

# RECORDS NACIONALES - WABD

Hombres - Open						
Peso	Lift	KG	Atleta	Gimnasio	Año	Peso
48	Bench					44
	Deadlift					
	Total					
52	Bench					48
	Deadlift					
	Total					
56	Bench					52
	Deadlift					
	Total					
60	Bench					56
	Deadlift					
	Total					
67.5	Bench					60
	Deadlift					
	Total					
75	Bench					67.5
	Deadlift					
	Total					
82.5	Bench					75
	Deadlift					
	Total					
90	Bench					82.5
	Deadlift					
	Total					
100	Bench	260	Sanchez Daniel	Sanchez Team	2024	90
	Deadlift	290	Sanchez Daniel	Sanchez Team	2024	
	Total	550	Sanchez Daniel	Sanchez Team	2024	
110	Bench					100
	Deadlift					
	Total					
117.5	Bench					100+
	Deadlift					
	Total					
125	Bench					
	Deadlift					
	Total					
140	Bench					
	Deadlift					
	Total					
140+	Bench					
	Deadlift					

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

Hombres - Sub-Master 33-39					
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>				

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				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench	260	Sanchez Daniel	Sanchez Team	2024
	Deadlift	290	Sanchez Daniel	Sanchez Team	2024
	Total	550	Sanchez Daniel	Sanchez Team	2024
110	Bench				
	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 54-60					
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				
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				
	Deadlift				
	Total				
90	Bench				
	Deadlift				
	Total				
100	Bench				
	Deadlift				
	Total				
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 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				

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>				

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				
117.5	Bench				
	Deadlift				

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 85-89					
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>				

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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>				



OL - F.F.A.A Equipado

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>				
<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>				

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>				
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Mujeres - Teenager 16-17				
Lift	KG	Atleta	Gimnasio	Año
<i>Bench</i>				
<i>Deadlift</i>				
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Mujeres - Teenager 18-19				
Lift	KG	Atleta	Gimnasio	Año
<i>Bench</i>				
<i>Deadlift</i>				
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Mujeres - Junior 20-25				
Lift	KG	Atleta	Gimnasio	Año
<i>Bench</i>				
<i>Deadlift</i>				
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Mujeres - Sub-Master 33-39				
Lift	KG	Atleta	Gimnasio	Año
<i>Bench</i>				
<i>Deadlift</i>				
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Mujeres - Master 40-46				
Lift	KG	Atleta	Gimnasio	Año
<i>Bench</i>				
<i>Deadlift</i>				
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Mujeres - Master 47-53				
Lift	KG	Atleta	Gimnasio	Año
<i>Bench</i>				
<i>Press</i>				
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Mujeres - Master 54-60				
Lift	KG	Atleta	Gimnasio	Año
<i>Bench</i>				
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Mujeres - Master 61-67				
Lift	KG	Atleta	Gimnasio	Año
<i>Bench</i>				
<i>Deadlift</i>				
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Mujeres - Master 75-79				
Lift	KG	Atleta	Gimnasio	Año
Bench				
Deadlift				
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Mujeres - Master 85-89				
Lift	KG	Atleta	Gimnasio	Año
<i>Bench</i>				
<i>Deadlift</i>				
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