**ASOCIACION ESPANOLA DE POWERLIFTING**

**AEP 2 – Campeonato de Andalucía**

AEP 2 - Regional Zona Sur (Andalucía, Ceuta y Melilla)

Huércal-Overa (Almería 3 de octubre de 2026

Rev. 06/10/2026

**MUJERES POWERLIFTING RAW**

| Cat. | Pos. | LEVANTADORA | AÑO | CLUB | PESO | Ord. | SENTADILLAS | | | PRESS BANCA | | | PESO MUERTO | | | TOTAL | IPFGL |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **57** | 1 | Montenegro De La Torre Alba | 2005 | PROJECT STRENGTH Malaga | 56.88 | 112 | 117.5 | -125.0 | 125.0 | -77.5 | 80.0 | 82.5 | 130.0 | 140.0 | -147.5 | **347.5** | **81.640** |
| **57** | 2 | Romero Aranda Lidia Africa | 2001 | NAMEK BARBELL CLUB Cadiz | 56.98 | 111 | 130.0 | -135.0 | -135.0 | -60.0 | 60.0 | 65.0 | 145.0 | -155.0 | -155.0 | **340** | **79.770** |
| **57** | 3 | Berenguer Cintas Cristina | 2004 | BASIC STRENGTH Cadiz | 56.96 | 114 | 122.5 | 130.0 | 135.0 | 65.0 | 70.0 | 72.5 | 115.0 | 125.0 | 130.0 | **337.5** | **79.210** |
| **57** | 4 | Sanchez Moreno Diana | 2006 | ATLETAS DE FUERZA CASARICHE Sevilla | 56.32 | 110 | 105.0 | 110.0 | -115.0 | 52.5 | 57.5 | -60.0 | 112.5 | 117.5 | -122.5 | **285** | **67.460** |
| **63** | 1 | Azor Gomez Maria | 2005 | MOUNTAIN STRENGTH Granada | 59.5 | 117 | 105.0 | 115.0 | 125.0 | -57.5 | 62.5 | -65.0 | 107.5 | 120.0 | 130.0 | **317.5** | **72.190** |
| **63** | 2 | Romero Casquero Paula | 2002 | 84 POWERLIFTING TEAM Malaga | 62.48 | 113 | 100.0 | 105.0 | 110.0 | 57.5 | 60.0 | -62.5 | 107.5 | 115.0 | -122.5 | **285** | **62.690** |
| **69** | 1 | Gonzalez Tirado Ainhoa | 2005 | POWERLIFTING CHIPIONA | 68.5 | 211 | 140.0 | 150.0 | 157.5 | 77.5 | 82.5 | 87.5 | 170.0 | 180.0 | 187.5 | **432.5** | **89.970** |
| **69** | 2 | Ruiz Solier Laura | 2007 | PROJECT STRENGTH Malaga | 67.08 | 212 | 125.0 | 135.0 | 145.0 | -77.5 | 80.0 | -85.0 | 132.5 | 142.5 | 150.0 | **375** | **78.950** |
| **69** | 3 | Galvez Arco Ana Maria | 2000 | ALMERIA BARBELL CLUB | 68.66 | 213 | 130.0 | -137.5 | -137.5 | 65.0 | 67.5 | 70.0 | 132.5 | 140.0 | 142.5 | **342.5** | **71.150** |
| **69** | 4 | Ligero Montilla Mariola | 2004 | PROJECT STRENGTH Malaga | 67.56 | 214 | 122.5 | -130.0 | -130.0 | 65.0 | 67.5 | 70.0 | 127.5 | 137.5 | 147.5 | **340** | **71.280** |
| **76** | 1 | Garcia Gallardo Alba | 2007 | BASIC STRENGTH Cadiz | 74.34 | 118 | 152.5 | 160.0 | 165.0 | 75.0 | 80.0 | 82.5 | 152.5 | 162.5 | 170.0 | **417.5** | **83.190** |
| **76** | 2 | Amaro Carrillo Andrea | 1996 | POWERLIFTING ANDUJAR | 72.14 | 115 | 127.5 | 137.5 | 145.0 | 75.0 | 80.0 | -82.5 | 142.5 | 155.0 | -165.0 | **380** | **76.870** |
| **76** | 3 | Gallegos Julia Maria | 1992 | FUERZA NAZARI Granada | 75.98 | 116 | 120.0 | -130.0 | 132.5 | 45.0 | 47.5 | 50.0 | 120.0 | 132.5 | 145.0 | **327.5** | **64.580** |

**MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL**

| | Nombre | Año | Club | Peso | Cat. | Total | GL pt. | Clas. |
|---|---|---|---|---|---|---|---|---|
| 1 | Gonzalez Tirado Ainhoa | 2005 | POWERLIFTING CHIPIONA | 68.5 | 69 | **432.5** | **89.970** | 1 |
| 2 | Garcia Gallardo Alba | 2007 | BASIC STRENGTH Cadiz | 74.34 | 76 | **417.5** | **83.190** | 1 |
| 3 | Montenegro De La Torre Alba | 2005 | PROJECT STRENGTH Malaga | 56.88 | 57 | **347.5** | **81.640** | 1 |
| 4 | Romero Aranda Lidia Africa | 2001 | NAMEK BARBELL CLUB Cadiz | 56.98 | 57 | **340** | **79.770** | 2 |
| 5 | Berenguer Cintas Cristina | 2004 | BASIC STRENGTH Cadiz | 56.96 | 57 | **337.5** | **79.210** | 3 |
| 6 | Ruiz Solier Laura | 2007 | PROJECT STRENGTH Malaga | 67.08 | 69 | **375** | **78.950** | 2 |
| 7 | Amaro Carrillo Andrea | 1996 | POWERLIFTING ANDUJAR | 72.14 | 76 | **380** | **76.870** | 2 |
| 8 | Azor Gomez Maria | 2005 | MOUNTAIN STRENGTH Granada | 59.5 | 63 | **317.5** | **72.190** | 1 |
| 9 | Ligero Montilla Mariola | 2004 | PROJECT STRENGTH Malaga | 67.56 | 69 | **340** | **71.280** | 4 |
| 10 | Galvez Arco Ana Maria | 2000 | ALMERIA BARBELL CLUB | 68.66 | 69 | **342.5** | **71.150** | 3 |
| 11 | Sanchez Moreno Diana | 2006 | ATLETAS DE FUERZA CASARICHE Sevilla | 56.32 | 57 | **285** | **67.460** | 4 |
| 12 | Gallegos Julia Maria | 1992 | FUERZA NAZARI Granada | 75.98 | 76 | **327.5** | **64.580** | 3 |
| 13 | Romero Casquero Paula | 2002 | 84 POWERLIFTING TEAM Malaga | 62.48 | 63 | **285** | **62.690** | 2 |

**ASOCIACIÓN ESPAÑOLA DE POWERLIFTING**

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Rev. 06/10/2026

## HOMBRES POWERLIFTING RAW

| Cat. | Pos. | LEVANTADORA | AÑO | CLUB | PESO | Ord. | SENTADILLAS | | | PRESS BANCA | | | PESO MUERTO | | | TOTAL | IPFGL |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **66** | 1 | Quirante Perez David | 2001 | MOUNTAIN STRENGTH Granada | 65.48 | 218 | 197.50 | 210.00 | -215.00 | 117.50 | 122.50 | 127.50 | 235.00 | 250.00 | -265.00 | **587.5** | **91.970** |
| **66** | 2 | Espinosa Canet Miguel | 2008 | ALTERNATIVE RAW Huelva | 65.98 | 216 | 170.00 | 180.00 | 190.00 | 115.00 | 120.00 | 125.00 | 215.00 | 225.00 | 235.00 | **550** | **85.750** |
| **66** | 3 | Diaz Romero Felix | 2008 | FUERZA EINHERIAR | 65.62 | 219 | 177.50 | 195.00 | 202.50 | 90.00 | 95.00 | -100.00 | 195.00 | 205.00 | -212.50 | **502.5** | **78.570** |
| **66** | 4 | Ferrero Hernandez Pablo | 2009 | POWER HUERCAL-OVERA | 65.2 | 210 | 162.50 | 177.50 | -187.50 | 95.00 | 97.50 | -100.00 | 177.50 | 195.00 | -210.00 | **470** | **73.740** |
| **74** | 1 | Palma Palma Jorge | 1984 | FUERZA NAZARI Granada | 73.62 | 312 | 185.00 | 197.50 | 205.00 | 102.50 | 107.50 | 112.50 | 240.00 | 257.50 | -270.00 | **575** | **84.640** |
| **74** | 2 | Quirante Manas Eloy | 2007 | MOUNTAIN STRENGTH Granada | 73.48 | 313 | 192.50 | 207.50 | 215.00 | 115.00 | 120.00 | 125.00 | 210.00 | 230.00 | -235.00 | **570** | **83.990** |
| **74** | 3 | Perez Roman Jaime | 2006 | 84 POWERLIFTING TEAM Malaga | 73.4 | 318 | 175.00 | 182.50 | 192.50 | 122.50 | 130.00 | 132.50 | 210.00 | 225.00 | -242.50 | **550** | **81.090** |
| **74** | 4 | Godinez Lopez Julian | 1984 | 84 POWERLIFTING TEAM Malaga | 72.68 | 316 | 177.50 | 190.00 | -200.00 | 95.00 | 100.00 | 102.50 | 200.00 | 215.00 | -225.00 | **507.5** | **75.210** |
| **74** | DQ | Gonzalez Martinez Jorge | 2000 | ALTERNATIVE RAW Huelva | 73.72 | 311 | 190.00 | -197.50 | | | | | | | | **0** | **0.000** |
| **83** | 1 | Catania Rodriguez Alejandro | 1994 | DISCIPLINE Malaga | 81.32 | 310 | 195.00 | 205.00 | -210.00 | 115.00 | 122.50 | 127.50 | 250.00 | 265.00 | 272.50 | **605** | **84.620** |
| **83** | 2 | Martinez Sanchez Eduardo | 1995 | THE PRMODE Granada | 82.72 | 315 | 195.00 | 210.00 | 215.00 | -137.50 | 145.00 | -150.00 | 220.00 | 240.00 | -250.00 | **600** | **83.200** |
| **83** | 3 | Alonso Perez Isaac | 2005 | ALTERNATIVE RAW Huelva | 82.22 | 314 | 185.00 | 195.00 | 202.50 | 120.00 | 125.00 | -127.50 | 220.00 | 232.50 | 237.50 | **565** | **78.590** |
| **83** | 4 | Manzano Berenguel Alejandro | 2007 | DEPORNIXAR ALMERIA | 82.18 | 319 | 200.00 | 215.00 | 225.00 | 100.00 | 105.00 | 110.00 | 210.00 | 227.50 | | **562.5** | **78.260** |
| **83** | 5 | Gavalda Perez Alvaro | 1997 | IRONSIDE STRENGTH Sevilla | 82.24 | 317 | 187.50 | 195.00 | 200.00 | 132.50 | 137.50 | -142.50 | 190.00 | -207.50 | | **527.5** | **73.360** |
| **93** | 1 | Rubio Mateo Lucio | 1997 | THE PRMODE Granada | 92.7 | 419 | 230.00 | 245.00 | 252.50 | 152.50 | 162.50 | 167.50 | 240.00 | 252.50 | 262.50 | **682.5** | **89.430** |
| **93** | 2 | Ennajari Homami Mohamed | 2002 | PROJECT STRENGTH Malaga | 91.18 | 420 | 245.00 | 252.50 | -257.50 | 127.50 | -132.50 | 132.50 | 280.00 | 295.00 | -300.00 | **680** | **89.820** |
| **93** | 3 | Milhou Morinigo Pablo | 2007 | IRONSIDE STRENGTH Sevilla | 92.16 | 413 | 200.00 | 215.00 | 230.00 | 125.00 | 132.50 | -140.00 | 230.00 | 250.00 | -262.50 | **612.5** | **80.480** |
| **93** | DQ | Sanchez Rios Valerio | 2004 | NAMEK BARBELL CLUB Cadiz | 91.18 | 418 | 215.00 | -230.00 | -230.00 | 125.00 | -135.00 | | | | | **0** | **0.000** |
| **105** | 1 | Sojo Gordillo Enrique | 2000 | PROJECT STRENGTH Malaga | 103.76 | 414 | 235.00 | 250.00 | 262.50 | 145.00 | 155.00 | 165.00 | 240.00 | 260.00 | 275.00 | **702.5** | **87.220** |
| **105** | 2 | Medina Castillo Roman | 1997 | FUERZA NAZARI Granada | 104.36 | 416 | 235.00 | 250.00 | -257.50 | 152.50 | 157.50 | 160.00 | 270.00 | 290.00 | -300.00 | **700** | **86.670** |
| **105** | 3 | Rodriguez Cuenda Cesar | 1998 | ALTERNATIVE RAW Huelva | 103.86 | 412 | 227.50 | 237.50 | 242.50 | 155.00 | 162.50 | -170.00 | 275.00 | 290.00 | -300.00 | **695** | **86.250** |
| **105** | 4 | Rico Mesa Jose Santiago | 2003 | FUERZA NAZARI Granada | 100.06 | 411 | 255.00 | 267.50 | 275.00 | 135.00 | 142.50 | -147.50 | 250.00 | 265.00 | -285.00 | **682.5** | **86.200** |
| **105** | 5 | Cledera Romero Martin | 1990 | POWERLIFTING ANDUJAR | 103.22 | 415 | 222.50 | 237.50 | 245.00 | 130.00 | 140.00 | 145.00 | 235.00 | 255.00 | -270.00 | **645** | **80.270** |
| **120+** | 1 | Martinez Lozano Ruben | 2002 | MOUNTAIN STRENGTH Granada | 153.86 | 215 | 245.00 | 257.50 | 272.50 | 145.00 | 152.50 | 157.50 | 235.00 | 250.00 | -260.00 | **680** | **71.490** |

## MEJORES LEVANTADORES POWERLIFTING RAW a pt. IPF GL

| | Nombre | Año | Club | Peso | Cat. | Total | GL pt. | Clas. |
|---|---|---|---|---|---|---|---|---|
| 1 | Quirante Perez David | 2001 | MOUNTAIN STRENGTH Granada | 65.48 | 66 | 587.5 | **91.970** | 1 |
| 2 | Ennajari Homami Mohamed | 2002 | PROJECT STRENGTH Malaga | 91.18 | 93 | 680 | **89.820** | 2 |
| 3 | Rubio Mateo Lucio | 1997 | THE PRMODE Granada | 92.7 | 93 | 682.5 | **89.430** | 1 |
| 4 | Sojo Gordillo Enrique | 2000 | PROJECT STRENGTH Malaga | 103.76 | 105 | 702.5 | **87.220** | 1 |
| 5 | Medina Castillo Roman | 1997 | FUERZA NAZARI Granada | 104.36 | 105 | 700 | **86.670** | 2 |
| 6 | Rodriguez Cuenda Cesar | 1998 | ALTERNATIVE RAW Huelva | 103.86 | 105 | 695 | **86.250** | 3 |
| 7 | Rico Mesa Jose Santiago | 2003 | FUERZA NAZARI Granada | 100.06 | 105 | 682.5 | **86.200** | 4 |
| 8 | Espinosa Canet Miguel | 2008 | ALTERNATIVE RAW Huelva | 65.98 | 66 | 550 | **85.750** | 2 |
| 9 | Palma Palma Jorge | 1984 | FUERZA NAZARI Granada | 73.62 | 74 | 575 | **84.640** | 1 |
| 10 | Catania Rodriguez Alejandro | 1994 | DISCIPLINE Malaga | 81.32 | 83 | 605 | **84.620** | 1 |
| 11 | Quirante Manas Eloy | 2007 | MOUNTAIN STRENGTH Granada | 73.48 | 74 | 570 | **83.990** | 2 |
| 12 | Martinez Sanchez Eduardo | 1995 | THE PRMODE Granada | 82.72 | 83 | 600 | **83.200** | 2 |
| 13 | Perez Roman Jaime | 2006 | 84 POWERLIFTING TEAM Malaga | 73.4 | 74 | 550 | **81.090** | 3 |
| 14 | Milhou Morinigo Pablo | 2007 | IRONSIDE STRENGTH Sevilla | 92.16 | 93 | 612.5 | **80.480** | 3 |
| 15 | Cledera Romero Martin | 1990 | POWERLIFTING ANDUJAR | 103.22 | 105 | 645 | **80.270** | 5 |
| 16 | Alonso Perez Isaac | 2005 | ALTERNATIVE RAW Huelva | 82.22 | 83 | 565 | **78.590** | 3 |
| 17 | Diaz Romero Felix | 2008 | FUERZA EINHERIAR | 65.62 | 66 | 502.5 | **78.570** | 3 |

**MEJORES LEVANTADORES POWERLIFTING RAW a pt. IPF GL**

| | Nombre | Año | Club | Peso | Cat. | Total | GL pt. | Clas. |
|---|---|---|---|---|---|---|---|---|
| 18 | Manzano Berenguel Alejandro | 2007 | DEPORNIXAR ALMERIA | 82.18 | 83 | 562.5 | **78.260** | 4 |
| 19 | Godinez Lopez Julian | 1984 | 84 POWERLIFTING TEAM Malaga | 72.68 | 74 | 507.5 | **75.210** | 4 |
| 20 | Ferrero Hernandez Pablo | 2009 | POWER HUERCAL-OVERA | 65.2 | 66 | 470 | **73.740** | 4 |
| 21 | Gavalda Perez Alvaro | 1997 | IRONSIDE STRENGTH Sevilla | 82.24 | 83 | 527.5 | **73.360** | 5 |
| 22 | Martinez Lozano Ruben | 2002 | MOUNTAIN STRENGTH Granada | 153.86 | 120+ | 680 | **71.490** | 1 |