

RECORDS METROPOLITANOS RAW - Julio 2024

CABALLEROS OPEN

SENTADILLA

59,0	Valentín López	Kratos Box	192,5	Nacional Corrientes - 04/07/2024
66,0	Jonathan Barros	PRG	240,0	Nacional Bs As - 04/11/2023
74,0	Nahuel Manzelli	S&C Coaches	241,0	Nacional Corrientes - 04/07/2024
83,0	Lucas Lantella	Pitbull barbell club	265,0	Apertura AMeLPo - 06/05/2023
93,0	Adrián Rivadera	Strength Is Science	272,5	Nacional Corrientes - 04/07/2024
105,0	Lautaro Antonuccio	Pitbull barbell club	280,0	Apertura AMeLPo - 06/05/2023
120,0	Fabrizio Mora	S&C Coaches	287,5	Nacional Corrientes - 06/07/2024
120+	Navarro Ezequiel	Pitbull barbell club	250,0	Clasificatorio AMeLPo - 24/06/2024

FUERZA EN BANCO

59,0	Valentín López	Kratos Box	120,0	Nacional Corrientes - 04/07/2024
66,0	Jonathan Barros	PRG	127,5	Clasificatorio AMeLPo - 24/06/2024
74,0	Augusto Rodríguez	New Force	142,5	Nacional Bs As - 04/11/2023
83,0	Luciano Escolano	Pitbull barbell club	145,0	Clasificatorio AMeLPo - 24/06/2024
93,0	Nicolás Vázquez	Toro competición	170,0	Nacional Corrientes - 04/07/2024
105,0	Luciano Cassará	PRG	187,5	Nacional Corrientes - 06/07/2024
120,0	Fabrizio Mora	S&C Coaches	185,0	Nacional Corrientes - 06/07/2024
120+	Ramiro Martins	Gimnasio intensidad	158,0	Nacional Bs As - 05/11/2023

DESPEGUE

59,0	Valentín López	Kratos Box	207,5	Nacional Corrientes - 04/07/2024
66,0	Jonathan Barros	PRG	265,0	Clasificatorio AMeLPo - 24/06/2024
74,0	Matías Hornos	PRG	256,0	Nacional Bs As - 04/11/2023
83,0	Valentín Arriaga	PRG	284,0	Nacional Corrientes - 05/07/2024
93,0	Dante Rodríguez	Kratos Box	306,0	Nacional Corrientes - 04/07/2024
105,0	Lautaro Antonuccio	Pitbull barbell club	305,0	Apertura AMeLPo - 06/05/2023
120,0	Fabrizio Mora	S&C Coaches	305,0	Nacional Corrientes - 06/07/2024
120+	Navarro Ezequiel	Pitbull barbell club	250,0	Clasificatorio AMeLPo - 24/06/2024

TOTAL

59,0	Valentín López	Kratos Box	520,0	Nacional Corrientes - 04/07/2024
66,0	Jonathan Barros	PRG	625,0	Nacional Bs As - 04/11/2023
74,0	Nahuel Manzelli	S&C Coaches	601,0	Nacional Corrientes - 04/07/2024
83,0	Valentín Arriaga	PRG	674,0	Nacional Corrientes - 05/07/2024
93,0	Adrián Rivadera	Strength Is Science	748,0	Nacional Corrientes - 04/07/2024
105,0	Lautaro Antonuccio	Pitbull barbell club	755,0	Apertura AMeLPo - 06/05/2023
120,0	Fabrizio Mora	S&C Coaches	900,0	Nacional Corrientes - 06/07/2024
120+	Navarro Ezequiel	Pitbull barbell club	640,0	Clasificatorio AMeLPo - 24/06/2024

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

59,0	Valentín López	Kratos Box	120,0	Nacional Corrientes - 04/07/2024
66,0	Jonathan Barros	PRG	127,5	Clasificatorio AMeLPo - 24/06/2024
74,0	Augusto Rodríguez	New Force	142,5	Nacional Bs As - 04/11/2023
83,0	Patricio Vazquez	Toro competicion	165,0	Nacional Bs As - 04/11/2023
93,0	Diego El Hilon	Toro competicion	150,0	Apertura AMeLPo - 06/05/2023
105,0	Diego Carrizo	Powerlifting Team	182,5	Metropolitano AMeLPo - 05/08/2023
120,0	Diego Carrizo	Powerlifting Team	180,0	Nacional Bs As - 05/11/2023
120+	Julián Suarez	La Cueva del Vikingo	170,0	Nacional Bs As - 05/11/2023

CABALLEROS JUNIOR**SENTADILLA**

53				
59	Valentín López	Kratos Box	192,5	Nacional Corrientes - 05/07/2024
66	Matias Sansolini	New Force	170,0	Clasificatorio AMeLPo - 05/08/2023
74	Gastón Frutos	Kloster's Gym	182,5	Nacional Bs As - 04/11/2023
83	Lucas Lantella	Pitbull barbell club	265,0	Apertura AMeLPo - 06/05/2023
93	Adrián Rivadera	Strength Is Science	272,5	Nacional Corrientes - 04/07/2024
105	Lautaro Antonuccio	Pitbull barbell club	280,0	Apertura AMeLPo - 06/05/2023
120	Igor Stamm	Dimaro	220,0	Nacional Bs As - 05/11/2023
120+	Ramiro Martins	Gimnasio intensidad	230,0	Nacional Bs As - 05/11/2023

FUERZA EN BANCO

53				
59	Valentín López	Kratos Box	120,0	Nacional Corrientes - 05/07/2024
66	Matias Sansolini	New Force	115,0	Clasificatorio AMeLPo - 05/08/2023
74	Valentino Gonella	Strength Syndicate H	107,5	Nacional Corrientes - 05/07/2024
83	Valentín Arriaga	PRG	145,0	Nacional Corrientes - 05/07/2024
93	Adrián Rivadera	Strength Is Science	170,0	Nacional Corrientes - 04/07/2024
105	Lautaro Antonuccio	Pitbull barbell club	170,0	Apertura AMeLPo - 06/05/2023
120	Luciano Ramos	Gimnasio Intensidad	142,5	Nacional Bs As - 05/11/2023
120+	Ramiro Martins	Gimnasio intensidad	158,0	Nacional Bs As - 05/11/2023

DESPEGUE

53				
59	Valentín López	Kratos Box	207,5	Nacional Corrientes - 05/07/2024
66	Matias Sansolini	New Force	205,0	Clasificatorio AMeLPo - 05/08/2023
74	Nicolás Méndez	Kong	220,0	Nacional Corrientes - 05/07/2024
83	Valentín Arriaga	PRG	284,0	Nacional Corrientes - 05/07/2024
93	Adrián Rivadera	Strength Is Science	305,5	Nacional Corrientes - 04/07/2024
105	Lautaro Antonuccio	Pitbull barbell club	305,0	Apertura AMeLPo - 06/05/2023
120	Igor Stamm	Dimaro	240,0	Nacional Bs As - 05/11/2023
120+	Ramiro Martins	Gimnasio intensidad	250,0	Nacional Bs As - 05/11/2023

TOTAL

53				
59	Valentín López	Kratos Box	520,0	Nacional Corrientes - 05/07/2024
66	Matias Sansolini	New Force	490,0	Clasificatorio AMeLPo - 05/08/2023
74	Nicolás Méndez	Kong	505,0	Nacional Corrientes - 05/07/2024
83	Valentín Arriaga	PRG	674,0	Nacional Corrientes - 05/07/2024
93	Adrián Rivadera	Strength Is Science	748,0	Nacional Corrientes - 04/07/2024
105	Lautaro Antonuccio	Pitbull barbell club	755,0	Apertura AMeLPo - 06/05/2023
120	Igor Stamm	Dimaro	590,0	Nacional Bs As - 05/11/2023
120+	Ramiro Martins	Gimnasio intensidad	638,0	Nacional Bs As - 05/11/2023

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

53				
59	Valentín López	Kratos Box	120,0	Nacional Corrientes - 05/07/2024
66	Dylan Díaz	Kloster's Gym	100,0	Metropolitano AMeLPo - 05/08/2023
74	Valentino Gonella	Strength Syndicate H	115,0	Nacional Corrientes - 05/07/2024
83	Valentín Arriaga	PRG	145,0	Nacional Corrientes - 05/07/2024
93	Diego El Hilón	Toro competicion	172,5	Nacional Bs As - 05/11/2023
105	Lautaro Antonuccio	Pitbull barbell club	170,0	Apertura AMeLPo - 06/05/2023
120	Luciano Ramos	Gimnasio Intensidad	142,5	Nacional Bs As - 05/11/2023
120+	Ramiro Martins	Gimnasio intensidad	158,0	Nacional Bs As - 05/11/2023

CABALLEROS SUBJUNIOR**SENTADILLA**

53				
59	Valentín López	Kratos Box	170,0	Metropolitano AMeLPo - 05/08/20
66	Santiago Fernández	S&C Coaches	135,0	Metropolitano AMeLPo - 05/08/20
74	Juan Viegas	Strength Syndicate H	180,0	Nacional Corrientes - 05/07/2024
83	Tobias Caltabiano	Pitbull barbell club	210,0	Apertura AMeLPo - 06/05/2023
93	Liam Alfonzo	Raido team	185,0	Metropolitano AMeLPo - 05/08/20
105	Màximo Maritano	Toro Competición	240,0	Nacional Corrientes - 05/07/2024
120	Joaquin Díaz	Gimnasio Intensidad	160,0	Apertura AMeLPo - 06/05/2023
120+	Ramiro Martins	Gimnasio intensidad	230,0	Nacional Bs As - 05/11/2023

FUERZA EN BANCO

53				
59	Valentín López	Kratos Box	92,5	Nacional Bs As - 03/11/2023
66	Agustín Coronel	Kloster's Gym	80,0	Clasificatorio AMeLPo - 24/06/20
74	Álvaro Ruíz	Toro competicion	127,5	Nacional Corrientes - 05/07/2024
83	Liam Alfonzo	Raido team	140,0	Nacional Bs As - 05/11/2023
93	Liam Alfonzo	Raido team	125,0	Metropolitano AMeLPo - 05/08/20
105	Màximo Maritano	Toro Competición	135,0	Nacional Corrientes - 05/07/2024
120	Joaquin Díaz	Gimnasio Intensidad	105,0	Apertura AMeLPo - 06/05/2023
120+	Ramiro Martins	Gimnasio intensidad	158,0	Nacional Bs As - 05/11/2023

DESPEGUE

53				
59	Valentín López	Kratos Box	185,0	Nacional Bs As - 03/11/2023
66	Joaquin Oroño	Pitbull barbell club	175,0	Clasificatorio AMeLPo - 05/08/20
74	Paolo Casella	Panther	210,0	Clasificatorio AMeLPo - 05/08/20
83	Maximo Maritano	Toro Competición	251,0	Nacional Bs As - 05/11/2023
93	Lautaro Gegundez	Panther	200,0	Clasificatorio AMeLPo - 24/06/20
105	Màximo Maritano	Toro Competición	275,0	Nacional Corrientes - 05/07/2024
120	Joaquin Díaz	Gimnasio Intensidad	200,0	Apertura AMeLPo - 06/05/2023
120+	Ramiro Martins	Gimnasio intensidad	250,0	Nacional Bs As - 05/11/2023

TOTAL

53				
59	Valentín López	Kratos Box	447,5	Nacional Bs As - 03/11/2023
66	Agustín Gatica	Pele Team	377,5	Nacional Bs As - 03/11/2023
74	Paolo Casella	Panther	492,5	Clasificatorio AMeLPo - 05/08/20
83	Tobias Caltabiano	Pitbull barbell club	572,5	Apertura AMeLPo - 06/05/2023
93	Liam Alfonzo	Raido team	510,0	Metropolitano AMeLPo - 05/08/20
105	Màximo Maritano	Toro Competición	650,0	Nacional Corrientes - 05/07/2024
120	Joaquin Díaz	Gimnasio Intensidad	465,0	Apertura AMeLPo - 06/05/2023
120+	Ramiro Martins	Gimnasio intensidad	638,0	Nacional Bs As - 05/11/2023

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

53				
59	Valentín López	Kratos Box	92,5	Nacional Bs As - 03/11/2023
66	Agustín Coronel	Kloster's Gym	80,0	Clasificatorio AMeLPo - 24/06/20
74	Álvaro Ruíz	Toro competicion	127,5	Nacional Corrientes - 05/07/2024
83	Tobias Caltabiano	Pitbull barbell club	112,5	Apertura AMeLPo - 06/05/2023
93	Liam Alfonzo	Raido team	125,0	Metropolitano AMeLPo - 05/08/20
105	Diego Carrizo	Powerlifting Team	182,5	Metropolitano AMeLPo - 06/08/20
120	Joaquin Díaz	Gimnasio Intensidad	105,0	Apertura AMeLPo - 06/05/2023
120+	Ramiro Martins	Gimnasio intensidad	150,0	Apertura AMeLPo - 06/05/2023

CABALLEROS MASTER 1**SENTADILLA**

59				
66	José Inguanti	Dimaro	155,0	Sudamericano Perú - 07/09/2023
74	Luis Virgini	Quiron Fuerza	202,5	Sudamericano Perú - 07/09/2023
83	Marcelo Mendoza	Powerlifting Team	200,0	Nacional Bs As - 04/11/2023
93	Nicolás Vázquez	Toro Competicion	218,0	Nacional Corrientes - 05/07/2024
105	Pablo Gomez	Iron world	265,0	Nacional Bs As - 05/11/2023
120				
120+	Miguel Fasano	Toro competicion	197,5	Nacional Corrientes - 06/07/2024

FUERZA EN BANCO

59				
66	José Inguanti	Dimaro	117,5	Sudamericano Perú - 07/09/2023
74	Luis Virgini	Quiron Fuerza	122,5	Clasificatorio AMeLPo - 24/06/2023
83	Marcelo Mendoza	Powerlifting Team	152,5	Sudamericano Perú - 08/09/2023
93	Nicolás Vázquez	Toro Competicion	170,0	Nacional Corrientes - 05/07/2024
105	Pablo Gomez	Iron world	167,5	Nacional Bs As - 05/11/2023
120				
120+	Miguel Fasano	Toro competicion	140,0	Nacional Corrientes - 06/07/2024

DESPEGUE

59				
66	José Inguanti	Dimaro	170,0	Sudamericano Perú - 07/09/2023
74	Luis Virgini	Quiron Fuerza	212,5	Clasificatorio AMeLPo - 24/06/2023
83	Guillermo Lucero	La cueva del Vikingo	240,0	Nacional Bs As - 04/11/2023
93	Diego Chiavaza	Dimaro	225,0	Nacional Bs As - 05/11/2023
105	Pablo Gomez	Iron world	275,0	Nacional Bs As - 05/11/2023
120				
120+	Miguel Fasano	Toro competicion	245,0	Nacional Corrientes - 06/07/2024

TOTAL

59				
66	José Inguanti	Dimaro	442,5	Sudamericano Perú - 07/09/2023
74	Luis Virgini	Quiron Fuerza	535,0	Sudamericano Perú - 07/09/2023
83	Marcelo Mendoza	Powerlifting Team	567,5	Sudamericano Perú - 08/09/2023
93	Nicolás Vázquez	Toro Competicion	588,0	Nacional Corrientes - 05/07/2024
105	Pablo Gomez	Iron world	707,5	Nacional Bs As - 05/11/2023
120				
120+	Miguel Fasano	Toro competicion	582,5	Nacional Corrientes - 06/07/2024

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

59				
66	José Inguanti	Dimaro	117,5	Sudamericano Perú - 07/09/2023
74	Julio Benítez	Gimnasio Intensidad	90,0	Apertura AMeLPo - 06/05/2023
83	Patricio Vazquez	Toro Competición	165,0	Nacional Bs As - 03/11/2023
93	Rubén Grañas	Powerlifting Team	140,0	Nacional Bs As - 05/11/2023
105	Diego Carrizo	Powerlifting Team	182,5	Metropolitano AMeLPo - 06/08/2023
120	Diego Carrizo	Powerlifting Team	180,0	Nacional Bs As - 05/11/2023
120+				

CABALLEROS MASTER 2**SENTADILLA**

59				
66	José Inguanti	Dimaro	155,0	Sudamericano Perú - 07/09/2023
74				
83	Hugo Agostino	Toro competicion	200,0	Nacional Bs As - 04/11/2023
93	Oscar Aristi	Toro competicion	202,5	Nacional Corrientes - 05/07/2024
105	Sergio Nuñez	Estylo Gim	145,0	Metropolitano AMeLPo - 06/08/20
120				
120+	Miguel Fasano	Toro competicion	197,5	Nacional Corrientes - 06/07/2024

FUERZA EN BANCO

59				
66	José Inguanti	Dimaro	117,5	Sudamericano Perú - 07/09/2023
74				
83	Hugo Agostino	Toro competicion	130,0	Nacional Bs As - 04/11/2023
93	Oscar Aristi	Toro competicion	132,5	Nacional Bs As - 05/11/2023
105	Sergio Nuñez	Estylo Gim	115,0	Metropolitano AMeLPo - 06/08/20
120				
120+	Miguel Fasano	Toro competicion	140,0	Nacional Corrientes - 06/07/2024

DESPEGUE

59				
66	José Inguanti	Dimaro	170,0	Sudamericano Perú - 07/09/2023
74				
83	Hugo Agostino	Toro competicion	215,0	Nacional Bs As - 04/11/2023
93	Oscar Aristi	Toro competicion	207,5	Nacional Corrientes - 05/07/2024
105	Sergio Nuñez	Estylo Gim	170,0	Metropolitano AMeLPo - 06/08/20
120				
120+	Miguel Fasano	Toro competicion	245,0	Nacional Corrientes - 06/07/2024

TOTAL

59				
66	José Inguanti	Dimaro	442,5	Sudamericano Perú - 07/09/2023
74				
83	Hugo Agostino	Toro competicion	545,0	Nacional Bs As - 04/11/2023
93	Oscar Aristi	Toro competicion	537,5	Nacional Corrientes - 05/07/2024
105	Sergio Nuñez	Estylo Gim	430,0	Metropolitano AMeLPo - 06/08/20
120				
120+	Miguel Fasano	Toro competicion	582,5	Nacional Corrientes - 06/07/2024

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

59				
66	José Inguanti	Dimaro	117,5	Sudamericano Perú - 07/09/2023
74	Julio Benítez	Gimnasio Intensidad	90,0	Apertura AMeLPo - 06/05/2023
83	Hugo Agostino	Toro competicion	130,0	Nacional Bs As - 04/11/2023
93	Rubén Grañas	Powerlifting Team	140,0	Nacional Bs As - 05/11/2023
105	Sergio Nuñez	Estylo Gim	115,0	Metropolitano AMeLPo - 06/08/20
120	Roman Visca	Iron World	125,0	Apertura AMeLPo - 06/05/2023
120+				

CABALLEROS MASTER 3

SENTADILLA

59				
66	José Inguanti	Dimaro	155,0	Sudamericano Perú - 07/09/2023
74				
83	Roberto Alessio	Toro competicion	147,5	Sudamericano Perú - 07/09/2023
93				
105				
120				
120+				

FUERZA EN BANCO

59				
66	José Inguanti	Dimaro	117,5	Sudamericano Perú - 07/09/2023
74				
83	Sergio Vega	Powerlifting team	90,0	Apertura AMeLPo - 06/05/2023
93				
105				
120				
120+				

DESPEGUE

59				
66	José Inguanti	Dimaro	170,0	Sudamericano Perú - 07/09/2023
74				
83	Roberto Alessio	Toro competicion	210,0	Sudamericano Perú - 07/09/2023
93				
105				
120				
120+				

TOTAL

59				
66	José Inguanti	Dimaro	442,5	Sudamericano Perú - 07/09/2023
74				
83	Roberto Alessio	Toro competicion	427,5	Sudamericano Perú - 07/09/2023
93				
105				
120				
120+				

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

59				
66	José Inguanti	Dimaro	117,5	Sudamericano Perú - 07/09/2023
74				
83	Sergio Vega	Powerlifting team	90,0	Apertura AMeLPo - 06/05/2023
93	Hugo Agostino	Toro Competición	100,0	Nacional Corrientes - 06/11/2024
105	Ricardo Borlengui	Toro Competición	95,0	Nacional Bs As - 05/11/2023
120				
120+				

CABALLEROS MASTER 4

SENTADILLA

59
66
74
83
93
105
120
120+

FUERZA EN BANCO

59
66
74
83
93
105
120
120+

DESPEGUE

59
66
74
83
93
105
120
120+

TOTAL

59
66
74
83
93
105
120
120+

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

59
66
74
83
93
105
120
120+

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RECORDS METROPOLITANOS RAW - Julio 2024

DAMAS OPEN

SENTADILLA

47,0	Madelein Canto	S&C Coaches	122,5	Mundial Malta - 11/06/2023
52,0	Carolina Fernández	Gimnasio Aries	120,0	Nacional Corrientes - 04/07/2024
57,0	Daiana La Bella		167,5	Mundial Malta - 11/06/2023
63,0	Nazarena Diaz	Kloster's Gym	142,5	Sudamericano Perú - 06/09/2023
69,0	Lourdes Ferreira	Kratos Box	151,0	Nacional Bs As - 03/11/2023
76,0	Agustina Paoli	Dynamik Powerlifting	172,5	Nacional Corrientes - 04/07/2024
84,0	Cristina Haug	Toro competicion	155,0	Nacional Corrientes - 04/07/2024
84 +	Eliana López	Evolución coaching	170,0	Apertura AMeLPo - 06/05/2023

FUERZA EN BANCO

47,0	Madelein Canto	S&C Coaches	72,5	Nacional Corrientes - 04/07/2024
52,0	Natalia Jofré	La cueva del Vikingo	65,0	Clasificatorio AMeLPo - 05/08/2023
57,0	Guadalupe Cabral	S&C Coaches	86,5	Nacional Corrientes - 04/07/2024
63,0	Melina Grittini	S&C Coaches	77,5	Clasificatorio AMeLPo - 24/06/2023
69,0	Estela Peña	S&C Coaches	85,0	Clasificatorio AMeLPo - 05/08/2023
76,0	Lourdes Ferreira	Kratos Box	85,5	Nacional Corrientes - 04/07/2024
84,0	Nilda Hornos	Toro competicion	82,5	Nacional Corrientes - 04/07/2024
84 +	Laura Torres	S&C Coaches	107,5	Nacional Corrientes - 04/07/2024

DESPEGUE

47,0	Madelein Canto	S&C Coaches	150,0	Nacional Corrientes - 04/07/2024
52,0	Carolina Fernández	Gimnasio Aries	140,0	Nacional Corrientes - 04/07/2024
57,0	Daiana La Bella	Evolución coaching	165,0	Nacional Bs As - 03/11/2023
63,0	Nazarena Diaz	Kloster's Gym	170,0	Nacional Corrientes - 04/07/2024
69,0	Garri Antonella	Kratos Box	166,0	Nacional Corrientes - 04/07/2024
76,0	Agustina Paoli	Dynamik Powerlifting	180,0	Nacional Corrientes - 04/07/2024
84,0	Cristina Haug	Toro competicion	172,5	Nacional Corrientes - 04/07/2024
84 +	Ludmila Koch	Toro competicion	195,0	Nacional Corrientes - 04/07/2024

TOTAL

47,0	Madelein Canto	S&C Coaches	342,5	Nacional Corrientes - 04/07/2024
52,0	Carolina Fernández	Gimnasio Aries	310,0	Nacional Corrientes - 04/07/2024
57,0	Daiana La Bella	Evolución coaching	410,5	Nacional Bs As - 03/11/2023
63,0	Nazarena Diaz	Kloster's Gym	382,5	Nacional Corrientes - 04/07/2024
69,0	Estela Peña	S&C Coaches	400,0	Clasificatorio AMeLPo - 05/08/2023
76,0	Lourdes Ferreira	Kratos Box	435,0	Nacional Corrientes - 04/07/2024
84,0	Cristina Haug	Toro competicion	407,5	Nacional Corrientes - 04/07/2024
84 +	Laura Torres	S&C Coaches	445,0	Nacional Corrientes - 04/07/2024

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

47,0	Madelein Canto	S&C Coaches	72,5	Nacional Corrientes - 04/07/2024
52,0	Natalia Jofré	La cueva del Vikingo	65,0	Clasificatorio AMeLPo - 05/08/2023
57,0	Daiana La Bella	Evolución coaching	85,5	Nacional Bs As - 03/11/2023
63,0	Melina Grittini	S&C Coaches	77,5	Clasificatorio AMeLPo - 24/06/2023
69,0	Estela Peña	S&C Coaches	85,0	Clasificatorio AMeLPo - 05/08/2023
76,0	Lourdes Ferreira	Kratos Box	85,5	Nacional Corrientes - 04/07/2024
84,0	Nilda Hornos	Toro competicion	82,5	Nacional Corrientes - 04/07/2024
84 +	Laura Torres	S&C Coaches	107,5	Nacional Corrientes - 04/07/2024

DAMAS JUNIOR**SENTADILLA**

43,0				
47,0	Karen Olguin	Strength is Science	95,5	Nacional Corrientes - 04/07/2024
52,0	Karen Olguin	Pitbull Barbell Club	95,0	Clasificatorio AMeLPo - 05/08/2023
57,0	Yuliana Rodriguez	La cueva del Vikingo	105,0	Apertura AMeLPo - 06/05/2023
63,0	Nazarena Diaz	Kloster's Gym	142,5	Sudamericano Perú - 06/09/2023
69,0	Lourdes Ferreira	Kratos Box	151,0	Nacional Bs As - 03/11/2023
76,0	Agustina Paoli	Dynamik Powerlifting	172,5	Nacional Corrientes - 04/07/2024
84,0	Guadalupe Martínez	Toro competicion	90,0	Nacional Bs As - 03/11/2023
84 +	Julieta Lovotrico	Dimaro	100,0	Clasificatorio AMeLPo - 05/08/2023

FUERZA EN BANCO

43,0				
47,0	Karen Olguin	Strength is Science	67,5	Nacional Corrientes - 04/07/2024
52,0	Karen Olguin	Pitbull Barbell Club	60,0	Clasificatorio AMeLPo - 05/08/2023
57,0	Yuliana Rodriguez	La cueva del Vikingo	65,0	Nacional Bs As - 03/11/2023
63,0	Nazarena Diaz	Kloster's Gym	70,0	Sudamericano Perú - 06/09/2023
69,0	Lourdes Ferreira	Kratos Box	75,0	Nacional Bs As - 03/11/2023
76,0	Lourdes Ferreira	Kratos Box	85,5	Nacional Corrientes - 04/07/2024
84,0	Guadalupe Martínez	Toro competicion	40,0	Nacional Bs As - 03/11/2023
84 +	Julieta Lovotrico	Dimaro	57,5	Clasificatorio AMeLPo - 05/08/2023

DESPEGUE

43,0				
47,0	Karen Olguin	Strength is Science	107,5	Nacional Corrientes - 04/07/2024
52,0	Nicole Olivera	Strength is Science	140,0	Nacional Corrientes - 04/07/2024
57,0	Yuliana Rodriguez	La cueva del Vikingo	122,5	Apertura AMeLPo - 06/05/2023
63,0	Giuliana Relling	Germánfrainer	175,0	Nacional Corrientes - 04/07/2024
69,0	Lourdes Ferreira	Kratos Box	165,5	Nacional Bs As - 03/11/2023
76,0	Agustina Paoli	Dynamik Powerlifting	180,0	Nacional Corrientes - 04/07/2024
84,0	Guadalupe Martínez	Toro competicion	110,0	Nacional Bs As - 03/11/2023
84 +	Julieta Lovotrico	Dimaro	110,0	Clasificatorio AMeLPo - 05/08/2023

TOTAL

43,0				
47,0	Karen Olguin	Strength is Science	270,5	Nacional Corrientes - 04/07/2024
52,0	Nicole Olivera	Strength is Science	280,0	Nacional Corrientes - 04/07/2024
57,0	Yuliana Rodriguez	La cueva del Vikingo	291,0	Nacional Bs As - 03/11/2023
63,0	Nazarena Diaz	Kloster's Gym	367,5	Sudamericano Perú - 06/09/2023
69,0	Lourdes Ferreira	Kratos Box	391,5	Nacional Bs As - 03/11/2023
76,0	Lourdes Ferreira	Kratos Box	435,5	Nacional Corrientes - 04/07/2024
84,0	Guadalupe Martínez	Toro competicion	240,0	Nacional Bs As - 03/11/2023
84 +	Julieta Lovotrico	Dimaro	267,5	Clasificatorio AMeLPo - 05/08/2023

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

43,0				
47,0	Karen Olguin	Strength is Science	67,5	Nacional Corrientes - 04/07/2024
52,0	Karen Olguin	Pitbull Barbell Club	60,0	Clasificatorio AMeLPo - 05/08/2023
57,0	Yuliana Rodriguez	La cueva del Vikingo	65,0	Nacional Bs As - 03/11/2023
63,0	Nazarena Diaz	Kloster's Gym	70,0	Sudamericano Perú - 06/09/2023
69,0	Nazarena Diaz	Kloster's Gym	75,0	Clasificatorio AMeLPo - 24/06/2023
76,0	Lourdes Ferreira	Kratos Box	85,5	Nacional Corrientes - 04/07/2024
84,0	Guadalupe Martínez	Toro competicion	40,0	Nacional Bs As - 03/11/2023
84 +	Julieta Lovotrico	Dimaro	57,5	Clasificatorio AMeLPo - 05/08/2023

DAMAS SUBJUNIOR**SENTADILLA**

43,0	Kiara Zambrano	Dynamik Powerlifting	55,0	Nacional Corrientes - 04/07/2024
47,0	Magali Lemos	Kratos Box	105,5	Nacional Corrientes - 04/07/2024
52,0	Magali Lemos	Kratos Box	100,0	Nacional Bs As - 03/11/2023
57,0	Jazmín Luna	S&C Coaches	105,5	Nacional Corrientes - 04/07/2024
63,0	Dietz Maia	Strength Is Science	130,0	Nacional Corrientes - 04/07/2024
69,0	Camila Corbalan	Toro competicion	110,0	Nacional Bs As - 03/11/2023
76,0	Camila Corbalán	Toro competicion	110,0	Metropolitano AMeLPo - 05/08/2
84,0	Guadalupe Martínez	Toro competicion	100,0	Nacional Corrientes - 04/07/2024
84 +	Guadalupe Koch	Toro competicion	100,0	Metropolitano AMeLPo - 05/08/2

FUERZA EN BANCO

43,0	Kiara Zambrano	Dynamik Powerlifting	35,0	Nacional Corrientes - 04/07/2024
47,0	Magali Lemos	Kratos Box	40,0	Apertura AMeLPo - 06/05/2023
52,0	Magali Lemos	Kratos Box	60,5	Nacional Corrientes - 04/07/2024
57,0	Yuliana Rodriguez	La cueva del Vikingo	65,0	Nacional Bs As - 03/11/2023
63,0	Dietz Maia	Strength Is Science	62,5	Nacional Corrientes - 04/07/2024
69,0	Camila Corbalan	Toro competicion	47,5	Nacional Bs As - 03/11/2023
76,0	Miranda Fleita	Raido team	55,0	Apertura AMeLPo - 06/05/2023
84,0	Guadalupe Martínez	Toro competicion	45,0	Nacional Corrientes - 04/07/2024
84 +	Guadalupe Koch	Toro competicion	45,0	Metropolitano AMeLPo - 05/08/2

DESPEGUE

43,0	Kiara Zambrano	Dynamik Powerlifting	80,0	Nacional Corrientes - 04/07/2024
47,0	Magali Lemos	Kratos Box	110,0	Apertura AMeLPo - 06/05/2023
52,0	Magali Lemos	Kratos Box	120,0	Nacional Corrientes - 04/07/2024
57,0	Yuliana Rodriguez	La cueva del Vikingo	122,5	Apertura AMeLPo - 06/05/2023
63,0	Yamila Ramis	Pitbull barbel club	140,0	Apertura AMeLPo - 06/05/2023
69,0	Camila Corbalan	Toro competicion	110,0	Nacional Bs As - 03/11/2023
76,0	Miranda Fleita	Raido team	122,5	Apertura AMeLPo - 06/05/2023
84,0	Guadalupe Martínez	Toro competicion	110,0	Nacional Bs As - 03/11/2023
84 +	Guadalupe Koch	Toro competicion	107,5	Metropolitano AMeLPo - 05/08/2

TOTAL

43,0	Kiara Zambrano	Dynamik Powerlifting	170,0	Nacional Corrientes - 04/07/2024
47,0	Magali Lemos	Kratos Box	232,5	Apertura AMeLPo - 06/05/2023
52,0	Magali Lemos	Kratos Box	285,5	Nacional Corrientes - 04/07/2024
57,0	Yuliana Rodriguez	La cueva del Vikingo	291,0	Nacional Bs As - 03/11/2023
63,0	Dietz Maia	Strength Is Science	332,5	Nacional Corrientes - 04/07/2024
69,0	Camila Corbalan	Toro competicion	267,5	Nacional Bs As - 03/11/2023
76,0	Miranda Fleita	Raido team	277,5	Apertura AMeLPo - 06/05/2023
84,0	Guadalupe Martínez	Toro competicion	255,0	Nacional Corrientes - 04/07/2024
84 +	Guadalupe Koch	Toro competicion	252,5	Metropolitano AMeLPo - 05/08/2

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

43,0	Kiara Zambrano	Dynamik Powerlifting	35,0	Nacional Corrientes - 04/07/2024
47,0	Magali Lemos	Kratos Box	40,0	Apertura AMeLPo - 06/05/2023
52,0	Magali Lemos	Kratos Box	60,5	Nacional Corrientes - 04/07/2024
57,0	Yuliana Rodriguez	La cueva del Vikingo	60,0	Apertura AMeLPo - 06/05/2023
63,0	Yamila Ramis	Pitbull barbel club	55,0	Apertura AMeLPo - 06/05/2023
69,0	Camila Corbalan	Toro competicion	47,5	Nacional Bs As - 03/11/2023
76,0	Miranda Fleita	Raido team	55,0	Apertura AMeLPo - 06/05/2023
84,0	Guadalupe Martínez	Toro competicion	45,0	Nacional Corrientes - 04/07/2024
84 +	Guadalupe Koch	Toro competicion	45,0	Metropolitano AMeLPo - 05/08/2

DAMAS MASTER 1**SENTADILLA**

47,0				
52,0	Mariela Di Napoli	S&C Coaches	102,5	Nacional Bs As - 03/11/2023
57,0				
63,0	Melina Grittini	S&C Coaches	120,0	Nacional Corrientes - 04/07/2024
69,0	Paola Vallejos	Kloster's Gym	112,5	Nacional Bs As - 03/11/2023
76,0				
84,0	Verónica Arregues	Dynamik Powerlifting	127,5	Nacional Corrientes - 04/07/2024
84 +				

FUERZA EN BANCO

47,0				
52,0	Mariela Di Napoli	S&C Coaches	57,5	Apertura AMeLPo - 06/05/2023
57,0				
63,0	Melina Grittini	S&C Coaches	77,5	Clasificatorio AMeLPo - 24/06/2023
69,0	Paola Vallejos	Kloster's Gym	55,0	Nacional Bs As - 03/11/2023
76,0				
84,0	Verónica Arregues	Dynamik Powerlifting	55,0	Nacional Corrientes - 04/07/2024
84 +				

DESPEGUE

47,0				
52,0	Mariela Di Napoli	S&C Coaches	125,0	Apertura AMeLPo - 06/05/2023
57,0				
63,0	Melina Grittini	S&C Coaches	140,0	Nacional Bs As - 03/11/2023
69,0	Paola Vallejos	Kloster's Gym	135,0	Apertura AMeLPo - 06/05/2023
76,0				
84,0	Verónica Arregues	Dynamik Powerlifting	160,0	Nacional Corrientes - 04/07/2024
84 +				

TOTAL

47,0				
52,0	Mariela Di Napoli	S&C Coaches	277,5	Apertura AMeLPo - 06/05/2023
57,0				
63,0	Melina Grittini	S&C Coaches	333,0	Nacional Bs As - 03/11/2023
69,0	Paola Vallejos	Kloster's Gym	295,0	Nacional Bs As - 03/11/2023
76,0				
84,0	Verónica Arregues	Dynamik Powerlifting	342,5	Nacional Corrientes - 04/07/2024
84 +				

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

47,0				
52,0	Mariela Di Napoli	S&C Coaches	57,5	Apertura AMeLPo - 06/05/2023
57,0				
63,0	Melina Grittini	S&C Coaches	77,5	Clasificatorio AMeLPo - 24/06/2023
69,0	Paola Vallejos	Kloster's Gym	50,0	Apertura AMeLPo - 06/05/2023
76,0				
84,0	Verónica Arregues	Dynamik Powerlifting	55,0	Nacional Corrientes - 04/07/2024
84 +				

DAMAS MASTER 2

SENTADILLA

47,0

52,0

57,0

63,0

69,0 Mirta Celes Klosterés Gym 107,5 Nacional Corrientes - 04/07/2024

76,0

84,0 Verónica Arregues Dynamik Powerlifting 127,5 Nacional Corrientes - 04/07/2024

84 +

FUERZA EN BANCO

47,0

52,0

57,0

63,0

69,0 Mirta Celes Klosterés Gym 50,0 Apertura AMeLPo - 06/05/2023

76,0

84,0 Verónica Arregues Dynamik Powerlifting 55,0 Nacional Corrientes - 04/07/2024

84 +

DESPEGUE

47,0

52,0

57,0

63,0

69,0 Mirta Celes Klosterés Gym 125,0 Apertura AMeLPo - 06/05/2023

76,0

84,0 Verónica Arregues Dynamik Powerlifting 160,0 Nacional Corrientes - 04/07/2024

84 +

TOTAL

47,0

52,0

57,0

63,0

69,0 Mirta Celes Klosterés Gym 274,0 Nacional Corrientes - 04/07/2024

76,0

84,0 Verónica Arregues Dynamik Powerlifting 342,5 Nacional Corrientes - 04/07/2024

84 +

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

47,0

52,0

57,0

63,0

69,0 Mirta Celes Klosterés Gym 50,0 Apertura AMeLPo - 06/05/2023

76,0

84,0 Verónica Arregues Dynamik Powerlifting 55,0 Nacional Corrientes - 04/07/2024

84 +

DAMAS MASTER 3

SENTADILLA

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

FUERZA EN BANCO

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

DESPEGUE

47,0

52,0

57,0

63,0

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76,0

84,0

84 +

TOTAL

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

DAMAS MASTER 4

SENTADILLA

47,0
52,0
57,0
63,0
69,0
76,0
84,0
84 +

FUERZA EN BANCO

47,0
52,0
57,0
63,0
69,0
76,0
84,0
84 +

DESPEGUE

47,0
52,0
57,0
63,0
69,0
76,0
84,0
84 +

TOTAL

47,0
52,0
57,0
63,0
69,0
76,0
84,0
84 +

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

47,0
52,0
57,0
63,0
69,0
76,0
84,0
84 +

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