

Torneo Nacional "Chica Powerlifting V" 2023

Valledupar, Cesar
21 Octubre - 22 Octubre, 2023



Mujeres

Sub-junior													
#	Nombre	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total	IPF
43kg													
1	Emily Liceth Ballena (LPC)	38.1	50	60	-67.5	25	27.5	-30	60	70	-75	157.5	55.66
2	Yeimis Dayanna Uribe Solano (LPC)	36.4	35	42.5	-52.5	25	-27.5	-27.5	57.5	62.5	67.5	135	50.84
47kg													
1	Karol Juliana Novoa Morales (LPB)	46.6	80	90	100	35	-40	-42.5	80	87.5	-95	222.5	62.21
2	Paula Andri Almanza Nieves (LPC)	46.9	75	-82.5	-82.5	-35	35	-37.5	100	-105	105	215	59.72
3	Sara Sophia Ortiz Estrada (LIV)	46.4	72.5	82.5	-87.5	35	37.5	40	77.5	-80	-80	200	56.16
4	Maia Yasury Payan Gomez (LIV)	45.6	70	75	-82.5	32.5	35	-37.5	75	82.5	-87.5	192.5	55.02
5	Lucia Vasquez Garcia (LPC)	45.7	60	67.5	70	27.5	30	-32.5	67.5	-72.5	72.5	172.5	49.19
52kg													
1	Maria Paula Soto Rodriguez (LIV)	51.5	100	105	112.5	45	50	55	120	130	-137.5	297.5	75.75
2	Eilyn Jhoana Fuentes Barrios (LPC)	51.1	70	90	-100	45	50	-52.5	115	125	-140	265	67.94
3	Danelys Sofia Rodriguez Prado (LPC)	47.7	75	80	-90	30	-32.5	-32.5	90	-100	100	210	57.37
57kg													
1	Aura Marcela Lozano Quintero (LPC)	55.9	105	110	-115	37.5	-40	-40	110	115	-117.5	262.5	62.49
2	Valerie Lizbeth Contreras Hidalgo (LPB)	55.2	85	-100	-100	40	-45	45	100	-110	115	245	58.9
3	Karin Andrea Zarate Cifuentes (LPN)	53.7	70	-85	-85	35	40	-45	85	-90	-95	195	47.93
4	Maria Fernanda Vasquez (LPC)	52.4	70	77.5	-80	30	-35	-35	75	-80	-80	182.5	45.78

#	Nombre	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total	IPF
63kg													
1	Any Dahian Garcia Hidalgo (LPC)	61.6	-115	115	-125	-62.5	62.5	-67.5	115	125	-130	302.5	67.16
2	Gabriela Rosero Cadena (LPC)	60.7	75	80	-82.5	30	35	40	90	100	-110	220	49.33
3	Maria Del Pilar Ortiz Villamizar (LPB)	62.7	100	107.5	-112.5	40	-45	-45	105	112.5	-117.5	260	57.06
4	Valeria Isabel Vergara Trespacios (LPC)	57.1	80	-85	-85	27.5	-30	-32.5	100	105	-107.5	212.5	49.78
	Isabel Sofia Villarreal Mojica (LPC)	60	-90	-90	-90	35	-42.5	-42.5	105	-112.5	-112.5	0	0

69kg													
1	Maria Stephanie Pena Quintero (LPC)	67.6	70	80	-87.5	30	35	40	80	90	-105	210	44.01

84kg													
1	Shary Milena Rodriguez Gutierrez (LPC)	80.5	70	75	-80	37.5	40	-45	100	-105	-105	215	41.31

84+kg													
1	Valery Dahiana Martinez Pulgarin (LPC)	85.9	140	145	150	70	72.5	-75	140	-147.5	-147.5	362.5	67.87

Junior													
#	Nombre	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total	IPF
43kg													
1	Liseth Carolina Fuentes Daza (LPC)	42.9	-65	70	85	25	30	-32.5	70	80	-90	195	59.54
47kg													
1	Karoll Darin Contrera Fernandez (LPC)	46.4	120	-122.5	-125	60	-65	-65	135	140	-142.5	320	89.85
2	Harid Dayana Bueno Osuna (LPC)	47	55	65	75	30	35	-40	70	80	-90	190	52.67

#	Nombre	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total	IPF
52kg													
1	Valeria Galvis Ortiz (LPC)	49.5	90	100	105	60	62.5	65	115	125	135	305	80.46
2	Yeinis Elisa Noriega Herrera (LPC)	47.7	90	100	-105	30	-37.5	37.5	95	-100	100	237.5	64.89
3	Leidys Carolina Vega Diaz (LPC)	52	25	30	32.5	25	27.5	30	40	42.5	45	107.5	27.14

57kg													
1	Erika Tatiana Lopez Carmona (LPB)	57	130	-140	142.5	45	50	55	135	-142.5	142.5	340	79.75
2	Carolina Atencia Acuna (LPC)	54.3	95	100	105	55	-60	-60	100	110	120	280	68.2
3	Estefanis Melisa Rangel Hernandez (LPC)	56.1	-100	-110	110	45	50	-55	110	120	-122.5	280	66.48

63kg													
1	Ana Isabel Campo Sanchez (LIV)	62.3	130	137.5	142.5	70	75	-77.5	145	152.5	155	372.5	82.09
2	Noryeth Carolina Montes Tapias (LPC)	58.8	135	142.5	-150	70	-72.5	-75	140	147.5	-152.5	360	82.54
3	Angela Patricia Torrijo Zabaleta (LPC)	60.7	65	-75	75	30	35	37.5	85	-95	95	207.5	46.53
4	Mariluz Gomez Ramos (LPC)	59	25	35	40	25	30	32.5	40	45	55	127.5	29.16

69kg													
1	Maria Lucia Diaz Diaz (LPC)	65.2	-125	-125	125	50	55	-57.5	125	130	140	320	68.52
2	Yeiris Patricia Jiménez García (LPC)	64	125	132.5	-135	50	55	-60	125	-135	-135	312.5	67.69
3	Eva Sandrith Mieles Palencia (LPC)	68.5	-115	115	125	30	35	-37.5	120	130	-140	290	60.33
4	Yulieth Dayana Sanguino Marin (LPB)	64.6	-105	112.5	-120	45	-50	-52.5	105	115	125	282.5	60.84

76kg													
1	Yulimar Andrea Ramirez Caceres (LPN)	75.7	100	107.5	112.5	55	60	65	115	122.5	130	307.5	60.74
	Valentina Galvan Montes (LPC)	74.1	-100	-100	-100	-40	-40	-40	-110	-110	-110	0	0

84+kg													
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#	Nombre	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total	IPF
1	Daniela Isabel Vega Romero (LPC)	103.2	35	45	50	25	30	35	50	65	75	160	28.3

Open

#	Nombre	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total	IPF
47kg													
1	Elizabeth Gutierrez Mendoza (LPC)	46.9	80	90	92.5	35	40	-45	110	120	-125	252.5	70.14

52kg

1	Keissy Garcia Candanoza (LPC)	50.7	-150	150	-160	67.5	72.5	75	160	-170	170	395	101.97
2	Wizneidy Hernandez (LPC)	51.9	70	77.5	82.5	30	-37.5	-37.5	102.5	-107.5	107.5	220	55.64

57kg

1	Stefania Cruz Escobar (LIV)	55.8	127.5	137.5	145	70	77.5	-82.5	147.5	160	-170	382.5	91.19
2	Jenniffer Katherine Hernandez Duarte (LPB)	56.9	-90	100	-110	40	-45	45	120	-130	135	280	65.77
3	Maria Odila Ramirez Dimate (LPC)	55.6	90	-100	-100	35	40	-42.5	110	120	122.5	252.5	60.36
4	Giselle Vanesa Rojas Suarez (LPC)	53.7	-75	75	85	30	-40	-40	70	80	-90	195	47.93
	Yusleidis Paola Almeira Crespo (LPC)	55.8	-107.5	-107.5	-107.5	35	40	45	130	140	145	0	0

63kg

1	Irina Davila Zapata (LPC)	62	140	-150	-152.5	75	80	85	150	155	160	385	85.11
2	Lideynis Carrillo Gonzalez (LPC)	60.9	120	-130	-130	65	70	-72.5	140	150	-160	340	76.07

#	Nombre	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total	IPF
3	Maria Isabel Martinez Argumedo (LPC)	60.7	100	105	110	40	45	-50	105	112.5	120	275	61.67
4	Andrea Carolina Diaz Vides (LPC)	60.2	-90	90	-100	35	40	45	90	105	-120	240	54.12

69kg

1	Cindy Milena Maestre Reina (LPC)	68	-140	-140	140	75	80	-82.5	150	160	-170	380	79.38
2	Grey Patricia Carranza Arévalo (LPC)	67.6	120	-130	130	70	75	-80	150	160	-170	365	76.5
3	Claudia Maria Quitian Vela (LPB)	67.7	-140	140	-150	-65	-65	65	140	-150	-150	345	72.25
4	Jessika Vannesa Gomez (LPB)	67.6	115	125	-132.5	-72.5	72.5	75	-135	140	-147.5	340	71.26
5	Luisa Fernanda Torres galvis (LPC)	64.9	-100	100	107.5	40	45	-47.5	-115	115	120	272.5	58.51
6	Angie Paola Torrijo Zabaleta (LPC)	64.7	50	60	65	27.5	30	-32.5	70	75	80	175	37.65

76kg

1	Evis Mileidis Royero Torres (LPC)	74.6	140	150	160	70	80	-90	175	185	-190	425	84.54
2	Yesika dariana Carmona mendez (LPN)	70.3	162.5	172.5	-180	65	72.5	75	165	175	-182.5	422.5	86.64
3	Lilibeth Benitez Ruiz (LPC)	72.7	100	110	-117.5	52.5	57.5	62.5	110	125	-130	297.5	59.94

84kg

1	Nancy Rodriguez Mosquera (LPC)	76.1	120	130	-132.5	80	85	-90	150	160	-162.5	375	73.89
2	Lina Marcela Onate Fernandez (LPC)	82.1	135	140	-145	65	70	72.5	145	-152.5	-152.5	357.5	68.13

Master I

#	Nombre	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total	IPF
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52kg

1	Nerydis Ariza Arrieta (LPC)	51	-85	85	-90	37.5	40	-45	95	100	105	230	59.07
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63kg

1	Lucy Sierra (LPC)	57.8	115	-125	125	60	62.5	65	140	147.5	-152.5	337.5	78.35
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69kg

1	Zenith Maria Pacheco Castellar (LPC)	64.7	125	130	-135	70	-80	-80	150	157.5	-160	357.5	76.91
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76kg

1	Magda Lined Garcia Quintero (LPC)	75.4	100	110	-120	50	55	-60	110	120	-130	285	56.4
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Master II

#	Nombre	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total	IPF
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76kg

1	Ledys Maria Orozco Troya (LPC)	72.1	65	70	75	35	37.5	40	95	100	-102.5	215	43.51
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Teen I (12 - 13 años)

#	Nombre	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total	IPF
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52kg

1	Andrea Sthefanny Torrijo Zabaleta (LPC)	50.8	60	70	-72.5	25	-30	-30	70	75	82.5	177.5	45.74
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57kg

#	Nombre	BWT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	Total	IPF
1	Sofia Brito Marulanda (LPC)	53	75	82.5	87.5	30	-35	-35	85	95	-107.5	212.5	52.8

63kg

1	Maria Sofia Arbelaez Correa (LIV)	59.7	85	90	-95	40	-42.5	-42.5	90	100	105	235	53.31
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Mujeres

Sub-junior					
Puesto	Nombre	Categoria	Peso	Total	IPF
1	Maria Paula Soto Rodriguez (LIV)	52	51.5	297.5	75.75
2	Claris Castillejo Campos (LIV)	47	43.7	240	71.78
3	Eilyn Jhoana Fuentes Barrios (LIV)	52	51.1	265	67.94
4	Valery Dahiana Martinez Pulgarin (LIV)	84+	85.9	362.5	67.87
5	Any Dahian Garcia Hidalgo (LIV)	63	61.6	302.5	67.16
6	Aura Marcela Lozano Quintero (LIV)	57	55.9	262.5	62.49
7	Karol Juliana Novoa Morales (LIV)	47	46.6	222.5	62.21
8	Andrea Carolina Zuleta Mendoza (LIV)	63	62.9	275	60.23
9	Paula Andri Almanza Nieves (LIV)	47	46.9	215	59.72
10	Valerie Lizbeth Contreras Hidalgo (LIV)	57	55.2	245	58.9
11	Danelys Sofia Rodriguez Prado (LIV)	52	47.7	210	57.37
12	Maria Del Pilar Ortiz Villamizar (LIV)	63	62.7	260	57.06
13	Sara Sophia Ortiz Estrada (LIV)	47	46.4	200	56.16
14	Emily Liceth Ballena (LIV)	43	38.1	157.5	55.66
15	Maia Yasury Payan Gomez (LIV)	47	45.6	192.5	55.02

Puesto	Nombre	Categoria	Peso	Total	IPF
16	Yeimis Dayanna Uribe Solano (LIV)	43	36.4	135	50.84
17	Valeria Isabel Vergara Trespalacios (LIV)	63	57.1	212.5	49.78
18	Gabriela Rosero Cadena (LIV)	63	60.7	220	49.33
19	Lucia Vasquez Garcia (LIV)	47	45.7	172.5	49.19
20	Karin Andrea Zarate Cifuentes (LIV)	57	53.7	195	47.93
21	Maria Fernanda Vasquez (LIV)	57	52.4	182.5	45.78
22	Maria Stephanie Pena Quintero (LIV)	69	67.6	210	44.01
23	Shary Milena Rodriguez Gutierrez (LIV)	84	80.5	215	41.31

Junior					
Puesto	Nombre	Categoria	Peso	Total	IPF
1	Karoll Darin Contrera Fernandez (LPC)	47	46.4	320	89.85
2	Noryeth Carolina Montes Tapias (LPC)	63	58.8	360	82.54
3	Ana Isabel Campo Sanchez (LPC)	63	62.3	372.5	82.09
4	Valeria Galvis Ortiz (LPC)	52	49.5	305	80.46
5	Erika Tatiana Lopez Carmona (LPC)	57	57	340	79.75
6	Maria Lucia Diaz Diaz (LPC)	69	65.2	320	68.52
7	Carolina Atencia Acuna (LPC)	57	54.3	280	68.2
8	Yeiris Patricia Jiménez García (LPC)	69	64	312.5	67.69
9	Estefanis Melisa Rangel Hernandez (LPC)	57	56.1	280	66.48
10	Yeinis Elisa Noriega Herrera (LPC)	52	47.7	237.5	64.89
11	Yulieth Dayana Sanguino Marin (LPC)	69	64.6	282.5	60.84
12	Yulimar Andrea Ramirez Caceres (LPC)	76	75.7	307.5	60.74
13	Eva Sandrith Mieleles Palencia (LPC)	69	68.5	290	60.33
14	Liseth Carolina Fuentes Daza (LPC)	43	42.9	195	59.54
15	Harid Dayana Bueno Osuna (LPC)	47	47	190	52.67

Puesto	Nombre	Categoria	Peso	Total	IPF
16	Angela Patricia Torrijo Zabaleta (LPC)	63	60.7	207.5	46.53
17	Mariluz Gomez Ramos (LPC)	63	59	127.5	29.16
18	Daniela Isabel Vega Romero (LPC)	84+	103.2	160	28.3
19	Leidys Carolina Vega Diaz (LPC)	52	52	107.5	27.14

Open					
Puesto	Nombre	Categoria	Peso	Total	IPF
1	Keissy Garcia Candanoza (LPC)	52	50.7	395	101.97
2	Stefania Cruz Escobar (LPC)	57	55.8	382.5	91.19
3	Yesika dariana Carmona mendez (LPC)	76	70.3	422.5	86.64
4	Irina Davila Zapata (LPC)	63	62	385	85.11
5	Evis Mileidis Royero Torres (LPC)	76	74.6	425	84.54
6	Cindy Milena Maestre Reina (LPC)	69	68	380	79.38
7	Grey Patricia Carranza Arévalo (LPC)	69	67.6	365	76.5
8	Lideynis Carrillo Gonzalez (LPC)	63	60.9	340	76.07
9	Nancy Rodriguez Mosquera (LPC)	84	76.1	375	73.89
10	Claudia Maria Quitian Vela (LPC)	69	67.7	345	72.25
11	Jessika Vannesa Gomez (LPC)	69	67.6	340	71.26
12	Elizabeth Gutierrez Mendoza (LPC)	47	46.9	252.5	70.14
13	Lina Marcela Onate Fernandez (LPC)	84	82.1	357.5	68.13
14	Jennifer Katherine Hernandez Duarte (LPC)	57	56.9	280	65.77
15	Maria Isabel Martinez Argumedo (LPC)	63	60.7	275	61.67
16	Maria Odila Ramirez Dimate (LPC)	57	55.6	252.5	60.36
17	Lilibeth Benitez Ruiz (LPC)	76	72.7	297.5	59.94
18	Luisa Fernanda Torres galvis (LPC)	69	64.9	272.5	58.51
19	Wizneidy Hernandez (LPC)	52	51.9	220	55.64

Puesto	Nombre	Categoria	Peso	Total	IPF
20	Andrea Carolina Diaz Vides (LPC)	63	60.2	240	54.12
21	Giselle Vanesa Rojas Suarez (LPC)	57	53.7	195	47.93
22	Angie Paola Torrijo Zabaleta (LPC)	69	64.7	175	37.65

Master I					
Puesto	Nombre	Categoria	Peso	Total	IPF
1	Lucy Sierra (LPC)	63	57.8	337.5	78.35
2	Zenith Maria Pacheco Castellar (LPC)	69	64.7	357.5	76.91
3	Nerydis Ariza Arrieta (LPC)	52	51	230	59.07
4	Magda Lined Garcia Quintero (LPC)	76	75.4	285	56.4

Master II					
Puesto	Nombre	Categoria	Peso	Total	IPF
1	Ledys Maria Orozco Troya (LPC)	76	72.1	215	43.51

Teen I (12 - 13 años)					
Puesto	Nombre	Categoria	Peso	Total	IPF
1	Maria Sofia Arbelaez Correa (LPC)	63	59.7	235	53.31
2	Sofia Brito Marulanda (LPC)	57	53	212.5	52.8
3	Andrea Sthefanny Torrijo Zabaleta (LPC)	52	50.8	177.5	45.74