	'1995-01-01	STB STRENGTH Barcelona	48.8	52	242.5	44.440 1
12	Seisdedos Gonzalez Sandra	'1996-01-01	RZ POWER TEAM Sabadell	66.1	69	265	41.280 4

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HOMBRES POWERLIFTING RAW																	
Cat.	Pos.	LEVANTADORA	AÑO	CLUB	PESO	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL
66	1	Contreras Estepa Jose	'2006-01-01	FEDERACION CATALANA	65.9	211	175.00	185.00	195.00	-97.50	105.00	110.00	180.00	195.00	215.00	520	81.120
74	1	Vila Calaf Roger	'2004-01-01	FEDERACION CATALANA	73	216	177.50	190.00	-200.00	97.50	-105.00	-110.00	200.00	220.00	-242.50	507.5	75.030
74	2	Morales Sanchez Damian	'1994-01-01	POWERLIFTING BARCELONA	70.6	214	152.50	162.50	170.00	100.00	105.00	107.50	182.50	202.50	210.00	487.5	73.350
74	3	Crivolotti Roy	'1995-01-01	POWERLIFTING BARCELONA	68.5	210	130.00	140.00	150.00	92.50	100.00	105.00	160.00	175.00	185.00	440	67.260
83	1	Mora Merino Jose Ramon	'1997-01-01	POWERLIFTING BARCELONA	74.2	218	162.50	175.00	187.50	115.00	122.50	130.00	185.00	200.00	215.00	532.5	78.070
83	2	Rafels Gonzalez Llorenc	'1996-01-01	POWERLIFTING BARCELONA	82.8	215	162.50	170.00	182.50	115.00	120.00	-125.00	185.00	200.00	217.50	520	72.070
83	3	Franco Ayala Denis Jesus	'2004-01-01	POWERLIFTING BARCELONA	82.1	212	-190.00	-190.00	190.00	112.50	117.50	-120.00	195.00	210.00	-220.00	517.5	72.030
83	4	Joyce Jack	'1997-01-01	FORCA LAIESKEN Barcelona	80.3	219	-165.00	165.00	180.00	115.00	122.50	-130.00	190.00	210.00	-220.00	512.5	72.140
83	DQ	Gistau Dueso Jorge	'2001-01-01	BARBASTRO POWERLIFTING Huesca	81	220	167.50	175.00	-182.50	97.50	105.00	-110.00	-227.50	-227.50	-227.50		
83	DQ	Pop Ferrer Filip	'2007-01-01	POWERLIFTING BARCELONA	83	221	-160.00	-160.00	160.00	-105.00	-105.00	-105.00	170.00	180.00	190.00		
93	1	Lopez Vivo Javier	'2001-01-01	FEDERACION CATALANA	92.5	320	-200.00	210.00	220.00	130.00	137.50	145.00	225.00	245.00	265.00	630	82.630
93	2	Cortina Pickholz Jose Luis	'1988-01-01	POWERLIFTING SEVILLA	90	317	185.00	195.00	205.00	125.00	132.50	140.00	225.00	250.00	270.00	615	81.760
93	3	Sanchez Bascompte Guillem	'2003-01-01	FORCA VILAFRANCA	92.7	314	207.50	-217.50	217.50	-110.00	115.00	120.00	220.00	235.00	250.00	587.5	76.980
93	4	Romero Orozco Xavier	'1997-01-01	RZ POWER TEAM Sabadell	85.3	313	175.00	190.00	-200.00	115.00	120.00	-122.50	205.00	220.00	230.00	540	73.730
93	5	Badia Rovira Eloi	'1996-01-01	BARBASTRO POWERLIFTING Huesca	87.6	311	177.50	187.50	200.00	95.00	102.50	-110.00	200.00	215.00	230.00	532.5	71.750
105	1	Sadkouni Souhail	'1997-01-01	FORCA LAIESKEN Barcelona	104.7	321	200.00	250.00	285.00	190.00	205.00	210.00	270.00	290.00	305.00	800	98.900
105	2	Ruiz Agustin Alex	'1999-01-01	POWERLIFTING BARCELONA	102.8	312	-245.00	250.00	270.00	160.00	170.00	180.00	260.00	280.00	300.00	750	93.520
105	3	Miras Robles Oriol	'2000-01-01	POWERLIFTING BARCELONA	103.6	318	200.00	212.50	225.00	142.50	150.00	-157.50	230.00	250.00	270.00	645	80.130
105	4	Armando Sanchez Ponseti	'2001-01-01	POWERLIFTING BARCELONA	103.7	315	230.00	245.00	-260.00	135.00	140.00	142.50	230.00	255.00	-275.00	642.5	79.790
105	5	Blasco Navarro Assis	'1996-01-01	FEDERACION CATALANA	103.4	310	177.50	187.50	200.00	127.50	135.00	142.50	195.00	210.00	220.00	562.5	69.950
105	6	Castro Costa Nicolas	'2000-01-01	POWERLIFTING BARCELONA	102.4	316	-177.50	177.50	190.00	107.50	112.50	115.00	210.00	222.50	-230.00	527.5	65.900
120+	1	Ferrer Delmas Jose	'1998-01-01	Barbastro Powerlifting	124.8	217	210.00	220.00	-230.00	125.00	132.50	-140.00	220.00	230.00	-240.00	582.5	66.580
93	1	Fernando Heras Augusto	'1991-01-01	FEDERACION CATALANA	90.4	319				132.50	-135.00	135.00				135	64.950

MEJORES LEVANTADORES POWERLIFTING RAW a pt. IPF GL									
Nombre	Año	Club	Peso	Cat.	Total	GL pt.	Clas.		
Sadkouni Souhail	'1997-01-01	FORCA LAIESKEN Barcelona	104.7	105	800	98.900			
Ruiz Agustin Alex	'1999-01-01	POWERLIFTING BARCELONA	102.8	105	750	93.520			
1 Lopez Vivo Javier	'2001-01-01	FEDERACION CATALANA	92.5	93	630	82.630	1		
2 Cortina Pickholz Jose Luis	'1988-01-01	POWERLIFTING SEVILLA	90	93	615	81.760	2		
3 Contreras Estepa Jose	'2006-01-01	FEDERACION CATALANA	65.9	66	520	81.120	1		
4 Miras Robles Oriol	'2000-01-01	POWERLIFTING BARCELONA	103.6	105	645	80.130	3		
5 Armando Sanchez Ponseti	'2001-01-01	POWERLIFTING BARCELONA	103.7	105	642.5	79.790	4		
6 Mora Merino Jose Ramon	'1997-01-01	POWERLIFTING BARCELONA	74.2	83	532.5	78.070	1		
7 Sanchez Bascompte Guillem	'2003-01-01	FORCA VILAFRANCA	92.7	93	587.5	76.980	3		
8 Vila Calaf Roger	'2004-01-01	FEDERACION CATALANA	73	74	507.5	75.030	1		
9 Romero Orozco Xavier	'1997-01-01	RZ POWER TEAM Sabadell	85.3	93	540	73.730	4		
10 Morales Sanchez Damian	'1994-01-01	POWERLIFTING BARCELONA	70.6	74	487.5	73.350	2		
11 Joyce Jack	'1997-01-01	FORCA LAIESKEN Barcelona	80.3	83	512.5	72.140	4		
12 Rafels Gonzalez Llorenc	'1996-01-01	POWERLIFTING BARCELONA	82.8	83	520	72.070	2		
13 Franco Ayala Denis Jesus	'2004-01-01	POWERLIFTING BARCELONA	82.1	83	517.5	72.030	3		
14 Badia Rovira Eloi	'1996-01-01	BARBASTRO POWERLIFTING Huesca	87.6	93	532.5	71.750	5		
15 Blasco Navarro Assis	'1996-01-01	FEDERACION CATALANA	103.4	105	562.5	69.950	5		
16 Crivolotti Roy	'1995-01-01	POWERLIFTING BARCELONA	68.5	74	440	67.260	3		

MEJORES LEVANTADORES POWERLIFTING RAW a pt. IPF GL								
	Nombre	Año	Club	Peso	Cat.	Total	GL pt.	Clas.
17	Ferrer Delmas Jose	'1998-01-01	Barbastro Powerlifting	124.8	120+	582.5	66.580	1
18	Castro Costa Nicolas	'2000-01-01	POWERLIFTING BARCELONA	102.4	105	527.5	65.900	6