

FEDERACION DE POWERLIFTING DE PUERTO RICO

MARCAS JUVENILES NACIONALES - FEMENINAS

Categoría	Nombre	Equipo	Marca Kilos	Marca Libras	Fecha d/m/a
SQUAT					
44kg	Gladys Serrano	Rio Grande	105.0	231.48	23/08/2005
48kg	Gladys Serrano	Rio Grande	120.0	264.55	25/02/2007
52kg	María Viera	Ponce	150.0	330.69	24/10/2009
56kg	Dagmarie Cabrera	Rio Grande	137.5	303.13	15/04/2001
60kg	Carla Pérez	Rio Grande	152.5	336.20	03/10/2004
67.5kg	Christy Tyquiengco	Ponce	150.0	330.69	05/05/2007
75kg	Giselle Costas	Ponce	175.0	385.80	05/02/2000
82.5kg	Giselle Costas	Ponce	186.0	410.05	23/08/2003
90kg	Giselle Costas	Ponce	192.5	424.38	27/07/2002
+90kg	Miliany Santiago	Loíza	195.5	430.99	10/05/2008
BENCH PRESS					
44kg	Gladys Serrano	Rio Grande	60.0	132.27	23/08/2005
48kg	Gladys Serrano	Rio Grande	75.0	165.34	20/06/2007
52kg	María Viera	Ponce	80.0	176.36	24/10/2009
56kg	Dagmarie Cabrera	Rio Grande	82.5	181.87	15/04/2001
60kg	Dagmarie Cabrera	Rio Grande	75.0	165.34	28/11/1999
67.5kg	Dagmarie Cabrera	Rio Grande	90.0	198.41	20/05/2000
75kg	Giselle Costas	Ponce	90.0	198.41	05/02/2000
82.5kg	Giselle Costas	Ponce	105.0	231.48	23/08/2003
90kg	Giselle Costas	Ponce	92.5	203.92	27/02/2002
+90kg	Miliany Santiago	Fajardo	125.0	275.57	10/05/2009
DEADLIFT					
44kg	Gladys Serrano	Rio Grande	105.0	231.48	23/08/2005
48kg	Karen Feliciano	Ponce	132.5	292.13	20/05/2000
52kg	María Viera	Ponce	140.0	308.64	24/10/2009
56kg	Sandra Rivera	Ponce	157.5	347.23	28/11/1999
60kg	Dagmarie Caberera	Rio Grande	157.5	347.23	28/11/1999
67.5kg	Christy Tyquiengco	Ponce	165.0	363.75	05/05/2007
75kg	Giselle Costas	Ponce	190.0	418.87	05/02/2000
82.5kg	Giselle Costas	Ponce	200.0	440.92	22/08/2001
90kg	Giselle Costas	Ponce	227.5	501.55	27/02/2002
+90kg	Giselle Costas	Ponce	182.5	402.34	21/03/1999

TOTAL					
44kg	Gladys Serrano	Rio Grande	270.0	595.24	23/08/2005
48kg	Gladys Serrano	Rio Grande	305.0	672.40	20/05/2000
52kg	María Viera	Ponce	370.0	815.70	24/10/2009
56kg	Belmarie Rodríguez	Ponce	336.0	740.74	18/08/2006
60kg	Carla Pérez	Rio Grande	360.0	793.65	22/08/2001
67.5kg	Christy Tyquiengco	Ponce	382.5	843.25	05/05/2007
75kg	Giselle Costas	Ponce	455.0	1003.93	05/02/2000
82.5kg	Giselle Costas	Ponce	491.0	1082.45	22/08/2001
90kg	Giselle Costas	Ponce	512.5	1129.85	27/02/2002
+90kg	Miliany Santiago	Fajardo	490.0	1080.25	19/06/2008