

	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
POWERLIFTING Sentadillas (kg)	53	---	137.5	162.5	---	---	---	---
	59	220.0	181.0	212.5	142.5			
	66	247.5	215.0	235.0	182.0	180.0	175.0	
	74	272.0	230.5	272.0	225.0	208.0	208.0	105.5
	83	315.0	260.0	315.0	260.0	230.0	205.0	155.0
	93	308.0	273.5	290.0	270.5	270.0	203.0	175.0
	105	345.0	312.5	336.0	275.0	270.0	234.0	
	120	350.0	282.5	315.5	310.0	242.5	185.0	
	+120	380.5		325.0	380.5	265.0		
POWERLIFTING Press Banca (kg)	53	---	95.0	107.5	---	---	---	---
	59	152.5	129.0	140.0	106.0			
	66	153.0	140.0	144.5	120.0	100.0	92.5	
	74	177.5	158.5	174.0	140.0	135.0	135.0	120.0
	83	183.0	175.0	183.0	155.5	140.0	112.5	97.5
	93	203.0	177.5	191.0	169.0	169.0	138.0	100.0
	105	205.5	177.5	197.5	180.0	175.5	155.0	
	120	225.0	187.5	200.0	200.0	186.0	130.0	
	+120	235.5		192.5	233.0	200.0		
POWERLIFTING Peso Muerto (kg)	53	---	175.0	190.0	---	---	---	---
	59	290.0	217.5	263.0	206.0			
	66	272.5	271.0	272.5	235.0	230.0	215.0	
	74	305.0	275.5	302.5	260.0	232.5	230.0	141.0
	83	332.5	295.0	332.5	285.0	260.5	240.0	180.0
	93	350.0	300.0	332.5	283.0	265.5	245.0	200.0
	105	363.5	317.5	360.0	307.5	273.5	270.0	
	120	355.0	310.0	350.5	310.0	260.0	230.0	
	+120	350.0		330.0	337.5	290.0		
POWERLIFTING Total (kg)	53	---	397.5	455.0	---	---	---	---
	59	660.0	526.5	602.5	454.5			
	66	652.5	603.5	625.0	524.0	510.0	473.0	
	74	725.0	645.5	724.0	617.5	560.0	560.0	312.5
	83	797.5	722.5	797.5	695.0	615.0	552.5	432.5
	93	825.0	700.0	802.5	700.0	698.5	579.0	475.0
	105	889.0	804.5	866.0	707.5	693.0	630.0	
	120	930.0	770.0	838.0	800.5	688.5	545.0	
	+120	952.5		825.0	951.0	755.0		
Mov. Único Press Banca (kg)	53	---	95.0	107.5	---	---	---	---
	59	165.0	129.0	140.0	106.0			
	66	177.5	140.0	145.0	137.5	137.5	92.5	
	74	177.5	153.0	174.0	140.0	135.0	135.0	120.0
	83	200.0	175.0	190.0	200.0	140.0	135.0	110.0
	93	204.0	177.5	191.0	170.5	170.0	138.0	122.5
	105	205.5	177.5	197.5	180.0	175.5	155.0	80.0
	120	225.0	187.5	200.0	200.0	187.5	142.0	
	+120	250.0		230.0	233.0	200.0		
Mov. Único Peso Muerto (kg)	53	---	175.0	190.0	---	---	---	---
	59	290.0	217.5	263.0	206.0			
	66	272.5	271.0	272.5	235.0	230.0	215.0	130.0
	74	305.0	275.5	302.5	260.0	235.5	230.0	141.0
	83	332.5	295.0	332.5	285.0	261.0	250.0	180.0
	93	350.0	300.0	332.5	283.0	265.5	245.0	200.0
	105	363.5	317.5	360.0	307.5	273.5	270.0	180.0
	120	355.0	310.0	350.5	315.0	260.0	230.0	170.0
	+120	350.0		330.0	337.5	290.0		

	CAT.	ABS	SBJ	JUN	M1	M2	M3	M4
POWERLIFTING Sentadillas (kg)	43	---	95.0	107.5	---	---	---	---
	47	145.0	105.0	127.5	115.0	92.5	82.5	
	52	158.0	135.0	142.5	115.0	92.5	75.0	
	57	182.5	140.0	177.5	140.0	108.0		
	63	183.0	162.0	183.0	160.0	120.0	83.0	50.5
	69	192.5	164.0	192.5	172.5	132.5		
	72	162.5	117.5	162.5	145.0			
	76	200.5	156.0	200.5	156.0	135.0		68.5
	84	212.5	151.0	212.5	172.5	167.5		
	+84	200.5	175.0	200.5	180.0	169.0		
POWERLIFTING Press Banca (kg)	43	---	50.0	52.5	---	---	---	---
	47	77.5	65.0	77.5	62.5	62.5	45.0	
	52	88.0	76.5	87.5	64.0	53.0	42.5	
	57	100.5	80.0	100.5	92.5	60.0		
	63	120.0	113.0	120.0	93.0	78.0	47.5	34.0
	69	117.5	92.5	117.5	97.5	75.0		
	72	97.5	72.5	97.5	95.5			
	76	122.5	93.0	100.0	87.5	70.0		38.0
	84	107.5	70.0	105.0	92.5	92.5		
	+84	102.5	102.5	102.5	93.0	93.0		
POWERLIFTING Peso Muerto (kg)	43	---	110.0	130.0	---	---	---	---
	47	155.0	130.5	150.5	130.0	107.5	107.5	
	52	188.0	156.0	167.5	175.0	117.5	92.5	
	57	205.0	160.5	195.0	160.5	155.0		
	63	220.5	196.5	210.0	166.0	151.0	116.0	67.5
	69	215.5	175.0	215.0	187.5	168.0		
	72	186.0	142.5	186.0	185.5			
	76	227.5	166.0	215.0	187.5	145.0		95.5
	84	227.5	164.5	225.0	217.5	217.5		
	+84	213.0	175.0	213.0	205.5	205.5		
POWERLIFTING Total (kg)	43	---	252.5	290.0	---	---	---	---
	47	362.5	298.0	351.0	302.5	252.5	228.0	
	52	395.0	361.0	392.5	347.5	260.5	210.0	
	57	480.0	372.5	457.5	390.0	322.5		
	63	510.5	468.5	485.0	399.0	327.5	245.0	152.0
	69	525.0	425.5	525.0	430.0	360.5		
	72	437.5	322.5	437.5	420.0			
	76	537.5	411.0	493.0	409.0	335.0		204.0
	84	542.5	374.0	542.5	477.5	477.5		
	+84	500.0	447.5	500.0	464.5	464.5		
Mov. Único Press Banca (kg)	43	---	50.0	52.5	---	---	---	---
	47	77.5	65.0	77.5	62.5	62.5	45.0	
	52	97.5	76.5	87.5	64.0	60.0	42.5	
	57	100.5	80.0	100.5	92.5	60.0		
	63	120.0	113.0	120.0	93.0	78.0	47.5	34.0
	69	117.5	92.5	117.5	97.5	75.0	27.5	27.5
	72	97.5	75.0	97.5	95.5	75.0		
	76	122.5	93.0	100.0	87.5	72.5		38.0
	84	112.5	70.0	102.5	112.5	92.5		
	+84	102.5	102.5	102.5	93.0	93.0		
Mov. Único Peso Muerto (kg)	43	---	110.0	130.0	---	---	---	---
	47	155.0	130.5	150.5	130.0	107.5	107.5	
	52	188.0	156.0	167.5	175.0	117.5	92.5	
	57	205.0	160.5	195.0	160.5	155.0		
	63	220.5	196.5	210.0	166.0	151.0	116.0	67.5
	69	215.5	175.0	215.0	187.5	168.0		
	72	186.0	155.0	186.0	185.5	150.0		
	76	227.5	166.0	215.0	187.5	145.0		95.5
	84	227.5	164.5	225.0	217.5	217.5		
	+84	213.0	175.0	213.0	205.5	205.5		