

RECORDS NACIONALES - WABDL - F.F.A.A

Hombres - Open					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench	110	Acevedo Cristian	CEAF	2017
	Deadlift	185	Acevedo Cristian	CEAF	2017
	Total	290	Acevedo Cristian	CEAF	2017
90	Bench	140	Moran Julio	Sport Gym	2018
	Deadlift	192.5	Moran Julio	Sport Gym	2018
	Total	332.5	Moran Julio	Sport Gym	2018
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench	157.5	Monzon Amado	Go Gym	2018
	Deadlift	165	Monzon Amado	Go Gym	2018
	Total	322.5	Monzon Amado	Go Gym	2018
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Open					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Teenager 12-13					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Teenager 12-13					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Teenager 14-15					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Teenager 14-15					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Teenager 16-17					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Teenager 16-17					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Teenager 18-19					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Teenager 18-19					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Junior 20-25					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench	210	Maldonado Luis	TECNO GYM	2022
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Junior 20-25					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Sub-Master 33-39					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench	90	Gomory Pablo	Sport gym	2022
	Deadlift	195	Gomory Pablo	Sport gym	2022
	Total	285	Gomory Pablo	Sport gym	2022
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Sub-Master 33-39					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Master 40-46					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 40-46					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Master 47-53					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench	110	Acevedo Cristian	CEAF	2017
	Deadlift	185	Acevedo Cristian	CEAF	2017
	Total	290	Acevedo Cristian	CEAF	2017
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 47-53					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Press				
	Total				
48	Bench				
	Press				
	Total				
52	Bench				
	Press				
	Total				
56	Bench				
	Press				
	Total				
60	Bench				
	Press				
	Total				
67.5	Bench				
	Press				
	Total				
75	Bench				
	Press				
	Total				
82.5	Bench				
	Press				
	Total				
90	Bench				
	Press				
	Total				
100	Bench				
	Press				
	Total				
100+	Bench				
	Press				
	Total				

Hombres - Master 54-60					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench	107.5	Piccolo Nicolas	Fenix Gym	2019
	Deadlift	170	Piccolo Nicolas	Fenix Gym	2019
	Total	287.5	Piccolo Nicolas	Fenix Gym	2019
90	Bench	110	Chavez Hugo	Chavez Team	2017
	Deadlift	175	Chavez Hugo	Chavez Team	2017
	Total	285	Chavez Hugo	Chavez Team	2017
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench	157.5	Monzon Amado	Go Gym	2018
	Deadlift	165	Monzon Amado	Go Gym	2018
	Total	322.5	Monzon Amado	Go Gym	2018
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 54-60					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Press				
	Total				
48	Bench				
	Press				
	Total				
52	Bench				
	Press				
	Total				
56	Bench				
	Press				
	Total				
60	Bench				
	Press				
	Total				
67.5	Bench				
	Press				
	Total				
75	Bench				
	Press				
	Total				
82.5	Bench				
	Press				
	Total				
90	Bench				
	Press				
	Total				
100	Bench				
	Press				
	Total				
100+	Bench				
	Press				
	Total				

Hombres - Master 61-67					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 61-67					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Master 68-74					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 68-74					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Master 75-79					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 75-79					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Master 80-84					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 80-84					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Master 85-89					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
110	Bench				
	Deadlift				
	Total				
117.5	Bench				
	Deadlift				
	Total				
125	Bench				
	Deadlift				
	Total				
140	Bench				
	Deadlift				
	Total				
140+	Bench				
	Deadlift				
	Total				

Mujeres - Master 85-89					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench				
	Deadlift				
	Total				
60	Bench				
	Deadlift				
	Total				
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				