

## RECORDS NACIONALES - WABDL - PUSH PULL RAW

Hombres - Open					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench	60			2017
	Deadlift	120			2017
	Total	180			2017
52	Bench	75			
	Deadlift	140,5	Corsini Diego	La Meca	2017
	Total	215			
56	Bench	82,5			
	Deadlift	160			
	Total	242,5			
60	Bench	105			
	Deadlift	205	Avendaño Fabian	CORPORAL KINESIS	2024
	Total	290	Avendaño Fabian	CORPORAL KINESIS	2024
67.5	Bench	130	Barros Ramiro	Starkur	2021
	Deadlift	240	Barros Ramiro	Starkur	2021
	Total	370	Barros Ramiro	Starkur	2021
75	Bench	161	De Simone Serafin	Power MDQ	2019
	Deadlift	260	Barros Ramiro	Coliseo P.Alta	2023
	Total	400	Barros Ramiro	Coliseo P.Alta	2023
82.5	Bench	172,5	Alcantara Fernando	Target gym	2024
	Deadlift	300	Ortiz Jonathan	CORPORAL KINESIS	2023
	Total	430	Izuminawa Fabian	Bersekr	2021
90	Bench	185	Di Santo Marcos	Bersekr	2022
	Deadlift	282,5	Tevez Facundo	antiago Del Estero Tea	2021
	Total	440	Di Santo Marcos	Bersekr	2022
100	Bench	185,5	Di Santo Marcos	Bersekr	2023
	Deadlift	283	Miravalles Mariano	Sport Gym	2018
	Total	450,5	Di Santo Marcos	Bersekr	2023
110	Bench	190	Edgard Eduardo	Gladiator Gym	2018
	Deadlift	300	Cousau Martin	Cousau Team	2019
	Total	450	Cousau Martin	Cousau Team	2019
117.5	Bench	190	Giles Victor	Bersekr	2022
	Deadlift	290	Giles Victor	Bersekr	2022
	Total	480	Giles Victor	Bersekr	2022
125	Bench	180			
	Deadlift	340,5	Rojas Alfredo	Ramses 2	2019
	Total	515	Rojas Alfredo	Ramses 2	2019
140	Bench	200	Medina Juan	Fenix Gym	2018
	Deadlift	305	Leo Menazzi Franco	Bersekr	2021
	Total	480	Medina Juan	Fenix Gym	2018
140+	Bench	220	Bersia Gaston	Bersekr	2021
	Deadlift	280	Medina Juan	Fenix Gym	2019
	Total	490	Medina Juan	Fenix Gym	2019

Hombres - Teenager 12-13					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench	65	Bernachi javier jr	Lio gym	2021
	Deadlift	126	Bernachi javier jr	Lio gym	2021
	Total	190	Bernachi javier jr	Lio gym	2021
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	77,5	Vallinoto Diana	Sport Gym	2022
	Deadlift	157,5	Vallinoto Diana	Sport Gym	2022
	Total	230	Vallinoto Diana	Sport Gym	2022
48	Bench	80	Vallinoto Diana	Sport Gym	2023
	Deadlift	165	Vallinoto Diana	Sport Gym	2023
	Total	237,5	Vallinoto Diana	Sport Gym	2023
52	Bench	105	Ruiz Silvina	Bersekr	2022
	Deadlift	170	Ruiz Silvina	Bersekr	2022
	Total	275	Ruiz Silvina	Bersekr	2022
56	Bench	75	Mornacco Silvina	Santa Teresita	2024
	Deadlift	155,5	SONIA SARAPURA	OAPLS	2023
	Total	218	SONIA SARAPURA	OAPLS	2023
60	Bench	80	Ballesteros Natalia	Mostro Gym MDQ	2023
	Deadlift	167,5	Ballesteros Natalia	Mostro Gym MDQ	2023
	Total	245,5	Ballesteros Natalia	Mostro Gym MDQ	2023
67.5	Bench	120	Ruiz Silvina	Elite Gym	2023
	Deadlift	185	Ruiz Silvina	Elite Gym	2023
	Total	305	Ruiz Silvina	Elite Gym	2019
75	Bench	110	Franco Carolina	Polifemus	2022
	Deadlift	200	Ledezma Eliana	Rojas Team	2022
	Total	300	Ledezma Eliana	Rojas Team	2022
82.5	Bench	110	Ledezma Eliana	Rojas Team	2022
	Deadlift	200	Ledezma Eliana	Rojas Team	2021
	Total	310	Ledezma Eliana	Rojas Team	2021
90	Bench	85	Mariana Quintero	Evolution	2017
	Deadlift	175	Mariana Quintero	Evolution	2017
	Total	260	Mariana Quintero	Evolution	2017
100	Bench	107,5	De Tomas Milagros	Bersekr	2024
	Deadlift	185	De Tomas Milagros	Bersekr	2024
	Total	292,5	De Tomas Milagros	Bersekr	2024
100+	Bench	80			2017
	Deadlift	170	Pedrosa Rosa	OAPLS	2021
	Total	240	Pedrosa Rosa	OAPLS	2021

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	60	Magno Martin	OAPLS	2021
	Deadlift	150	Magno Martin	OAPLS	2021
	Total	210	Magno Martin	OAPLS	2021
67.5	Bench				
	Deadlift				
	Total				
75	Bench				
	Deadlift				
	Total				
82.5	Bench				
	Deadlift				
	Total				
90	Bench	95	Nungerser Renato	OxidoGym	2023
	Deadlift	180	Nungerser Renato	OxidoGym	2023
	Total	270	Nungerser Renato	OxidoGym	2023
100	Bench	70	Fernandez Nicolas	Poliemus	2023
	Deadlift	150	Fernandez Nicolas	Poliemus	2023
	Total	220	Fernandez Nicolas	Poliemus	2023
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	30	Ballesteros Maia	Mostro Gym MDQ	2024
	Deadlift	80	Ballesteros Maia	Mostro Gym MDQ	2024
	Total	110	Ballesteros Maia	Mostro Gym MDQ	2024
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	40			
	Deadlift	80			
	Total	120			
52	Bench	62.5	Diego Corsini	La Meca Gym	2017
	Deadlift	140.5	Diego Corsini	La Meca Gym	2017
	Total	202.5	Diego Corsini	La Meca Gym	2017
56	Bench	77.5	Diego Corsini	La Meca Gym	2018
	Deadlift	135	Diego Corsini	La Meca Gym	2018
	Total	210	Diego Corsini	La Meca Gym	2018
60	Bench	70	Guaymas Adrian	Evolution Gym	2018
	Deadlift	160	Magno Martin	OAPLS	2021
	Total	225	Magno Martin	OAPLS	2021
67.5	Bench	120	Rosso Dobenau Facu	Ronin Gym	2021
	Deadlift	200	Franco Argaranaz	ATP	2019
	Total	295	Franco Argaranaz	ATP	2019
75	Bench	102.5	Garello Joaquin	Ronin Gym	2018
	Deadlift	200.5	Rodriguez Joaquin	OAPLS	2021
	Total	295	Garello Joaquin	Ronin Gym	2018
82.5	Bench	160	Uriona Franco	CORPORAL KINESIS MIRAMA	2023
	Deadlift	260	Uriona Franco	CORPORAL KINESIS MIRAMA	2023
	Total	420	Uriona Franco	CORPORAL KINESIS MIRAMA	2023
90	Bench	150	Rodriguez Facundo	Team 25	2021
	Deadlift	215	Adrian Rivainera	Ronin Gym	2019
	Total	365	Rodriguez Facundo	Team 25	2021
100	Bench	115	Abarzua Axel	Iron gym	2023
	Deadlift	210	Abarzua Axel	Iron gym	2023
	Total	325	Abarzua Axel	Iron gym	2023
110	Bench	120	Abarzua Axel	Iron gym	2023
	Deadlift	210	Abarzua Axel	Iron gym	2023
	Total	330	Abarzua Axel	Iron gym	2023
117.5	Bench	100			
	Deadlift	205			
	Total	305			
125	Bench	102.5			
	Deadlift	210			
	Total	312.5			
140	Bench	140	Rafael Zarate	La Roca Gym	2017
	Deadlift	215			
	Total	345	Rafael Zarate	La Roca Gym	2017
140+	Bench	110			
	Deadlift	220			
	Total	330			

Mujeres - Teenager 16-17					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench	30	Fernandez Lara	X cross Box Fitness	2022
	Deadlift	62.5	Fernandez Lara	X cross Box Fitness	2022
	Total	92.5	Fernandez Lara	X cross Box Fitness	2022
52	Bench				
	Deadlift				
	Total				
56	Bench	70	Acosta Lepez Micaela	General Acha	2022
	Deadlift	125	Acosta Lepez Micaela	General Acha	2022
	Total	195	Acosta Lepez Micaela	General Acha	2022
60	Bench	57.5	ernandez Pastore MORE	TATO GYM	2023
	Deadlift	110	ernandez Pastore MORE	TATO GYM	2023
	Total	167.5	ernandez Pastore MORE	TATO GYM	2023
67.5	Bench	40	Rodriguez Guadalupe	Mostro Gym MDQ	2024
	Deadlift	120	Rodriguez Guadalupe	Mostro Gym MDQ	2024
	Total	160	Rodriguez Guadalupe	Mostro Gym MDQ	2024
75	Bench				
	Deadlift				
	Total				
82.5	Bench	60	Santillan Natalia	Polifemus	2017
	Deadlift	145	Santillan Natalia	Polifemus	2017
	Total	205	Santillan Natalia	Polifemus	2017
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				

Hombres - Teenager 18-19					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench	50			
	Deadlift	100			
	Total	150			
52	Bench	55			
	Deadlift	120			
	Total	275			
56	Bench	65	TOMAS CIPRIANO	Tato Team	2022
	Deadlift	140			
	Total	205			
60	Bench	77,5	TOMAS CIPRIANO	Tato Team	2023
	Deadlift	165	TOMAS CIPRIANO	Tato Team	2023
	Total	242,5	TOMAS CIPRIANO	Tato Team	2023
67.5	Bench	130	Barros Ramiro	Sterkur	2021
	Deadlift	240	Barros Ramiro	Sterkur	2021
	Total	370	Barros Ramiro	Sterkur	2021
75	Bench	127,5	Cortes Gabriel	Silvio Gym	2018
	Deadlift	250	Cortes Gabriel	Silvio Gym	2018
	Total	377,5	Cortes Gabriel	Silvio Gym	2018
82.5	Bench	172,5	Uriona Franco	CORPORAL KINESIS MIRAMA	2018
	Deadlift	270	Uriona Franco	CORPORAL KINESIS MIRAMA	2017
	Total	442,5	Uriona Franco	CORPORAL KINESIS MIRAMA	2017
90	Bench	140	FrancouEzequiel	RAM GYM	2022
	Deadlift	245	Quiroz Franco	Fenix Gym	2019
	Total	375,5	Quiroz Franco	Fenix Gym	2019
100	Bench	122,5	MATIAS STOESSEL	TECNO GYM CARHUE	2023
	Deadlift	240	MATIAS STOESSEL	TECNO GYM CARHUE	2023
	Total	362,5	MATIAS STOESSEL	TECNO GYM CARHUE	2023
110	Bench	135	Cristian Coronel	Comelli Team	2019
	Deadlift	250	Cristian Coronel	Comelli Team	2019
	Total	385	Cristian Coronel	Comelli Team	2019
117.5	Bench	117,5	Puntano Lautaro	OAPLS	2021
	Deadlift	260	Puntano Lautaro	OAPLS	2021
	Total	377,5	Puntano Lautaro	OAPLS	2021
125	Bench	135	Diaz Joaquin	Rojas Team	2021
	Deadlift	250	Diaz Joaquin	Rojas Team	2021
	Total	335	Diaz Joaquin	Rojas Team	2021
140	Bench	200	Medina Juan	Fenix Gym	2018
	Deadlift	280	Medina Juan	Fenix Gym	2018
	Total	480	Medina Juan	Fenix Gym	2018
140+	Bench	210	Medina Juan	Fenix Gym	2019
	Deadlift	280	Medina Juan	Fenix Gym	2019
	Total	490	Medina Juan	Fenix Gym	2019

Mujeres - Teenager 18-19					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Deadlift				
	Total				
48	Bench				
	Deadlift				
	Total				
52	Bench				
	Deadlift				
	Total				
56	Bench	52,5	Ruiz Silvina	Fenix Gym	2019
	Deadlift	120,5	Leiva Geraldine	RAM GYM	2022
	Total	162,5	Ruiz Silvina	Fenix Gym	2019
60	Bench	60	Ruiz Silvina	Fenix Gym	2019
	Deadlift	130	Ruiz Silvina	Fenix Gym	2019
	Total	190	Ruiz Silvina	Fenix Gym	2019
67.5	Bench	55	Melognó Martina	Ramses 2	2019
	Deadlift	125	MELISA PERG	IMPERIUM GYM C. SUAREZ	2023
	Total	178	MELISA PERG	IMPERIUM GYM C. SUAREZ	2023
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	55			
	Deadlift	105			
	Total	110			
52	Bench	60			
	Deadlift	125			
	Total	185			
56	Bench	70	Rimoldi Leonardo	Berserkr Gym	2021
	Deadlift	160	Rimoldi Leonardo	Berserkr Gym	2021
	Total	230	Rimoldi Leonardo	Berserkr Gym	2021
60	Bench	100	Castrillo Juan	Berserkr Gym	2021
	Deadlift	190	Bereguer Manuel	Berserkr Gym	2021
	Total	280	Bereguer Manuel	Berserkr Gym	2021
67.5	Bench	115	Castro Rafael	Berserkr Gym	2021
	Deadlift	195	Castro Rafael	Berserkr Gym	2021
	Total	310	Castro Rafael	Berserkr Gym	2021
75	Bench	140	Barros Ramiro	Coliseo P.Alta	2023
	Deadlift	260	Barros Ramiro	Coliseo P.Alta	2023
	Total	400	Barros Ramiro	Coliseo P.Alta	2023
82.5	Bench	142,5	Tanos Franco	Sport gym	2022
	Deadlift	240	Tanos Franco	Sport gym	2022
	Total	382,5	Tanos Franco	Sport gym	2022
90	Bench	130	Dercoli Francisco	Berserkr Gym	2022
	Deadlift	252,5	Dercoli Francisco	Berserkr Gym	2022
	Total	382,5	Dercoli Francisco	Berserkr Gym	2022
100	Bench	115			
	Deadlift	230	Natael Siaber	Tecnogym	2017
	Total	325	Villegas Paul	Oxido Gym	2023
110	Bench	135	Enciso Alberto	Polifemo	2023
	Deadlift	225	Enciso Alberto	Polifemo	2023
	Total	360	Enciso Alberto	Polifemo	2023
117.5	Bench	135	Jurado Ignacio	Berserkr Gym	2023
	Deadlift	250	Juarez Octavio	OAPLS	2021
	Total	375	Juarez Octavio	OAPLS	2021
125	Bench	125			
	Deadlift	220			
	Total	345			
140	Bench	172,5	Leo Menazzi Franco	Berserkr Gym	2021
	Deadlift	305	Leo Menazzi Franco	Berserkr Gym	2021
	Total	477,5	Leo Menazzi Franco	Berserkr Gym	2021
140+	Bench	190	Leo Menazzi Franco	Berserkr Gym	2021
	Deadlift	335	Leo Menazzi Franco	Berserkr Gym	2021
	Total	525	Leo Menazzi Franco	Berserkr Gym	2021

Mujeres - Junior 20-25					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench	47,5	Lucena Abril	Mito Strength	2024
	Deadlift	102,5	Lucena Abril	Mito Strength	2024
	Total	150	Lucena Abril	Mito Strength	2024
48	Bench	72,5	Lopez Micaela	Ramses 2	2019
	Deadlift	135,5	Odiaga Belem	Berserks	2021
	Total	197,5	Lopez Micaela	Ramses 2	2019
52	Bench	105	Ruiz Silvina	Berserks	2022
	Deadlift	170	Ruiz Silvina	Berserks	2022
	Total	275	Ruiz Silvina	Berserks	2022
56	Bench	55	Leiva Agustina	RAM GYM S.ANTONIO	2023
	Deadlift	125	Leiva Agustina	RAM GYM S.ANTONIO	2023
	Total	177,5	Leiva Agustina	RAM GYM S.ANTONIO	2023
60	Bench	75	Altamiranda Malena	Berserks	2024
	Deadlift	155	Uriz Soledad	Sport Gym	2021
	Total	225	Altamiranda Malena	Berserks	2024
67.5	Bench	120	Ruiz Silvina	Elite Gym	2023
	Deadlift	185	Ruiz Silvina	Elite Gym	2023
	Total	305	Ruiz Silvina	Elite Gym	2023
75	Bench	95	Delgado Kaina	Iron Gym	2021
	Deadlift	150	Delgado Kaina	Iron Gym	2021
	Total	245	Delgado Kaina	Iron Gym	2021
82.5	Bench	75	Medina Fabiana	Berserks	2024
	Deadlift	160	Gallardo Rebeca	OAPLS	2021
	Total	230	Gallardo Rebeca	OAPLS	2021
90	Bench	47,5			
	Deadlift	125	Gallardo Rebeca	OAPLS	2021
	Total	170	Gallardo Rebeca	OAPLS	2021
100	Bench	50			
	Deadlift	120			
	Total	170			
100+	Bench	55			
	Deadlift	125			
	Total	180			

Hombres - Sub-Master 33-39					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench	55			
	Deadlift	100			
	Total	155			
52	Bench	70			
	Deadlift	120			
	Total	190			
56	Bench	80			
	Deadlift	150			
	Total	230			
60	Bench	90			
	Deadlift	170			
	Total	260			
67.5	Bench	110	Villalba Jorge	Lio Gym	2021
	Deadlift	195	Villalba Jorge	Lio Gym	2021
	Total	305	Villalba Jorge	Lio Gym	221
75	Bench	140	Canabiri Hector	Depredador Gym	2021
	Deadlift	220	Balbuena Renato	CLUB DE LA FUERZA M.HERM	2023
	Total	350	Balbuena Renato	CLUB DE LA FUERZA M.HERM	2023
82.5	Bench	155	Izuminawa Fabian	Fenix Gym	2021
	Deadlift	300	Ortiz Jonathan	CORPORAL KINESIS MIRAMA	2023
	Total	430	Izuminawa Fabian	Berserks	2021
90	Bench	155			
	Deadlift	235	Cobos Matias	Ozono	2022
	Total	365			
100	Bench	160	GramajoLopezAndres	AM GYM	2021
	Deadlift	283	Miravalles Mariano	Sport Gym	2018
	Total	440	Miravalles Mariano	Sport Gym	2018
110	Bench	165			
	Deadlift	250			
	Total	415			
117.5	Bench	170			
	Deadlift	260			
	Total	430			
125	Bench	175	Rojas Alfredo	Ramses 2	2019
	Deadlift	340.5	Rojas Alfredo	Ramses 2	2019
	Total	515	Rojas Alfredo	Ramses 2	2019
140	Bench	177.5			
	Deadlift	265			
	Total	442.5			
140+	Bench	220	Bersia Gaston	Berserks	2021
	Deadlift	270			
	Total	450			

Mujeres - Sub-Master 33-39					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench	77.5	Vallinoto Diana	Sport Gym	2022
	Deadlift	157.5	Vallinoto Diana	Sport Gym	2022
	Total	230	Vallinoto Diana	Sport Gym	2022
48	Bench	80	Vallinoto Diana	Sport Gym	2023
	Deadlift	165	Vallinoto Diana	Sport Gym	2023
	Total	237.5	Vallinoto Diana	Sport Gym	2023
52	Bench	32.5			
	Deadlift	75			
	Total	102.5			
56	Bench	35			
	Deadlift	80			
	Total	115			
60	Bench	75	Ballesteros Natalia	Mostro Gym MDQ	2024
	Deadlift	160	Ballesteros Natalia	Mostro Gym MDQ	2024
	Total	235	Ballesteros Natalia	Mostro Gym MDQ	2024
67.5	Bench	67.5	Quintana Jimena	Poliemus	2023
	Deadlift	143	Quintana Jimena	Poliemus	2023
	Total	210.5	Quintana Jimena	Poliemus	2023
75	Bench	100	Ledezma Eliana	Rojas Team	2022
	Deadlift	200	Ledezma Eliana	Rojas Team	2022
	Total	300	Ledezma Eliana	Rojas Team	2022
82.5	Bench	110	Ledezma Eliana	Rojas Team	2021
	Deadlift	200	Ledezma Eliana	Rojas Team	2021
	Total	310	Ledezma Eliana	Rojas Team	2021
90	Bench	75	ELISABET OVANDO OJEDA	RODRIGUEZ TEAM B.BLANCA	2023
	Deadlift	175	Rivero Anahi	Next Level Gym	2023
	Total	235	Rivero Anahi	Next Level Gym	2023
100	Bench	50			
	Deadlift	120			
	Total	170			
100+	Bench	70	Pedrosa Rosa	OAPLS	2021
	Deadlift	170	Pedrosa Rosa	OAPLS	2021
	Total	240	Pedrosa Rosa	OAPLS	2021

Hombres - Master 40-46					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench	55			
	Deadlift	120			
	Total	175			
52	Bench	70			
	Deadlift	120			
	Total	190			
56	Bench	75			
	Deadlift	130			
	Total	205			
60	Bench	80.5	Cabanes Mariano	Mostro Gym MDQ	2024
	Deadlift	150	Cabanes Mariano	Mostro Gym MDQ	2024
	Total	230.5	Cabanes Mariano	Mostro Gym MDQ	2024
67.5	Bench	100			
	Deadlift	140			
	Total	240			
75	Bench	145	Mendez Joel	Gym Max	2018
	Deadlift	216	Alvornoz Franco	OAPLS	2021
	Total	365	Mendez Joel	Gym Max	2018
82.5	Bench	172.5	Alcantara Fernando	Target gym	2024
	Deadlift	240	Alcantara Fernando	Target gym	2024
	Total	412.5	Alcantara Fernando	Target gym	2024
90	Bench	155	Bentaverri Luis	Power MDQ	2018
	Deadlift	273	Miravalles Mariano	Sport gym	2023
	Total	392.5	Miravalles Mariano	Sport gym	2023
100	Bench	135	Fernandez Javier	Megafitness Alga	2023
	Deadlift	240	Fernandez Javier	Megafitness Alga	2021
	Total	375	Fernandez Javier	Megafitness Alga	2021
110	Bench	190	Edgard Eduardo	Gladiator Gym	2018
	Deadlift	275	Carina Jose Luis	Ronin Gym	2019
	Total	460	Carina Jose Luis	Ronin Gym	2019
117.5	Bench	190	Giles Victor	Berserks	2022
	Deadlift	290	Giles Victor	Berserks	2022
	Total	420	Giles Victor	Berserks	2022
125	Bench	165	Cruz Marcos	Atenas GYM	2021
	Deadlift	225			
	Total	387.5			
140	Bench	165			
	Deadlift	265	Matz Cristian	Oxido Gym	2021
	Total	407.5	Matz Cristian	Oxido Gym	2021
140+	Bench	170			
	Deadlift	275	Matz Cristian	Oxido Gym	2022
	Total	420	Matz Cristian	Oxido Gym	2022

Mujeres - Master 40-46					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench	55	Choque Marina	OAPLS	2022
	Deadlift	155	Choque Marina	OAPLS	2022
	Total	205	Choque Marina	OAPLS	2022
48	Bench	30			
	Deadlift	70			
	Total	100			
52	Bench	47.5	Nunia Azucena	La Meca Gym	2018
	Deadlift	112.5	Nunia Azucena	La Meca Gym	2018
	Total	160	Nunia Azucena	La Meca Gym	2018
56	Bench	62.5	Sarapura sonia	OAPLS	2023
	Deadlift	155.5	Sarapura sonia	OAPLS	2023
	Total	218	Sarapura sonia	OAPLS	2023
60	Bench	70	Sarapura sonia	OAPLS	2024
	Deadlift	160	Sarapura sonia	OAPLS	2024
	Total	230	Sarapura sonia	OAPLS	2024
67.5	Bench	70	Figuerola Mariana	Poliemus	2023
	Deadlift	147.5	Aguilar Valeria	Poliemus	2023
	Total	215	Figuerola Mariana	Poliemus	2023
75	Bench	72.5	Rigani Rita	P.U.M	2017
	Deadlift	135	Madalena Analia	Cousau Team	2021
	Total	202.5	Rigani Rita	P.U.M	2017
82.5	Bench	87.5	Rigani Rita	P.U.M	2017
	Deadlift	155	Rigani Rita	P.U.M	2017
	Total	242.5	Rigani Rita	P.U.M	2017
90	Bench	47.5			
	Deadlift	120	Lange Cristina	Sport Gym	2023
	Total	162.5			
100	Bench	50			
	Deadlift	120			
	Total	170			
100+	Bench	55			
	Deadlift	125			
	Total	180			

Hombres - Master 47-53					
Peso	Lift	KG	Atleta	Gimnasio	Año
48	Bench	50			
	Deadlift	110			
	Total	160			
52	Bench	60			
	Deadlift	115			
	Total	175			
56	Bench	70			
	Deadlift	125			
	Total	195			
60	Bench	80	Leyes Jesus	Rojas Team	2021
	Deadlift	135	Leyes Jesus	Rojas Team	2021
	Total	215	Leyes Jesus	Rojas Team	2021
67.5	Bench	110	Galletti Fernando	Power Guernica Gym	2023
	Deadlift	210	Galletti Fernando	Power Guernica Gym	2023
	Total	320	Galletti Fernando	Power Guernica Gym	2023
75	Bench	161	De Simone Serafin	Power MDQ	2019
	Deadlift	225	De Simone Serafin	Power MDQ	2019
	Total	385	De Simone Serafin	Power MDQ	2019
82.5	Bench	163	De Simone Serafin	Power MDQ	2018
	Deadlift	225	De Simone Serafin	Power MDQ	2021
	Total	385	De Simone Serafin	Power MDQ	2018
90	Bench	140	Jorge Franco	Polifemus	2018
	Deadlift	227,5	Berardi Jose	Next Level	2022
	Total	365	Berardi Jose	Next Level	2022
100	Bench	141	Berardi Jose	Next Level	2023
	Deadlift	230	Martinez Julio	TECNO GYM PIGUE	2023
	Total	368,5	Berardi Jose	Next Level	2023
110	Bench	145			
	Deadlift	210			
	Total	355			
117.5	Bench	150			
	Deadlift	215			
	Total	365			
125	Bench	152.5			
	Deadlift	220			
	Total	372.5			
140	Bench	160			
	Deadlift	225			
	Total	385			
140+	Bench	162.5			
	Deadlift	230			
	Total	392.5			

Mujeres - Master 47-53					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Press				
	Total				
48	Bench				
	Press				
	Total				
52	Bench	45	Tello Mercedes	Otamendi Team	2023
	Press	110	Tello Mercedes	Otamendi Team	2023
	Total	155	Tello Mercedes	Otamendi Team	2023
56	Bench				
	Press				
	Total				
60	Bench				
	Press				
	Total				
67.5	Bench	50	Gilabert Cecilia	OAPLS	2021
	Press	110	Gilabert Cecilia	OAPLS	2021
	Total	160	Gilabert Cecilia	OAPLS	2021
75	Bench	57,5	Gilabert Cecilia	OAPLS	2022
	Press	130	Gilabert Cecilia	OAPLS	2022
	Total	187,5	Gilabert Cecilia	OAPLS	2022
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	45			
	Deadlift	100			
	Total	145			
52	Bench	55			
	Deadlift	105			
	Total	170			
56	Bench	70			
	Deadlift	110			
	Total	170			
60	Bench	70			
	Deadlift	120			
	Total	190			
67.5	Bench	80			
	Deadlift	130			
	Total	210			
75	Bench	100	Villanueva Manuel	Carlos Caseres	2018
	Deadlift	180	Villanueva Manuel	Carlos Caseres	2018
	Total	280	Villanueva Manuel	Carlos Caseres	2018
82.5	Bench	115	Cristian Acevedo	CEAF	2019
	Deadlift	195	Cristian Acevedo	CEAF	2019
	Total	305	Cristian Acevedo	CEAF	2019
90	Bench	110	Hugo Chavez	Power MDQ	2017
	Deadlift	212,5	Cousau Sergio	Cousau Team	2021
	Total	302,5	Cousau Sergio	Cousau Team	2021
100	Bench	115			
	Deadlift	170			
	Total	285			
110	Bench	121	Suarez Conde Eduardo	RODRIGUEZ TEAM TRES ARR	2023
	Deadlift	190	Suarez Conde Eduardo	RODRIGUEZ TEAM TRES ARR	2023
	Total	311	Suarez Conde Eduardo	RODRIGUEZ TEAM TRES ARR	2023
117.5	Bench	130			
	Deadlift	190			
	Total	310			
125	Bench	132,5			
	Deadlift	200			
	Total	332,5			
140	Bench	135			
	Deadlift	205			
	Total	340			
140+	Bench	140			
	Deadlift	210			
	Total	350			

Mujeres - Master 54-60					
Peso	Lift	KG	Atleta	Gimnasio	Año
44	Bench				
	Press				
	Total				
48	Bench				
	Press				
	Total				
52	Bench	57.5	Antogiovanni Monica	Krathos	2019
	Press	122.5	Antogiovanni Monica	Krathos	2017
	Total	172.5	Antogiovanni Monica	Krathos	2017
56	Bench	70	Soler Griselda	Sport Gym	2022
	Press	142,5	Soler Griselda	Sport Gym	2022
	Total	207,5	Soler Griselda	Sport Gym	2022
60	Bench	65	Soler Griselda	Sport Gym	2023
	Press	105	Soler Griselda	Sport Gym	2023
	Total	170	Soler Griselda	Sport Gym	2023
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	95	Chavez Hugo	Chavez Team	2024
	Deadlift	150	Chavez Hugo	Chavez Team	2024
	Total	245	Chavez Hugo	Chavez Team	2024
90	Bench				
	Deadlift				
	Total				
100	Bench	70	Querol Pedro	Rojas Team	2022
	Deadlift	130	Querol Pedro	Rojas Team	2022
	Total	200	Querol Pedro	Rojas Team	2022
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				
100	Bench				
	Deadlift				
	Total				
100+	Bench				
	Deadlift				
	Total				