

ASOCIACION ESPANOLA DE POWERLIFTING
AEP 3 - III Campeonato de Chiva de Powerlifting y Press Banca
AEP-3 de iniciación de Zona levante e islas y clubes invitados
Chiva (Valencia) 20 y 21 de junio de 2026

Rev. 07/07/2026

MUJERES POWERLIFTING RAW																	
Cat.	Pos.	LEVANTADORA	AÑO	CLUB	PESO	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL
52	1	Gallardo Serra Lucia	'2004-01-01	GR STRENGTH Valencia	50.8	517	-95.0	97.5	102.5	-55.0	57.5	-62.5	110.0	120.0	-130.0	280	72.160
52	2	Juan Requena Marta	'2001-01-01	VIKING POWER CLUB CANALS	51.4	516	82.5	87.5	92.5	40.0	42.5	45.0	92.5	100.0	-107.5	237.5	60.580
57	1	Pastor Sanchez Ruth	'2002-01-01	ALTEA-FINESTRAT-L'ALFII½S	55.6	511	107.5	115.0	122.5	52.5	57.5	-62.5	112.5	125.0	135.0	315	75.310
63	1	Lopez Espinosa Ainhoa	'2007-01-01	GR STRENGTH Valencia	61.2	510	110.0	120.0	127.5	-60.0	65.0	70.0	132.5	147.5	-160.0	345	76.940
63	2	Gimeno Juarez Maria	'2001-01-01	VIKING POWER CLUB CANALS	61.9	518	117.5	127.5	135.0	65.0	70.0	-72.5	120.0	-130.0	130.0	335	74.140
63	3	Planelles Perez Nuria	'1996-01-01	POWER SAN VICENTE	61.6	519	115.0	125.0	135.0	42.5	50.0	-52.5	115.0	130.0	142.5	327.5	72.710
63	4	Chismol Munoz-Caravaca Cristina	'1998-01-01	SPARTA Murcia	60.8	514	-115.0	-120.0	120.0	55.0	60.0	-62.5	120.0	130.0	140.0	320	71.680
63	5	Gascon Gonzalez Paula	'2005-01-01	POWERLIFTING ALBACETE	61.8	513	100.0	105.0	110.0	-55.0	55.0	62.5	102.5	-112.5	-112.5	275	60.930
63	6	Alfaro Minana Marta	'1993-01-01	GR STRENGTH Valencia	62.7	515	85.0	92.5	-97.5	52.5	57.5	62.5	95.0	102.5	110.0	265	58.160
69	1	Sevilla Salcedo Ana Maria	'1986-01-01	ELITE LIFTERS VALENCIA	67.2	621	100.0	107.5	115.0	50.0	-52.5	52.5	120.0	132.5	140.0	307.5	64.670
69	2	De Juan Rios Alba	'2003-01-01	GR STRENGTH Valencia	67.6	619	90.0	100.0	-110.0	50.0	55.0	-60.0	115.0	127.5	135.0	290	60.780
69	3	Oliva Lopez Sonia	'1989-01-01	POWER SAN VICENTE	64.8	613	90.0	95.0	-100.0	50.0	55.0	-57.5	110.0	125.0	132.5	282.5	60.720
76	1	Korkunda Yuliia	'1995-01-01	GR STRENGTH Valencia	73.2	611	155.0	160.0	162.5	75.0	82.5	90.0	160.0	165.0	170.0	422.5	84.840
76	2	Maestre Hernandez Sofia	'2004-01-01	GR STRENGTH Valencia	75	610	110.0	120.0	-127.5	55.0	60.0	62.5	135.0	147.5	-160.0	330	65.470
76	3	De Jong Bettina	'1978-01-01	POWER SAN VICENTE	71.8	616	95.0	102.5	110.0	60.0	62.5	65.0	95.0	102.5	-105.0	277.5	56.270
76	DQ	Suarez Chaparro Leidy Lorena	'2006-01-01	POWER SAN VICENTE	70.7	622	-135.0	-140.0	-140.0	67.5	72.5	80.0	145.0	155.0	162.5		
84	1	Lopez Amores Laura	'1993-01-01	GR STRENGTH Valencia	82.4	618	105.0	112.5	120.0	52.5	57.5	62.5	125.0	142.5	162.5	345	65.650
84+	1	Fernandez Mesa Natividad Clara	'1992-01-01	CONRA CLUB DE FORII½A Mallorca	108.8	620	-105.0	110.0	-120.0	52.5	60.0	-62.5	125.0	137.5	-147.5	307.5	53.720
69	1	Grande Vega Miriam	'1989-01-01	GR STRENGTH Valencia	67.9	617				62.5	-65.0	-65.0				62.5	50.200
84	1	Gonzalez Romero Juana	'1973-01-01	FUERZA ISABEL ATLAS Chiva	79.6	612				32.5	35.0	-37.5				35	26.490
84+	1	MONTANER SILVESTRE ELISABETH	'1995-01-01	FUERZA ISABEL ATLAS Chiva	108.7	615				40.0	45.0	47.5				47.5	33.980

MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL								
Nombre	Año	Club	Peso	Cat.	Total	GL pt.	Clas.	
1 Korkunda Yulii	'1995-01-01	GR STRENGTH Valencia	73.2	76	422.5	84.840	1	
2 Lopez Espinosa Ainhoa	'2007-01-01	GR STRENGTH Valencia	61.2	63	345	76.940	1	
3 Pastor Sanchez Ruth	'2002-01-01	ALTEA-FINESTRAT-L'ALFIÿ½S	55.6	57	315	75.310	1	
4 Gimeno Juarez Maria	'2001-01-01	VIKING POWER CLUB CANALS	61.9	63	335	74.140	2	
5 Planelles Perez Nuria	'1996-01-01	POWER SAN VICENTE	61.6	63	327.5	72.710	3	
6 Gallardo Serra Lucia	'2004-01-01	GR STRENGTH Valencia	50.8	52	280	72.160	1	
7 Chismol Munoz-Caravaca Cristina	'1998-01-01	SPARTA Murcia	60.8	63	320	71.680	4	
8 Lopez Amores Laura	'1993-01-01	GR STRENGTH Valencia	82.4	84	345	65.650	1	
9 Maestre Hernandez Sofia	'2004-01-01	GR STRENGTH Valencia	75	76	330	65.470	2	
10 Sevilla Salcedo Ana Maria	'1986-01-01	ELITE LIFTERS VALENCIA	67.2	69	307.5	64.670	1	
11 Gascon Gonzalez Paula	'2005-01-01	POWERLIFTING ALBACETE	61.8	63	275	60.930	5	
12 De Juan Rios Alba	'2003-01-01	GR STRENGTH Valencia	67.6	69	290	60.780	2	
13 Oliva Lopez Sonia	'1989-01-01	POWER SAN VICENTE	64.8	69	282.5	60.720	3	
14 Juan Requena Marta	'2001-01-01	VIKING POWER CLUB CANALS	51.4	52	237.5	60.580	2	
15 Alfaro Minana Marta	'1993-01-01	GR STRENGTH Valencia	62.7	63	265	58.160	6	
16 De Jong Bettina	'1978-01-01	POWER SAN VICENTE	71.8	76	277.5	56.270	3	
17 Fernandez Mesa Natividad Clara	'1992-01-01	CONRA CLUB DE FORÿ½A Mallorca	108.8	84+	307.5	53.720	1	

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HOMBRES POWERLIFTING RAW																	
Cat.	Pos.	LEVANTADORA	AÑO	CLUB	PESO	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL
66	1	Zurita Terrazas Samuel Josue	'1999-01-01	BANZAI STRENGTH CARTAGENA	63.4	714	170.00	182.50	190.00	102.50	107.50	112.50	175.00	-190.00	195.00	497.5	79.220
66	2	Sanchez Arias Pablo	'1998-01-01	INSANE POWERLIFTING CIUDAD REAL	65.7	710	-157.50	162.50	-170.00	102.50	107.50	110.00	202.50	215.00	-220.00	487.5	76.180
66	3	Chicaiza Cordova Jonathan Arturo	'1990-01-01	GR STRENGTH Valencia	65.75	711	135.00	145.00	155.00	97.50	102.50	107.50	160.00	172.50	185.00	447.5	69.900
66	4	El Hajji Mokhir Adam	'2011-01-01	POWER HUERCAL-OVERA	64.7	713	-135.00	140.00	155.00	75.00	82.50	-85.00	150.00	165.00	-175.00	402.5	63.410
74	1	Barrios Carramolino Hugo	'2004-01-01	MYRTEA LIFTING CLUB Murcia	73.8	910	152.50	-160.00	165.00	112.50	120.00	125.00	185.00	197.50	207.50	497.5	73.140
74	2	Revuelta Bonmati David	'2005-01-01	GR STRENGTH Valencia	72	911	175.00	-185.00	185.00	100.00	105.00	110.00	175.00	190.00	200.00	495	73.710
74	3	Marqueno Navarro Francisco	'1997-01-01	FUERZA ISABEL ATLAS Chiva	72.65	918	147.50	155.00	160.00	107.50	112.50	115.00	195.00	205.00	215.00	490	72.630
74	4	Blesa Perez Carlos	'2008-01-01	POWER HUERCAL-OVERA	73	912	155.00	165.00	175.00	90.00	100.00	105.00	180.00	200.00	-210.00	480	70.970
74	5	Pacheco Tortosa Mario	'2009-01-01	VIKING POWER CLUB CANALS	73.05	917	155.00	165.00	172.50	105.00	-112.50	-112.50	165.00	177.50	190.00	467.5	69.100
74	6	Mantaras Jonathan Alexis	'2007-01-01	ALTEA-FINESTRAT-L'ALFIZ ½S	73.9	913	140.00	142.50	162.50	100.00	-107.50	107.50	150.00	160.00	180.00	450	66.110
74	7	Lopez Lopez Juan Jose	'2007-01-01	POWER HUERCAL-OVERA	71.6	914	-135.00	135.00	150.00	92.50	100.00	102.50	175.00	-200.00	-200.00	427.5	63.850
74	8	Cuesta Vinuesa Eduardo	'1992-01-01	ELITE LIFTERS VALENCIA	72.05	915	120.00	130.00	135.00	80.00	85.00	90.00	170.00	180.00	190.00	415	61.780
74	9	Barrasa Ortega Santiago	'2004-01-01	MYRTEA LIFTING CLUB Murcia	73.65	916	115.00	125.00	-127.50	77.50	85.00	-90.00	125.00	137.50	145.00	355	52.250
83	1	Rubio Monreal Javier	'1999-01-01	ANVIL STRENGTH Valencia	81.55	815	215.00	227.50	240.00	145.00	152.50	-157.50	235.00	252.50	275.00	667.5	93.230
83	2	Sotos Borrás Jorge	'2002-01-01	GR STRENGTH Valencia	79	712	197.50	210.00	217.50	125.00	132.50	-137.50	202.50	220.00	230.00	580	82.330
83	3	Monteagudo Hernandez Joaquin	'2002-01-01	POWERLIFTING ALBACETE	82.4	817	192.50	202.50	210.00	132.50	137.50	140.00	195.00	207.50	-215.00	557.5	77.460
83	4	Montoya Azevedo Jose Adrian	'2007-01-01	MYRTEA LIFTING CLUB Murcia	82.25	810	167.50	182.50	195.00	120.00	125.00	130.00	185.00	202.50	217.50	542.5	75.440
83	5	Mizhquiri Vasquez Damian Leandro	'2005-01-01	MYRTEA LIFTING CLUB Murcia	74.65	811	187.50	197.50	-205.00	110.00	115.00	-120.00	205.00	215.00	222.50	535	78.190
83	6	Arias Moncho Jose	'1998-01-01	KRAKEN STRENGTH Llíria	82.35	814	190.00	202.50	207.50	100.00	105.00	-107.50	190.00	207.50	220.00	532.5	74.010
83	7	Mariñ Villa Javier	'2004-01-01	MYRTEA LIFTING CLUB Murcia	80.95	716	167.50	180.00	187.50	102.50	112.50	-120.00	200.00	-220.00	-220.00	500	70.100
83	8	Alvarez Perez Oscar Daniel	'1999-01-01	GR STRENGTH Valencia	81.45	813	160.00	170.00	175.00	102.50	107.50	112.50	185.00	-200.00	200.00	487.5	68.130
83	9	Moreno Serrano David	'2001-01-01	GR STRENGTH Valencia	78.95	812	165.00	-177.50	177.50	97.50	105.00	-110.00	167.50	180.00	190.00	472.5	67.090
83	10	Cunat Castello Daniel	'2007-01-01	GR STRENGTH Valencia	80.65	717	150.00	160.00	167.50	100.00	-107.50	115.00	160.00	172.50	177.50	460	64.610
83	11	Oliva De Jong Feije	'2008-01-01	POWER SAN VICENTE	77.55	818	150.00	160.00	170.00	95.00	105.00	-110.00	160.00	170.00	180.00	455	65.200
83	12	Olmo Bordera Aaron	'2009-01-01	VIKING POWER CLUB CANALS	81.95	718	-160.00	160.00	170.00	105.00	110.00	-115.00	165.00	175.00	-180.00	455	63.390
83	13	Farrando Francisco Ismael	'1988-01-01	ELITE LIFTERS VALENCIA	81.9	816	155.00	162.50	165.00	85.00	95.00	105.00	155.00	165.00	175.00	445	62.020
83	14	Iancu Cosmin	'1976-01-01	ELITE LIFTERS VALENCIA	77.5	715	80.00	92.50	102.50	50.00	60.00	-72.50	105.00	120.00	132.50	295	42.290
93	1	Gisbert Roca Fernando	'1990-01-01	GR STRENGTH Valencia	91.65	1010	195.00	207.50	217.50	145.00	-152.50	152.50	220.00	235.00	245.00	615	81.030
93	2	Munoz Gonzalez Samuel	'1998-01-01	FUERZA NAZARI Granada	91.7	1022	215.00	230.00	240.00	107.50	112.50	115.00	222.50	247.50	-262.50	602.5	79.360
93	3	Gonzalez Lavin Jorge	'1998-01-01	ASENSIO POWERLIFTING Valladolid	87.45	1017	180.00	-195.00	202.50	115.00	125.00	-130.00	235.00	255.00	-260.00	582.5	78.550
93	4	Calaforra Torres Joan	'2007-01-01	FUERZA ISABEL ATLAS Chiva	90.3	1013	210.00	217.50	220.00	-112.50	-117.50	117.50	230.00	245.00	-255.00	582.5	77.310
93	5	Alonso Jimenez Vicent	'2003-01-01	VIKING POWER CLUB CANALS	92	1016	205.00	-217.50	217.50	105.00	112.50	120.00	210.00	227.50	242.50	580	76.280
93	6	Alcala Ruiz Ignacio	'2005-01-01	KRAKEN STRENGTH Llíria	91.2	1023	197.50	205.00	217.50	107.50	112.50	117.50	220.00	230.00	240.00	575	75.950
93	7	Ramirez Arroyo Joel	'2006-01-01	ASENSIO POWERLIFTING Valladolid	92.15	1018	200.00	210.00	217.50	110.00	117.50	-122.50	205.00	220.00	235.00	570	74.900
93	8	Zapata Valencia Michael Stivens	'2004-01-01	SPARTA Murcia	92.3	1015	180.00	185.00	-190.00	95.00	102.50	-107.50	210.00	230.00	-252.50	517.5	67.950
93	9	Lopez Fernandez Mario	'2007-01-01	SPARTA Murcia	89.2	1011	165.00	175.00	-182.50	125.00	132.50	137.50	200.00	-215.00	0.00	512.5	68.430
93	10	Pinar Perez Pablo	'1997-01-01	SPARTA Murcia	88	1012	150.00	162.50	-170.00	95.00	102.50	107.50	200.00	215.00	225.00	495	66.540
93	11	Villena Fernandez Carlos Javier	'2006-01-01	ANVIL STRENGTH Valencia	92.25	1020	170.00	182.50	-195.00	110.00	117.50	-122.50	165.00	175.00	-180.00	475	62.390
105	1	Violero Albinana Hugo	'1994-01-01	VIKING POWER CLUB CANALS	98.5	921	172.50	185.00	200.00	140.00	147.50	155.00	195.00	210.00	-235.00	565	71.890
105	2	Martinez Diaz Oscar	'2006-01-01	GR STRENGTH Valencia	102.6	1019	135.00	145.00	160.00	65.00	72.50	80.00	155.00	170.00	-180.00	410	51.170
120	1	Birca Carlos Alberto	'2007-01-01	GR STRENGTH Valencia	107.1	1014	-185.00	185.00	200.00	92.50	102.50	-110.00	215.00	235.00	-252.50	537.5	65.760
120+	1	Hernandez Ballester Jesus	'1994-01-01	POWER HUERCAL-OVERA	185	1021				160.00	175.00	185.00				185	66.690

MEJORES LEVANTADORES POWERLIFTING RAW a pt. IPF GL								
	Nombre	Año	Club	Peso	Cat.	Total	GL pt.	Clas.
	Rubio Monreal Javier	'1999-01-01	ANVIL STRENGTH Valencia	81.55	83	667.5	93.230	1
1	Sotos Borrás Jorge	'2002-01-01	GR STRENGTH Valencia	79	83	580	82.330	2
2	Gisbert Roca Fernando	'1990-01-01	GR STRENGTH Valencia	91.65	93	615	81.030	1
3	Munoz Gonzalez Samuel	'1998-01-01	FUERZA NAZARI Granada	91.7	93	602.5	79.360	2
4	Zurita Terrazas Samuel Josue	'1999-01-01	BANZAI STRENGTH CARTAGENA	63.4	66	497.5	79.220	1
5	Gonzalez Lavin Jorge	'1998-01-01	ASENSIO POWERLIFTING Valladolid	87.45	93	582.5	78.550	3
6	Mizhquiri Vasquez Damian Leandro	'2005-01-01	MYRTEA LIFTING CLUB Murcia	74.65	83	535	78.190	5
7	Monteagudo Hernandez Joaquin	'2002-01-01	POWERLIFTING ALBACETE	82.4	83	557.5	77.460	3
8	Calaforra Torres Joan	'2007-01-01	FUERZA ISABEL ATLAS Chiva	90.3	93	582.5	77.310	4
9	Alonso Jimenez Vicent	'2003-01-01	VIKING POWER CLUB CANALS	92	93	580	76.280	5
10	Sanchez Arias Pablo	'1998-01-01	INSANE POWERLIFTING CIUDAD REAL	65.7	66	487.5	76.180	2
11	Alcala Ruiz Ignacio	'2005-01-01	KRAKEN STRENGTH Liria	91.2	93	575	75.950	6
12	Montoya Azevedo Jose Adrian	'2007-01-01	MYRTEA LIFTING CLUB Murcia	82.25	83	542.5	75.440	4
13	Ramirez Arroyo Joel	'2006-01-01	ASENSIO POWERLIFTING Valladolid	92.15	93	570	74.900	7
14	Arias Moncho Jose	'1998-01-01	KRAKEN STRENGTH Liria	82.35	83	532.5	74.010	6
15	Revuelta Bonmati David	'2005-01-01	GR STRENGTH Valencia	72	74	495	73.710	2
16	Barrios Carramolino Hugo	'2004-01-01	MYRTEA LIFTING CLUB Murcia	73.8	74	497.5	73.140	1
17	Marqueno Navarro Francisco	'1997-01-01	FUERZA ISABEL ATLAS Chiva	72.65	74	490	72.630	3
18	Violero Albinana Hugo	'1994-01-01	VIKING POWER CLUB CANALS	98.5	105	565	71.890	1
19	Blesa Perez Carlos	'2008-01-01	POWER HUERCAL-OVERA	73	74	480	70.970	4
20	MariIn Villa Javier	'2004-01-01	MYRTEA LIFTING CLUB Murcia	80.95	83	500	70.100	7
21	Chicaiza Cordova Jonathan Arturo	'1990-01-01	GR STRENGTH Valencia	65.75	66	447.5	69.900	3
22	Pacheco Tortosa Mario	'2009-01-01	VIKING POWER CLUB CANALS	73.05	74	467.5	69.100	5
23	Lopez Fernandez Mario	'2007-01-01	SPARTA Murcia	89.2	93	512.5	68.430	9
24	Alvarez Perez Oscar Daniel	'1999-01-01	GR STRENGTH Valencia	81.45	83	487.5	68.130	8
25	Zapata Valencia Michael Stevens	'2004-01-01	SPARTA Murcia	92.3	93	517.5	67.950	8
26	Moreno Serrano David	'2001-01-01	GR STRENGTH Valencia	78.95	83	472.5	67.090	9
27	Pinar Perez Pablo	'1997-01-01	SPARTA Murcia	88	93	495	66.540	10
28	Mantaras Jonathan Alexis	'2007-01-01	ALTEA-FINESTRAT-L'ALFIZ 1/2S	73.9	74	450	66.110	6
29	Birca Carlos Alberto	'2007-01-01	GR STRENGTH Valencia	107.1	120	537.5	65.760	1
30	Oliva De Jong Feije	'2008-01-01	POWER SAN VICENTE	77.55	83	455	65.200	11
31	Cunat Castello Daniel	'2007-01-01	GR STRENGTH Valencia	80.65	83	460	64.610	10
32	Lopez Lopez Juan Jose	'2007-01-01	POWER HUERCAL-OVERA	71.6	74	427.5	63.850	7
33	El Hajji Mokhir Adam	'2011-01-01	POWER HUERCAL-OVERA	64.7	66	402.5	63.410	4
34	Olmo Bordera Aaron	'2009-01-01	VIKING POWER CLUB CANALS	81.95	83	455	63.390	12
35	Villena Fernandez Carlos Javier	'2006-01-01	ANVIL STRENGTH Valencia	92.25	93	475	62.390	11
36	Farrando Francisco Ismael	'1988-01-01	ELITE LIFTERS VALENCIA	81.9	83	445	62.020	13
37	Cuesta Vinuesa Eduardo	'1992-01-01	ELITE LIFTERS VALENCIA	72.05	74	415	61.780	8
38	Barrasa Ortega Santiago	'2004-01-01	MYRTEA LIFTING CLUB Murcia	73.65	74	355	52.250	9
39	Martinez Diaz Oscar	'2006-01-01	GR STRENGTH Valencia	102.6	105	410	51.170	2
40	Iancu Cosmin	'1976-01-01	ELITE LIFTERS VALENCIA	77.5	83	295	42.290	14