

**Copa Apertura Powerlifting & Bench GPA/IPO - JUJUY**  
**21 MARZO 2015**

**Fecha Competencia: 21-mar-15**

Nº	NOMBRE Y APELLIDO	PO/GPA	SEX	AÑO	PESO	Edad	DIV 1	DIV 2	Cat.	SQUAT				BENCHPRESS				DEADLIFT				TOTAL	Reshel	COEF	Ranking			
										ALT.	1.	2.	3.	4.	ALT.	1.	2.	3.	4.	SUB.	1.					2.	3.	4.
1	Carolina Ramos	GPA	F	25-nov-91	46,00	23	Jun		48,0		95,0	-110,0	110,0	.		37,5	42,5	45,0	.	155,0	105,0	115,0	120,0	.	275,0	2,463	677,3	3°
2	Maria Ramos		F	20-abr-80	45,00	34	Open	-	48,0		135,0	145,0	155,0	.		50,0	55,0	60,0	.	215,0	125,0	132,5	-135,0	NO	347,5	2,545	884,4	1°
3	Estefania Cardozo	GPA	F	15-mar-94	64,00	21	Jun		67,5		120,0	135,0	-145,0	NO		-50,0	50,0	-55,0	NO	185,0	120,0	130,0	137,5	.	322,5	1,698	547,6	11°
4	Alicia Hernandez	IPO	F	02-dic-76	79,00	38	SubM	Open	82,5		160,0			NO		100,0			NO	260,0	140,0	-160,0	-160,0	NO	400,0	1,506	602,4	7°
5	Nelly Flores	GPA	M	03-feb-68	53,00	47	M45-49		56,0		60,0	65,0	-70,0	NO		40,0	42,5	45,0	.	110,0	90,0	100,0	110,0	.	220,0	1,758	386,8	19°
6	Leonel Ledesma	IPO	M	25-abr-93	62,00	21	Jun		67,5		160,0	165,0	175,0	.		70,0	80,0	-90,0	NO	255,0	175,0	190,0	-202,5	NO	445,0	1,364	607,0	6°
7	Martin Mattos	IPO	M	27-sep-80	66,00	34	Open	-	67,5		160,0	180,0	200,0	.		80,0	100,0	-110,0	NO	300,0	160,0	180,0	190,0	.	490,0	1,268	621,3	4°
8	Sergio Anachuri	IPO	M	21-may-71	70,00	43	M40-44		75,0		150,0	160,0	-175,0	NO		100,0	110,0	-120,0	NO	270,0	140,0	-160,0	180,0	.	450,0	1,194	537,3	12°
9	Cristian Centeno	IPO	M	12-nov-91	81,00	23	Jun		82,5		-185,0	200,0	220,0	.		110,0	125,0	-130,0	NO	345,0	180,0	200,0	210,0	.	555,0	1,044	579,4	8°
10	Jose Egues	GPA	M	27-jul-85	79,00	29	Open	-	82,5		-270,0	-270,0	270,0	.		120,0	130,0	-140,0	NO	400,0	230,0	240,0	-245,0	NO	640,0	1,066	682,2	2°
11	Matias Flores	IPO	M	04-may-85	83,00	29	Open		90,0		220,0			NO		110,0	125,0	-130,0	NO	345,0	220,0			NO	565,0	1,024	578,6	9°
12	Gaston Gutierrez	GPA	M	22-nov-79	85,00	35	SubM	Open	90,0		160,0	180,0	200,0	.		110,0	-120,0	-120,0	NO	310,0	180,0	210,0	-220,0	NO	520,0	1,006	523,1	13°
13	Sergio Gutierrez	GPA	M	09-sep-78	87,00	36	SubM	Open	90,0		160,0	170,0	180,0	.		100,0	110,0	115,0	.	295,0	190,0	-220,0	220,0	.	515,0	0,990	509,9	14°
14	Lucas Diosquez	GPA	M	24-feb-90	89,00	25	Open	-	90,0		200,0	220,0	240,0	.		140,0	150,0	-170,0	NO	390,0	220,0	-240,0	240,0	.	630,0	0,976	614,9	5°
15	Augusto Ramos	GPA	M	09-abr-69	97,00	45	M45-49		100,0		160,0	170,0	-180,0	NO		90,0	100,0	-110,0	NO	270,0	170,0	180,0		NO	450,0	0,927	417,2	18°
16	Cristian Soria	GPA	M	17-dic-81	96,00	33	Open	-	100,0		-160,0	-160,0	160,0	.		130,0	-140,0	-140,0	NO	290,0	160,0	180,0	-200,0	NO	470,0	0,932	438,0	16°
17	Fredy Baldiviezo	GPA	M	08-mar-77	92,00	38	SubM	Open	100,0		150,0	-160,0	165,0	.		-120,0	-120,0	120,0	.	285,0	140,0	160,0	170,0	.	455,0	0,954	434,1	17°
18	Ramiro Chavez	GPA	M	24-dic-97	103,00	17	Tn 16-17	Open	110,0		200,0	220,0	-230,0	NO		115,0	-125,0	-125,0	NO	335,0	200,0	220,0	-230,0	NO	555,0	0,904	501,7	15°
19	Pablo Kamandaro	GPA	M	26-jul-91	89,00	23	Jun	Open	90,0		210,0	215,0	220,0	.		120,0	125,0	-130,0	NO	345,0	200,0	210,0	220,0	.	565,0	0,976	551,4	10°

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												BENCHPRESS					Ranking		
Nº	NOMBRE Y APELLIDO	IPO/GPA	SEX	Fecha Nac	PESO	Edad	DIV 1	DIV 2	CAT	GIMNASIO	ALT.	1.	2.	3.	4.	TOTAL	Reshel	COEF	COEF
1	Guillermo Romero	GPA	M	22-may-99	89,00	15	Tn 13-15		90,0			70,0	-85,0	85,0	.	85,0	0,976	83,0	2°
2	Jose Garcia	GPA	M	07-ene-80	109,00	80		Open	110,0			160,0	-185,0	-185,0	NO	160,0	0,887	141,9	1°