



# FEDERACION NACIONAL DE LEVANTAMIENTO DE POTENCIA

GUATEMALA C. A.



## CAMPEONATO NACIONAL NOVATOS 2019

30/03/2019

NOMBRE	EQUIPO	PESO	CATEGORIA	EDAD	SQUAT			BENCH PRESS			DEAD LIFT			TOTAL	WILKS PTS.
					SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3		
JAQUELINE GONZALES	SAN MARCOS	46.1	47	20	-195	-195	-195							0	0.000
INGRID ALVAREZ	ALTA VERAPAZ	51.5	52	23	225	245	255	105	110	115	230	245	265	635	361.771
VANESSA CABA	HUEHUETENANGO	52	52	22	-200	-200	200	-105	-105	-105				0	0.000
SHARON VIVAR	CHIMALTENANGO	54.7	57	26	235	255	275	115	125	135	-270	275	295	705	383.263
ALEJANDRA ROSIBEL	QUICHE	56.3	57	18	225	240	260	110	-120	120	235	245	255	635	337.490
ANA CABA	HUEHUETENANGO	54.75	57	20	-205	-205	-205							0	0.000
BETZABE MARTINEZ	HUEHUETENANGO	61.45	63	19	215	-225	-225	-115	-115	-115				0	0.000
PAOLA RODRIGUEZ	QUICHE	61.2	63	18	235	255	-270	-115	115	-125				0	0.000
MISHEL ITZOL	CHIMALTENANGO	70.55	72	21	315	335	-355	135	155	175	255	270	-285	780	350.091
JENNIFER PASCUAL	HUEHUETENANGO	71.6	72	20	215	225	245	-120	-120	-120				0	0.000
MELANY CAAL	ALTA VERAPAZ	66.9	72	19	215	230	245							0	0.000
SEIDY SILVIA	ESCUINTLA	105.3	84+	32	275	315	365	135	155	-185	255	285	300	820	305.445
JUAN RAMOS	QUICHE	50.35	53	25	310	335	-345	185	200	-230	355	370	395	930	428.384
KENDRIK VILLATORO	HUEHUETENANGO	52.15	53	20	275	285	295	185			300	-310	-310	780	346.128
ANGEL ARROYO	CHIMALTENANGO	57.65	59	23	365	385	405	205	220	-235	465	485	-500	1110	445.692
NICOLAS DE LEON	QUICHE	57.6	59	20	405	-420	420	205	215	-225	385	405	425	1060	425.952
JHONY CARDONA	GUATEMALA	58.25	59	17	325	360	390	-195	205	220	335	365	-380	975	387.683
EMERSON TIPAZ	SAN MARCOS	58.35	59	18	365	385	-405	205	-215	-215	365	375	-390	965	383.094
JUNIOR ZACARIAS	GUATEMALA	58.35	59	23	-325	365	375	-205	-205	205	315	335	365	945	375.154
BRYAN REYES	ESCUINTLA	57.5	59	17	295	-315	335	195	205	-215	310	320	345	885	356.232
BRYAN HERNANDEZ	HUEHUETENANGO	58.8	59	19	295	315	335	-195	195	-205	310	325	340	870	342.893
PEDRO SOSOF	SOLOLA	58	59	20	295	-325	-325	-195	195	-205	310	325	345	835	333.379
LUIS LIMA	JALAPA	57.3	59	19	-350	350	-360	-195	-195	-195				0	0.000



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					SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3		
ALIER CASTRO	GUATEMALA	65.35	66		<del>435</del>	435	<del>460</del>	<del>275</del>	275	<del>285</del>	395	410	<del>445</del>	1130	406.460
EDGAR GONZALES	ESCUINTLA	63.35	66		315	365	385	205	225	255	320	365	385	1025	387.550
LUIS HUMBERTO ESCOBAR	GUATEMALA	64.15	66		315	365	405	225	245	255	325	335	345	1005	367.190
SELVIN TELLO	ALTA VERAPAZ	62.45	66		<del>345</del>	345	385	205	215	<del>245</del>	365	<del>385</del>	<del>385</del>	965	360.850
AXEL RODRIGUEZ	QUICHE	61.50	66		340	355	<del>355</del>	<del>205</del>	<del>205</del>	205	335	365	<del>385</del>	925	350.640
JONATHAN PEREZ	SOLOLA	62.65	66		305	335	365	205	215	<del>235</del>	320	340	<del>355</del>	580	216.280
MANUEL VELASQUEZ	SAN MARCOS	64.60	66		<del>315</del>	<del>315</del>	315	<del>205</del>	<del>205</del>	<del>205</del>				0	0.000
BYRON SANCHEZ	HUEHUETENANGO	65.25	66		<del>335</del>	<del>335</del>	<del>335</del>							0	0.000
JEISON GOMEZ	JALAPA	64.95	66		<del>350</del>	<del>350</del>	<del>350</del>							0	0.000
RODRIGO RAMIREZ	GUATEMALA	71.10	74		105	455	475	<del>275</del>	295	305	405	465	500	1280	430.690
JORGE MERIDA	CHIMALTENANGO	74.00	74		<del>435</del>	<del>435</del>	435	385	<del>405</del>	<del>405</del>	405	445	<del>465</del>	1265	413.360
BYRON CUCUL	ALTA VERAPAZ	71.95	74		405	435	<del>460</del>	215	225	<del>235</del>	405	455	495	1155	385.170
CESAR MAAS	SOLOLA	73.50	74		385	<del>405</del>	405	265	275	285	405	435	455	1145	375.970
JOSE PEREZ	JALAPA	72.25	74		405	<del>425</del>	425	<del>215</del>	<del>215</del>	215	<del>365</del>	<del>365</del>	365	1005	334.150
ANDERSON URIBE	ESCUINTLA	68.70	74		<del>365</del>	<del>365</del>	365	<del>215</del>	<del>215</del>	<del>215</del>				0	0.000
FRANCISCO ESPINOZA	QUICHE	69.35	74		<del>335</del>	<del>335</del>	<del>335</del>							0	0.000
MOISES HERNANDEZ	GUATEMALA	71.80	74		<del>495</del>	<del>495</del>	<del>495</del>							0	0.000
HUGO COLINDRES	GUATEMALA	81.80	83		500	530	550	245	275	<del>295</del>	405	455	475	1300	397.560
MARTIN AJUJ	JALAPA	80.00	83		405	<del>450</del>	450	275	295	315	395	425	<del>455</del>	1190	368.990
JUAN OROSCO	GUATEMALA	82.55	83		365	405	<del>455</del>	275	295	315	365	405	<del>435</del>	1125	342.150
JONATHAN TUN	ALTA VERAPAZ	80.40	83		405	<del>430</del>	<del>430</del>	225	255	<del>265</del>	405	425	<del>455</del>	1085	335.400
OLIVER BOSARREYES	SACATEPEQUEZ	83.00	83		<del>365</del>	365	<del>370</del>	<del>225</del>	225	<del>245</del>	340	<del>345</del>	<del>345</del>	930	281.920
JUAN ALVA	HUEHUETENANGO	78.30	83		<del>325</del>	325		<del>225</del>	<del>225</del>	225	340			890	279.800



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					SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3		
CARLOS ITZOL	CHIMALTENANGO	89.35	93		<del>350</del>	350	<del>375</del>	255	270	<del>285</del>	350	<del>370</del>	970	282.250	
DIEGO SERVELLON	SACATEPEQUEZ	86.75	93		<del>425</del>	<del>425</del>	<del>425</del>						0	0.000	
GILBERTO BRAN	ESCUINTLA	118.35	120		355	365	405	255	260	<del>265</del>	370	385	405	1070	280.090
GERSON ESTRADA	JALAPA	110.80	120		<del>405</del>	405	<del>425</del>	255			370	<del>390</del>	<del>390</del>	1030	274.530
ARMANDO ORTIZ	GUATEMALA	130.35	+120		405	495	585	265	275	<del>295</del>	405	<del>445</del>	<del>445</del>	1305	334.740