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

			Hombres - Open		
Peso	Lift	KG	Atleta	Gimnasio	Año
	Bench				
48	Deadlift				
	Total				
	Bench				
52	Deadlift				
	Total				
	Bench				
56	Deadlift				
	Total				
	Bench				
60	Deadlift				
	Total				
	Bench				
67.5	Deadlift				
	Total				
	Bench				
75	Deadlift				
	Total				
	Bench	110	Acevedo Cristian	CEAF	2017
82.5	Deadlift	185	Acevedo Cristian	CEAF	2017
	Total	290	Acevedo Cristian	CEAF	2017
	Bench	140	Moran Julio	Sport Gym	2018
90	Deadlift	192.5	Moran Julio	Sport Gym	2018
	Total	332.5	Moran Julio	Sport Gym	2018
100	Bench				
100	Deadlift				
	Total				
110	Bench				
110	Deadlift Total				
	Bench	157.5	Monzon Amado	Go Gym	2018
1175	Deadlift	165	Monzon Amado	Go Gym	2018
	Total	322.5	Monzon Amado	Go Gym	2018
	Bench	322.3	. IOIIZOII AIIIGGO	00 0 3 111	20.0
125	Deadlift				
	Total				
	Bench				1
140	Deadlift				1
	Total				1
	Bench				
140+	Deadlift				1
	Total				1
	Total				

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

Bench Deadlift Total				Hombres - Teenager 1	2-13	
Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Deadlift Total	Peso		KG	Atleta	Gimnasio	Año
Total Bench Deadlift Total Deadlift Deadlift Deadlift Total Deadlift						
See	48	Deadlift				
Deadlif Total						
Total Bench Deadlift Total Deadlift Deadlift Total Deadlift D						
See	52					
Deadlift Total						
Total Bench Deadlift Total Deadlift Deadlift Total Deadlift Dea						
Bench Deadlift Total	56					
Deadlif Total						
Total Bench Deadlift Total Deadlift Deadlift Total Deadlift	-					
Bench Deadlift Total	60					
67.5 Deadlif						
Total Bench Deadlift Total Deadlift Deadlift Total Deadlift De	C7 E	Bench				
Bench Deadlift Total	67.5					
Total Bench Potal Total Bench Potal Total Bench Potal Total Potal Total Potal Pota						
Total Bench Deadlift Total 90	75					
Bench Deadlift Total	15					
82.5						
Total Bench Deadlift Total Deadlift Deadlift Total Deadlift Deadlift Total Deadlift De	92.5					
Deadlift Total	82.5					
90						
Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Deadlift Deadlift Total Deadlift Deadlift Total Deadlift	90					
100	30					
100 Deadlift Total Bench 110 Deadlift Total Bench 117.5 Deadlift Total Bench 125 Deadlift Total Bench 140 Deadlift Total Bench 150 Deadlift Total Bench 160 Deadlift Total Bench 170 Deadlift Total Bench 180 Deadlift Total Bench 180 Deadlift Total Bench						
Total Bench Deadlift Total Bench Total Bench Total Bench Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Deadlift Deadlift Total Deadlift Deadlift Deadlift Total Deadlift Deadli	100					
110						
110 Deadlift Total Bench 117.5 Deadlift Total Bench 125 Deadlift Total Bench 140 Deadlift Total Bench 140 Deadlift Total Bench Bench 140 Deadlift Total Bench						
Total Bench 117.5 Deadlift Total 125 Bench Deadlift Total 140 Deadlift Total Bench Deadlift Total Total Deadlift Total Total Deadlift Total Deadlift Total Total Deadlift Tot	110					
117.5 Bench Total 125 Deadlift Total Bench Deadlift Deadli						
117.5 Deadlift Total Bench 125 Deadlift Total Bench 140 Deadlift Total Bench 140 Deadlift Total Bench						
Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench B	117.5					
125						
Total Bench Total						
Total Bench	125	Deadlift				
140 Deadlift						
Total Bench						
Bench	140	Deadlift				
		Total		<u> </u>		
140+ 5 446						
140+ Deadlift	140+					
Total		Total				

			Mujeres - Teenager 1	2-13	
Peso	Lift	KG	Atleta	Gimnasio	Año
	Bench				
44	Deadlift				
	Total				
	Bench				
48	Deadlift				
	Total				
	Bench				
52	Deadlift				
	Total				
	Bench				
56	Deadlift				
	Total				
	Bench				
60	Deadlift				
	Total				
	Bench				
67.5	Deadlift				
	Total				
	Bench				
75	Deadlift				
	Total				
	Bench				
82.5	Deadlift				
	Total				
	Bench				
90	Deadlift				
	Total				
	Bench				
100					
	Total				
	Bench				
100+	Deadlift				
	Total				

Peso Lift KG Atleta Gimnasio Año				Hombres - Teenager 1	14-15	
A8 Deadlift Total	Peso	Lift	KG			Año
Total Bench Deadlift Total Deadlift		Bench				
See	48	Deadlift				
Deadlift		Total				
Total Bench Deadlift Total Deadlift Dea		Bench				
Sench Deadlift	52	Deadlift				
Deadlift		Total				
Total Bench Deadlift Total		Bench				
Bench Deadlift	56	Deadlift				
60 Deadlift Total		Total				
Total Bench Deadlift Total		Bench				
67.5 Bench Deadlift	60	Deadlift				
67.5 Deadlift Total		Total				
Total Bench						
Bench Deadlift	67.5	Deadlift				
Total Deadlift Total		Total				
Total Bench		Bench				
82.5 Bench Deadlift Total	75	Deadlift				
82.5 Deadlift Total		Total				
Total Bench Deadlift Total Bench Deadlift Total Bench Total Bench Deadlift Total Bench Deadlift Total Bench Total Bench Deadlift Total Deadlift Deadli						
Bench Deadlift Total	82.5	Deadlift				
90 Deadlift Total		Total				
Total Bench Deadlift Total Deadlift Total Total Total Deadlift Total Tot						
Bench Deadlift	90					
100 Deadlift Total						
Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Deadli						
110	100	Deadlift				
110 Deadlift Total						
Total Bench						
117.5	110	_ cutting c				
117.5 Deadlift Total						
Total Bench		Bench				
Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Dea	117.5					
125 Deadlift Total 140 Deadlift Total 140 Deadlift Deadlift						
Total Bench Deadlift						
Bench Deadlift Total Bench Deadlift Total Bench Deadlift Deadlift Deadlift Deadlift Deadlift Deadlift Deadlift Deadlift	125	_ cutting c				
140 Deadlift						
Total Bench 140+ Deadlift						
Bench Deadlift	140					
140+ Deadlift						
Total	140+				1	
		Total			1	

			Mujeres - Teenager 1		
Peso	Lift	KG	Atleta	Gimnasio	Año
	Bench				
44	Deadlift				
	Total				
48	Bench				
40	Deadlift				
	Total Bench				
52	Deadlift				
	Total				
	Bench				
56	Deadlift				
	Total				
	Bench				
60	Deadlift				
	Total				
C7 E	Bench				
67.5	Deadlift				
	Total Bench				
75	Deadlift				
	Total				
	Bench				
82.5	Deadlift				
	Total				
	Bench				
90	Deadlift				
	Total				
100	Bench				
100	Deadlift				
	Total Bench				
100+	Deadlift 1				
_50.	Total				
	Total				

Peso Lift KG Atleta Gimnasio Ai				Hombres - Teenager 1		
1	Peso		KG	Atleta	Gimnasio	Año
Total Bench Deadlift Total Bench Bench Bench Bench Deadlift Total Bench Bench Deadlift Total Deadlift Dead						
Sench Deadlift	48					
Deadlift Total						
Total Bench Deadlift Total	F 0					
Bench Deadlift	52					
Deadlift Total						-
Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Bench Deadlift Total Deadlift Deadli	56					
Bench Deadlift Total	30					
Deadlift Total Bench						
Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift Total Bench Deadlift D	60					
67.5 Bench Deadlift Total	00					
67.5 Deadlift Total Bench 75 Deadlift Total Bench 82.5 Deadlift Total Bench 90 Deadlift Total 100 Deadlift Total Bench 100 Deadlift Total Bench Deadlift Total Bench Deadlift Total						
Total Bench	67.5					
Bench Deadlift						
Total						
82.5 Bench Deadlift	75					
82.5 Deadlift Total		Total				
Total Bench Deadlift Total						
Bench Deadlift Total Bench Deadlift Total Total Total Total Bench	82.5	Deadlift				
90 Deadlift		Total				
Total Bench						
Bench Deadlift	90					
100 Deadlift Total Bench						
Total	100					
110 Bench Deadlift	100					
110 Deadlift						
	110					
	110					
Bench						1
117.5 Deadlift	117.5					
Total	111.5					
Bench						
125 Deadlift	125					
Total						
Bench		Bench				
140 Deadlift	140	Deadlift				
Total		Total				
Bench						
140+ Deadlift	140+					
Total		Total				

			Mujeres - Teenager 1	6-17	
Peso	Lift	KG	Atleta	Gimnasio	Año
	Bench				
44	Deadlift				
	Total				
	Bench				
48	Deadlift				
	Total				
	Bench				
52	Deadlift				
	Total				
	Bench				
56	Deadlift				
	Total				
	Bench				
60	Deadlift				
	Total				
	Bench				
67.5	Deadlift				
	Total				
	Bench				
75	Deadlift				
	Total				
	Bench				
82.5	Deadlift				
	Total				
	Bench				
90	Deadlift				
	Total				
	Bench				
100	Deadlift				
	Total				
	Bench				
100+	Deadlift				
	Total				

			Hombres - Teenager	18-19	
Peso	Lift	KG	Atleta	Gimnasio	Año
	Bench				
48	Deadlift				
	Total				
52	Bench				
52	Deadlift Total				
	Bench				
56	Deadlift				
	Total				
	Bench				
60	Deadlift				
	Total				
o	Bench				
67.5	Deadlift				
	Total				
75	Bench Deadlift				
	Total				
	Bench				
82.5	Deadlift				
	Total				
	Bench				
90	Deadlift				
	Total				
100	Bench				
100	Deadlift Total				
	Bench				-
110	Deadlift				
	Total				
	Bench				1
117.5	Deadlift				
	Total				
40-	Bench				
125	Deadlift				
	Total Bench				-
140	Deadlift 1				
140	Total				
	Bench			1	1
140+	Deadlift				
	Total				
				•	•

			Mujeres - Teenager 1	8-19	
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
	Bench				
48	Deadlift				
	Total				
	Bench				
52	Deadlift				
	Total				
56	Bench				
50	Deadlift Total				
	Bench				
60	Deadlift				
	Total				
	Bench				
67.5					
	Total				
	Bench				
75	Deadlift				
	Total				
	Bench				
82.5	Deadlift				
	Total				
-00	Bench				
90	Deadlift	210	Maldonado Luis	TECNO GYM	2022
	Total Bench				
100	Deadlift 1				
100	Total				
	Bench				
110	Deadlift				
	Total				
	Bench				
117.5	Deadlift				
	Total				
	Bench				
125	Deadlift				
	Total				
	Bench				
140	Deadlift				
	Total				
4 40 1	Bench				
140+	Deadlift				
	Total	I		l	l

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

			Hombres - Sub-Master	33_39	
Peso	Lift	KG	Atleta	Gimnasio	Año
	Bench		ridota	- Cillinacio	7
48	Deadlift				
	Total				
	Bench				
52	Deadlift				
	Total				
	Bench				
56	Deadlift				
	Total				
	Bench				
60	Deadlift				
	Total				
	Bench				
67.5	Deadlift				
	Total				
	Bench				
75	Deadlift				
	Total				
	Bench				
82.5	Deddinge				
	Total				
-00	Bench	90	Gomory Pablo	Sport gym	2022
90	Deadlift	195	Gomory Pablo	Sport gym	2022
	Total	285	Gomory Pablo	Sport gym	2022
100	Bench				
100	Deadlift				
	Total				
110	Bench				
110	Deadlift Total				
	Bench				
1175	Deadlift 1				
117.5	Total				
	Bench				
125					
120	Total				
	Bench				
140	Deadlift				
	Total				
	Bench				
140+					
	Total				
	Total			l	1

	Mujeres - Sub-Master 33-39						
Peso	Lift	KG	Atleta	Gimnasio	Año		
44	Bench Deadlift						
	Total						
48	Bench Deadlift						
40	Total						
52	Bench Deadlift						
02	Total						
56	Bench						
30	Deadlift Total						
60	Bench						
60	Deadlift Total						
C7 F	Bench						
67.5	Deadlift Total						
75	Bench						
15	Deadlift Total						
00.5	Bench						
82.5	Deadlift Total						
	Bench						
90	Deadlift Total						
100	Bench						
100	Deadlift Total						
400.	Bench						
100+	Deadlift Total						
	rotui						

			Hombres - Master 40		
Peso	Lift	KG	Atleta	Gimnasio	Año
	Bench				
48	Deadlift				
	Total				
	Bench				
52	Deadlift				
	Total				
56	Bench				
50	Deadlift Total				
	Bench				
60	Deadlift				
	Total				
	Bench				
67.5					
	Total				
	Bench				
75	Deadlift				
	Total				
	Bench				
82.5	Deadlift				
	Total				
-00	Bench				
90	Deadlift				
	Total				
100	Bench				
100	Deadlift Total				
	Bench				
110	Deadlift				
	Total				
	Bench				
117.5	Deadlift				
	Total				
	Bench				
125	Deadlift				
	Total				
	Bench				
140	Deadlift				
	Total				<u> </u>
4.40	Bench				
140+					
	Total			I	1

	Mujeres - Master 40-46						
Peso	Lift	KG	Atleta	Gimnasio	Año		
	Bench						
44	Deadlift						
	Total						
	Bench						
48	Deadlift						
	Total						
	Bench						
52	Deadlift						
	Total						
	Bench						
56	Deadlift						
	Total						
-00	Bench						
60	Deadlift						
	Total						
67.5	Bench						
07.5	Deadlift Total						
75	Bench						
13	Deadlift Total						
	Bench						
82.5	Deadlift						
02.0	Total						
	Bench						
90	Deadlift						
	Total						
	Bench						
100	Deadlift						
	Total						
	Bench						
100+	Deadlift						
	Total						

			Hombres - Master 47	-53	
Peso	Lift	KG	Atleta	Gimnasio	Año
	Bench				
48	Deadlift				
	Total				
	Bench				
52	Deadlift				
	Total				
56	Bench				
56	Deadlift				
	Total				
60	Bench				
00	Deadlift				
	Total Bench				-
67.5	Deadlift				
07.5	Total				
	Bench				
75	Deadlift				
. •	Total				
	Bench	110	Acevedo Cristian	CEAF	2017
82.5		185	Acevedo Cristian	CEAF	2017
	Total	290	Acevedo Cristian	CEAF	2017
	Bench				
90	Deadlift				
	Total				
	Bench				
100	Deadlift				
	Total				
	Bench				
110	Deadlift				
	Total				
	Bench				
117.5	Deadlift				
	Total				
	Bench				
125	Deadlift				
	Total				
440	Bench				
140	Deadlift				
	Total				-
140+	Bench				
140+	Deadlift				
	Total			<u>l</u>	1

	Mujeres - Master 47-53						
Peso	Lift	KG	Atleta	Gimnasio	Año		
	Bench						
44	Press						
	Total						
	Bench						
48	Press						
	Total						
	Bench						
52	Press						
	Total						
	Bench						
56	Press						
	Total						
	Bench						
60	Press						
	Total						
	Bench						
67.5	Press						
	Total						
	Bench						
75	Press						
	Total						
	Bench						
82.5	Press						
	Total						
	Bench						
90	Press						
	Total						
400	Bench						
100	Press						
	Total						
400.	Bench						
100+	17000						
	Total						

Hombres - Master 54-60							
Peso		KG	Atleta	Gimnasio	Año		
	Bench						
48	Deadlift						
	Total						
	Bench						
52	Deadlift						
	Total						
	Bench						
56	Deadlift						
	Total						
	Bench						
60	Deadlift						
	Total						
<u></u>	Bench						
67.5	_ cutting c						
	Total						
	Bench						
75	Deadlift						
	Total						
00.5	Bench	107.5	Piccolo Nicolas	Fenix Gym	2019		
82.5	Deadlift	170	Piccolo Nicolas	Fenix Gym	2019		
	Total	287.5	Piccolo Nicolas	Fenix Gym	2019		
90	Bench	110	Chavez Hugo	Chavez Team Chavez Team	2017		
90	Deadlift	175	Chavez Hugo		2017		
	Total	285	Chavez Hugo	Chavez Team	2017		
100	Bench						
100	Deadlift Total						
110	Bench						
110	Deadlift Total						
	Bench	157.5	Monzon Amado	Go Gym	2018		
1175	Deadlift	165	Monzon Amado Monzon Amado	Go Gym	2018		
111.0	Total	322.5	Monzon Amado Monzon Amado	,	2018		
	Bench	322.3	MUIIZUII AMAGO	Go Gym	2010		
125							
120	Total						
	Bench				1		
140							
140	Total						
	Bench				1		
140+	Deadlift						
	Total						
	Total	ı	l .		1		

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

			Hombres - Master 61	-67	
Peso	Lift	KG	Atleta	Gimnasio	Año
	Bench				
48	Deadlift				
	Total				
	Bench				
52	Deadlift				
	Total				
	Bench				
56	Deadlift				
	Total				
	Bench				
60	Deadlift				
	Total				
a= -	Bench				
67.5	Deadlift				
	Total				
	Bench				
75	Deadlift				
	Total				
82.5	Bench				
82.5	Deddinge				
	Total				
90	Bench				
90	Deadlift				
	Total				
100	Bench				
100	Deadlift Total				
	Bench				
110	Deadlift 1				
	Total				
	Bench				
117.5	Deadlift				
	Total				
	Bench				
125					
	Total				
	Bench				
140	Deadlift				
_	Total				
	Bench				
140+					
	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	
	Bench					
48	Deadlift					
	Total					
	Bench					
52	Deadlift					
	Total					
56	Bench					
30	Deadlift Total					
	Bench					
60	Deadlift					
	Total					
	Bench					
67.5						
	Total					
	Bench					
75	Deadlift					
	Total					
	Bench					
82.5						
	Total					
90	Bench					
90	Deadlift					
	Total Bench					
100	Deadlift					
	Total					
	Bench					
110	Deadlift					
	Total					
	Bench					
117.5	Deadlift					
	Total					
	Bench					
125	Deadlift					
	Total					
140	Bench					
140	Deadlift					
	Total Bench					
140+	Deadlift					
_ 10 .	Total					
	Total			l .		

	Mujeres - Master 68-74					
Peso	Lift	KG	Atleta	Gimnasio	Año	
44	Bench					
44	Deadlift Total					
	Bench					
48	Deadlift					
	Total					
	Bench					
52	Deadlift					
	Total Bench					
56	Deadlift					
	Total					
	Bench					
60	Deadlift					
	Total					
67.5	Bench Deadlift					
01.5	Total					
	Bench					
75	Deadlift					
	Total					
82.5	Bench					
82.5	Deadlift Total					
	Bench					
90	Deadlift					
	Total					
405	Bench					
100	Deadlift					
	Total Bench					
100+	Deadlift 1					
	Total					

Hombres - Master 75-79					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
	Bench				
52	Deadlift				
	Total				
	Bench				
56	Deadlift				
	Total				
	Bench				
60	Deadlift				
	Total				
a= =	Bench				
67.5	Deadlift				
	Total				
	Bench				
75	Deadlift				
	Total				
82.5	Bench				
62.5	Deading				
	Total Bench				
90	Deadlift				
90	Total				
	Bench				
100	Deadlift				
	Total				
	Bench				
110	Deadlift				
	Total				
	Bench				
117.5	Deadlift				
	Total				
	Bench				
125					
	Total				
	Bench				
140	Deadlift				
	Total				
	Bench				
140+	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					
	Bench					
52	Deadlift					
	Total					
56	Bench					
30	Deadlift Total					
	Bench					
60	Deadlift					
- 00	Total					
	Bench					
67.5						
	Total					
	Bench					
75	Deadlift					
	Total					
	Bench					
82.5	Deadlift					
	Total					
	Bench					
90	Deadlift					
	Total					
400	Bench					
100	Deadlift					
	Total					
110	Bench					
110	Deadlift					
	Total Bench					
1175	Deadlift 1					
117.0	Total					
	Bench					
125	Deadlift					
	Total					
	Bench					
140	Deadlift					
	Total					
	Bench					
140+	Deadlift					
	Total					

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

			Hombres - Master 85	-89	
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench				
	Deadlift				
	Total				
	Bench				
52	Deadlift				
	Total				
	Bench				
56	Deadlift				
	Total				
	Bench				
60	Deadlift				
	Total				
	Bench				
67.5	- cutting c				
	Total				
	Bench				
75	Deadlift				
	Total				
00.5	Bench				
82.5	Deddinge				
	Total				
90	Bench				
90	Deadlift				
	Total				
100	Bench				
100	Deadlift				
	Total				
110	Bench				
110	Deadlift Total				
	Bench				
1175	Deadlift				
	Total				
	Bench				
125	Deadlift				
120	Total				
	Bench				
140	Deadlift				
143	Total				
	Bench				
140+	Deadlift				
	Total				

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