



## Federació Catalana de Físic-Culturisme, Secció POWERLIFTING

COMPETICIÓ: 4à Copa de Catalunya de Powerlifting (a punts Wilks)

LLOC: Poliesportiu "Can Tito", Vilanova del Camí (Barcelona)

DATA: diumenge, 29 / novembre / 2009

RECORD DE CATALUNYA:           



CLASIFICACIÓ PER PUNTS WILKS					(kg)	Cat.	Wilks	Cat.	SQUAT (kg)				PRESS BANCA (kg)				PES MORT (kg)			(kg)	(punts)	CLASIF.	
Lot.	H/D	ATLETA	CLUB	ANY	PES	Edat	Coef.	Pes	SQ1	SQ2	SQ3	SQ	PB1	PB2	PB3	PB	PM1	PM2	PM3	TOTAL	WILKS	Cat.	Abs.
1	M	Beatriz Cano	Bunkai	1961	51,50	M1	1,2560	-52	<del>85,0</del>	85,0	<del>100,0</del>	85,0	60,0	<b>70,0</b>	<del>76,0</del>	70,0	100,0	110,0	<del>120,0</del>	<b>265,0</b>	332,84		1
2	M	Isabel Ruiz	Power Olesa	1953	60,40	M2	1,1092	-67,5	<del>100,0</del>	100,0	<del>110,0</del>	100,0	60,0	62,5	<del>66,0</del>	62,5	100,0	<del>107,5</del>	107,5	<b>270,0</b>	299,48		2
3	M	Beatriz de Haro	Bunkai	1991	60,50	SBJ	1,1078	-67,5	<del>75,0</del>	75,0	<del>80,0</del>	75,0	<del>55,0</del>	55,0	<del>57,5</del>	55,0	90,0	100,0	115,0	<b>245,0</b>	271,41		3
8	H	Alejandro Rodriguez	P. Vilanova Cami	1968	83,40	M1	0,6656	-90	270,0	280,0	<b>300,0</b>	300,0	180,0	187,5	<b>192,5</b>	192,5	230,0	240,0	<del>247,5</del>	<b>732,5</b>	487,55		1
4	H	Daniel Guerreiro	Power Mollet	1984	60,00	SNR	0,8529	-60	140,0	150,0	155,0	155,0	105,0	110,0	<b>115,0</b>	115,0	175,0	185,0	<del>192,5</del>	<b>455,0</b>	388,07		2
9	H	Christian Tocado	Bunkai	1981	89,20	SNR	0,6413	-90	<del>190,0</del>	190,0	200,0	200,0	140,0	<del>145,0</del>	<del>145,0</del>	140,0	210,0	220,0	235,0	<b>575,0</b>	368,75		3
6	H	Juan Ramirez	Bunkai	1979	74,50	SNR	0,7159	-75	<del>185,0</del>	185,0	<del>195,0</del>	185,0	110,0	<del>120,0</del>	<del>120,0</del>	110,0	200,0	210,0	220,0	<b>515,0</b>	368,69		4
13	H	Juan Cruz	P. Vilanova Cami	1978	92,70	SNR	0,6292	-100	<del>185,0</del>	185,0	200,0	200,0	<del>165,0</del>	<del>165,0</del>	165,0	165,0	215,0	<del>225,0</del>	<del>225,0</del>	<b>580,0</b>	364,94		5
10	H	Ignacio Pedro	Bunkai	1973	86,70	SNR	0,6511	-90	<del>190,0</del>	<del>190,0</del>	190,0	190,0	135,0	145,0	155,0	155,0	200,0	215,0	<del>230,0</del>	<b>560,0</b>	364,62		6
14	H	Kiavash Yousefi	P. Vilanova Cami	1974	97,90	SNR	0,6139	-100	<del>275,0</del>	<del>275,0</del>	275,0	275,0	<del>217,5</del>	<del>217,5</del>	<del>217,5</del>	0,0				<b>0,0</b>	0,00		