ASOCIACION ESPANOLA DE POWERLIFTING

AEP 2 - Valkiria Cup 3

AEP 2 - Regional Zona Norte 1: Galicia, Asturias y Castilla y León.

La Pedraja de Portillo (Valladolid), 7 de noviembre de 2026

Rev. 12/11/2026

MUJERES POWERLIFTING RAW

Cat.	Pos.	LEVANTADORA	AÑO	CLUB	PESO	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL
52	1	Ortiz De Urbina Fernandez Yolanda	1994	FUERZA NORTE Leon	50.34	113	92.5	97.5	100.0	62.5	65.0	67.5	125.0	132.5	140.0	**307.5**	**79.890**
57	1	Ordonez Sanchez Aitana	2007	CONQUER POWER CLUB Oviedo	56.6	110	105.0	112.5	-117.5	52.5	55.0	-60.0	115.0	122.5	127.5	**295**	**69.570**
63	1	Martinez Lozano Sofia	1994	BEORN POWERLIFTING Coruna	61.9	114	135.0	145.0	-150.0	62.5	67.5	70.0	160.0	170.0	175.0	**390**	**86.310**
63	2	Pineiro Fernandez Lucia	2004	BEORN POWERLIFTING Coruna	63	115	125.0	135.0	147.5	75.0	85.0	-92.5	130.0	145.0	157.5	**390**	**85.330**
69	1	Pinheiro Esther Nataliya	2005	BEORN POWERLIFTING Coruna	65.26	118	92.5	100.0	-105.0	60.0	62.5	-65.0	117.5	127.5	-132.5	**290**	**62.060**
76	1	Codesido Fernandez Laura	2005	BEORN POWERLIFTING Coruna	74.94	112	125.0	135.0	-145.0	67.5	72.5	75.0	160.0	170.0	-180.0	**380**	**75.420**
76	2	Garcia Cuesta Leticia	2002	CONQUER POWER CLUB Oviedo	72.4	117	-110.0	120.0	-130.0	52.5	60.0	-70.0	125.0	140.0	152.5	**332.5**	**67.140**
84+	1	Barreiro Rodriguez Laura	1995	720 POWERLIFTING OURENSE	94	116	132.5	145.0	-155.0	75.0	80.0	-85.0	132.5	142.5	-150.0	**367.5**	**66.730**

MEJORES LEVANTADORAS POWERLIFTING RAW a pt. IPF GL

	Nombre	Año	Club	Peso	Cat.	Total	GL pt.	Clas.
1	Martinez Lozano Sofia	1994	BEORN POWERLIFTING Coruna	61.9	63	**390**	**86.310**	1
2	Pineiro Fernandez Lucia	2004	BEORN POWERLIFTING Coruna	63	63	**390**	**85.330**	2
3	Ortiz De Urbina Fernandez Yolanda	1994	FUERZA NORTE Leon	50.34	52	**307.5**	**79.890**	1
4	Codesido Fernandez Laura	2005	BEORN POWERLIFTING Coruna	74.94	76	**380**	**75.420**	1
5	Ordonez Sanchez Aitana	2007	CONQUER POWER CLUB Oviedo	56.6	57	**295**	**69.570**	1
6	Garcia Cuesta Leticia	2002	CONQUER POWER CLUB Oviedo	72.4	76	**332.5**	**67.140**	2
7	Barreiro Rodriguez Laura	1995	720 POWERLIFTING OURENSE	94	84+	**367.5**	**66.730**	1
8	Pinheiro Esther Nataliya	2005	BEORN POWERLIFTING Coruna	65.26	69	**290**	**62.060**	1

ASOCIACIÓN ESPAÑOLA DE POWERLIFTING

AEP 2 - Valkiria Cup 3

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HOMBRES POWERLIFTING RAW

Cat.	Pos.	LEVANTADORA	AÑO	CLUB	PESO	Ord.	SENTADILLAS			PRESS BANCA			PESO MUERTO			TOTAL	IPFGL
66	1	Izquierdo Meneses Hector	2007	ASENSIO POWERLIFTING Valladolid	65.9	214	177.50	190.00	-197.50	102.50	107.50	112.50	165.00	177.50	182.50	**485**	**75.660**
66	2	Mallo Placer Borja	1994	FENIX GALICIA POWER	64.34	218	165.00	175.00	-185.00	100.00	107.50	-115.00	180.00	190.00	-197.50	**472.5**	**74.660**
74	1	Sanz Hernandez Ander	1997	BEORN POWERLIFTING Coruna	73.42	217	190.00	200.00	210.00	130.00	135.00	-140.00	220.00	235.00	-250.00	**580**	**85.500**
74	2	Calvo Sanchez Daniel	1998	ASENSIO POWERLIFTING Valladolid	70.1	215	-177.50	177.50	-190.00	102.50	105.00	-107.50	-235.00	252.50	257.50	**540**	**81.550**
74	3	Real De Oliveira Fernando	1996	BEORN POWERLIFTING Coruna	73.52	220	180.00	-190.00	195.00	120.00	-125.00	-125.00	205.00	220.00	225.00	**540**	**79.550**
74	4	Guevara Fernandez Ruben	2007	VALKYRIA PT Valladolid	70.3	213	190.00	205.00	-210.00	105.00	112.50	-117.50	200.00	215.00	220.00	**537.5**	**81.050**
74	5	Rodriguez Llanos Adrian	2008	WORKER POWER Asturias	69.18	216	160.00	170.00	177.50	120.00	127.50	132.50	180.00	195.00	210.00	**520**	**79.070**
74	6	Herrero Martin Carlos	2008	POWERLIFTING SALAMANCA	73.22	210	150.00	152.50	-165.00	-80.00	-85.00	87.50	195.00	210.00	215.00	**455**	**67.170**
83	1	Puertas Pedroso Raul	1993	FUERZA NORTE Leon	82.9	314	225.00	242.50	255.00	142.50	150.00	155.00	255.00	280.00	-300.00	**690**	**95.570**
83	2	Corral Lopez Mario	2004	GIM VITAL Pontevedra	81.98	316	227.50	242.50	257.50	120.00	127.50	130.00	272.50	285.00	295.00	**682.5**	**95.070**
83	3	Fernandez Martinez Ivan	2001	ASENSIO POWERLIFTING Valladolid	82.48	317	227.50	242.50	247.50	145.00	152.50	157.50	250.00	270.00	-285.00	**675**	**93.740**
83	4	Velasco Ayuso Diego	2006	ASENSIO POWERLIFTING Valladolid	81.42	312	202.50	217.50	230.00	125.00	132.50	137.50	247.50	262.50	-270.00	**630**	**88.060**
83	5	Guerrisi Mauro Michele	1997	ASENSIO POWERLIFTING Valladolid	82.9	313	190.00	202.50	207.50	147.50	152.50	155.00	265.00	-280.00	-300.00	**627.5**	**86.920**
83	6	Martinez Varela Alberto	2002	FENIX GALICIA POWER	82.2	310	215.00	227.50	235.00	135.00	142.50	-147.50	-230.00	245.00	-265.00	**622.5**	**86.590**
83	7	Gil Martin Daniel	2006	VALKYRIA PT Valladolid	76.78	318	200.00	210.00	-220.00	130.00	137.50	142.50	210.00	230.00	247.50	**600**	**86.420**
83	8	Leon Ortiz Maiquel	1999	BEORN POWERLIFTING Coruna	78.22	319	180.00	190.00	-200.00	130.00	135.00	140.00	230.00	245.00	-255.00	**575**	**82.030**
83	9	Garcia Gonzalez Armando	2000	WORKER POWER Asturias	82.38	311	190.00	202.50	-210.00	122.50	127.50	-132.50	222.50	242.50	-260.00	**572.5**	**79.550**
83	10	Luna Perez Diego	2001	FENIX GALICIA POWER	82.32	315	182.50	197.50	-205.00	122.50	127.50	132.50	205.00	220.00	232.50	**562.5**	**78.190**
93	1	Alvarez Cuadrillero Pablo	2001	ASENSIO POWERLIFTING Valladolid	91.42	411	242.50	257.50	270.00	152.50	160.00	167.50	265.00	292.50	300.00	**737.5**	**97.290**
93	2	Perez Gonzalez Ivan	1999	FUERZA NORTE Leon	92.4	418	242.50	257.50	270.00	132.50	137.50	-145.00	257.50	275.00	290.00	**697.5**	**91.540**
93	3	Farina Crespo Raul	2001	FENIX GALICIA POWER	86.12	416	220.00	235.00	-242.50	120.00	125.00	130.00	245.00	262.50	272.50	**637.5**	**86.630**
93	4	Vela Aneas Pablo	2002	VALKYRIA PT Valladolid	88.24	410	210.00	225.00	230.00	-130.00	135.00	142.50	240.00	257.50	265.00	**637.5**	**85.580**
93	5	Fernandez Banos Pablo	2004	FUERZA NORTE Leon	90.8	419	195.00	210.00	220.00	140.00	150.00	160.00	230.00	245.00	-265.00	**625**	**82.730**
93	6	Pasandin Perez Samuel	2003	BEORN POWERLIFTING Coruna	91.1	413	205.00	215.00	220.00	127.50	135.00	-142.50	240.00	255.00	262.50	**617.5**	**81.600**
93	7	Rodriguez Rivas David	1998	BEORN POWERLIFTING Coruna	92.34	421	210.00	225.00	-230.00	120.00	127.50	-132.50	245.00	265.00	-275.00	**617.5**	**81.060**
93	8	Gonzalez Lavin Jorge	1998	ASENSIO POWERLIFTING Valladolid	91.82	417	195.00	205.00	215.00	120.00	127.50	130.00	245.00	255.00	265.00	**610**	**80.300**
93	9	Barbeito Pombo Martin	1997	BEORN POWERLIFTING Coruna	86.54	420	190.00	205.00	215.00	115.00	120.00	-125.00	225.00	242.50	-257.50	**577.5**	**78.280**
93	10	Ramirez Arroyo Joel	2006	ASENSIO POWERLIFTING Valladolid	92.24	412	207.50	217.50	-230.00	110.00	120.00	-125.00	217.50	227.50	235.00	**572.5**	**75.200**
93	11	Chapela Calo Rodrigo	2005	WORKER POWER Asturias	91.32	414	212.50	-220.00	-220.00	117.50	122.50	-125.00	210.00	230.00	-242.50	**565**	**74.580**
105	1	Romo Torralba Guillermo	1994	RS LIFTING Avila	103.48	212	242.50	252.50	260.00	145.00	155.00	160.00	280.00	302.50	310.00	**730**	**90.740**
105	2	Lobo Portela Borja	2003	BEORN POWERLIFTING Coruna	104.14	219	237.50	-255.00	260.00	157.50	165.00	170.00	260.00	280.00	300.00	**730**	**90.480**
105	3	Freijo Lopez Oscar	1991	FENIX GALICIA POWER	97.5	221	225.00	235.00	242.50	172.50	180.00	-182.50	245.00	257.50	265.00	**687.5**	**87.910**
120	1	Zuleta Ospina Carlos Andres	1991	RS LIFTING Avila	116.46	211	210.00	222.50	230.00	125.00	135.00	-142.50	-180.00	180.00	210.00	**575**	**67.730**

MEJORES LEVANTADORES POWERLIFTING RAW a pt. IPF GL

	Nombre	Año	Club	Peso	Cat.	Total	GL pt.	Clas.
1	Alvarez Cuadrillero Pablo	2001	ASENSIO POWERLIFTING Valladolid	91.42	93	737.5	**97.290**	1
2	Puertas Pedroso Raul	1993	FUERZA NORTE Leon	82.9	83	690	**95.570**	1
3	Corral Lopez Mario	2004	GIM VITAL Pontevedra	81.98	83	682.5	**95.070**	2
4	Fernandez Martinez Ivan	2001	ASENSIO POWERLIFTING Valladolid	82.48	83	675	**93.740**	3
5	Perez Gonzalez Ivan	1999	FUERZA NORTE Leon	92.4	93	697.5	**91.540**	2
6	Romo Torralba Guillermo	1994	RS LIFTING Avila	103.48	105	730	**90.740**	1

MEJORES LEVANTADORES POWERLIFTING RAW a pt. IPF GL

	Nombre	Año	Club	Peso	Cat.	Total	GL pt.	Clas.
7	Lobo Portela Borja	2003	BEORN POWERLIFTING Coruna	104.14	105	730	**90.480**	2
8	Velasco Ayuso Diego	2006	ASENSIO POWERLIFTING Valladolid	81.42	83	630	**88.060**	4
9	Freijo Lopez Oscar	1991	FENIX GALICIA POWER	97.5	105	687.5	**87.910**	3
10	Guerrisi Mauro Michele	1997	ASENSIO POWERLIFTING Valladolid	82.9	83	627.5	**86.920**	5
11	Farina Crespo Raul	2001	FENIX GALICIA POWER	86.12	93	637.5	**86.630**	3
12	Martinez Varela Alberto	2002	FENIX GALICIA POWER	82.2	83	622.5	**86.590**	6
13	Gil Martin Daniel	2006	VALKYRIA PT Valladolid	76.78	83	600	**86.420**	7
14	Vela Aneas Pablo	2002	VALKYRIA PT Valladolid	88.24	93	637.5	**85.580**	4
15	Sanz Hernandez Ander	1997	BEORN POWERLIFTING Coruna	73.42	74	580	**85.500**	1
16	Fernandez Banos Pablo	2004	FUERZA NORTE Leon	90.8	93	625	**82.730**	5
17	Leon Ortiz Maiquel	1999	BEORN POWERLIFTING Coruna	78.22	83	575	**82.030**	8
18	Pasandin Perez Samuel	2003	BEORN POWERLIFTING Coruna	91.1	93	617.5	**81.600**	6
19	Calvo Sanchez Daniel	1998	ASENSIO POWERLIFTING Valladolid	70.1	74	540	**81.550**	2
20	Rodriguez Rivas David	1998	BEORN POWERLIFTING Coruna	92.34	93	617.5	**81.060**	7
21	Guevara Fernandez Ruben	2007	VALKYRIA PT Valladolid	70.3	74	537.5	**81.050**	4
22	Gonzalez Lavin Jorge	1998	ASENSIO POWERLIFTING Valladolid	91.82	93	610	**80.300**	8
23	Real De Oliveira Fernando	1996	BEORN POWERLIFTING Coruna	73.52	74	540	**79.550**	3
24	Real De Oliveira Fernando	1996	BEORN POWERLIFTING Coruna	73.52	74	540	**79.550**	3
25	Rodriguez Llanos Adrian	2008	WORKER POWER Asturias	69.18	74	520	**79.070**	5
26	Barbeito Pombo Martin	1997	BEORN POWERLIFTING Coruna	86.54	93	577.5	**78.280**	9
27	Luna Perez Diego	2001	FENIX GALICIA POWER	82.32	83	562.5	**78.190**	10
28	Izquierdo Meneses Hector	2007	ASENSIO POWERLIFTING Valladolid	65.9	66	485	**75.660**	1
29	Ramirez Arroyo Joel	2006	ASENSIO POWERLIFTING Valladolid	92.24	93	572.5	**75.200**	10
30	Mallo Placer Borja	1994	FENIX GALICIA POWER	64.34	66	472.5	**74.660**	2
31	Chapela Calo Rodrigo	2005	WORKER POWER Asturias	91.32	93	565	**74.580**	11
32	Zuleta Ospina Carlos Andres	1991	RS LIFTING Avila	116.46	120	575	**67.730**	1
33	Herrero Martin Carlos	2008	POWERLIFTING SALAMANCA	73.22	74	455	**67.170**	6