

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

Rnk	Name	d.o.b.	Team	Bwt	Lot	All Squat					All Bench Press				All Deadlift				Total	GL Pts
Open Women																				
-57kg																				
1	Navarro Montoya Adriana	01.01.08	PHO	56.30	2	-	-	-	—	75.0	80.0	82.5-wbs	2	-	-	-	—	82.5	74.03	
-69kg																				
1	Fernandez Romero Delia	01.01.99	ZBCR	66.96	4	-	-	-	—	70.0	75.0	80.0	3	-	-	-	—	80.0	64.68	
-76kg																				
1	Mejias Tenes Maria Mercedes	01.01.69	POWMAD	74.66	3	-	-	-	—	67.5	72.5	75.0	4	-	-	-	—	72.5	56.03	
+84kg																				
1	Gudiel Gil Alba	01.01.99	OSM	98.42	1	-	-	-	—	100.0	108.0-wb	112.5	1	-	-	-	—	108.0	78.16	

Open Men																			
-83kg																			
1	Guerrero Ferrio Francisco	01.01.03	ESA	82.00	5	-	-	-	—	140.0	~~145.0~~	150.0	1	-	-	-	—	150.0	75.81
-105kg																			
1	Rodriguez Pineiro Rodrigo M.	01.01.57	AFA	100.14	6	-	-	-	—	110.0	120.0	125.0	1	-	-	-	—	125.0	57.23
120+kg																			
1	Hernandez Ballester Jesus	01.01.94	PHO	189.90	7	-	-	-	—	185.0	195.0	~~205.0~~	1	-	-	-	—	195.0	69.77
2	Maregil Justiniano Carlos	01.01.95	AFA	125.50	8	-	-	-	—	170.0	177.5	182.5	2	-	-	-	—	182.5	75.55

Best Women Lifters by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL Points	C.Rnk
1.	Gudiel Gil Alba	OVERSIZE STRENGTH Madrid	82.00	108.0	78.16	1
2.	Navarro Montoya Adriana	POWER HUERCAL-OVERA	125.50	82.5	74.03	1
3.	Fernandez Romero Delia	ZB BARBELL Ciudad Real	56.30	80.0	64.68	1

Best Men Lifters by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL Points	C.Rnk
1.	Guerrero Ferrio Francisco	EFFICIENT STRENGTH Almeria	82.00	150.0	75.81	1
2.	Maregil Justiniano Carlos	ALTEA-FINESTRAT-L'ALFAS	125.50	182.5	75.55	2
3.	Hernandez Ballester Jesus	POWER HUERCAL-OVERA	189.90	195.0	69.77	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
NWER = 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