

## RECORDS NACIONALES - a Septiembre de 2011

### DAMAS ABSOLUTA

#### SENTADILLA

47,0		117,5
52,0		130,0
57,0		142,5
63,0		155,0
72,0		172,5
84,0		182,5
84 +		190,0

#### FUERZA EN BANCO

47,0		67,5		
52,0		77,5		
57,0		90,0		
63,0		97,5		
72,0		107,5		
84,0	Hernandez Alicia/76	116,0	2 T Gym	4-Jun-11
84 +		120,0		

#### DESPEGUE

47,0		117,5
52,0		130,0
57,0		142,5
63,0		155,0
72,0		172,5
84,0		182,5
84 +		190,0

#### TOTAL

47,0	Vaccaro Fernanda/79	275,0		18-Sep-11
52,0		305,0		
57,0		340,0		
63,0		367,5		
72,0		412,5		
84,0	Hernandez Alicia/76	448,5	2 T Gym	4-Jun-11
84 +		450,0		

**DAMAS JUNIOR**

## SENTADILLA

43,0			95,0	
47,0			105,0	
52,0			117,5	
57,0	Vaccaro Gabriela/88	Ultamar	132,5	18-Sep-11
63,0			140,0	
72,0			152,5	
84,0			160,0	
84 +			165,0	

## FUERZA EN BANCO

43,0			50,0	
47,0			55,0	
52,0			62,5	
57,0	Vaccaro Gabriela/88	Ultamar	72,5	18-Sep-11
63,0			72,5	
72,0			82,5	
84,0			87,5	
84 +			92,5	

## DESPEGUE

43,0			95,0	
47,0			105,0	
52,0			117,5	
57,0			127,5	
63,0			140,0	
72,0			152,5	
84,0			160,0	
84 +			165,0	

## TOTAL

43,0			220,0	
47,0			240,0	
52,0			267,5	
57,0	Vaccaro Gabriela/88	Ultamar	322,5	18-Sep-11
63,0			317,5	
72,0			347,5	
84,0			367,5	
84 +			380,0	

**DAMAS SUBJUNIOR**

## SENTADILLA

43,0	80,0
47,0	87,5
52,0	95,0
57,0	105,0
63,0	110,0
72,0	115,0
84,0	120,0
84 +	125,0

## FUERZA EN BANCO

43,0	40,0
47,0	45,0
52,0	50,0
57,0	55,0
63,0	60,0
72,0	67,5
84,0	75,0
84 +	77,5

## DESPEGUE

43,0	80,0
47,0	87,5
52,0	95,0
57,0	105,0
63,0	110,0
72,0	115,0
84,0	120,0
84 +	125,0

## TOTAL

43,0	190,0
47,0	200,0
52,0	215,0
57,0	240,0
63,0	252,5
72,0	270,0
84,0	285,0
84 +	300,0

DAMAS MASTER 1

SENTADILLA

47,0			105,0
52,0			117,5
57,0			127,5
63,0			140,0
72,0			152,5
84,0			160,0
84 +			165,0

FUERZA EN BANCO

47,0			55,0	
52,0			62,5	
57,0	Zeballos Ines	Soria	80,0	4-Jun-11
63,0			72,5	
72,0			82,5	
84,0			87,5	
84 +			92,5	

DESPEGUE

47,0			105,0	
52,0			117,5	
57,0	Zeballos Ines	Soria	150,0	4-Jun-11
63,0			140,0	
72,0			152,5	
84,0			160,0	
84 +			165,0	

TOTAL

47,0			240,0	
52,0			267,5	
57,0	Zeballos Ines	Soria	390,0	4-Jun-11
63,0			317,5	
72,0			347,5	
84,0			367,5	
84 +			380,0	

**DAMAS MASTER 2**

## SENTADILLA

47,0	60,0
52,0	75,0
57,0	82,5
63,0	95,0
72,0	100,0
84,0	110,0
84 +	117,5

## FUERZA EN BANCO

47,0	40,0
52,0	45,0
57,0	50,0
63,0	55,0
72,0	60,0
84,0	65,0
84 +	70,0

## DESPEGUE

47,0	60,0
52,0	75,0
57,0	82,5
63,0	95,0
72,0	100,0
84,0	110,0
84 +	117,5

## TOTAL

47,0	160,0
52,0	180,0
57,0	200,0
63,0	220,0
72,0	235,0
84,0	255,0
84 +	275,0

**DAMAS MASTER 3**

## SENTADILLA

47,0	47,5
52,0	52,5
57,0	57,5
63,0	62,5
72,0	72,5
84,0	82,5
84 +	85,0

## FUERZA EN BANCO

47,0	30,0
52,0	35,0
57,0	40,0
63,0	45,0
72,0	50,0
84,0	55,0
84 +	60,0

## DESPEGUE

47,0	47,5
52,0	52,5
57,0	57,5
63,0	62,5
72,0	72,5
84,0	82,5
84 +	85,0

## TOTAL

47,0	115,0
52,0	125,0
57,0	140,0
63,0	155,0
72,0	175,0
84,0	195,0
84 +	215,0