

# RECORDS NACIONALES - V

| 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    | 175   | Sanchez Daniel   | Sanchez Team | 2025 |
|                | Deadlift | 283.5 | Sanchez Daniel   | Sanchez Team | 2025 |
|                | Total    | 450   | Sanchez Daniel   | Sanchez Team | 2025 |
| 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 |       |                  |              |      |

| Peso |
|------|
| 44   |
| 48   |
| 52   |
| 56   |
| 60   |
| 67.5 |
| 75   |
| 82.5 |
| 90   |
| 100  |
| 100+ |

|  |              |  |  |  |
|--|--------------|--|--|--|
|  | <i>Total</i> |  |  |  |
|--|--------------|--|--|--|

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

| Peso |
|------|
| 44   |
| 48   |
| 52   |
| 56   |
| 60   |
| 67.5 |
| 75   |
| 82.5 |
| 90   |
| 100  |
| 100+ |

|      |          |  |  |  |
|------|----------|--|--|--|
| 140+ | 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    |    |        |          |     |

| Peso |
|------|
| 44   |
| 48   |
| 52   |
| 56   |
| 60   |
| 67.5 |
| 75   |
| 82.5 |
| 90   |
| 100  |
| 100+ |

|      |                 |  |  |  |  |
|------|-----------------|--|--|--|--|
| 140+ | <i>Bench</i>    |  |  |  |  |
|      | <i>Deadlift</i> |  |  |  |  |
|      | <i>Total</i>    |  |  |  |  |

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

| Peso |  |
|------|--|
| 44   |  |
| 48   |  |
| 52   |  |
| 56   |  |
| 60   |  |
| 67.5 |  |
| 75   |  |
| 82.5 |  |
| 90   |  |
| 100  |  |
| 100+ |  |

|      |                 |  |  |  |  |
|------|-----------------|--|--|--|--|
|      | <i>Total</i>    |  |  |  |  |
| 140+ | <i>Bench</i>    |  |  |  |  |
|      | <i>Deadlift</i> |  |  |  |  |
|      | <i>Total</i>    |  |  |  |  |

| Hombres - Teenager 18-19 |                 |    |        |          |     |
|--------------------------|-----------------|----|--------|----------|-----|
| Peso                     | Lift            | KG | Atleta | Gimnasio | Año |
| 48                       | <i>Bench</i>    |    |        |          |     |
|                          | <i>Deadlift</i> |    |        |          |     |
|                          | <i>Total</i>    |    |        |          |     |
| 52                       | <i>Bench</i>    |    |        |          |     |
|                          | <i>Deadlift</i> |    |        |          |     |
|                          | <i>Total</i>    |    |        |          |     |
| 56                       | <i>Bench</i>    |    |        |          |     |
|                          | <i>Deadlift</i> |    |        |          |     |
|                          | <i>Total</i>    |    |        |          |     |
| 60                       | <i>Bench</i>    |    |        |          |     |
|                          | <i>Deadlift</i> |    |        |          |     |
|                          | <i>Total</i>    |    |        |          |     |
| 67.5                     | <i>Bench</i>    |    |        |          |     |
|                          | <i>Deadlift</i> |    |        |          |     |
|                          | <i>Total</i>    |    |        |          |     |
| 75                       | <i>Bench</i>    |    |        |          |     |
|                          | <i>Deadlift</i> |    |        |          |     |
|                          | <i>Total</i>    |    |        |          |     |
| 82.5                     | <i>Bench</i>    |    |        |          |     |
|                          | <i>Deadlift</i> |    |        |          |     |
|                          | <i>Total</i>    |    |        |          |     |
| 90                       | <i>Bench</i>    |    |        |          |     |
|                          | <i>Deadlift</i> |    |        |          |     |
|                          | <i>Total</i>    |    |        |          |     |
| 100                      | <i>Bench</i>    |    |        |          |     |
|                          | <i>Deadlift</i> |    |        |          |     |
|                          | <i>Total</i>    |    |        |          |     |
| 110                      | <i>Bench</i>    |    |        |          |     |
|                          | <i>Deadlift</i> |    |        |          |     |
|                          | <i>Total</i>    |    |        |          |     |
| 117.5                    | <i>Bench</i>    |    |        |          |     |
|                          | <i>Deadlift</i> |    |        |          |     |
|                          | <i>Total</i>    |    |        |          |     |
| 125                      | <i>Bench</i>    |    |        |          |     |
|                          | <i>Deadlift</i> |    |        |          |     |
|                          | <i>Total</i>    |    |        |          |     |
|                          | <i>Bench</i>    |    |        |          |     |

| Peso |  |
|------|--|
| 44   |  |
| 48   |  |
| 52   |  |
| 56   |  |
| 60   |  |
| 67.5 |  |
| 75   |  |
| 82.5 |  |
| 90   |  |
| 100  |  |
| 100+ |  |

|      |          |  |  |  |  |
|------|----------|--|--|--|--|
| 140  | Deadlift |  |  |  |  |
|      | Total    |  |  |  |  |
| 140+ | 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    |     |                |           |      |

| Peso |
|------|
| 44   |
| 48   |
| 52   |
| 56   |
| 60   |
| 67.5 |
| 75   |
| 82.5 |
| 90   |
| 100  |
| 100+ |

|      |          |  |  |  |  |
|------|----------|--|--|--|--|
| 140  | Bench    |  |  |  |  |
|      | Deadlift |  |  |  |  |
|      | Total    |  |  |  |  |
| 140+ | 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 |     |              |           |      |

| Peso |
|------|
| 44   |
| 48   |
| 52   |
| 56   |
| 60   |
| 67.5 |
| 75   |
| 82.5 |
| 90   |
| 100  |
| 100+ |

|      |                 |  |  |  |  |
|------|-----------------|--|--|--|--|
|      | <i>Total</i>    |  |  |  |  |
| 140  | <i>Bench</i>    |  |  |  |  |
|      | <i>Deadlift</i> |  |  |  |  |
|      | <i>Total</i>    |  |  |  |  |
| 140+ | <i>Bench</i>    |  |  |  |  |
|      | <i>Deadlift</i> |  |  |  |  |
|      | <i>Total</i>    |  |  |  |  |

| Hombres - Master 40-46 |                 |    |        |          |     |
|------------------------|-----------------|----|--------|----------|-----|
| Peso                   | Lift            | KG | Atleta | Gimnasio | Año |
| 48                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 52                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 56                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 60                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 67.5                   | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 75                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 82.5                   | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 90                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 100                    | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 110                    | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 117.5                  | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
|                        | <i>Bench</i>    |    |        |          |     |

| Peso |  |
|------|--|
| 44   |  |
| 48   |  |
| 52   |  |
| 56   |  |
| 60   |  |
| 67.5 |  |
| 75   |  |
| 82.5 |  |
| 90   |  |
| 100  |  |
| 100+ |  |



|      |          |  |  |  |  |
|------|----------|--|--|--|--|
| 125  | Deadlift |  |  |  |  |
|      | Total    |  |  |  |  |
| 140  | Bench    |  |  |  |  |
|      | Deadlift |  |  |  |  |
|      | Total    |  |  |  |  |
| 140+ | 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    | 175   | Sanchez Daniel   | Sanchez Team | 2025 |
|                        | Deadlift | 283.5 | Sanchez Daniel   | Sanchez Team | 2025 |
|                        | Total    | 250   | Sanchez Daniel   | Sanchez Team | 2025 |
| 110                    | Bench    |       |                  |              |      |
|                        | Deadlift |       |                  |              |      |
|                        | Total    |       |                  |              |      |
| 117.5                  | Bench    |       |                  |              |      |
|                        | Deadlift |       |                  |              |      |
|                        | Total    |       |                  |              |      |

| Peso |  |
|------|--|
| 44   |  |
| 48   |  |
| 52   |  |
| 56   |  |
| 60   |  |
| 67.5 |  |
| 75   |  |
| 82.5 |  |
| 90   |  |
| 100  |  |
| 100+ |  |

|      |          |  |  |  |  |
|------|----------|--|--|--|--|
| 125  | Bench    |  |  |  |  |
|      | Deadlift |  |  |  |  |
|      | Total    |  |  |  |  |
| 140  | Bench    |  |  |  |  |
|      | Deadlift |  |  |  |  |
|      | Total    |  |  |  |  |
| 140+ | Bench    |  |  |  |  |
|      | Deadlift |  |  |  |  |
|      | 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 |
|                        | Bench    |       |                 |             |      |

| Peso |
|------|
| 44   |
| 48   |
| 52   |
| 56   |
| 60   |
| 67.5 |
| 75   |
| 82.5 |
| 90   |
| 100  |
| 100+ |

|      |          |  |  |  |  |
|------|----------|--|--|--|--|
| 125  | Deadlift |  |  |  |  |
|      | Total    |  |  |  |  |
| 140  | Bench    |  |  |  |  |
|      | Deadlift |  |  |  |  |
| 140+ | Total    |  |  |  |  |
|      | Bench    |  |  |  |  |
| 140+ | Deadlift |  |  |  |  |
|      | 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    |     |              |             |      |
|                        | Deadlift |     |              |             |      |
|                        | Total    |     |              |             |      |
| 110                    | Bench    |     | Godoy Nestor |             |      |
|                        | Deadlift |     |              |             |      |
|                        | Total    |     |              |             |      |
| 117.5                  | Bench    |     |              |             |      |
|                        | Deadlift |     |              |             |      |
|                        | Total    |     |              |             |      |

| Peso |  |
|------|--|
| 44   |  |
| 48   |  |
| 52   |  |
| 56   |  |
| 60   |  |
| 67.5 |  |
| 75   |  |
| 82.5 |  |
| 90   |  |
| 100  |  |
| 100+ |  |

|      |                 |  |  |  |  |
|------|-----------------|--|--|--|--|
| 125  | <i>Bench</i>    |  |  |  |  |
|      | <i>Deadlift</i> |  |  |  |  |
|      | <i>Total</i>    |  |  |  |  |
| 140  | <i>Bench</i>    |  |  |  |  |
|      | <i>Deadlift</i> |  |  |  |  |
|      | <i>Total</i>    |  |  |  |  |
| 140+ | <i>Bench</i>    |  |  |  |  |
|      | <i>Deadlift</i> |  |  |  |  |
|      | <i>Total</i>    |  |  |  |  |

| Hombres - Master 68-74 |                 |    |        |          |     |
|------------------------|-----------------|----|--------|----------|-----|
| Peso                   | Lift            | KG | Atleta | Gimnasio | Año |
| 48                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 52                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 56                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 60                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 67.5                   | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 75                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 82.5                   | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 90                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 100                    | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 110                    | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 117.5                  | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |

| Peso |
|------|
| 44   |
| 48   |
| 52   |
| 56   |
| 60   |
| 67.5 |
| 75   |
| 82.5 |
| 90   |
| 100  |
| 100+ |

|      |                 |  |  |  |  |
|------|-----------------|--|--|--|--|
|      | <i>Total</i>    |  |  |  |  |
| 125  | <i>Bench</i>    |  |  |  |  |
|      | <i>Deadlift</i> |  |  |  |  |
|      | <i>Total</i>    |  |  |  |  |
| 140  | <i>Bench</i>    |  |  |  |  |
|      | <i>Deadlift</i> |  |  |  |  |
|      | <i>Total</i>    |  |  |  |  |
| 140+ | <i>Bench</i>    |  |  |  |  |
|      | <i>Deadlift</i> |  |  |  |  |
|      | <i>Total</i>    |  |  |  |  |

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| Hombres - Master 75-79 |                 |    |        |          |     |
|------------------------|-----------------|----|--------|----------|-----|
| Peso                   | Lift            | KG | Atleta | Gimnasio | Año |
| 48                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 52                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 56                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 60                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 67.5                   | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 75                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 82.5                   | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 90                     | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 100                    | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
| 110                    | <i>Bench</i>    |    |        |          |     |
|                        | <i>Deadlift</i> |    |        |          |     |
|                        | <i>Total</i>    |    |        |          |     |
|                        | <i>Bench</i>    |    |        |          |     |

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|------|
| Peso |
| 44   |
| 48   |
| 52   |
| 56   |
| 60   |
| 67.5 |
| 75   |
| 82.5 |
| 90   |
| 100  |
|      |

|       |          |  |  |  |  |
|-------|----------|--|--|--|--|
| 117.5 | Deadlift |  |  |  |  |
|       | Total    |  |  |  |  |
| 125   | Bench    |  |  |  |  |
|       | Deadlift |  |  |  |  |
|       | Total    |  |  |  |  |
|       | Bench    |  |  |  |  |
| 140   | Deadlift |  |  |  |  |
|       | Total    |  |  |  |  |
| 140+  | Bench    |  |  |  |  |
|       | Deadlift |  |  |  |  |
|       | Total    |  |  |  |  |

100+

| 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    |    |        |          |     |
|                        | Bench    |    |        |          |     |

| Peso |
|------|
| 44   |
| 48   |
| 52   |
| 56   |
| 60   |
| 67.5 |
| 75   |
| 82.5 |
| 90   |
| 100  |

|       |          |  |  |  |  |
|-------|----------|--|--|--|--|
| 117.5 | Deadlift |  |  |  |  |
|       | Total    |  |  |  |  |
| 125   | Bench    |  |  |  |  |
|       | Deadlift |  |  |  |  |
| 140   | Total    |  |  |  |  |
|       | Bench    |  |  |  |  |
| 140+  | Deadlift |  |  |  |  |
|       | Total    |  |  |  |  |

|      |
|------|
| 100+ |
|------|

| 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 |    |        |          |     |

|      |
|------|
| Peso |
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|----|
| 44 |
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|----|
| 48 |
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| 52 |
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| 56 |
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|----|
| 60 |
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|      |
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| 67.5 |
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|    |
|----|
| 75 |
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|      |
|------|
| 82.5 |
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|    |
|----|
| 90 |
|----|

|     |
|-----|
| 100 |
|-----|

|      |
|------|
| 100+ |
|------|

|      |                 |  |  |  |  |
|------|-----------------|--|--|--|--|
|      | <i>Total</i>    |  |  |  |  |
| 125  | <i>Bench</i>    |  |  |  |  |
|      | <i>Deadlift</i> |  |  |  |  |
|      | <i>Total</i>    |  |  |  |  |
| 140  | <i>Bench</i>    |  |  |  |  |
|      | <i>Deadlift</i> |  |  |  |  |
|      | <i>Total</i>    |  |  |  |  |
| 140+ | <i>Bench</i>    |  |  |  |  |
|      | <i>Deadlift</i> |  |  |  |  |
|      | <i>Total</i>    |  |  |  |  |





VABDL - F.F.A.A

| Mujeres - Open  |    |        |          |     |
|-----------------|----|--------|----------|-----|
| Lift            | KG | Atleta | Gimnasio | Año |
| <i>Bench</i>    |    |        |          |     |
| <i>Deadlift</i> |    |        |          |     |
| <i>Total</i>    |    |        |          |     |
| <i>Bench</i>    |    |        |          |     |
| <i>Deadlift</i> |    |        |          |     |
| <i>Total</i>    |    |        |          |     |
| <i>Bench</i>    |    |        |          |     |
| <i>Deadlift</i> |    |        |          |     |
| <i>Total</i>    |    |        |          |     |
| <i>Bench</i>    |    |        |          |     |
| <i>Deadlift</i> |    |        |          |     |
| <i>Total</i>    |    |        |          |     |
| <i>Bench</i>    |    |        |          |     |
| <i>Deadlift</i> |    |        |          |     |
| <i>Total</i>    |    |        |          |     |
| <i>Bench</i>    |    |        |          |     |
| <i>Deadlift</i> |    |        |          |     |
| <i>Total</i>    |    |        |          |     |
| <i>Bench</i>    |    |        |          |     |
| <i>Deadlift</i> |    |        |          |     |
| <i>Total</i>    |    |        |          |     |
| <i>Bench</i>    |    |        |          |     |
| <i>Deadlift</i> |    |        |          |     |
| <i>Total</i>    |    |        |          |     |
| <i>Bench</i>    |    |        |          |     |
| <i>Deadlift</i> |    |        |          |     |
| <i>Total</i>    |    |        |          |     |
| <i>Bench</i>    |    |        |          |     |
| <i>Deadlift</i> |    |        |          |     |
| <i>Total</i>    |    |        |          |     |
| <i>Bench</i>    |    |        |          |     |
| <i>Deadlift</i> |    |        |          |     |
| <i>Total</i>    |    |        |          |     |

| Mujeres - Teenager 12-13 |    |        |          |     |
|--------------------------|----|--------|----------|-----|
| Lift                     | KG | Atleta | Gimnasio | Año |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |

| Mujeres - Teenager 14-15 |    |        |          |     |
|--------------------------|----|--------|----------|-----|
| Lift                     | KG | Atleta | Gimnasio | Año |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |

| Mujeres - Teenager 16-17 |    |        |          |     |
|--------------------------|----|--------|----------|-----|
| Lift                     | KG | Atleta | Gimnasio | Año |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |

| Mujeres - Teenager 18-19 |    |        |          |     |
|--------------------------|----|--------|----------|-----|
| Lift                     | KG | Atleta | Gimnasio | Año |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |
| <i>Bench</i>             |    |        |          |     |
| <i>Deadlift</i>          |    |        |          |     |
| <i>Total</i>             |    |        |          |     |

| Mujeres - Junior 20-25 |    |        |          |     |
|------------------------|----|--------|----------|-----|
| Lift                   | KG | Atleta | Gimnasio | Año |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |

| Mujeres - Sub-Master 33-39 |    |        |          |     |
|----------------------------|----|--------|----------|-----|
| Lift                       | KG | Atleta | Gimnasio | Año |
| <i>Bench</i>               |    |        |          |     |
| <i>Deadlift</i>            |    |        |          |     |
| <i>Total</i>               |    |        |          |     |
| <i>Bench</i>               |    |        |          |     |
| <i>Deadlift</i>            |    |        |          |     |
| <i>Total</i>               |    |        |          |     |
| <i>Bench</i>               |    |        |          |     |
| <i>Deadlift</i>            |    |        |          |     |
| <i>Total</i>               |    |        |          |     |
| <i>Bench</i>               |    |        |          |     |
| <i>Deadlift</i>            |    |        |          |     |
| <i>Total</i>               |    |        |          |     |
| <i>Bench</i>               |    |        |          |     |
| <i>Deadlift</i>            |    |        |          |     |
| <i>Total</i>               |    |        |          |     |
| <i>Bench</i>               |    |        |          |     |
| <i>Deadlift</i>            |    |        |          |     |
| <i>Total</i>               |    |        |          |     |
| <i>Bench</i>               |    |        |          |     |
| <i>Deadlift</i>            |    |        |          |     |
| <i>Total</i>               |    |        |          |     |
| <i>Bench</i>               |    |        |          |     |
| <i>Deadlift</i>            |    |        |          |     |
| <i>Total</i>               |    |        |          |     |
| <i>Bench</i>               |    |        |          |     |
| <i>Deadlift</i>            |    |        |          |     |
| <i>Total</i>               |    |        |          |     |
| <i>Bench</i>               |    |        |          |     |
| <i>Deadlift</i>            |    |        |          |     |
| <i>Total</i>               |    |        |          |     |
| <i>Bench</i>               |    |        |          |     |
| <i>Deadlift</i>            |    |        |          |     |
| <i>Total</i>               |    |        |          |     |

| Mujeres - Master 40-46 |    |        |          |     |
|------------------------|----|--------|----------|-----|
| Lift                   | KG | Atleta | Gimnasio | Año |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |



# Mujeres - Master 47-53

| Lift         | KG | Atleta | Gimnasio | Año |
|--------------|----|--------|----------|-----|
| <i>Bench</i> |    |        |          |     |
| <i>Press</i> |    |        |          |     |
| <i>Total</i> |    |        |          |     |
| <i>Bench</i> |    |        |          |     |
| <i>Press</i> |    |        |          |     |
| <i>Total</i> |    |        |          |     |
| <i>Bench</i> |    |        |          |     |
| <i>Press</i> |    |        |          |     |
| <i>Total</i> |    |        |          |     |
| <i>Bench</i> |    |        |          |     |
| <i>Press</i> |    |        |          |     |
| <i>Total</i> |    |        |          |     |
| <i>Bench</i> |    |        |          |     |
| <i>Press</i> |    |        |          |     |
| <i>Total</i> |    |        |          |     |
| <i>Bench</i> |    |        |          |     |
| <i>Press</i> |    |        |          |     |
| <i>Total</i> |    |        |          |     |
| <i>Bench</i> |    |        |          |     |
| <i>Press</i> |    |        |          |     |
| <i>Total</i> |    |        |          |     |
| <i>Bench</i> |    |        |          |     |
| <i>Press</i> |    |        |          |     |
| <i>Total</i> |    |        |          |     |
| <i>Bench</i> |    |        |          |     |
| <i>Press</i> |    |        |          |     |
| <i>Total</i> |    |        |          |     |
| <i>Bench</i> |    |        |          |     |
| <i>Press</i> |    |        |          |     |
| <i>Total</i> |    |        |          |     |
| <i>Bench</i> |    |        |          |     |
| <i>Press</i> |    |        |          |     |
| <i>Total</i> |    |        |          |     |

| Mujeres - Master 54-60 |    |        |          |     |
|------------------------|----|--------|----------|-----|
| Lift                   | KG | Atleta | Gimnasio | Año |
| <i>Bench</i>           |    |        |          |     |
| <i>Press</i>           |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Press</i>           |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Press</i>           |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Press</i>           |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Press</i>           |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Press</i>           |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Press</i>           |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Press</i>           |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Press</i>           |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Press</i>           |    |        |          |     |
| <i>Total</i>           |    |        |          |     |

| Mujeres - Master 61-67 |    |        |          |     |
|------------------------|----|--------|----------|-----|
| Lift                   | KG | Atleta | Gimnasio | Año |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |

[illegible]

|              |  |  |  |  |
|--------------|--|--|--|--|
| <i>Total</i> |  |  |  |  |
|--------------|--|--|--|--|

| Mujeres - Master 75-79 |    |        |          |     |
|------------------------|----|--------|----------|-----|
| Lift                   | KG | Atleta | Gimnasio | Año |
| 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                  |    |        |          |     |
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| <i>Deadlift</i> |  |  |  |  |
| <i>Total</i>    |  |  |  |  |

| Mujeres - Master 80-84 |    |        |          |     |
|------------------------|----|--------|----------|-----|
| Lift                   | KG | Atleta | Gimnasio | Año |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |

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|-----------------|--|--|--|--|
| <i>Deadlift</i> |  |  |  |  |
| <i>Total</i>    |  |  |  |  |

| Mujeres - Master 85-89 |    |        |          |     |
|------------------------|----|--------|----------|-----|
| Lift                   | KG | Atleta | Gimnasio | Año |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |
| <i>Bench</i>           |    |        |          |     |
| <i>Deadlift</i>        |    |        |          |     |
| <i>Total</i>           |    |        |          |     |

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| <i>Total</i> |  |  |  |  |
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