

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

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.				
	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 - 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				
	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				
	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 - 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				
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.				
	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 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.				
	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 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

Mujeres - 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			

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				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				