

RECORDS SUDAMERICANOS - Diciembre DE 2010

DAMAS OPEN

SQUAT

44,0	MOLINA EDUVIGES	VENEZUELA	150,0	9-Sep-03
48,0	Saavedra Tanya/79	ECUADOR	170,0	6-Ago-10
52,0	OCHOA VILMA/80	ECUADOR	200,0	13-Nov-10
56,0	CASTRO ROSA/79	ECUADOR	185,0	18-Jul-08
60,0	PICCOLO YAMILA/85	ARGENTINA	185,5	8-Jul-06
67,5	FRANGI IRENE	ARGENTINA	222,5	27-May-00
75,0	FRANGI IRENE	ARGENTINA	235,0	28-Nov-98
82,5	Fernández Yosleinys/84	VENEZUELA	227,5	6-Ago-10
90	Reitman Judith/67	Uruguay	220,5	19-Dic-10
90+	ALVARADO MARY	VENEZUELA	247,5	12-Sep-02

BENCH PRESS

44,0	OCHOA VILMA/80	ECUADOR	65,0	3-Jun-04
48,0	OCHOA VILMA/80	ECUADOR	82,5	8-Sep-06
52,0	OCHOA VILMA/80	ECUADOR	90,0	18-Jul-08
56,0	CARDOSO LUCIANA	BRASIL	100,0	17-Oct-92
60,0	BUENO ERICA B./80	BRASIL	135,0	6-Ago-09
67,5	BUENO ERICA B./80	BRASIL	135,0	6-Ago-10
75,0	LOPEZ LUCILENE	BRASIL	120,0	25-May-02
82,5	DEL CARMEN MARISOL	BRASIL	140,0	26-Ago-00
90	LUCILENE LOPEZ	BRASIL	130,0	5-Sep-03
90+	EIZMENDI ELIZABETH	ARGENTINA	142,5	12-Dic-92

DEADLIFT

44,0	SILVA CLELIA	BRASIL	152,5	28-Oct-89
48,0	OCHOA VILMA/80	ECUADOR	177,5	6-Nov-06
52,0	OCHOA VILMA/80	ECUADOR	185,0	8-Ago-07
56,0	Cuta Adriana/86	VENEZUELA	190,0	13-Jul-09
60,0	FRANGI IRENE	ARGENTINA	190,0	30-Nov-93
67,5	FRANGI IRENE	ARGENTINA	215,0	9-Dic-95
75,0	FRANGI IRENE	ARGENTINA	230,0	28-Nov-98
82,5	MARTINEZ ANGELA	ARGENTINA	210,0	22-May-03
90	VALENZUELA ADRIANA	ARGENTINA	210,0	26-Nov-88
90+	EIZMENDI ELIZABETH	ARGENTINA	192,5	13-Dic-91

TOTAL

44,0	SILVA CLELIA	BRASIL	372,5	26-Ene-89
48,0	OCHOA VILMA/80	ECUADOR	420,0	6-Nov-06
52,0	OCHOA VILMA/80	ECUADOR	457,5	13-Nov-10
56,0	Cuta Adriana/86	VENEZUELA	450,0	13-Jul-09
60,0	BUENO ERICA B./80	BRASIL	495,0	6-Ago-09
67,5	FRANGI IRENE	ARGENTINA	547,5	27-May-00
75,0	FRANGI IRENE	ARGENTINA	575,0	28-Nov-98
82,5	Fernández Yosleinys/84	VENEZUELA	557,5	6-Ago-10
90	VALENZUELA ADRIANA	ARGENTINA	520,0	26-Nov-88
90+	EIZMENDI ELIZABETH	ARGENTINA	500,0	13-Dic-91

DAMAS JUNIOR

SQUAT

44,0	MOLINA EDUVIGES	VENEZUELA	150,0	9-Sep-03
48,0	VALERA ERIKA	VENEZUELA	150,0	3-Sep-04
52,0	Oquendo Mailebis/87	VENEZUELA	172,5	4-Sep-10
56,0	Barbosa Irani/86	BRASIL	177,5	8-Sep-09
60,0	PICCOLO YAMILA/85	ARGENTINA	185,5	8-Jul-06
67,5	MALLA MARIA/87	ECUADOR	192,5	18-Jul-08
75,0	PEREZ AURA	VENEZUELA	167,5	6-Sep-03
82,5	CALIGARIS MIRTA	ARGENTINA	203,0	12-Dic-92
90	GUANIPA IRIS	VENEZUELA	195,0	3-Sep-04
90+	ALVARADO MARY	VENEZUELA	247,5	12-Sep-02

BENCH PRESS

44,0	MOLINA EDUVIGES	VENEZUELA	65,0	9-Sep-03
48,0	VALERA ERIKA	VENEZUELA	77,5	3-Sep-04
52,0	OCHOA VILMA/80	ECUADOR	90,0	18-Jul-08
56,0	CARDOZO LUCIANA	BRASIL	100,0	17-Oct-92
60,0	PICCOLO YAMILA/85	ARGENTINA	91,0	19-Ago-06
67,5	Castellain Ana Rosa/85	BRASIL	100,0	18-Jul-08
75,0	PEREZ AURA	VENEZUELA	90,0	6-Sep-03
82,5	CALIGARIS MIRTA	ARGENTINA	87,5	12-Dic-92
90	SUOUZA JULIANA	BRASIL	100,0	21-Ago-99
90+	Alvarez Lady/87	VENEZUELA	135,0	6-Ago-10

DEADLIFT

44,0	Daniela S.da Silva/85	BRASIL	132,5	1-Sep-08
48,0	Bueno Carmen/85	ECUADOR	155,0	18-Jul-08
52,0	COBOS YOLIMAR	VENEZUELA	165,0	8-Sep-04
56,0	Cuta Adriana/86	VENEZUELA	190,0	13-Jul-09
60,0	Fabiane Da Silva/88	BRASIL	180,0	7-Ago-10
67,5	MALLA MARIA/87	ECUADOR	185,0	18-Jul-08
75,0	PEREZ AURA	VENEZUELA	175,0	6-Sep-03
82,5	CALIGARIS MIRTA	ARGENTINA	170,0	12-Dic-92
90	GUANIPA IRIS	VENEZUELA	170,0	3-Sep-04
90+	Alvarez Lady/87	VENEZUELA	182,5	6-Ago-10

TOTAL

44,0	MOLINA EDUVIGES	VENEZUELA	325,0	9-Sep-03
48,0	Bueno Carmen/85	ECUADOR	380,0	18-Jul-08
52,0	Oquendo Mailebis/87	VENEZUELA	420,0	4-Sep-10
56,0	Cuta Adriana/86	VENEZUELA	450,0	13-Jul-09
60,0	PICCOLO YAMILA/85	ARGENTINA	440,0	8-Jul-06
67,5	MALLA MARIA/87	ECUADOR	467,5	18-Jul-08
75,0	PEREZ AURA	VENEZUELA	432,5	6-Sep-03
82,5	CALIGARIS MIRTA	ARGENTINA	460,0	12-Dic-92
90	GUANIPA IRIS	VENEZUELA	457,5	3-Sep-04
90+	Alvarez Lady/87	VENEZUELA	547,5	6-Ago-10

DAMAS SUBJUNIOR
SQUAT

44,0	SANTOS CRUZ MARIA	BRASIL	100,0	11-Jun-04
48,0	KENNIA MONSERRATE/91	ECUADOR	132,5	18-Jul-08
52,0	Pauluk Ana	Uruguay	105,5	25-Nov-06
56,0	PICCOLO YAMILA/85	ARGENTINA	140,0	30-Nov-03
60,0	Ron Mary/87	Venezuela	130,0	8-Sep-04
67,5	MALU T. DE SOUZA/90	BRASIL	130,0	8-Ago-07
75,0	RUBIO KAREN/89	ECUADOR	130,0	18-Ago-06
82,5	Roman Katty/92	ECUADOR	120,0	18-Jul-08
90				
90+	De Souza Kellen L/93	BRASIL	200,0	7-Sep-09

BENCH PRESS

44,0	SANTOS CRUZ MARIA	BRASIL	47,5	3-Jul-04
48,0	Fagundes Caroline/89	BRASIL	62,5	8-Sep-06
52,0	CORNEC FLAVIA/88	ARGENTINA	65,0	30-Nov-03
56,0	PICCOLO YAMILA/85	ARGENTINA	70,0	30-Nov-03
60,0	Delgado S.Natasha/88	ARGENTINA	60,0	29-Oct-05
67,5	Cornec Flavia/88	ARGENTINA	80,0	9-Sep-05
75,0	Santos Geisia	BRASIL	57,5	8-set-06
82,5	Roman Katty/92	ECUADOR	55,0	18-Jul-08
90				
90+	De Souza Kellen L/93	BRASIL	112,5	6-Ago-10

DEADLIFT

44,0	SANTOS CRUZ MARIA	BRASIL	127,5	3-Jul-04
48,0	KENNIA MONSERRATE/91	ECUADOR	122,5	18-Jul-08
52,0	MALDONADO ISABEL/88	ECUADOR	137,5	8-Sep-06
56,0	PICCOLO YAMILA/85	ARGENTINA	150,0	30-Nov-03
60,0	WEISS FRANCIANE	BRASIL	140,0	11-Jun-04
67,5	MALU T. DE SOUZA/90	BRASIL	152,5	8-Ago-07
75,0	RUBIO KAREN/89	ECUADOR	125,0	18-Ago-06
82,5	Roman Katty/92	ECUADOR	140,0	18-Jul-08
90				
90+	VITERI SAMANTA/90	ECUADOR	175,0	18-Jul-08

TOTAL

44,0	SANTOS CRUZ MARIA	BRASIL	265,0	3-Jul-04
48,0	KENNIA MONSERRATE/91	ECUADOR	310,0	18-Jul-08
52,0	MALDONADO ISABEL/88	ECUADOR	280,0	8-Sep-06
56,0	PICCOLO YAMILA/85	ARGENTINA	340,0	30-Nov-03
60,0	Ron Mary/87	Venezuela	340,0	9-Sep-04
67,5	MALU T. DE SOUZA/90	BRASIL	342,5	8-Ago-07
75,0	RUBIO KAREN/89	ECUADOR	305,0	18-Ago-06
82,5	Roman Katty/92	ECUADOR	315,0	18-Jul-08
90				
90+	VITERI SAMANTA/90	ECUADOR	460,0	18-Jul-08

DAMAS MASTER 1

SQUAT

44,0				
48,0	FERRE LILIANA	ARGENTINA	102,5	22-Ago-98
52,0	FERRE LILIANA	ARGENTINA	132,5	27-Nov-99
56,0	FERRE LILIANA	ARGENTINA	157,5	7-Dic-02
60,0	Wender Christine S/55	BRASIL	147,5	6-Ago-09
67,5	FRANGI IRENE/64	ARGENTINA	212,5	24-Jul-04
75,0	FRANGI IRENE/64	ARGENTINA	207,5	4-Dic-04
82,5	Feraud Lucia/65	ECUADOR	190,0	18-Jul-08
90	Reitman Judith/67	Uruguay	220,5	19-Dic-10
90+	LANARI JULIA	ARGENTINA	130,0	11-Sep-99

BENCH PRESS

44,0				
48,0	FERRE LILIANA	ARGENTINA	53,0	5-Sep-98
52,0	FERRE LILIANA	ARGENTINA	72,5	27-Nov-99
56,0	FERRE LILIANA	ARGENTINA	83,0	7-Dic-02
60,0	Rogelia Rivera/68	PERU	82,5	18-Jul-08
67,5	FRANGI IRENE/64	ARGENTINA	113,0	9-Sep-05
75,0	FRANGI IRENE/64	ARGENTINA	117,5	4-Dic-04
82,5	Feraud Lucia/65	ECUADOR	100,0	18-Jul-08
90	Reitman Judith/67	ARGENTINA	112,5	30-Oct-10
90+	LANARI JULIA	ARGENTINA	110,5	11-Sep-99

DEADLIFT

44,0				
48,0	HEREDIA SELVA/65	ARGENTINA	110,0	8-Sep-07
52,0	LOCKHART MARTA	ARGENTINA	135,0	22-Sep-01
56,0	Serrati Sueli	BRASIL	160,0	08-Jun-07
60,0	MOLINA ANDREA/64	ARGENTINA	150,0	4-Dic-04
67,5	FRANGI IRENE/64	ARGENTINA	200,0	24-Jul-04
75,0	FRANGI IRENE/64	ARGENTINA	200,0	29-Oct-05
82,5	Feraud Lucia/65	ECUADOR	170,0	18-Jul-08
90	Reitman Judith/67	URUGUAY	175,0	18-Jul-08
90+	LANARI JULIA	ARGENTINA	155,0	11-Sep-99

TOTAL

44,0				
48,0	FERRE LILIANA	ARGENTINA	255,0	22-Ago-98
52,0	FERRE LILIANA	ARGENTINA	332,5	27-Nov-99
56,0	FERRE LILIANA	ARGENTINA	390,0	7-Dic-02
60,0	Wender Christine S/55	BRASIL	365,0	06-Ago-09
67,5	FRANGI IRENE/64	ARGENTINA	515,0	24-Jul-04
75,0	FRANGI IRENE/64	ARGENTINA	520,0	29-Oct-05
82,5	Feraud Lucia/65	ECUADOR	460,0	18-Jul-08
90	Reitman Judith/67	URUGUAY	475,0	6-Ago-10
90+	LANARI JULIA	ARGENTINA	395,0	11-Sep-99

DAMAS MASTER 2

SQUAT

44,0				
48,0				
52,0				
56,0	Wender Christine S/55	BRASIL	147,5	18-Jul-08
60,0	Wender Christine S/55	BRASIL	147,5	6-Ago-09
67,5	RODRIGUEZ SUSANA/55	URUGUAY	115,0	7-Ago-10
75,0	DA SILVA TERESINHA R./54	BRASIL	137,5	08-Jun-07
82,5				
90				
90+				

BENCH PRESS

44,0				
48,0				
52,0				
56,0	FERRE LILIANA/53	ARGENTINA	77,5	30-Nov-03
60,0	Wender Christine S/55	BRASIL	80,0	04-Oct-05
67,5	Do Nascimento Benedita	BRASIL	75,0	8-set-06
75,0	DA SILVA TERESINHA ROSA	BRASIL	67,5	29-Abr-06
82,5				
90				
90+				

DEADLIFT

44,0				
48,0				
52,0				
56,0	Wender Christine S/55	BRASIL	140,0	08-Ago-07
60,0	Wender Christine S/55	BRASIL	140,0	6-Ago-09
67,5	RODRIGUEZ SUSANA/55	URUGUAY	135,0	7-Ago-10
75,0	De Souza Juracy Borba	BRASIL	150,0	08-Jun-07
82,5				
90				
90+				

TOTAL

44,0				
48,0				
52,0				
56,0	Wender Christine S/55	BRASIL	360,0	06-Ago-10
60,0	Wender Christine S/55	BRASIL	365,0	06-Ago-09
67,5	RODRIGUEZ SUSANA/55	URUGUAY	322,5	7-Ago-10
75,0	De Souza Juracy Borba	BRASIL	345,0	08-Ago-07
82,5				
90				
90+				