

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																					
-59kg																					
1	Nicolas Robles Aitor	01.01.00	WPA	58.26	0.1666	1	150.0	~~155.0~~	155.0	1	102.5	~~107.5~~	107.5	1	160.0	172.5	~~180.0~~	1	430.0	71.64	12
-66kg																					
1	Flores Garcia Jose David	01.01.01	CAPIT	65.98	0.1559	5	165.0	175.0	~~182.5~~	6	115.0	120.0	125.0	3	225.0	245.0	252.5	1	552.5	86.13	12
2	Rascon Mascaraque Pablo	01.01.03	ECPO	65.00	0.1571	2	190.0	~~202.5~~	207.5	2	107.5	115.0	120.0	5	197.5	210.0	220.0	3	547.5	86.01	9
3	Tomas Gomez Daniel	01.01.02	PALBA	65.96	0.1559	6	175.0	185.0	195.0	5	127.5	135.0	137.5	2	195.0	207.5	215.0	5	547.5	85.36	8
4	Vizoso Galvez Antonio	01.01.97	ERALLO	65.94	0.1560	8	182.5	195.0	~~200.0~~	4	115.0	120.0	122.5	4	210.0	222.5	~~232.5~~	2	540.0	84.24	7
5	Torres Cumbicus Alvaro Ismael	01.01.06	MLC	65.50	0.1565	3	180.0	192.5	202.5	3	107.5	112.5	~~117.5~~	6	~~200.0~~	217.5	~~230.0~~	4	532.5	83.34	6
6	Lores Sanchez Antonio	01.01.93	DNIXAR	65.98	0.1559	9	150.0	160.0	165.0	7	153.5	155.5	159.0-w	1	175.0	190.0	200.0	6	524.0	81.69	5
7	Merida Alba Valerio	01.01.02	DM	64.70	0.1575	7	200.0	207.5	215.0	1	70.0	85.0	100.0	7	195.0	~~205.0~~	~~205.0~~	7	510.0	80.33	4
—	Jun Xia Ai* Wei	01.01.07	WFM	65.34	0.1567	4	195.0	~~210.0~~	~~215.0~~	—	125.0	132.5	~~137.5~~	—	200.0	222.5	~~235.0~~	—	552.5	86.59	—
-74kg																					
1	Del Fresno Delgado Jose Antonio	01.01.07	APV	73.72	0.1471	39	222.5	~~235.0~~	245.0	2	147.5	~~155.0~~	~~157.5~~	4	240.0	260.0	~~272.5~~	1	652.5	95.98	12
2	De Las Heras Berjano Alvaro	01.01.99	ENRGY	73.04	0.1478	31	220.0	230.0	237.5	3	147.5	152.5	157.5	1	215.0	227.5	237.5	9	632.5	93.48	9
3	Rodriguez Gonzalez Daniel	01.01.05	PALBA	73.48	0.1473	35	207.5	220.0	230.0	5	~~135.0~~	140.0	145.0	5	225.0	242.5	255.0	2	630.0	92.80	8
4	Garin Martin Cristian	01.01.94	ZAB	73.56	0.1473	33	212.5	225.0	232.5	4	135.0	142.5	147.5	3	220.0	235.0	250.0	5	630.0	92.80	7
5	Salvadores Cuesta Jorge	01.01.06	FNORT	72.82	0.1480	37	230.0	245.0	250.0	1	115.0	122.5	130.0	9	220.0	237.5	245.0	6	625.0	92.50	6
6	Borque Espinosa Antonio	01.01.94	ZAB	73.92	0.1469	38	207.5	220.0	230.0	6	135.0	140.0	145.0	6	230.0	245.0	~~257.5~~	7	620.0	91.08	5
7	Gomez Gomez Daniel	01.01.01	PS	73.44	0.1474	30	192.5	202.5	212.5	8	142.5	147.5	152.5	2	227.5	240.0	~~245.0~~	8	605.0	89.18	4
8	Canedo Becerra Fabian	01.01.95	OBC	70.62	0.1504	36	192.5	~~205.0~~	205.0	9	130.0	137.5	~~142.5~~	7	240.0	~~252.5~~	252.5	4	595.0	89.49	3
9	Martinez Ramos Alex	01.01.87	FENIX	72.78	0.1481	32	~~207.5~~	207.5	220.0	7	127.5	135.0	~~137.5~~	8	220.0	235.0	~~245.0~~	10	590.0	87.38	2
10	Palacios Fraile Mario	01.01.06	WFM	73.64	0.1472	34	185.0	~~200.0~~	200.0	10	110.0	120.0	~~127.5~~	10	220.0	242.5	255.0	3	575.0	84.64	1
-83kg																					
1	Roman Garatea Diego	01.01.03	RBC	81.70	0.1395	14	232.5	245.0	252.5	3	152.5	157.5	165.0	1	270.0	287.5	~~295.0~~	2	705.0	98.35	12
2	Boquete Liste Gonzalo	01.01.01	BEORN	80.80	0.1403	11	240.0	260.0	270.0	1	120.0	127.5	132.5	11	255.0	270.0	280.0	4	682.5	95.75	9
3	Fernandez Martinez Ivan	01.01.01	APV	82.94	0.1385	10	235.0	250.0	~~255.0~~	4	145.0	155.0	~~162.5~~	4	260.0	277.5	~~282.5~~	6	682.5	94.53	8
4	Fernandez Lopera Javier	01.01.02	DM	82.60	0.1388	19	240.0	257.5	270.0	2	142.5	152.5	~~157.5~~	5	~~235.0~~	250.0	~~260.0~~	10	672.5	93.34	7
5	Ben Hammou Oussama	01.01.96	FNAZ	82.10	0.1392	21	215.0	230.0	~~240.0~~	10	135.0	140.0	~~142.5~~	9	265.0	285.0	300.0	1	670.0	93.26	6
6	Calvo Jimenez Sergio	01.01.02	WEAK	81.14	0.1400	15	220.0	232.5	237.5	7	135.0	142.5	~~147.5~~	7	267.5	285.0	~~302.5~~	3	665.0	93.10	5
7	Castro Florido. Rafael	01.01.00	RCC	82.60	0.1388	9	225.0	237.5	242.5	5	142.5	147.5	~~150.0~~	6	255.0	270.0	~~280.0~~	7	660.0	91.61	4
8	Puente Hernando Javier	01.01.98	DTPOW	82.10	0.1392	20	215.0	227.5	232.5	9	145.0	155.0	160.0	3	245.0	265.0	~~280.0~~	8	657.5	91.52	3
9	Barragan Figuera Rodrigo	01.01.00	VALKY	79.30	0.1417	12	210.0	227.5	235.0	8	132.5	137.5	~~142.5~~	10	255.0	277.5	~~290.0~~	5	650.0	92.11	2
10	Eskibel Lapresa Mikel	01.01.00	NAVAR	82.30	0.1390	17	220.0	235.0	240.0	6	157.5	165.0	~~172.5~~	2	220.0	237.5	~~245.0~~	11	642.5	89.31	1
11	Hermosell Medina Javier	01.01.07	SPS	82.64	0.1387	18	215.0	227.5	~~232.5~~	11	137.5	142.5	~~145.0~~	8	260.0	~~275.0~~	X	9	630.0	87.38	1
—	Sosa Ai* Andres David	01.01.97	VP	81.86	0.1394	16	250.0	262.5	~~270.0~~	—	132.5	137.5	~~142.5~~	—	275.0	~~292.5~~	~~302.5~~	—	675	94.09	—
-93kg																					
1	Moreno Gomez. Borja	01.01.04	FVLFR	92.90	0.1309	25	245.0	265.0	280.0	1	167.5	177.5	~~182.5~~	1	255.0	275.0	287.5	4	745.0	97.52	12
2	Delgado Delgado Diego Miguel	01.01.98	PM	92.84	0.1309	24	242.5	257.5	265.0	4	160.0	167.5	172.5	2	260.0	277.5	287.5	3	725.0	94.90	9
3	Solana Guerrero Adrian	01.01.93	CROM	91.40	0.1319	29	222.5	235.0	242.5	6	152.5	160.0	162.5	5	275.0	297.5	312.5	1	717.5	94.64	8
4	Alvarez Cuadrillero Pablo	01.01.01	APV	91.48	0.1319	27	240.0	257.5	267.5	3	150.0	160.0	165.0	4	~~265.0~~	285.0	~~292.5~~	5	717.5	94.64	7
5	Merchan Lobato Adrian	01.01.94	SALAM	91.02	0.1322	28	252.5	262.5	267.5	2	155.0	162.5	167.5	3	255.0	270.0	~~280.0~~	6	705.0	93.20	6
6	Marco I Diaz Pol	01.01.02	VSG	91.90	0.1316	26	245.0	~~257.5~~	~~260.0~~	5	~~147.5~~	~~152.5~~	152.5	6	270.0	290.0	~~310.0~~	2	687.5	90.47	5
—	Rodriguez Jimenez Juan Jose	01.01.99	RVSTR	91.40	0.1319	22	~~245.0~~	~~250.0~~	~~265.0~~	—	X	X	X	—	X	X	X	—	DSQ	—	—
-105kg																					
1	Tordable Hinojosa Daniel	01.01.94	NWERA	104.68	0.1236	44	257.5	272.5	282.5	1	172.5	182.5	190.0	1	265.0	285.0	~~290.0~~	6	757.5	93.63	12

2	Grimaldo Rodriguez Miguel Andreu	01.01.06	GRS	102.66	0.1248	42	260.0	275.0	280.0	2	175.0	180.0	185.0	2	267.5	287.5	~~292.5~~	4	752.5	93.91	9
3	Solergibert Trave Oriol	01.01.96	MOON	102.50	0.1249	45	255.0	270.0	~~280.0~~	6	165.0	170.0	~~175.0~~	3	~~265.0~~	290.0	305.0	2	745.0	93.05	8
4	Martinez Santos Luis Ignacio	01.01.96	GRS	101.62	0.1254	40	242.5	257.5	270.0	5	152.5	162.5	167.5	4	267.5	292.5	~~307.5~~	3	730.0	91.54	7
5	Carriches Fernandez Christian	01.01.97	RISING	104.40	0.1238	41	230.0	245.0	260.0	7	140.0	145.0	X	7	272.5	292.5	307.5	1	712.5	88.21	6
6	Fernandez Romero. Angel	01.01.04	GRS	99.28	0.1268	43	250.0	265.0	272.5	4	135.0	140.0	147.5	5	265.0	285.0	~~300.0~~	5	705.0	89.39	5
7	Solis Jimenez Carlos	01.01.02	IRON	103.82	0.1241	46	260.0	272.5	277.5	3	142.5	147.5	~~155.0~~	6	265.0	~~285.0~~	~~285.0~~	7	690.0	85.63	4
—	Ngopsie Teumo Al* Dassin	01.01.99	STB	103.90	0.1241	47	255.0	270.0	~~280.0~~	—	142.5	150.0	152.5	—	270.0	285.0	~~300.0~~	—	707.5	87.78	—
-120kg																					
1	Morimoto Olesti Pol Yoshifumi	01.01.04	RIVAL	114.44	0.1187	49	290.0	~~302.5~~	~~302.5~~	1	185.0	~~192.5~~	~~192.5~~	1	250.0	265.0	~~270.0~~	4	740.0	87.84	12
2	Guerola Martinez Alberto	01.01.96	RPTS	117.25	0.1174	51	270.0	290.0	~~300.0~~	2	170.0	~~180.0~~	180.0	2	255.0	270.0	~~275.0~~	3	740.0	86.88	9
3	Ripoll Ramzi Carlos	01.01.96	SOYPOW	118.50	0.1169	50	260.0	275.0	290.0	3	147.5	152.5	157.5	4	270.0	290.0	~~307.5~~	1	737.5	86.21	8
4	Vidal Barroso Joaquin	01.01.01	IRON	116.08	0.1180	53	265.0	285.0	~~300.0~~	4	150.0	160.0	162.5	3	270.0	~~290.0~~	~~295.0~~	2	717.5	84.67	7
—	Obreja Al* Vlad Mihai	01.01.03	CAPIT	117.86	0.1172	52	260.0	272.5	280.0	—	145.0	~~152.5~~	152.5	—	275.0	~~295.0~~	~~300.0~~	—	707.5	82.90	—
120+kg																					
1	Blasco Colonia Omar	01.01.00	FORJA	134.38	0.1108	54	230.0	250.0	X	1	160.0	165.0	167.5	1	260.0	282.5	295.0	1	712.5	78.94	12

Team (points)

1	ASENSIO POWERLIFTING Valladolid	27	[12+8+7]	285.15	GL Pts
2	GR STRENGTH Valencia	21	[9+7+5]	274.85	GL Pts
3	POWERLIFTING ALBACETE	16	[8+8]	178.15	GL Pts
4	RAW BARBELL Bizkaia	12	[12]	98.35	GL Pts
5	FORCA VILAFRANCA	12	[12]	97.52	GL Pts
6	THE NEW ERA TEAM Barcelona	12	[12]	93.63	GL Pts
7	RIVAL POWERLIFTING Barcelona	12	[12]	87.84	GL Pts
8	STRENGTH CAPITAL Madrid	12	[12]	86.13	GL Pts
9	FUERZA LA FORJA Alcala de Henares	12	[12]	78.94	GL Pts
10	WORKER POWER Asturias	12	[12]	71.64	GL Pts
11	ZARAGOZA BARBELL	12	[7+5]	183.88	GL Pts
12	DISCIPLINE Malaga	11	[7+4]	173.67	GL Pts
13	IRONSIDE STRENGTH Sevilla	11	[7+4]	170.29	GL Pts
14	BEORN POWERLIFTING Coruna	9	[9]	95.75	GL Pts
15	POWERLIFTING MARBELLA	9	[9]	94.90	GL Pts
16	ENERGY ALHAURIN de la Torre	9	[9]	93.48	GL Pts
17	RZ POWER TEAM Sabadell	9	[9]	86.88	GL Pts
18	ECLIPSE POWERLIFTING Ciudad Real	9	[9]	86.01	GL Pts
19	GIMNASIO CROM Madrid	8	[8]	94.64	GL Pts
20	MOONSTONE BARBELL Sabadell	8	[8]	93.05	GL Pts
21	SOY POWERLIFTER Madrid	8	[8]	86.21	GL Pts
22	EDUARDO RALLO Madrid	7	[7]	84.24	GL Pts
23	FUERZA NAZARI Granada	6	[6]	93.26	GL Pts
24	POWERLIFTING SALAMANCA	6	[6]	93.20	GL Pts
25	FUERZA NORTE Leon	6	[6]	92.50	GL Pts
26	RISING POWER Alcala de Henares	6	[6]	88.21	GL Pts
27	MYRTEA LIFTING CLUB Murcia	6	[6]	83.34	GL Pts
28	FOREVER WEAK Barcelona	5	[5]	93.10	GL Pts
29	VOLCANO STRENGTH Girona	5	[5]	90.47	GL Pts
30	DEPORNIAR ALMERIA	5	[5]	81.69	GL Pts
31	RESTLESS CLUB Cadiz	4	[4]	91.61	GL Pts
32	PROJECT STRENGTH Malaga	4	[4]	89.18	GL Pts
33	DT POWER Madrid	3	[3]	91.52	GL Pts
34	ONI BARBELL A Coruna	3	[3]	89.49	GL Pts

35 VALKYRIA PT Valladolid	2 [2]	92.11 GL Pts
36 FENIX GALICIA POWER	2 [2]	87.38 GL Pts
37 POWERLIFTING NAVARRA	1 [1]	89.31 GL Pts
38 SOUTH POWER Sevilla	1 [1]	87.38 GL Pts
39 WORK & FAITH Madrid	1 [1]	84.64 GL Pts
— VENDETTA POWERLIFTING Madrid	—	
— RV STRENGTH Huelva	—	
— STB STRENGTH Barcelona	—	

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL Points	C.Rnk
1.	Roman Garatea Diego	RAW BARBELL Bizkaia	81.70	705.0	98.3475	1
2.	Moreno Gomez. Borja	FORCA VILAFRANCA	92.90	745.0	97.5205	1
3.	Del Fresno Delgado Jose Antonio	ASENSIO POWERLIFTING Valladolid	73.72	652.5	95.9827	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.

AFA = ALTEA-FINESTRAT-L'ALFAS

APV = ASENSIO POWERLIFTING Valladolid

BEORN = BEORN POWERLIFTING Coruna

CAPIT = STRENGTH CAPITAL Madrid

CROM = GIMNASIO CROM Madrid

DM = DISCIPLINE Malaga

DNIXAR = DEPORNIXAR ALMERIA

DTPOW = DT POWER Madrid

ECPO = ECLIPSE POWERLIFTING Ciudad Real

ENRGY = ENERGY ALHAURIN de la Torre

ERALLO = EDUARDO RALLO Madrid

ESA = EFFICIENT STRENGTH Almeria

FENIX = FENIX GALICIA POWER

FNAZ = FUERZA NAZARI Granada

FNORT = FUERZA NORTE Leon

FORJA = FUERZA LA FORJA Alcala de Henares

FVLFR = FORCA VILAFRANCA

GRS = GR STRENGTH Valencia

IRON = IRONSIDE STRENGTH Sevilla

MLC = MYRTEA LIFTING CLUB Murcia

MOON = MOONSTONE BARBELL Sabadell

NAVAR = POWERLIFTING NAVARRA

NWERA = THE NEW ERA TEAM Barcelona

OBC = ONI BARBELL A Coruna

OSM = OVERSIZE STRENGTH Madrid

PALBA = POWERLIFTING ALBACETE

PHO = POWER HUERCAL-OVERA

PM = POWERLIFTING MARBELLA

POWMAD = POWERLIFTING MADRID

PS = PROJECT STRENGTH Malaga

RBC = RAW BARBELL Bizkaia

RCC = RESTLESS CLUB Cadiz

RISING = RISING POWER Alcala de Henares

RIVAL = RIVAL POWERLIFTING Barcelona

RPTS = RZ POWER TEAM Sabadell

RVSTR = RV STRENGTH Huelva

SALAM = POWERLIFTING SALAMANCA

SOYPOW = SOY POWERLIFTER Madrid

SPS = SOUTH POWER Sevilla

STB = STB STRENGTH Barcelona

VALKY = VALKYRIA PT Valladolid

VP = VENDETTA POWERLIFTING Madrid

VSG = VOLCANO STRENGTH Girona

WEAK = FOREVER WEAK Barcelona

WFM = WORK & FAITH Madrid

WPA = WORKER POWER Asturias

ZAB = ZARAGOZA BARBELL

ZBCR = ZB BARBELL Ciudad Real