

**RECORDS NACIONALES CLASSIC - Noviembre 2023**

<b>DAMAS OPEN</b>		<b>Classic</b>		
<b>SENTADILLA</b>				
47,0	Canto Madelein/89	S/C	122,5	12-jun-23
52,0	Cabral Guadalupe/97	S/C	117,5	20-nov-21
57,0	La Bella Daiana/93	Evolution Coach	167,5	12-jun-23
63,0	Nazarena Diaz/00	Kloster	142,5	6-sep-23
69,0	Flavia Torres/89	Powerlifting tea	151,0	1-nov-19
76,0	Haug Cristina/99	Toro Competicion	157,5	2-nov-23
84,0	Torres Flavia/89	Olimpic Gym	140,5	5-oct-18
84 +	Billanueva Maria/88	Atlas	200,0	1-nov-19
<b>FUERZA EN BANCO</b>				
47,0	Canto Madelein/89	SyC	70,5	2-nov-23
52,0	Cabral Guadalupe/97	S/C	80,0	20-nov-21
57,0	La Bella Daiana/93	Evolution Coach	85,5	2-nov-23
63,0	Franco Cecilia/92	Vital	73,0	20-nov-21
69,0	Coronel Monica/70	Toro Competicion	85,5	8-sep-17
76,0	Flavia Torres/89	Powerlifting tea	73,0	20-nov-21
84,0	Hernandez Alicia76	Tito's Gim	102,5	12-oct-13
84 +	Lopez Eliana/87	S/C	95,0	11-nov-22
<b>DESPEGUE</b>				
47,0	Canto Madelein/89	S/C	148,0	7-sep-22
52,0	Ventrice Daniela/91	Toro Competicion	160,0	2-nov-23
57,0	Cabral Guadalupe/97	SyC	172,5	11-nov-22
63,0	Diaz Nazarena/01	Kloster	155,5	11-nov-22
69,0	Ferreira Lourdes/03	Kratos	165,5	2-nov-23
76,0	Flavia Torres/89	Powerlifting tea	174,0	20-nov-21
84,0	Torres Flavia/89	Olimpic Gym	163,0	5-ago-18
84 +	Billanueva Maria/88	Atlas	200,0	1-nov-19
<b>TOTAL</b>				
47,0	Canto Madelein/89	S/C	338,0	2-nov-23
52,0	Cabral Guadalupe/97	S/C	352,5	20-nov-21
57,0	La Bella Daiana/93	Evolution Coach	410,5	2-nov-23
63,0	Perez Valeria/96	Vital	340,0	20-nov-21
69,0	Ferreira Lourdes/03	Kratos	391,5	2-nov-23
76,0	Flavia Torres/89	Power Team	416,0	20-nov-21
84,0	Hernandez Alicia76	Tito's Gim	405,0	12-oct-13
84 +	Villanueva Maria/88	Atlas	480,0	1-nov-19
<b>Fuerza en banco simple levantamiento</b>				
47,0	Canto Madelein/89	S/C	70,5	2-nov-23
52,0	Cabral Guadalupe/97	S/C	80,0	20-nov-21
57,0	Cabral Guadalupe/97	SyC	85,5	2-nov-23
63,0	Franco Cecilia/92	Vital	73,0	20-nov-21
69,0	Coronel Monica/70	Toro Competicion	85,5	8-sep-17
76,0	Flavia Torres/89	Powerlifting tea	73,0	20-nov-21
84,0	Hernandez Alicia76	Tito's Gim	102,5	12-oct-13
84 +	Lopez Eliana/87	S/C	95,0	11-nov-22

**DAMAS JUNIOR Classic**

## SENTADILLA

43,0				
47,0	Gonzalez Nara/07	Vital	95,0	20-nov-21
52,0	Cabral Guadalupe/97	Celta	112,5	17-sep-19
57,0	Vallejos Iara/01	Ultra-Gym	115,0	2-nov-23
63,0	Nazarena Diaz/00	Kloster	142,5	6-sep-23
69,0	Ferreira Lourdes/03	Kratos	151,0	2-nov-23
76,0	Mendoza Ailen/03	Ultra-Gym	152,5	2-nov-23
84,0	Cristina Haug/99	Corpo Sao	140,0	20-nov-21

84 +

## FUERZA EN BANCO

43,0				
47,0	Olguin Karen/01	Pitbull Barbell	57,5	2-nov-23
52,0	Cabral Guadalupe/97	Celta	75,0	1-nov-19
57,0	Yuliana Rodriguez/05	La cueva del Vik	65,0	2-nov-23
63,0	Nazarena Diaz/00	Kloster	70,0	6-sep-23
69,0	Ferreira Lourdes/03	Kratos	73,0	2-nov-23
76,0	Mercedes Campi/03	Raido Team	75,0	2-nov-23
84,0	Cristina Haug/99	Corpo Sao	77,5	20-nov-21

84 +

## DESPEGUE

43,0				
47,0	Olguin Karen/01	Pitbull Barbell	100,0	2-nov-23
52,0	Rivero Claribel/03	MP Power Club	145,0	2-nov-23
57,0	Maria Blanco/00	Power Fit	133,0	11-nov-22
63,0	Diaz Nazarena/00	Kloster	155,5	11-nov-22
69,0	Ferreira Lourdes/03	Kratos	165,5	2-nov-23
76,0	Mendoza Ailen/03	Ultra-Gym	167,5	2-nov-23
84,0	Cristina Haug/99	Corpo Sao	160,0	20-nov-21

84 +

## TOTAL

43,0				
47,0	Olguin Karen/01	Pitbull Barbell	250,0	2-nov-23
52,0	Cabral Guadalupe/97	Celta	322,5	1-nov-19
57,0	Yuliana Rodriguez/05	La cueva del Vik	291,0	2-nov-23
63,0	Diaz Nazarena/00	Kloster	367,5	6-sep-23
69,0	Ferreira Lourdes/03	Kratos	391,5	2-nov-23
76,0	Mendoza Ailen/03	Ultra-Gym	390,5	2-nov-23
84,0	Cristina Haug/99	Corpo Sao	380,0	20-nov-21

84 +

**Fuerza en banco simple levantamiento**

43				
47,0	Olguin Karen/01	Pitbull Barbell	57,5	2-nov-23
52,0	Cabral Guadalupe/97	Celta	75,0	1-nov-19
57,0	Yuliana Rodriguez/05	La cueva del Vik	65,0	2-nov-23
63,0	Diaz Nazarena/01	Kloster	70,0	6-sep-22
69,0	Ferreira Lourdes/03	Kratos	73,0	2-nov-23
76,0	Mercedes Campi/03	Raido Team	75,0	2-nov-23
84,0	Cristina Haug/99	Corpo Sao	77,5	20-nov-21

84 +

DAMAS SUBJUNIOR		Classic		
SENTADILLA				
43,0	Briongos Elizabth/06	Kloster	65,0	11-nov-22
47,0	Gonzalez Nara/07	Vital	95,0	20-nov-21
52,0	Costa Camila/98	Grecos	95,0	20-jun-15
57,0	Yuliana Rodriguez/05	La cueva del Vik	105,0	2-nov-23
63,0	Gonzalez Wanda/07	Vital	115,0	20-nov-21
69,0	Poblete Lurdes/02	Grecos	150,0	1-nov-19
76,0				
84,0				
84 +	Silva Rosario/05	Kloster	95,0	11-nov-22
FUERZA EN BANCO				
43,0	Briongos Elizabth/06	Kloster	32,5	11-nov-22
47,0	Gonzalez Nara/07	Vital	40,0	20-nov-21
52,0	Giraldez Maria/05	Celta	55,0	20-nov-21
57,0	Yuliana Rodriguez/05	La cueva del Vik	65,0	2-nov-23
63,0	Luna Jasmin/06	SyC	53,0	2-nov-23
69,0	Poblete Lurdes/02	Grecos	72,5	1-nov-19
76,0				
84,0				
84 +	Silva Rosario/05	Kloster	52,5	11-nov-22
DESPEGUE				
43,0	Briongos Elizabth/06	Kloster	92,5	11-nov-22
47,0	Catalina Tenguerian/05	Pitbull Barbell	80,5	2-nov-23
52,0	Olivera Martina/05	Toro Competicion	127,5	2-nov-23
57,0	Yuliana Rodriguez/05	La cueva del Vik	121,0	2-nov-23
63,0	Yashnyk Kira/04	SyC	125,0	11-nov-22
69,0	Mendoza Ailen/03	Ultramar	160,0	1-nov-19
76,0				
84,0				
84 +	Silva Rosario/05	Kloster	110,0	11-nov-22
TOTAL				
43,0	Briongos Elizabth/06	Kloster	190,0	11-nov-22
47,0	Gonzalez Nara/07	Vital	215,0	20-nov-21
52,0	Costa Camila/98	Grecos	265,0	20-jun-15
57,0	Yuliana Rodriguez/05	La cueva del Vik	291,0	2-nov-23
63,0	Yashnyk Kira/04	SyC	270,0	11-nov-22
69,0	Poblete Lurdes/02	Grecos	377,5	1-nov-19
76,0				
84,0				
84 +	Silva Rosario/05	Kloster	257,5	11-nov-22
Fuerza en banco simple levantamiento				
43,0	Briongos Elizabth/06	Kloster	32,5	11-nov-22
47,0	Gonzalez Nara/07	Vital	40,0	20-nov-21
52,0	Costa Camila/98	Grecos	50,0	20-jun-15
57,0	Yuliana Rodriguez/05	La cueva del Vik	65,0	2-nov-23
63,0	Luna Jasmin/06	SyC	53,0	2-nov-23
69,0	Poblete Lurdes/02	Grecos	72,5	1-nov-19
76,0				
84,0				
84 +	Silva Rosario/05	Kloster	52,5	11-nov-22

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

47,0	Arosio Leticia/75	CRC	75,5	2-nov-23
52,0	Mariela DiNapoli/78	SyC	102,5	2-nov-23
57,0	Zeballos Ines/70	Toro Competicion	90,0	13-oct-12
63,0	Zeballos Ines/70	Toro Competicion	115,0	10-oct-15
69,0	Coronel Monica/70	Toro Competicion	137,5	8-sep-17
76,0	Silvia Mansilla/79	Power Fit	112,5	2-nov-23
84,0	Coronel Monica/70	Toro Competicion	125,0	10-oct-15

84 +

**FUERZA EN BANCO**

47,0	Arosio Carina/75	Grasso Gym	47,5	1-nov-19
52,0	Mariela DiNapoli/78	SyC	55	2-nov-23
57,0	Zeballos Ines/70	Toro Competicion	65,5	20-jun-15
63,0	Grittini Melina/78	SyC	77,5	2-nov-23
69,0	Coronel Monica/70	Toro Competicion	85,5	8-sep-17
76,0	Silvia Mansilla/79	Power Fit	57,5	2-nov-23
84,0	Coronel Monica/70	Toro Competicion	67,5	10-oct-15

84 +

**DESPEGUE**

47,0	Arosio Leticia/75	CRC	110,5	2-nov-23
52,0	Mariela DiNapoli/78	SyC	117,5	2-nov-23
57,0	Zeballos Ines/70	Toro Competicion	130,0	13-oct-12
63,0	Zeballos Ines/70	Toro Competicion	150,0	10-oct-15
69,0	Coronel Monica/70	Toro Competicion	157,5	8-sep-17
76,0	Silvia Mansilla/79	Power Fit	130,5	2-nov-23
84,0	Coronel Monica/70	Toro Competicion	140,0	10-oct-15

84 +

**TOTAL**

47,0	Arosio Carina/75	Grasso Gym	232,5	1-nov-19
52,0	Mariela DiNapoli/78	SyC	275,0	2-nov-23
57,0	Zeballos Ines/70	Toro Competicion	285,0	13-oct-12
63,0	Zeballos Ines/70	Toro Competicion	335,0	10-oct-15
69,0	Coronel Monica/70	Toro Competicion	380,5	8-sep-17
76,0	Silvia Mansilla/79	Power Fit	300,5	2-nov-23
84,0	Coronel Monica/70	Toro Competicion	332,5	10-oct-15

84 +

**Fuerza en banco simple levantamiento**

47,0	Arosio Carina/75	Grasso Gym	47,5	1-nov-19
52,0	Mariela DiNapoli/78	SyC	55	2-nov-23
57,0	Zeballos Ines/70	Toro Competicion	65,5	20-jun-15
63,0	Grittini Melina/78	SyC	77,5	2-nov-23
69,0	Coronel Monica/70	Toro Competicion	85,5	8-sep-17
76,0	Silvia Mansilla/79	Power Fit	57,5	2-nov-23
84,0	Coronel Monica/70	Toro Competicion	67,5	10-oct-15
84 +	Rengelman Veronica/77	Orions	75,0	2-nov-23

**DAMAS MASTER 2 Classic**

## SENTADILLA

47,0				
52,0				
57,0				
63,0	Schapsis Monica/64	Pampa Gym	70,0	1-nov-19
69,0	Celes Mirta/69	Kloster	100,0	2-nov-23
76,0				
84,0	Chavez Graciela/59	Maxi Gim	95,0	13-oct-12
84 +				

## FUERZA EN BANCO

47,0				
52,0				
57,0				
63,0	Schapsis Monica/64	Pampa Gym	45,0	1-nov-19
69,0	Celes Mirta/69	Kloster	45,0	2-nov-23
76,0				
84,0	Chavez Graciela/59	Maxi Gim	85,0	13-oct-12
84 +				

## DESPEGUE

47,0				
52,0				
57,0				
63,0	Schapsis Monica/64	Pampa Gym	110,0	1-nov-19
69,0	Celes Mirta/69	Kloster	120,0	2-nov-23
76,0				
84,0	Karina Prezzo/68	Raido Team	111,0	2-nov-23
84 +				

## TOTAL

47,0				
52,0				
57,0				
63,0	Schapsis Monica/64	Pampa Gym	225,0	1-nov-19
69,0	Celes Mirta/69	Kloster	265,0	2-nov-23
76,0				
84,0	Chavez Graciela/59	Maxi Gim	290,0	13-oct-12
84 +				

**Fuerza en banco simple levantamiento**

47,0				
52,0				
57,0				
63,0	Schapsis Monica/64	Pampa Gym	45,0	1-nov-19
69,0	Celes Mirta/69	Kloster	45,0	2-nov-23
76,0	Maria Jose Civeta/64	Power Ogunda	37,5	2-22-23
84,0	Chavez Graciela/59	Maxi Gim	85,0	13-oct-12
84 +				