

Asociacion Espanola Powerlifting
AEP 1 – Copa de España de Powerlifting y de Press Banca, Poblete (Ciudad Real) (Espana), 17-18.10.2026

DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	GL Coef	Lot	All Squat			All Bench Press			All Deadlift			Total	GL Pts	Pts			
Open																					
-52kg																					
1	Pastor Diaz Asensio Marta	01.01.05	STB	51.94	0.2528	5	~~440.0~~	110.0	120.0	2	~~67.5~~	70.0	~~75.0~~	2	135.0	142.5	~~145.0~~	1	332.5	84.06	12
2	Sanchez Gutierrez. Miriam	01.01.97	DTPOW	51.20	0.2559	3	110.0	115.0	~~120.0~~	3	75.0	77.5	80.0	1	127.5	132.5	~~137.5~~	2	327.5	83.81	9
3	Gonzalez Rodriguez, Janeth	01.01.99	WSC	51.42	0.2550	4	117.5	125.0	127.5	1	60.0	65.0	~~67.5~~	3	120.0	127.5	~~140.0~~	4	320.0	81.60	8
4	Vilata Cardo Maria Cristina	01.01.02	GRS	51.96	0.2527	2	97.5	102.5	105.0	4	60.0	62.5	65.0	4	120.0	127.5	130.0	3	300.0	75.81	7
-57kg																					
1	Peman Toledo Virginia	01.01.92	FLSKEN	56.38	0.2365	30	140.0	142.5	~~147.5~~	1	70.0	72.5	75.0	5	155.0	162.5	170.0	3	387.5	91.64	12
2	Vilda Feria Marta	01.01.03	NWERA	55.30	0.2401	33	122.5	~~130.0~~	132.5	5	70.0	75.0	77.5	3	160.0	172.5	~~177.5~~	1	382.5	91.84	9
3	Martin Cenit Virginia	01.01.00	PPTG	56.48	0.2362	32	115.0	122.5	127.5	8	72.5	77.5	80.0	2	150.0	160.0	167.5	4	375.0	88.58	8
4	Gonzalez Diaz Laura	01.01.98	FGUAN	56.30	0.2368	28	122.5	127.5	132.5	6	65.0	67.5	70.0	7	157.5	170.0	~~177.5~~	2	372.5	88.21	7
5	Moya Millan Teresa	01.01.02	ANDUJ	54.94	0.2413	29	~~120.0~~	127.5	135.0	3	75.0	~~77.5~~	~~77.5~~	4	142.5	152.5	~~162.5~~	5	362.5	87.47	6
6	Zamora Reverte. Irene	01.01.03	INSP	56.06	0.2375	34	130.0	135.0	~~140.0~~	4	65.0	67.5	70.0	6	132.5	142.5	150.0	6	355.0	84.31	5
7	Polo Morales Marina	01.01.96	LEHA	56.34	0.2366	36	130.0	135.0	140.0	2	60.0	65.0	~~67.5~~	9	135.0	142.5	150.0	7	355.0	83.99	4
8	Calzado Garcia Raquel	01.01.07	NHM	56.84	0.2351	35	~~125.0~~	125.0	130.0	7	~~70.0~~	70.0	~~75.0~~	8	125.0	132.5	140.0	8	340.0	79.93	3
9	Feria Llaurado Carla	01.01.01	STB	56.06	0.2375	31	115.0	125.0	~~130.0~~	9	80.0	85.0	~~90.0~~	1	65.0	X	X	9	275.0	65.31	2
-63kg																					
1	Lasa Echeverria Itziar	01.01.03	NAVAR	61.40	0.2225	6	135.0	~~142.5~~	142.5	2	75.0	80.0	82.5	3	~~150.0~~	157.5	167.5	1	392.5	87.33	12
2	Jaenal Martinez Virginia	01.01.97	ERALLO	62.46	0.2200	8	127.5	135.0	140.0	5	72.5	77.5	80.0	4	155.0	162.5	~~175.0~~	2	382.5	84.15	9
3	Martinez Garcia Cristina	01.01.96	WPA	62.66	0.2196	10	127.5	137.5	145.0	1	67.5	72.5	75.0	6	142.5	152.5	160.0	7	380.0	83.45	8
4	Gomez Alvarez Marta	01.01.97	GRS	62.04	0.2210	14	125.0	135.0	140.0	4	70.0	75.0	77.5	5	145.0	160.0	~~167.5~~	6	377.5	83.43	7
5	Dominguez Sanchez Marta	01.01.02	RSLIF	62.06	0.2209	13	122.5	130.0	135.0	6	80.0	85.0	~~87.5~~	1	145.0	155.0	~~165.0~~	8	375.0	82.84	6
6	De Miguel Rodriguez Carla	01.01.96	FEDCAT	61.60	0.2220	9	127.5	135.0	140.0	3	60.0	65.0	70.0	8	135.0	147.5	160.0	4	370.0	82.14	5
7	Saez Lazaro Nerea	01.01.03	GRS	62.96	0.2189	15	122.5	130.0	132.5	7	80.0	85.0	~~90.0~~	2	140.0	152.5	~~162.5~~	9	370.0	80.99	4
8	Paciencia Miguel Raquel	01.01.04	WFM	62.52	0.2199	11	120.0	130.0	~~135.0~~	8	60.0	65.0	70.0	9	150.0	162.5	~~169.0~~	3	362.5	79.71	3
9	Chanevi Chuviru Lily	01.01.84	RBC	61.64	0.2219	7	125.0	~~137.5~~	~~137.5~~	10	55.0	62.5	~~67.5~~	10	150.0	160.0	~~165.0~~	5	347.5	77.11	2
10	Nunez Carranza Angela	01.01.02	RISING	60.90	0.2237	12	110.0	120.0	125.0	9	65.0	70.0	~~75.0~~	7	120.0	135.0	~~145.0~~	10	330.0	73.82	1
-69kg																					
1	Berrueta Leza Nahia	01.01.03	MOON	67.56	0.2097	24	147.5	155.0	162.5	1	87.5	92.5	97.5	1	142.5	155.0	162.5	6	422.5	88.60	12
2	Rondon Garcia Diana Carolina	01.01.99	VP	68.72	0.2076	22	135.0	145.0	152.5	2	80.0	~~85.0~~	85.0	3	160.0	175.0	~~180.0~~	1	412.5	85.64	9
3	Inigo Orellana Ana	01.01.97	RCC	66.66	0.2113	19	140.0	145.0	150.0	3	80.0	85.0	90.0	2	150.0	160.0	~~170.0~~	7	400.0	84.52	8
4	Chao Gonzalez Raquel	01.01.99	BEORN	65.26	0.2140	27	130.0	145.0	~~147.5~~	4	75.0	80.0	82.5	4	145.0	155.0	165.0	4	392.5	84.00	7
5	Martin Alvarez Andrea	01.01.93	VP	65.60	0.2133	18	127.5	132.5	~~135.0~~	7	72.5	77.5	~~80.0~~	5	155.0	167.5	172.5	2	382.5	81.59	6
6	Moreno San Jose Irene	01.01.95	SIDER	65.56	0.2134	21	130.0	137.5	~~142.5~~	6	67.5	72.5	75.0	6	147.5	157.5	165.0	5	377.5	80.56	5
7	Blazquez Serna Patricia	01.01.96	RISING	68.08	0.2087	20	120.0	130.0	132.5	8	57.5	62.5	65.0	8	147.5	160.0	170.0	3	367.5	76.70	4
—	Alonso Moreno Ana	01.01.04	SVICEN	67.66	0.2095	23	130.0	137.5	145.0	5	65.0	67.5	~~70.0~~	7	~~155.0~~	~~165.0~~	~~170.0~~	—	DSQ	—	—
—	Petrova Ivanova Al* Iva	01.01.00	DM	67.46	0.2098	26	107.5	~~115.0~~	115.0	—	80.0	85.0	~~87.5~~	—	140.0	150.0	155.0	—	355	74.49	—
-76kg																					
1	Alonso Alvarez Erika	01.01.03	TCEZ	74.54	0.1990	37	140.0	150.0	155.0	2	95.0	100.0	~~102.5~~	1	142.5	150.0	157.5	5	412.5	82.09	12
2	Casado Portuondo Beatriz	01.01.05	EINTE	75.68	0.1976	39	~~145.0~~	150.0	~~157.5~~	3	75.0	80.0	~~82.5~~	4	160.0	172.5	177.5	2	407.5	80.52	9
3	Garcia Ferrero Raquel	01.01.05	YACA	73.68	0.2001	38	142.5	152.5	157.5	1	67.5	72.5	~~75.0~~	5	165.0	175.0	~~182.5~~	3	405.0	81.04	8
4	Ocana Lopez Valeria	01.01.00	PM	71.12	0.2038	42	132.5	140.0	145.0	4	62.5	67.5	70.0	6	167.5	180.0	185.0	1	400.0	81.52	7
5	Peinado Quesada Angela	01.01.01	PEXTR	75.94	0.1972	40	125.0	130.0	135.0	5	90.0	95.0	~~100.0~~	2	145.0	150.0	155.0	6	385.0	75.92	6
6	Bennassar Sastre Maria	01.01.00	CCFM	69.50	0.2063	36	125.0	132.5	~~137.5~~	6	77.5	85.0	87.5	3	145.0	160.0	~~170.0~~	4	380.0	78.39	5
—	Pinheiro Al* Jessica Natalia	01.01.04	BEORN	71.58	0.2031	41	115.0	125.0	~~132.5~~	—	90.0	95.0	100.0	—	145.0	~~157.5~~	160.0	—	385	78.20	—

-84kg																					
1	Urbano Gallardo Silvia	01.01.05	FENIX	79.74	0.1929	48	140.0	145.0	150.0	3	72.5	77.5	82.5	3	177.5	187.5	195.0	1	427.5	82.46	12
2	Bueno Jimenez Concepción	01.01.96	RISING	81.04	0.1916	49	142.5	152.5	160.0	2	85.0	90.0	~~92.5~~	1	145.0	157.5	170.0	2	420.0	80.47	9
3	Acosta Gallego Laia	01.01.03	MOON	83.66	0.1891	43	155.0	162.5	~~167.5~~	1	75.0	80.0	85.0	2	155.0	167.5	~~175.0~~	3	415.0	78.48	8
—	Correa Abate Al* Sofia	01.01.01	CANSTR	83.42	0.1894	46	147.5	~~157.5~~	157.5	—	82.5	~~90.0~~	~~90.0~~	—	145.0	~~152.5~~	~~152.5~~	—	385	72.91	—
84+kg																					
1	Reyes Valladares Noemi	01.01.92	FEDCAT	91.80	0.1829	45	155.0	160.0	172.5	1	~~85.0~~	85.0	92.5	1	160.0	~~170.0~~	170.0	1	435.0	79.56	12

Team (points)

1	MOONSTONE BARBELL Sabadell	20	[12+8]	167.07	GL	Pts
2	GR STRENGTH Valencia	18	[7+7+4]	240.23	GL	Pts
3	FEDERACION CATALANA	17	[12+5]	161.70	GL	Pts
4	VENDETTA POWERLIFTING Madrid	15	[9+6]	167.22	GL	Pts
5	STB STRENGTH Barcelona	14	[12+2]	149.37	GL	Pts
6	RISING POWER Alcala de Henares	14	[9+4+1]	230.99	GL	Pts
7	FORCA LAIESKEN Barcelona	12	[12]	91.64	GL	Pts
8	POWERLIFTING NAVARRA	12	[12]	87.33	GL	Pts
9	FENIX GALICIA POWER	12	[12]	82.46	GL	Pts
10	TEAM CE POWERLIFTING Zaragoza	12	[12]	82.09	GL	Pts
11	THE NEW ERA TEAM Barcelona	9	[9]	91.84	GL	Pts
12	EDUARDO RALLO Madrid	9	[9]	84.15	GL	Pts
13	DT POWER Madrid	9	[9]	83.81	GL	Pts
14	ENTRENA INTENSO Madrid	9	[9]	80.52	GL	Pts
15	PEPE POWER TEAM Granada	8	[8]	88.57	GL	Pts
16	RESTLESS CLUB Cadiz	8	[8]	84.52	GL	Pts
17	WORKER POWER Asturias	8	[8]	83.45	GL	Pts
18	WAVES STRENGTH Canarias	8	[8]	81.60	GL	Pts
19	YOUNG AMBITION Cantabria	8	[8]	81.04	GL	Pts
20	FUERZA GUANCHE Canarias	7	[7]	88.21	GL	Pts
21	BEORN POWERLIFTING Coruna	7	[7]	84.00	GL	Pts
22	POWERLIFTING MARBELLA	7	[7]	81.52	GL	Pts
23	POWERLIFTING ANDUJAR	6	[6]	87.47	GL	Pts
24	RS LIFTING Avila	6	[6]	82.84	GL	Pts
25	POWERLIFTING EXTREMADURA	6	[6]	75.92	GL	Pts
26	INSANE POWERLIFTING Ciudad Real	5	[5]	84.31	GL	Pts
27	SIDEROPOLIS Madrid	5	[5]	80.56	GL	Pts
28	CONRA CLUB FORCA Mallorca	5	[5]	78.39	GL	Pts
29	LEONES HAKENOS Madrid	4	[4]	83.99	GL	Pts
30	NOTHING HAPPENED CLUB Madrid	3	[3]	79.93	GL	Pts
31	WORK & FAITH Madrid	3	[3]	79.71	GL	Pts
32	RAW BARBELL Bizkaia	2	[2]	77.11	GL	Pts
—	DISCIPLINE Malaga	—				
—	CANARY STRENGTH	—				
—	POWER SAN VICENTE	—				

Best Lifters of Open by IPF GL Formula						
Rnk	Lifter	Team	Bwt	Total	GL Points	C.Rnk
1.	Vilda Feria Marta	THE NEW ERA TEAM Barcelona	55.30	382.5	91.8383	2
2.	Peman Toledo Virginia	FORCA LAIESKEN Barcelona	56.38	387.5	91.6437	1
3.	Berrueta Leza Nahia	MOONSTONE BARBELL Sabadell	67.56	422.5	88.5982	1

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; wg - World Games Record;
1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.
DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

ANDUJ = POWERLIFTING ANDUJAR
BEORN = BEORN POWERLIFTING Coruna
CANSTR = CANARY STRENGTH
CCFM = CONRA CLUB FORCA Mallorca
DM = DISCIPLINE Malaga
DTPOW = DT POWER Madrid
EINTE = ENTRENA INTENSO Madrid
ERALLO = EDUARDO RALLO Madrid
FEDCAT = FEDERACION CATALANA
FENIX = FENIX GALICIA POWER
FGUAN = FUERZA GUANCHE Canarias
FLSKEN = FORCA LAIESKEN Barcelona
GRS = GR STRENGTH Valencia
INSP = INSANE POWERLIFTING Ciudad Real

LEHA = LEONES HAKENOS Madrid
MOON = MOONSTONE BARBELL Sabadell
NAVAR = POWERLIFTING NAVARRA
NHM = NOTHING HAPPENED CLUB Madrid
NWER = THE NEW ERA TEAM Barcelona
OSM = OVERSIZE STRENGTH Madrid
PEXTR = POWERLIFTING EXTREMADURA
PHO = POWER HUERCAL-OVERA
PM = POWERLIFTING MARBELLA
POWMAD = POWERLIFTING MADRID
PPTG = PEPE POWER TEAM Granada
RBC = RAW BARBELL Bizkaia
RCC = RESTLESS CLUB Cadiz
RISING = RISING POWER Alcala de Henares

RSLIF = RS LIFTING Avila
SIDER = SIDEROPOLIS Madrid
STB = STB STRENGTH Barcelona
SVICEN = POWER SAN VICENTE
TCEZ = TEAM CE POWERLIFTING Zaragoza
VP = VENDETTA POWERLIFTING Madrid
WFM = WORK & FAITH Madrid
WPA = WORKER POWER Asturias
WSC = WAVES STRENGTH Canarias
YACA = YOUNG AMBITION Cantabria
ZBCR = ZB BARBELL Ciudad Real