

FEDERACION DE POWERLIFTING DE PUERTO RICO

MARCAS NACIONALES SENIOR - FEMENINAS

Categoría	Nombre	Equipo	Marca Kilos	Marca Libras	Fecha d/m/a
SQUAT					
44kg	Berushka Morales	Rio Grande	110.0	242.50	05/02/2000
48kg	Berushka Morales	Rio Grande	130.0	286.59	15/09/2007
52kg	María Viera	Ponce	150.0	330.69	24/10/2009
56kg	Dagmarie Cabrera	Rio Grande	145.0	319.66	28/11/1999
60kg	Migdalia Fernández	Bayamón	167.5	369.27	22/07/2001
67.5kg	Norma Nieves	Rio Grande	200.0	440.92	22/08/2001
75kg	Norma Nieves	Rio Grande	215.0	473.98	03/06/2004
82.5kg	Giselle Costas	Ponce	186.0	410.05	23/08/2003
90kg	Giselle Costas	Ponce	232.5	512.56	20/06/2007
+90kg	Giselle Costas	Ponce	237.5	523.59	09/2006
BENCH PRESS					
44kg	Berushka Morales	Rio Grande	62.5	137.78	05/02/2000
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	90.0	198.41	28/11/1999
60kg	Migdalia Fernández	Bayamón	92.5	203.92	22/07/2001
67.5kg	Migdalia Fernández	Bayamón	105.0	231.48	22/08/2001
75kg	Norma Nieves	Rio Grande	125.0	275.57	22/05/2003
82.5kg	Giselle Costas	Ponce	110.0	242.50	23/05/2003
90kg	Giselle Costas	Ponce	137.5	303.13	15/06/2006
+90kg	Giselle Costas	Ponce	150.0	330.69	25/02/2007
DEADLIFT					
44kg	Berushka Morales	Rio Grande	130.0	286.59	05/02/2000
48kg	Karen Feliciano	Ponce	135.0	297.62	22/08/2001
52kg	María Viera	Ponce	140.0	308.64	24/10/2009
56kg	Sandra Rivera	Ponce	157.5	347.22	28/11/1999
60kg	Migdalia Fernández	Bayamón	172.5	380.29	22/07/2001
67.5kg	Migdalia Fernández	Bayamón	197.5	435.40	22/08/2001
75kg	Norma Nieves	Rio Grande	205.5	453.04	22/05/2003
82.5kg	Giselle Costas	Ponce	205.0	451.94	23/05/2003
90kg	Giselle Costas	Ponce	227.5	501.54	27/07/2002
+90kg	Giselle Costas	Ponce	240.0	529.10	09/2006

TOTAL					
44kg	Berushka Morales	Rio Grande	302.5	666.89	05/02/2000
48kg	Luz Osorio	Fajardo	322.5	710.98	15/09/2007
52kg	María Viera	Ponce	370.0	815.70	24/10/2009
56kg	Dagmarie Cabrera	Rio Grande	355.0	782.63	28/11/1999
60kg	Migdalia Fernández	Bayamón	435.0	959.00	22/07/2001
67.5kg	Norma Nieves	Rio Grande	500.0	1102.30	22/08/2001
75kg	Norma Nieves	Rio Grande	542.5	1195.99	22/05/2003
82.5kg	Giselle Costas	Ponce	492.5	1082.45	23/05/2003
90kg	Giselle Costas	Ponce	587.5	1195.20	15/06/2006
+90kg	Giselle Costas	Ponce	622.5	1372.36	09/2006