

**RECORDS NACIONALES DAMAS CLASSIC - Septiembre 2025**

<b>DAMAS OPEN</b>		<b>Classic</b>		
<b>SENTADILLA</b>				
47.0	Canto Madelein/89	SyC Coaches	125.0	08-jun-25
52.0	La Bella Daiana/93	Evolution Coach	155.0	20-sep-25
57.0	La Bella Daiana/93	Evolution Coach	167.5	12-jun-23
63.0	Nazarena Diaz/00	Kloster	142.5	06-sep-23
69.0	Sopeña Maria Belen/87	Team Prez	155.0	02-jul-25
76.0	Paoli Agustina/05	Dynamik Powerliftin	190.0	25-ago-25
84.0	Maldonado Irene/89	Toro Competicion	165.5	02-jul-25
84 +	Billanueva Maria/88	Atlas	200.0	01-nov-19
<b>FUERZA EN BANCO</b>				
47.0	Olguin Karen/01	Sis Barbell Club	74.0	02-jul-25
52.0	La Bella Daiana/93	Evolution Coach	82.5	02-jul-25
57.0	Cabral Guadalupe/97	SyC Coaches	86.5	04-jul-24
63.0	Gimenez Tatiana/88	Raw Muscle and Streng	80.0	02-jul-25
69.0	Coronel Monica/70	Toro Competicion	85.5	08-sep-17
76.0	Ferreira Lourdes/03	Kratos Box	85.5	04-jul-24
84.0	Hernandez Alicia/76	Tito's Gim	102.5	12-oct-13
84 +	Torres Laura/95	SyC Coaches	115.5	02-jul-25
<b>DESPEGUE</b>				
47.0	Canto Madelein/89	SyC Coaches	150.0	04-jul-24
52.0	La Bella Daiana/93	Evolution Coach	170.5	02-jul-25
57.0	Cabral Guadalupe/97	SyC Coaches	172.5	11-nov-22
63.0	Diaz Nazarena/01	Kloster	170.0	04-jul-24
69.0	Haag Ana/96	Raw Muscle and Streng	177.5	02-jul-25
76.0	Bonahora Valentina/00	Power Club	210.0	04-jul-24
84.0	Sanchez Melina/93	Grecos	172.5	04-jul-24
84 +	Koch Ludmila/88	Toro Competicion	202.5	17-sep-24
<b>TOTAL</b>				
47.0	Canto Madelein/89	SyC Coaches	342.5	04-jul-24
52.0	La Bella Daiana/93	Evolution Coach	403.0	02-jul-25
57.0	La Bella Daiana/93	Evolution Coach	410.5	02-nov-23
63.0	Nazarena Diaz/00	Kloster	382.5	04-jul-24
69.0	Cicerone Regina/00	Sis Barbell Club	402.5	02-jul-25
76.0	Paoli Agustina/05	Dynamik Powerliftin	475.0	25-ago-25
84.0	Maldonado Irene/89	Toro Competicion	410.5	02-jul-25
84 +	Torres Laura/95	SyC Coaches	480.5	02-jul-25
<b>Fuerza en banco simple levantamiento</b>				
47.0	Canto Madelein/89	SyC Coaches	70.5	02-nov-23
52.0	La Bella Daiana/93	Evolution Coach	82.5	02-jul-25
57.0	Cabral Guadalupe/97	SyC Coaches	86.5	04-jul-24
63.0	Grittini Melina/78	SyC Coaches	77.5	02-nov-23
69.0	Coronel Monica/70	Toro Competicion	85.5	08-sep-17
76.0	Ferreira Lourdes/03	Kratos Box	85.5	04-jul-24
84.0	Hernandez Alicia/76	Tito's Gim	102.5	12-oct-13
84 +	Torres Laura/95	SyC Coaches	115.5	02-jul-25

DAMAS JUNIOR		Classic		
SENTADILLA				
43.0	Briongos Elizabth/06	Kloster	65.0	11-nov-22
47.0	Olguin Karen/01	Strength is Science	100.0	17-sep-24
52.0	Rivero Claribel/03	MP Power Club	125.0	04-jul-24
57.0	Alfonso Juanita/04	Power Fit	145.0	17-sep-24
63.0	Nazarena Diaz/00	Kloster	142.5	06-sep-23
69.0	Lurdes Ferreira/2003	Kratos Box	151.0	02-nov-23
76.0	Paoli Agustina/05	Dynamik Powerliftin	190.0	25-ago-25
84.0	Mendoza Ailen/03	Ultra Gym	172.5	17-sep-24
84 +	Poblete Lurdes/02	Grecos	187.5	17-sep-24
FUERZA EN BANCO				
43.0	Zambrano Kiara/09	Dynamik Powerliftin	35.0	04-jul-24
47.0	Olguin Karen/01	Strength is Science	67.5	02-nov-23
52.0	Cabral Guadalupe/97	Celta	75.0	01-nov-19
57.0	Luisina Saenz/03	Power Club	77.5	04-jul-24
63.0	Nazarena Diaz/00	Kloster	70.0	06-sep-23
69.0	Ferreira Lourdes/03	Kratos	73.0	02-nov-23
76.0	Ferreira Lourdes/03	Dynamik Powerliftin	85.5	04-jul-24
84.0	Mendoza Ailen/03	Ultra Gym	86.0	17-sep-24
84 +	Poblete Lurdes/02	Grecos	95.0	17-sep-24
DESPEGUE				
43.0	Briongos Elizabth/06	Kloster	92.5	11-nov-22
47.0	Olguin Karen/01	Strength is Science	110.0	17-sep-24
52.0	Seifer Maria Pia/06	Clover Team	170.0	02-jul-25
57.0	Alfonso Juanita/04	Power Fit	160.0	17-sep-24
63.0	Relling Giuliana/02	Germanftrainer	175.0	04-jul-24
69.0	Ferreira Lourdes/03	Kratos	165.5	02-nov-23
76.0	Paoli Agustina/05	Dynamik Powerliftin	200.0	25-ago-25
84.0	Mendoza Ailen/03	Ultra Gym	185.5	17-sep-24
84 +	Poblete Lurdes/02	Grecos	182.5	17-sep-24
TOTAL				
43.0	Briongos Elizabth/06	Kloster	190.0	11-nov-22
47.0	Olguin Karen/01	Strength is Science	277.5	17-sep-24
52.0	Rivero Claribel/03	MP Power Club	335.5	04-jul-24
57.0	Alfonso Juanita/04	Power Fit	367.5	17-sep-24
63.0	Diaz Nazarena/00	Kloster	367.5	06-sep-23
69.0	Ferreira Lourdes/03	Kratos Box	391.5	02-nov-23
76.0	Paoli Agustina/05	Dynamik Powerliftin	475.0	25-ago-25
84.0	Mendoza Ailen/03	Ultra Gym	444.0	17-sep-24
84 +	Poblete Lurdes/02	Grecos	465.0	17-sep-24
Fuerza en banco simple levantamiento				
43				
47.0	Olguin Karen/01	Strength is Science	67.5	02-nov-23
52.0	Cabral Guadalupe/97	Celta	75.0	01-nov-19
57.0	Luisina Saenz/03	Power Club	77.5	04-jul-24
63.0	Diaz Nazarena/01	Kloster	70.0	06-sep-22
69.0	Ferreira Lourdes/03	Kratos	73.0	02-nov-23
76.0	Ferreira Lourdes/03	Dynamik Powerliftin	85.5	04-jul-24
84.0	Mendoza Ailen/03	Ultra Gym	86.0	17-sep-24
84 +	Poblete Lurdes/02	Grecos	95.0	17-sep-24

DAMAS SUBJUNIOR		Classic		
SENTADILLA				
43.0	Briongos Elizabth/06	Kloster	65.0	11-nov-22
47.0	Gonzalez Nara/07	Vital	95.0	20-nov-21
52.0	Aguero Aylin/07	Sis Barbell Club	110.0	02-jul-25
57.0	Luna Jasmin/06	SyC Coaches	112.5	17-sep-24
63.0	Dietz Maia/06	Strength is Science	130.0	04-jul-24
69.0	Poblete Lurdes/02	Grecos	150.0	01-nov-19
76.0				
84.0	Martinez Guadalupe/09	Toro Competicion	100.0	04-jul-24
84 +	Amarilla Malena/06	MP Power Club	142.5	04-jul-24
FUERZA EN BANCO				
43.0	Zambrano Kiara/09	Dynamik Powerliftin	35.0	04-jul-24
47.0	Gonzalez Nara/07	Vital	40.0	20-nov-21
52.0	Lemos Magali/06	Kratos Box	60.5	04-jul-24
57.0	Yuliana Rodriguez/05	La cueva del Vikingo	65.0	02-nov-23
63.0	Dietz Maia/06	Strength is Science	62.5	04-jul-24
69.0	Vivares Martina/07	Power Club	75.0	04-jul-24
76.0				
84.0	Martinez Guadalupe/09	Toro Competicion	47.5	17-sep-24
84 +	Amarilla Malena/06	MP Power Club	63.0	04-jul-24
DESPEGUE				
43.0	Briongos Elizabth/06	Kloster	92.5	11-nov-22
47.0	Catalina Tenguerian/05	Pitbull Barbell Club	80.5	02-nov-23
52.0	Olivera Martina/05	Toro Competicion	127.5	02-nov-23
57.0	Tolosa Samira/07	MP Power Club	140.0	02-jul-25
63.0	Dietz Maia/06	Strength is Science	140.0	04-jul-24
69.0	Vivares Martina/07	Power Club	170.0	02-jul-25
76.0				
84.0	Martinez Guadalupe/09	Toro Competicion	115.0	17-sep-24
84 +	Amarilla Malena/06	MP Power Club	163.0	04-jul-24
TOTAL				
43.0	Briongos Elizabth/06	Kloster	190.0	11-nov-22
47.0	Gonzalez Nara/07	Vital	215.0	20-nov-21
52.0	Lemos Magali/06	Kratos Box	285.5	04-jul-24
57.0	Tolosa Samira/07	MP Power Club	310.0	02-jul-25
63.0	Dietz Maia/06	Strength is Science	332.5	04-jul-24
69.0	Vivares Martina/07	Power Club	385.0	04-jul-24
76.0				
84.0	Martinez Guadalupe/09	Toro Competicion	262.5	17-sep-24
84 +	Amarilla Malena/06	MP Power Club	368.5	11-nov-22
Fuerza en banco simple levantamiento				
43.0	Zambrano Kiara/09	Dynamik Powerliftin	35.0	04-jul-24
47.0	Gonzalez Nara/07	Vital	40.0	20-nov-21
52.0	Costa Camila/98	Grecos	50.0	20-jun-15
57.0	Yuliana Rodriguez/05	La cueva del Vikingo	65.0	02-nov-23
63.0	Dietz Maia/06	Strength is Science	62.5	04-jul-24
69.0	Vivares Martina/2007	Power Club	75.0	04-jul-24
76.0				
84.0	Martinez Guadalupe/09	Toro Competicion	47.5	17-sep-24
84 +	Silva Rosario/05	Kloster	52.5	11-nov-22

DAMAS MASTER 1		Classic		
SENTADILLA				
47.0	Arosio Leticia/75	CRC	75.5	02-nov-23
52.0	Mariela DiNapoli/78	SyC Coaches	102.5	02-nov-23
57.0	Di Napoli Mariela/78	SyC Coaches	105.0	04-jul-24
63.0	Grittini Melina/78	SyC Coaches	127.5	17-sep-24
69.0	Coronel Monica/70	Toro Competicion	137.5	08-sep-17
76.0	Vallejos Paola/82	Klosters Gym	115.0	02-jul-25
84.0	Arreguez Veronica/73	Dynamik Powerliftin	140.0	02-jul-25
84 +				
FUERZA EN BANCO				
47.0	Arosio Carina/75	Grasso Gym	47.5	01-nov-19
52.0	Mariela DiNapoli/78	SyC Coaches	55.0	02-nov-23
57.0	Zeballos Ines/70	Toro Competicion	65.5	20-jun-15
63.0	Grittini Melina/78	SyC Coaches	77.5	02-nov-23
69.0	Coronel Monica/70	Toro Competicion	85.5	08-sep-17
76.0	Vallejos Paola/82	Klosters Gym	65.0	02-jul-25
84.0	Chavez Graciela/59	Maxi Gim	85.0	13-oct-12
84 +				
DESPEGUE				
47.0	Arosio Leticia/75	CRC	110.0	04-jul-24
52.0	Mariela DiNapoli/78	SyC Coaches	120.0	11-nov-22
57.0	Mariela DiNapoli/78	SyC Coaches	130.5	02-jul-25
63.0	Zeballos Ines/70	Toro Competicion	150.0	10-oct-15
69.0	Coronel Monica/70	Toro Competicion	157.5	08-sep-17
76.0	Vallejos Paola/82	Klosters Gym	140.0	02-jul-25
84.0	Arreguez Veronica/73	Dynamik Powerliftin	165.0	17-sep-24
84 +				
TOTAL				
47.0	Arosio Carina/75	Grasso Gym	232.5	01-nov-19
52.0	Mariela DiNapoli/78	SyC Coaches	275.0	02-nov-23
57.0	Di Napoli Mariela/78	SyC Coaches	293.0	02-jul-25
63.0	Zeballos Ines/70	Toro Competicion	335.0	10-oct-15
69.0	Coronel Monica/70	Toro Competicion	380.5	08-sep-17
76.0	Vallejos Paola/82	Klosters Gym	327.5	02-jul-25
84.0	Arreguez Veronica/73	Dynamik Powerliftin	360.0	17-sep-24
84 +				
Fuerza en banco simple levantamiento				
47.0	Arosio Carina/75	Grasso Gym	47.5	01-nov-19
52.0	Mariela DiNapoli/78	SyC Coaches	55.0	02-nov-23
57.0	Zeballos Ines/70	Toro Competicion	65.5	20-jun-15
63.0	Grittini Melina/78	SyC Coaches	77.5	02-nov-23
69.0	Coronel Monica/70	Toro Competicion	85.5	08-sep-17
76.0	Vallejos Paola/82	Klosters Gym	65.0	02-jul-25
84.0	Chavez Graciela/59	Maxi Gim	85.0	13-oct-12
84 +	Rengelman Veronica/77	Orions	92.5	02-jul-25

**DAMAS MASTER 2 Classic****SENTADILLA**

47.0

52.0

57.0

63.0 Schapsis Monica/64 Pampa Gym 70.0 01-nov-19

69.0 Celes Mirta/69 Kloster 107.5 04-jul-24

76.0 Wamba Graciela/53 Quiron Fuerza 55.0 04-jul-24

84.0 Arreguez Veronica/73 Dynamik Powerliftin 140.0 02-jul-25

84 +

**FUERZA EN BANCO**

47.0

52.0

57.0

63.0 Reynoso Alicia/75 Team Prez 50.0 02-jul-25

69.0 Celes Mirta/69 Kloster 47.5 17-sep-24

76.0 Wamba Graciela/53 Quiron Fuerza 45.0 04-jul-24

84.0 Chavez Graciela/59 Maxi Gim 85.0 13-oct-12

84 +

**DESPEGUE**

47.0

52.0

57.0

63.0 Reynoso Alicia/75 Team Prez 110.5 02-jul-25

69.0 Celes Mirta/69 Kloster 121.5 04-jul-24

76.0 Wamba Graciela/53 Quiron Fuerza 105.0 04-jul-24

84.0 Arreguez Veronica/73 Dynamik Powerliftin 165.0 17-sep-24

84 +

**TOTAL**

47.0

52.0

57.0

63.0 Reynoso Alicia/75 Team Prez 240.5 02-jul-25

69.0 Celes Mirta/69 Kloster 274.0 04-jul-24

76.0 Wamba Graciela/53 Quiron Fuerza 205.0 04-jul-24

84.0 Arreguez Veronica/73 Dynamik Powerliftin 360.0 17-sep-24

84 +

**Fuerza en banco simple levantamiento**

47.0

52.0

57.0

63.0 Schapsis Monica/64 Pampa Gym 45.0 01-nov-19

69.0 Celes Mirta/69 Kloster 45.0 02-nov-23

76.0 Wamba Graciela/53 Quiron Fuerza 45.0 04-jul-24

84.0 Chavez Graciela/59 Maxi Gim 85.0 13-oct-12

84 +

**DAMAS MASTER 3 Classic**

SENTADILLA

47.0

52.0

57.0

63.0

69.0

76.0 Wamba Graciela/53 Quiron Fuerza 55.0 04-jul-24

84.0 Falcov Laura/64 La Panaderia 117.5 02-jul-25

84 +

FUERZA EN BANCO

47.0

52.0

57.0

63.0

69.0

76.0 Civetta Maria Jose/64 CRC 50.0 17-sep-24

84.0 Falcov Laura/64 La Panaderia 45.0 02-jul-25

84 +

DESPEGUE

47.0

52.0

57.0

63.0

69.0

76.0 Wamba Graciela/53 Quiron Fuerza 105.0 04-jul-24

84.0 Falcov Laura/64 La Panaderia 127.5 02-jul-25

84 +

TOTAL

47.0

52.0

57.0

63.0

69.0

76.0 Wamba Graciela/53 Quiron Fuerza 205.0 04-jul-24

84.0 Falcov Laura/64 La Panaderia 290.0 02-jul-25

84 +

**Fuerza en banco simple levantamiento**

47.0

52.0

57.0

63.0

69.0

76.0 Chiavetta Maria Jose/64 CRC 50.0 04-jul-24

84.0 Falcov Laura/64 La Panaderia 45.0 02-jul-25

84 +

**DAMAS MASTER 4 Classic**

SENTADILLA

47.0

52.0

57.0

63.0

69.0

76.0 Wamba Graciela/53 Quiron Fuerza 55.0 04-jul-24

84.0

84 +

FUERZA EN BANCO

47.0

52.0

57.0

63.0

69.0

76.0 Wamba Graciela/53 Quiron Fuerza 45.0 04-jul-24

84.0

84 +

DESPEGUE

47.0

52.0

57.0

63.0

69.0

76.0 Wamba Graciela/53 Quiron Fuerza 105.0 04-jul-24

84.0

84 +

TOTAL

47.0

52.0

57.0

63.0

69.0

76.0 Wamba Graciela/53 Quiron Fuerza 205.0 04-jul-24

84.0

84 +

**Fuerza en banco simple levantamiento**

47.0

52.0

57.0

63.0

69.0

76.0 Wamba Graciela/53 Quiron Fuerza 45.0 04-jul-24

84.0

84 +