

## RECORDS METROPOLITANOS RAW - Agosto 2023

### CABALLEROS OPEN

#### SENTADILLA

59,0	Valentín López	Kratos Box	160,0	Metropolitano AMeLPo - 05/08/2023
66,0	Jonathan Barros	PRG	230,0	Clasificatorio AMeLPo - 24/06/2023
74,0	Augusto Rodríguez	New Force	210,0	Clasificatorio AMeLPo - 24/06/2023
83,0	Lucas Lantella	Pitbull barbell club	265,0	Apertura AMeLPo - 06/05/2023
93,0	Marcos Pólvara	El Under Team	240,0	Clasificatorio AMeLPo - 06/08/2023
105,0	Lautaro Antonuccio	Pitbull barbell club	280,0	Apertura AMeLPo - 06/05/2023
120,0	Franco Peregrino	PRG	245,0	Clasificatorio AMeLPo - 24/06/2023
120+	Navarro Ezequiel	Pitbull barbell club	250,0	Clasificatorio AMeLPo - 24/06/2023

#### FUERZA EN BANCO

59,0	Valentín López	Kratos Box	90,0	Apertura AMeLPo - 06/05/2023
66,0	Jonathan Barros	PRG	127,5	Clasificatorio AMeLPo - 24/06/2023
74,0	Augusto Rodríguez	New Force	135,0	Clasificatorio AMeLPo - 24/06/2023
83,0	Luciano Escolano	Pitbull barbell club	145,0	Clasificatorio AMeLPo - 24/06/2023
93,0	Diego El Hilón	Toro competición	167,5	Metropolitano AMeLPo - 06/08/2023
105,0	Luciano Cassará	PRG	180,0	Clasificatorio AMeLPo - 24/06/2023
120,0	Julian Suarez	La cueva del vikingo	170,0	Metropolitano AMeLPo - 05/08/2023
120+	Ramiro Martins	Gimnasio intensidad	150,0	Apertura AMeLPo - 06/05/2023

#### DESPEGUE

59,0	Valentín López	Kratos Box	172,5	Apertura AMeLPo - 06/05/2023
66,0	Jonathan Barros	PRG	265,0	Clasificatorio AMeLPo - 24/06/2023
74,0	Matías Hornos	PRG	240,0	Clasificatorio AMeLPo - 24/06/2023
83,0	Luciano Escolano	Pitbull barbell club	260,0	Clasificatorio AMeLPo - 24/06/2023
93,0	Marcos Pólvara	El Under Team	280,0	Clasificatorio AMeLPo - 06/08/2023
105,0	Lautaro Antonuccio	Pitbull barbell club	305,0	Apertura AMeLPo - 06/05/2023
120,0	Franco Peregrino	PRG	290,0	Clasificatorio AMeLPo - 24/06/2023
120+	Navarro Ezequiel	Pitbull barbell club	250,0	Clasificatorio AMeLPo - 24/06/2023

#### TOTAL

59,0	Valentín López	Kratos Box	420,0	Metropolitano AMeLPo - 05/08/2023
66,0	Jonathan Barros	PRG	622,5	Clasificatorio AMeLPo - 24/06/2023
74,0	Augusto Rodríguez	New Force	572,5	Clasificatorio AMeLPo - 24/06/2023
83,0	Luciano Escolano	Pitbull barbell club	617,5	Clasificatorio AMeLPo - 24/06/2023
93,0	Marcos Pólvara	El Under Team	675,0	Clasificatorio AMeLPo - 06/08/2023
105,0	Lautaro Antonuccio	Pitbull barbell club	755,0	Apertura AMeLPo - 06/05/2023
120,0	Franco Peregrino	PRG	695,0	Clasificatorio AMeLPo - 24/06/2023
120+	Navarro Ezequiel	Pitbull barbell club	640,0	Clasificatorio AMeLPo - 24/06/2023

### FUERZA EN BANCO SIMPLE LEVANTAMIENTO

59,0	Valentín López	Kratos Box	90,0	Apertura AMeLPo - 06/05/2023
66,0	Jonathan Barros	PRG	127,5	Clasificatorio AMeLPo - 24/06/2023
74,0	Augusto Rodríguez	New Force	135,0	Clasificatorio AMeLPo - 24/06/2023
83,0	Marcelo Mendoza	Powerlifting Team	152,5	Arnold S.A. 14-04-2023
93,0	Diego El Hilon	Toro competicion	150,0	Apertura AMeLPo - 06/05/2023
105,0	Luciano Cassará	PRG	180,0	Clasificatorio AMeLPo - 24/06/2023
120,0	Julian Suarez	La cueva del vikingo	170,0	Metropolitano AMeLPo - 05/08/2023
120+	Ramiro Martins	Gimnasio intensidad	150,0	Apertura AMeLPo - 06/05/2023

**CABALLEROS JUNIOR****SENTADILLA**

53				
59	Valentín López	Kratos Box	160,0	Metropolitano AMeLPo - 05/08/2023
66	Matias Sansolini	New Force	170,0	Clasificatorio AMeLPo - 05/08/2023
74	Nehuen Kosaruk	S&C Coaches	175,0	Clasificatorio AMeLPo - 24/06/2023
83	Lucas Lantella	Pitbull barbell club	265,0	Apertura AMeLPo - 06/05/2023
93	Diego El Hilón	Toro competicion	227,5	Metropolitano AMeLPo - 06/08/2023
105	Lautaro Antonuccio	Pitbull barbell club	280,0	Apertura AMeLPo - 06/05/2023
120	Luciano Ramos	Gimnasio Intensidad	200,0	Apertura AMeLPo - 06/05/2023
120+	Ramiro Martins	Gimnasio intensidad	215,0	Apertura AMeLPo - 06/05/2023

**FUERZA EN BANCO**

53				
59	Valentín López	Kratos Box	90,0	Apertura AMeLPo - 06/05/2023
66	Matias Sansolini	New Force	115,0	Clasificatorio AMeLPo - 05/08/2023
74	Paolo Casella	Panther	107,5	Clasificatorio AMeLPo - 05/08/2023
83	Lucas Lantella	Pitbull barbell club	137,5	Apertura AMeLPo - 06/05/2023
93	Diego El Hilón	Toro competicion	167,5	Metropolitano AMeLPo - 06/08/2023
105	Lautaro Antonuccio	Pitbull barbell club	170,0	Apertura AMeLPo - 06/05/2023
120	Luciano Ramos	Gimnasio Intensidad	140,0	Apertura AMeLPo - 06/05/2023
120+	Ramiro Martins	Gimnasio intensidad	150,0	Apertura AMeLPo - 06/05/2023

**DESPEGUE**

53				
59	Valentín López	Kratos Box	172,5	Apertura AMeLPo - 06/05/2023
66	Matias Sansolini	New Force	205,0	Clasificatorio AMeLPo - 05/08/2023
74	Nehuen Kosaruk	S&C Coaches	220,0	Clasificatorio AMeLPo - 24/06/2023
83	Tobias Caltabiano	Pitbull barbell club	250,0	Apertura AMeLPo - 06/05/2023
93	Diego El Hilón	Toro competicion	240,0	Metropolitano AMeLPo - 06/08/2023
105	Lautaro Antonuccio	Pitbull barbell club	305,0	Apertura AMeLPo - 06/05/2023
120	Luciano Ramos	Gimnasio Intensidad	230,0	Apertura AMeLPo - 06/05/2023
120+	Ramiro Martins	Gimnasio intensidad	240,0	Apertura AMeLPo - 06/05/2023

**TOTAL**

53				
59	Valentín López	Kratos Box	420,0	Metropolitano AMeLPo - 05/08/2023
66	Matias Sansolini	New Force	490,0	Clasificatorio AMeLPo - 05/08/2023
74	Nehuen Kosaruk	S&C Coaches	495,0	Clasificatorio AMeLPo - 24/06/2023
83	Lucas Lantella	Pitbull barbell club	617,5	Apertura AMeLPo - 06/05/2023
93	Diego El Hilón	Toro competicion	635,0	Metropolitano AMeLPo - 06/08/2023
105	Lautaro Antonuccio	Pitbull barbell club	755,0	Apertura AMeLPo - 06/05/2023
120	Luciano Ramos	Gimnasio Intensidad	570,0	Apertura AMeLPo - 06/05/2023
120+	Ramiro Martins	Gimnasio intensidad	605,0	Apertura AMeLPo - 06/05/2023

**FUERZA EN BANCO SIMPLE LEVANTAMIENTO**

53				
59	Valentín López	Kratos Box	90,0	Apertura AMeLPo - 06/05/2023
66	Dylan Díaz	Kloster's Gym	100,0	Metropolitano AMeLPo - 05/08/2023
74	Paolo Casella	Panther	107,5	Clasificatorio AMeLPo - 05/08/2023
83	Lucas Lantella	Pitbull barbell club	137,5	Apertura AMeLPo - 06/05/2023
93	Diego El Hilón	Toro competicion	167,5	Metropolitano AMeLPo - 06/08/2023
105	Lautaro Antonuccio	Pitbull barbell club	170,0	Apertura AMeLPo - 06/05/2023
120	Luciano Ramos	Gimnasio Intensidad	140,0	Apertura AMeLPo - 06/05/2023
120+	Ramiro Martins	Gimnasio intensidad	150,0	Apertura AMeLPo - 06/05/2023

**CABALLEROS SUBJUNIOR****SENTADILLA**

53				
59	Valentín López	Kratos Box	160,0	Metropolitano AMeLPo - 05/08/2023
66	Santiago Fernández	S&C Coaches	135,0	Metropolitano AMeLPo - 05/08/2023
74	Paolo Casella	Panther	175,0	Clasificatorio AMeLPo - 05/08/2023
83	Tobias Caltabiano	Pitbull barbell club	210,0	Apertura AMeLPo - 06/05/2023
93	Liam Alfonso	Raido team	185,0	Metropolitano AMeLPo - 05/08/2023
105	Lucas Montivero	Panther	160,0	Clasificatorio AMeLPo - 24/06/2023
120	Joaquin Diaz	Gimnasio Intensidad	160,0	Apertura AMeLPo - 06/05/2023
120+	Ramiro Martins	Gimnasio intensidad	215,0	Apertura AMeLPo - 06/05/2023

**FUERZA EN BANCO**

53				
59	Valentín López	Kratos Box	90,0	Apertura AMeLPo - 06/05/2023
66	Agustín Coronel	Kloster´s Gym	80,0	Clasificatorio AMeLPo - 24/06/2023
74	Paolo Casella	Panther	107,5	Clasificatorio AMeLPo - 05/08/2023
83	Tobias Caltabiano	Pitbull barbell club	112,5	Apertura AMeLPo - 06/05/2023
93	Liam Alfonso	Raido team	125,0	Metropolitano AMeLPo - 05/08/2023
105	Lucas Montivero	Panther	92,5	Clasificatorio AMeLPo - 24/06/2023
120	Joaquin Diaz	Gimnasio Intensidad	105,0	Apertura AMeLPo - 06/05/2023
120+	Ramiro Martins	Gimnasio intensidad	150,0	Apertura AMeLPo - 06/05/2023

**DESPEGUE**

53				
59	Valentín López	Kratos Box	172,5	Apertura AMeLPo - 06/05/2023
66	Joaquin Oroño	Pitbull barbell club	175,0	Clasificatorio AMeLPo - 05/08/2023
74	Paolo Casella	Panther	210,0	Clasificatorio AMeLPo - 05/08/2023
83	Tobias Caltabiano	Pitbull barbell club	250,0	Apertura AMeLPo - 06/05/2023
93	Lautaro Gegundez	Panther	200,0	Clasificatorio AMeLPo - 24/06/2023
105	Lucas Montivero	Panther	190,0	Clasificatorio AMeLPo - 24/06/2023
120	Joaquin Diaz	Gimnasio Intensidad	200,0	Apertura AMeLPo - 06/05/2023
120+	Ramiro Martins	Gimnasio intensidad	240,0	Apertura AMeLPo - 06/05/2023

**TOTAL**

53				
59	Valentín López	Kratos Box	420,0	Metropolitano AMeLPo - 05/08/2023
66	Santiago Fernández	S&C Coaches	360,0	Metropolitano AMeLPo - 05/08/2023
74	Paolo Casella	Panther	492,5	Clasificatorio AMeLPo - 05/08/2023
83	Tobias Caltabiano	Pitbull barbell club	572,5	Apertura AMeLPo - 06/05/2023
93	Liam Alfonso	Raido team	510,0	Metropolitano AMeLPo - 05/08/2023
105	Lucas Montivero	Panther	442,5	Clasificatorio AMeLPo - 24/06/2023
120	Joaquin Diaz	Gimnasio Intensidad	465,0	Apertura AMeLPo - 06/05/2023
120+	Ramiro Martins	Gimnasio intensidad	605,0	Apertura AMeLPo - 06/05/2023

**FUERZA EN BANCO SIMPLE LEVANTAMIENTO**

53				
59	Valentín López	Kratos Box	90,0	Apertura AMeLPo - 06/05/2023
66	Agustín Coronel	Kloster´s Gym	80,0	Clasificatorio AMeLPo - 24/06/2023
74	Paolo Casella	Panther	107,5	Clasificatorio AMeLPo - 05/08/2023
83	Tobias Caltabiano	Pitbull barbell club	112,5	Apertura AMeLPo - 06/05/2023
93	Liam Alfonso	Raido team	125,0	Metropolitano AMeLPo - 05/08/2023
105	Diego Carrizo	Powerlifting Team	182,5	Metropolitano AMeLPo - 06/08/2023
120	Joaquin Diaz	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	50,0	Apertura AMeLPo - 06/05/2023
74	Luis Virgini	Quiron Fuerza	185,0	Clasificatorio AMeLPo - 24/06/2023
83	Hernán Cesan	Toro competicion	182,5	Apertura AMeLPo - 06/05/2023
93				
105	Pablo Gomez	Iron world	220,0	Apertura AMeLPo - 06/05/2023
120				
120+				

**FUERZA EN BANCO**

59				
66	José Inguanti	Dimaro	65,0	Apertura AMeLPo - 06/05/2023
74	Luis Virgini	Quiron Fuerza	122,5	Clasificatorio AMeLPo - 24/06/2023
83	Marcelo Mendoza	Powerlifting Team	145,0	Clasificatorio AMeLPo - 24/06/2023
93				
105	Pablo Gomez	Iron world	150,0	Apertura AMeLPo - 06/05/2023
120				
120+				

**DESPEGUE**

59				
66	José Inguanti	Dimaro	80,0	Apertura AMeLPo - 06/05/2023
74	Luis Virgini	Quiron Fuerza	212,5	Clasificatorio AMeLPo - 24/06/2023
83	Guillermo Lucero	La cueva del Vikingo	225,0	Apertura AMeLPo - 06/05/2023
93				
105	Pablo Gomez	Iron world	260,0	Apertura AMeLPo - 06/05/2023
120				
120+				

**TOTAL**

59				
66	José Inguanti	Dimaro	195,0	Apertura AMeLPo - 06/05/2023
74	Luis Virgini	Quiron Fuerza	520,0	Clasificatorio AMeLPo - 24/06/2023
83	Guillermo Lucero	La cueva del Vikingo	525,0	Apertura AMeLPo - 06/05/2023
93				
105	Pablo Gomez	Iron world	630,0	Apertura AMeLPo - 06/05/2023
120				
120+				

**FUERZA EN BANCO SIMPLE LEVANTAMIENTO**

59				
66	José Inguanti	Dimaro	65,0	Apertura AMeLPo - 06/05/2023
74	Julio Benítez	Gimnasio Intensidad	90,0	Apertura AMeLPo - 06/05/2023
83	Marcelo Mendoza	Powerlifting Team	145,0	Clasificatorio AMeLPo - 24/06/2023
93	Leonel Capurro	Toro competición	117,5	Clasificatorio AMeLPo - 06/08/2023
105	Diego Carrizo	Powerlifting Team	182,5	Metropolitano AMeLPo - 06/08/2023
120	Roman Visca	Iron World	125,0	Apertura AMeLPo - 06/05/2023
120+				

**CABALLEROS MASTER 2****SENTADILLA**

59				
66	José Inguanti	Dimaro	50,0	Apertura AMeLPo - 06/05/2023
74				
83	Sergio Vega	Powerlifting team	100,0	Apertura AMeLPo - 06/05/2023
93	Oscar Arísti	Toro competicion	190,0	Apertura AMeLPo - 06/05/2023
105	Sergio Nuñez	Estylo Gim	145,0	Metropolitano AMeLPo - 06/08/2023
120				

120+

**FUERZA EN BANCO**

59				
66	José Inguanti	Dimaro	65,0	Apertura AMeLPo - 06/05/2023
74				
83	Sergio Vega	Powerlifting team	90,0	Apertura AMeLPo - 06/05/2023
93	Oscar Arísti	Toro competicion	130,0	Apertura AMeLPo - 06/05/2023
105	Sergio Nuñez	Estylo Gim	115,0	Metropolitano AMeLPo - 06/08/2023
120				

120+

**DESPEGUE**

59				
66	José Inguanti	Dimaro	80,0	Apertura AMeLPo - 06/05/2023
74				
83	Sergio Vega	Powerlifting team	160,0	Apertura AMeLPo - 06/05/2023
93	Daniel Guidi	Iron world	200,0	Apertura AMeLPo - 06/05/2023
105	Sergio Nuñez	Estylo Gim	170,0	Metropolitano AMeLPo - 06/08/2023
120				

120+

**TOTAL**

59				
66	José Inguanti	Dimaro	195,0	Apertura AMeLPo - 06/05/2023
74				
83	Sergio Vega	Powerlifting team	350,0	Apertura AMeLPo - 06/05/2023
93	Oscar Arísti	Toro competicion	490,0	Apertura AMeLPo - 06/05/2023
105	Sergio Nuñez	Estylo Gim	430,0	Metropolitano AMeLPo - 06/08/2023
120				

120+

**FUERZA EN BANCO SIMPLE LEVANTAMIENTO**

59				
66	José Inguanti	Dimaro	65,0	Apertura AMeLPo - 06/05/2023
74	Julio Benítez	Gimnasio Intensidad	90,0	Apertura AMeLPo - 06/05/2023
83	Hugo Agostino	Toro competicion	117,5	Metropolitano AMeLPo - 05/08/2023
93	Oscar Arísti	Toro competicion	130,0	Apertura AMeLPo - 06/05/2023
105	Sergio Nuñez	Estylo Gim	115,0	Metropolitano AMeLPo - 06/08/2023
120	Roman Visca	Iron World	125,0	Apertura AMeLPo - 06/05/2023
120+				

**CABALLEROS MASTER 3**

## SENTADILLA

59				
66	José Inguanti	Dimaro	50,0	Apertura AMeLPo - 06/05/2023
74				
83	Sergio Vega	Powerlifting team	100,0	Apertura AMeLPo - 06/05/2023
93				
105				
120				
120+				

## FUERZA EN BANCO

59				
66	José Inguanti	Dimaro	65,0	Apertura AMeLPo - 06/05/2023
74				
83	Sergio Vega	Powerlifting team	90,0	Apertura AMeLPo - 06/05/2023
93				
105				
120				
120+				

## DESPEGUE

59				
66	José Inguanti	Dimaro	80,0	Apertura AMeLPo - 06/05/2023
74				
83	Sergio Vega	Powerlifting team	160,0	Apertura AMeLPo - 06/05/2023
93				
105				
120				
120+				

## TOTAL

59				
66	José Inguanti	Dimaro	195,0	Apertura AMeLPo - 06/05/2023
74				
83	Sergio Vega	Powerlifting team	350,0	Apertura AMeLPo - 06/05/2023
93				
105				
120				
120+				

**FUERZA EN BANCO SIMPLE LEVANTAMIENTO**

59				
66	José Inguanti	Dimaro	65,0	Apertura AMeLPo - 06/05/2023
74				
83	Sergio Vega	Powerlifting team	90,0	Apertura AMeLPo - 06/05/2023
93				
105				
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+

**RECORDS METROPOLITANOS RAW - Agosto 2023****DAMAS OPEN****SENTADILLA**

47,0	Madelein Canto	S&C Coaches	122,5	Mundial Malta - 11/06/2023
52,0	Mariela Di Napoli	S&C Coaches	97,5	Apertura AMeLPo - 06/05/2023
57,0	Daiana La Bella		167,5	Mundial Malta - 11/06/2023
63,0	Antonella Lamenza	Quirón Fuerza	122,5	Clasificatorio AMeLPo - 05/08/2023
69,0	Estela Peña	S&C Coaches	150,0	Clasificatorio AMeLPo - 05/08/2023
76,0	Lourdes Ferreira	Kratos Box	135,0	Apertura AMeLPo - 06/05/2023
84,0	Cristina Haug	Toro competicion	150,0	Apertura AMeLPo - 06/05/2023
84 +	Eliana López	Evolución coaching	170,0	Apertura AMeLPo - 06/05/2023

**FUERZA EN BANCO**

47,0	Madelein Canto	S&C Coaches	65,0	Mundial Malta - 11/06/2023
52,0	Natalia Jofré	La cueva del Vikingo	65,0	Clasificatorio AMeLPo - 05/08/2023
57,0	Daiana La Bella		82,5	Mundial Malta - 11/06/2023
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	75,0	Apertura AMeLPo - 06/05/2023
84,0	Cristina Haug	Toro competicion	72,5	Clasificatorio AMeLPo - 24/06/2023
84 +	Eliana López	Evolución coaching	97,5	Apertura AMeLPo - 06/05/2023

**DESPEGUE**

47,0	Madelein Canto	S&C Coaches	145,0	Mundial Malta - 11/06/2023
52,0	Natalia Jofré	La cueva del Vikingo	130,0	Clasificatorio AMeLPo - 05/08/2023
57,0	Daiana La Bella		160,0	Mundial Malta - 11/06/2023
63,0	Coceres Evelina	Pitbull barbel club	150,0	Clasificatorio AMeLPo - 24/06/2023
69,0	Estela Peña	S&C Coaches	165,0	Clasificatorio AMeLPo - 05/08/2023
76,0	Lourdes Ferreira	Kratos Box	160,0	Apertura AMeLPo - 06/05/2023
84,0	Cristina Haug	Toro competicion	170,0	Clasificatorio AMeLPo - 24/06/2023
84 +	Eliana López	Evolución coaching	167,5	Apertura AMeLPo - 06/05/2023

**TOTAL**

47,0	Madelein Canto	S&C Coaches	332,5	Mundial Malta - 11/06/2023
52,0	Natalia Jofré	La cueva del Vikingo	290,0	Clasificatorio AMeLPo - 05/08/2023
57,0	Daiana La Bella		410,0	Mundial Malta - 11/06/2023
63,0	Coceres Evelina	Pitbull barbel club	327,5	Clasificatorio AMeLPo - 24/06/2023
69,0	Estela Peña	S&C Coaches	400,0	Clasificatorio AMeLPo - 05/08/2023
76,0	Lourdes Ferreira	Kratos Box	370,0	Apertura AMeLPo - 06/05/2023
84,0	Cristina Haug	Toro competicion	392,5	Clasificatorio AMeLPo - 24/06/2023
84 +	Eliana López	Evolución coaching	435,0	Apertura AMeLPo - 06/05/2023

**FUERZA EN BANCO SIMPLE LEVANTAMIENTO**

47,0	Madelein Canto	S&C Coaches	65,0	Mundial Malta - 11/06/2023
52,0	Natalia Jofré	La cueva del Vikingo	65,0	Clasificatorio AMeLPo - 05/08/2023
57,0	Daiana La Bella		82,5	Mundial Malta - 11/06/2023
63,0	Rocio Montenegro	Kloster's Gym	60,0	Apertura AMeLPo - 06/05/2023
69,0	Estela Peña	S&C Coaches	85,0	Clasificatorio AMeLPo - 05/08/2023
76,0	Lourdes Ferreira	Kratos Box	75,0	Apertura AMeLPo - 06/05/2023
84,0	Cristina Haug	Toro competicion	77,5	Clasificatorio AMeLPo - 24/06/2023
84 +	Eliana López	Evolución coaching	97,5	Apertura AMeLPo - 06/05/2023



**DAMAS JUNIOR****SENTADILLA**

43,0				
47,0	Camila Aquino	Toro competicion	80,0	Apertura AMeLPo - 06/05/2023
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	Mara Centuri3n	Gimnasio Intensidad	122,5	Clasificatorio AMeLPo - 05/08/2023
69,0	Regina Cicerone	Kong	115,0	Clasificatorio AMeLPo - 05/08/2023
76,0	Lourdes Ferreira	Kratos Box	135,0	Apertura AMeLPo - 06/05/2023
84,0				
84 +	Julieta Lovotrico	Dimaro	100,0	Clasificatorio AMeLPo - 05/08/2023

**FUERZA EN BANCO**

43,0				
47,0	Camila Aquino	Toro competicion	35,0	Apertura AMeLPo - 06/05/2023
52,0	Karen Olguin	Pitbull Barbell Club	60,0	Clasificatorio AMeLPo - 05/08/2023
57,0	Yuliana Rodriguez	La cueva del Vikingo	60,0	Apertura AMeLPo - 06/05/2023
63,0	Mara Centuri3n	Gimnasio Intensidad	62,5	Clasificatorio AMeLPo - 05/08/2023
69,0	Regina Cicerone	Kong	65,0	Clasificatorio AMeLPo - 05/08/2023
76,0	Lourdes Ferreira	Kratos Box	75,0	Apertura AMeLPo - 06/05/2023
84,0				
84 +	Julieta Lovotrico	Dimaro	57,5	Clasificatorio AMeLPo - 05/08/2023

**DESPEGUE**

43,0				
47,0	Camila Aquino	Toro competicion	80,0	Apertura AMeLPo - 06/05/2023
52,0	Karen Olguin	Pitbull Barbell Club	107,5	Clasificatorio AMeLPo - 05/08/2023
57,0	Yuliana Rodriguez	La cueva del Vikingo	122,5	Apertura AMeLPo - 06/05/2023
63,0	Mara Centuri3n	Gimnasio Intensidad	145,0	Clasificatorio AMeLPo - 05/08/2023
69,0	Kira Yashnyk	S&C Coaches	132,5	Clasificatorio AMeLPo - 24/06/2023
76,0	Lourdes Ferreira	Kratos Box	160,0	Apertura AMeLPo - 06/05/2023
84,0				
84 +	Julieta Lovotrico	Dimaro	110,0	Clasificatorio AMeLPo - 05/08/2023

**TOTAL**

43,0				
47,0	Camila Aquino	Toro competicion	195,0	Apertura AMeLPo - 06/05/2023
52,0	Karen Olguin	Pitbull Barbell Club	262,5	Clasificatorio AMeLPo - 05/08/2023
57,0	Yuliana Rodriguez	La cueva del Vikingo	287,5	Apertura AMeLPo - 06/05/2023
63,0	Mara Centuri3n	Gimnasio Intensidad	330,0	Clasificatorio AMeLPo - 05/08/2023
69,0	Regina Cicerone	Kong	310,0	Clasificatorio AMeLPo - 05/08/2023
76,0	Lourdes Ferreira	Kratos Box	370,0	Apertura AMeLPo - 06/05/2023
84,0				
84 +	Julieta Lovotrico	Dimaro	267,5	Clasificatorio AMeLPo - 05/08/2023

**FUERZA EN BANCO SIMPLE LEVANTAMIENTO**

43,0				
47,0	Camila Aquino	Toro competicion	35,0	Apertura AMeLPo - 06/05/2023
52,0	Karen Olguin	Pitbull Barbell Club	60,0	Clasificatorio AMeLPo - 05/08/2023
57,0	Yuliana Rodriguez	La cueva del Vikingo	60,0	Apertura AMeLPo - 06/05/2023
63,0	Mara Centuri3n	Gimnasio Intensidad	145,0	Clasificatorio AMeLPo - 05/08/2023
69,0	Nazarena Diaz	Kloster3 Gym	75,0	Clasificatorio AMeLPo - 24/06/2023
76,0	Lourdes Ferreira	Kratos Box	75,0	Apertura AMeLPo - 06/05/2023
84,0				
84 +	Julieta Lovotrico	Dimaro	57,5	Clasificatorio AMeLPo - 05/08/2023

**DAMAS SUBJUNIOR****SENTADILLA**

43,0				
47,0	Magali Lemos	Kratos Box	82,5	Apertura AMeLPo - 06/05/2023
52,0				
57,0	Yuliana Rodriguez	La cueva del Vikingo	105,0	Apertura AMeLPo - 06/05/2023
63,0	Yamila Ramis	Pitbull barbel club	95,0	Apertura AMeLPo - 06/05/2023
69,0	Camila Corbalan	Toro competicion	100,0	Apertura AMeLPo - 06/05/2023
76,0	Camila Corbalán	Toro competicion	110,0	Metropolitano AMeLPo - 05/08/2023
84,0				
84 +	Guadalupe Koch	Toro competicion	100,0	Metropolitano AMeLPo - 05/08/2023

**FUERZA EN BANCO**

43,0				
47,0	Magali Lemos	Kratos Box	40,0	Apertura AMeLPo - 06/05/2023
52,0				
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	45,0	Apertura AMeLPo - 06/05/2023
76,0	Miranda Fleita	Raido team	55,0	Apertura AMeLPo - 06/05/2023
84,0				
84 +	Guadalupe Koch	Toro competicion	45,0	Metropolitano AMeLPo - 05/08/2023

**DESPEGUE**

43,0				
47,0	Magali Lemos	Kratos Box	110,0	Apertura AMeLPo - 06/05/2023
52,0				
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	105,0	Apertura AMeLPo - 06/05/2023
76,0	Miranda Fleita	Raido team	122,5	Apertura AMeLPo - 06/05/2023
84,0				
84 +	Guadalupe Koch	Toro competicion	107,5	Metropolitano AMeLPo - 05/08/2023

**TOTAL**

43,0				
47,0	Magali Lemos	Kratos Box	232,5	Apertura AMeLPo - 06/05/2023
52,0				
57,0	Yuliana Rodriguez	La cueva del Vikingo	287,5	Apertura AMeLPo - 06/05/2023
63,0	Yamila Ramis	Pitbull barbel club	290,0	Apertura AMeLPo - 06/05/2023
69,0	Camila Corbalan	Toro competicion	250,0	Apertura AMeLPo - 06/05/2023
76,0	Miranda Fleita	Raido team	277,5	Apertura AMeLPo - 06/05/2023
84,0				
84 +	Guadalupe Koch	Toro competicion	252,5	Metropolitano AMeLPo - 05/08/2023

**FUERZA EN BANCO SIMPLE LEVANTAMIENTO**

43,0				
47,0	Magali Lemos	Kratos Box	40,0	Apertura AMeLPo - 06/05/2023
52,0				
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	45,0	Apertura AMeLPo - 06/05/2023
76,0	Miranda Fleita	Raido team	55,0	Apertura AMeLPo - 06/05/2023
84,0				
84 +	Guadalupe Koch	Toro competicion	45,0	Metropolitano AMeLPo - 05/08/2023

**DAMAS MASTER 1****SENTADILLA**

47,0				
52,0	Mariela Di Napoli	S&C Coaches	97,5	Apertura AMeLPo - 06/05/2023
57,0				
63,0	Melina Grittini	S&C Coaches	115,0	Clasificatorio AMeLPo - 24/06/2023
69,0	Paola Vallejos	Kloster's Gym	105,0	Apertura AMeLPo - 06/05/2023
76,0				
84,0	Karina Prezzo	Raido team	90,0	Metropolitano AMeLPo - 05/08/2023

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	50,0	Apertura AMeLPo - 06/05/2023
76,0				
84,0	Karina Prezzo	Raido team	52,5	Apertura AMeLPo - 06/05/2023

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	130,0	Clasificatorio AMeLPo - 24/06/2023
69,0	Paola Vallejos	Kloster's Gym	135,0	Apertura AMeLPo - 06/05/2023
76,0				
84,0	Karina Prezzo	Raido team	105,0	Metropolitano AMeLPo - 05/08/2023

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	322,5	Clasificatorio AMeLPo - 24/06/2023
69,0	Paola Vallejos	Kloster's Gym	290,0	Apertura AMeLPo - 06/05/2023
76,0				
84,0	Karina Prezzo	Raido team	242,5	Metropolitano AMeLPo - 05/08/2023

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	Karina Prezzo	Raido team	52,5	Apertura AMeLPo - 06/05/2023

84 +

**DAMAS MASTER 2**

## SENTADILLA

47,0

52,0

57,0

63,0

69,0 Mirta Celes Klosterés Gym 95,0 Apertura AMeLPo - 06/05/2023

76,0

84,0 Karina Prezzo Raido team 85,0 Apertura AMeLPo - 06/05/2023

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 Karina Prezzo Raido team 52,5 Apertura AMeLPo - 06/05/2023

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 Karina Prezzo Raido team 95,0 Apertura AMeLPo - 06/05/2023

84 +

## TOTAL

47,0

52,0

57,0

63,0

69,0 Mirta Celes Klosterés Gym 270,0 Apertura AMeLPo - 06/05/2023

76,0

84,0 Karina Prezzo Raido team 232,5 Apertura AMeLPo - 06/05/2023

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 Karina Prezzo Raido team 52,5 Apertura AMeLPo - 06/05/2023

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

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 +

**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 +