

RECORDS SUDAMERICANOS EQUIPPED- Diciembre 2025

DAMAS OPEN

SQUAT	NOMBRE	NACION	MARCA	FECHA	LUGAR
47	Soares Mayara/92	Brazil	168.5	20-sep-25	Porto Belo-Brazil
52	Vilma Ochoa/80	Ecuador	220.0	18-nov-19	Dubai
57	Monserrate Kenia/91	Ecuador	230.0	16-nov-24	Reykjanesbaer
63	Tavares Cicera/76	Brazil	242.5	01-ago-14	Reykjanesbaer
69	Tavares Cicera/76	Brazil	260.5	10-nov-25	Cluj Napoca-Rom
76	Castellain Ana Rosa/85	Brazil	255.5	18-sep-19	Piriapolis-Uru
84	Mariana Contino/88	Brazil	227.5	05-nov-18	Sweden
84+	Bernadotte Maria/01	Brazil	262.5	10-nov-25	Cluj Napoca-Rom

BENCH PRESS

47	Cedeño Xiomara/91	Venezuela	112.5	18-sep-15	Ribeirao Preto
52	Dominguez Maria/95	Venezuela	120.0	18-sep-15	Ribeirao Preto
57	Erica Bueno/80	Brazil	156.0	08-nov-21	Norway
63	Aguinaga Johanna/93	Ecuador	175.0	07-nov-18	Halmstad-Suecia
69	Castellain Ana Rosa/85	Brazil	167.5	08-nov-21	Norway
76	Castellain Ana Rosa/85	Brazil	180.5	18-sep-19	Piriapolis-Uru
84	Liendo Nairu/82	Venezuela	138.0	18-sep-15	Ribeirao Preto
84+	Kellen L. de Souza/93	Brazil	157.5	18-sep-15	Ribeirao Preto

DEADLIFT

47	Saavedra Tania/79	Ecuador	162.5	01-jul-13	Usa
52	Vilma Ochoa/80	Ecuador	182.5	18-sep-19	Piriapolis-Uru
57	Adriana Cuta/86	Venezuela	202.5	18-ago-11	Argentina
63	Tavares Cicera/76	Brazil	222.5	17-nov-19	Dubai
69	Tavares Cicera/76	Brazil	243.0	07-ago-25	Chengdu (China)
76	Castellain Ana Rosa/85	Brazil	225.0	18-sep-19	Piriapolis-Uru
84	Viteri Samanta/90	Ecuador	225.0	01-sep-13	Killen-Usa
84+	Viteri Samanta/90	Ecuador	225.0	01-sep-13	Killen-Usa

TOTAL

47	Mayara Soares	Brasil	420.0	11-nov-24	Reykjanesbaer
52	Vilma Ochoa/80	Ecuador	502.5	18-nov-19	Dubai
57	Erica Bueno/80	Brazil	548.5	08-nov-21	Norway
63	Aguinaga Johanna/93	Ecuador	582.5	14-nov-22	Voborg-Denmark
69	Castellain Ana Rosa/85	Brazil	630.0	08-nov-21	Norway
76	Castellain Ana Rosa/85	Brazil	661.0	18-sep-19	Piriapolis-Uru
84	Viteri Samanta/90	Ecuador	580.0	01-sep-14	Killen-Usa
84+	Bernadotte Maria/01	Brazil	610.0	10-nov-25	Cluj Napoca-Rom

BENCH PRESS SINGLE LIFT

47	Cedeño Xiomara/91	Venezuela	112.5	18-sep-15	Ribeirao Preto
52	Dominguez Maria/95	Venezuela	120.0	18-sep-15	Ribeirao Preto
57	Erica Bueno/80	Brazil	156.0	08-nov-21	Norway
63	Aguinaga Johanna/93	Ecuador	175.0	07-nov-18	Halmstad-Suecia
69	Castellain Ana Rosa/85	Brazil	167.5	08-nov-21	Norway
76	Castellain Ana Rosa/85	Brazil	180.5	18-sep-19	Piriapolis-Uru
84	Liendo Nairu/82	Venezuela	138.0	18-sep-15	Ribeirao Preto
84+	Kellen L. de Souza/93	Brazil	157.5	18-sep-15	Ribeirao Preto

DAMAS JUNIOR**SQUAT**

43			140.0		
47	Malagon Yuri/94	Colombia	145.0	06-jul-17	Orlando-Usa
52	Quispe Natahly/06	Ecuador	180.0	24-ago-25	Costa Rica
57	Monserate Kenia/91	Ecuador	195.0	05-nov-14	Denver-Usa
63	Aguinaga Johanna/93	Ecuador	200.0	16-ago-12	Cali
69	Aguinaga Johanna/93	Ecuador	205.0	17-nov-16	Orlando-Usa
76	Dominique Briones/01	Ecuador	205.0	28-ago-24	Malta
84	Tello Clarisse/03	Ecuador	227.5	24-ago-25	Costa Rica
84+	Viteri Samanta/90	Ecuador	225.0	01-sep-13	Killen-Usa

BENCH PRESS

43	Lopez Erika/93	Ecuador	62.5	01-ago-14	Guayaquil
47	Reina Ramirez/96	Ecuador	75.0	28-ago-17	Orlando-Usa
52	Junia Anahi/07	Ecuador	100.0	24-ago-25	Costa Rica
57	Melany Lovato/03	Ecuador	110.0	24-ago-25	Costa Rica
63	Aguinaga Johanna/93	Ecuador	145.5	02-sep-13	Praga
69	Aguinaga Johanna/93	Ecuador	165.0	17-nov-16	Orlando-Usa
76	Salome Armas/98	Ecuador	147.5	08-dic-21	Guayaquil
84	Salome Armas/98	Ecuador	130.0	18-sep-19	Piriapolis-Uru
84+	Kellen L. de Souza/93	Brazil	157.5	18-sep-15	Ribeirao Preto

DEADLIFT

43			130.0		
47			150.0		
52			165.0		
57	Coloma Nahomy/07	Ecuador	185.0	24-ago-25	Costa Rica
63	Aguinaga Johanna/93	Ecuador	182.5	06-nov-14	Denver-Usa
69	Aguinaga Johanna/93	Ecuador	182.5	17-nov-16	Orlando-Usa
76	Castro Genesis/02	Ecuador	187.5	24-ago-25	Costa Rica
84	Tello Clarisse/03	Ecuador	202.5	24-ago-25	Costa Rica
84+	Viteri Samanta/90	Ecuador	225.0	01-sep-13	Killen-Usa

TOTAL

43	Lopez Erika/93	Ecuador	315.0	01-ago-14	Guayaquil
47			360.0		
52	Quispe Natahly/06	Ecuador	437.5	24-ago-25	Costa Rica
57	Monserate Kenia/91	Ecuador	460.0	05-nov-14	Denver-Usa
63	Aguinaga Johanna/93	Ecuador	510.0	03-sep-14	Oroshasa-Hungria
69	Aguinaga Johanna/93	Ecuador	552.5	17-nov-16	Orlando-Usa
76	Salome Armas/98	Ecuador	515.0	08-dic-21	Guayaquil
84	Tello Clarisse/03	Ecuador	545.0	24-ago-25	Costa Rica
84+	Viteri Samanta/90	Ecuador	580.0	01-sep-13	Killen-Usa

BENCH PRESS SINGLE LIFT

43	Lopez Erika/93	Ecuador	62.5	01-ago-14	Guayaquil
47			75.0		
52	Junia Anahi/07	Ecuador	100.0	24-ago-25	Costa Rica
57	Melany Lovato/03	Ecuador	110.0	24-ago-25	Costa Rica
63	Aguinaga Johanna/93	Ecuador	145.5	02-sep-15	Praga
69	Aguinaga Johanna/93	Ecuador	165.0	17-nov-16	Orlando-Usa
76	Salome Armas/98	Ecuador	147.5	08-dic-21	Guayaquil
84	Salome Armas/98	Ecuador	130.0	18-sep-19	Piriapolis-Uru
84+	Kellen L. de Souza/93	Brazil	157.5	18-sep-15	Ribeirao Preto

DAMAS SUBJUNIOR**SQUAT**

43	Gonzalez Jeniffer/95	Ecuador	110.0	29-ago-12	Szczyrk-Polonia
47	Gonzalez Jeniffer/95	Ecuador	135.0	11-sep-13	Quito
52	Quishpe Nathaly/06	Ecuador	165.0	28-ago-24	Malta
57	Coloma Nahomy/07	Ecuador	175.0	24-ago-25	Costa Rica
63	Naranjo Samantha/09	Ecuador	170.0	24-ago-25	Costa Rica
69	Aires Lidia/07	Brazil	175.0	20-sep-25	Porto Belo-Brazil
76	Aguinaga Johanna/93	Ecuador	190.0	01-sep-12	Moosejaw-Canada
84			130.0		
84+	Kellen L. de Souza/93	Brazil	215.0	18-ago-11	Argentina

BENCH PRESS

43	Gonzalez Jeniffer/95	Ecuador	47.5	16-ago-12	Cali
47	Gonzalez Jeniffer/95	Ecuador	62.5	11-sep-13	Quito
52	Junia Anahi/07	Ecuador	100.0	24-ago-25	Costa Rica
57	Coloma Nahomy/07	Ecuador	87.5	24-ago-25	Costa Rica
63	Naranjo Samantha/09	Ecuador	107.5	24-ago-25	Costa Rica
69	Aires Lidia/07	Brazil	87.5	20-sep-25	Porto Belo-Brazil
76	Aguinaga Johanna/93	Ecuador	102.5	01-sep-12	Moosejaw-Canada
84			65.0		
84+	Kellen L. de Souza/93	Brazil	122.5	18-ago-11	Argentina

DEADLIFT

43	Gonzalez Jeniffer/95	Ecuador	115.0	29-ago-12	Szczyrk-Polonia
47	Gonzalez Jeniffer/95	Ecuador	137.5	11-sep-13	Quito
52	Quishpe Nathaly/06	Ecuador	145.0	28-ago-24	Malta
57	Coloma Nahomy/07	Ecuador	185.0	24-ago-25	Costa Rica
63	Naranjo Samantha/09	Ecuador	170.0	24-ago-25	Costa Rica
69	Aires Lidia/07	Brazil	157.5	20-sep-25	Porto Belo-Brazil
76	Mendoza Ailen/03	Argentina	175.0	21-ago-21	Oradere-Romania
84			147.5		
84+	Kellen L. de Souza/93	Brazil	150.0	18-ago-11	Argentina

TOTAL

43	Gonzalez Jeniffer/95	Ecuador	267.5	29-ago-12	Szczyrk-Polonia
47	Gonzalez Jeniffer/95	Ecuador	335.0	11-sep-13	Quito
52	Quishpe Nathaly/06	Ecuador	387.5	28-ago-24	Malta
57	Coloma Nahomy/07	Ecuador	447.5	24-ago-25	Costa Rica
63	Naranjo Samantha/09	Ecuador	447.5	24-ago-25	Costa Rica
69	Aires Lidia/07	Brazil	420.0	20-sep-25	Porto Belo-Brazil
76	Mendoza Ailen/03	Argentina	455.0	21-ago-21	Oradere-Romania
84			340.0		
84+	Kellen L. de Souza/93	Brazil	487.5	18-ago-11	Argentina

BENCH PRESS SINGLE LIFT

43	Gonzalez Jeniffer/95	Ecuador	47.5	16-ago-12	Cali
47	Gonzalez Jeniffer/95	Ecuador	62.5	11-sep-13	Quito
52	Junia Anahi/07	Ecuador	100.0	24-ago-25	Costa Rica
57	Coloma Nahomy/07	Ecuador	87.5	24-ago-25	Costa Rica
63	Naranjo Samantha/09	Ecuador	107.5	24-ago-25	Costa Rica
69	Aires Lidia/07	Brazil	87.5	20-sep-25	Porto Belo-Brazil
76	Aguinaga Johanna/93	Ecuador	102.5	01-sep-12	Moosejaw-Canada
84			65.0		
84+	Kellen L. de Souza/93	Brazil	122.5	18-ago-11	Argentina

DAMAS MASTER 1**SQUAT**

47			100.0		
52	Vilma Ochoa/80	Ecuador	205.0	10-nov-25	Cluj Napoca-Rom
57	Vilma Ochoa/80	Ecuador	220.0	08-dic-21	Guayaquil
63	Tavares Cicera/76	Brazil	230.0	18-nov-17	Pilsen (Czechia)
69	Tavares Cicera/76	Brazil	260.5	10-nov-25	Cluj Napoca-Rom
76	Costa Iolanda/77	Brazil	230.0	05-oct-24	Sun City
84	Mohr Ana/85	Brazil	210.5	20-sep-25	Porto Belo-Brazil
84+	Judith Reitmann/67	Uru	222.5	02-nov-12	Aguadilla

BENCH PRESS

47			52.5		
52	Carmen Bueno/85	Ecuador	120.0	10-nov-25	Cluj Napoca-Rom
57	Erica Bueno/80	Brazil	156.0	08-nov-21	Norway
63	Erica Bueno/80	Brazil	160.0	09-jul-22	Alabama
69	Tavares Cicera/76	Brazil	130.0	10-nov-25	Cluj Napoca-Rom
76	Costa Iolanda/77	Brazil	130.0	05-oct-24	Sun City
84	Judith Reitmann/67	Uruguay	120.0	16-ago-12	Cali
84+	Isiner Neolanis/73	Peru	127.5	03-jul-18	Guayaquil

DEADLIFT

47			110.0		
52	Carmen Bueno/85	Ecuador	177.5	10-nov-25	Cluj Napoca-Rom
57	Lisett Buriel/71	Venezuela	192.5	18-ago-11	Argentina
63	Tavares Cicera/76	Brazil	222.5	17-nov-19	Dubai
69	Tavares Cicera/76	Brazil	243.0	07-ago-25	Chengdu (China)
76	Tavares Cicera/76	Brazil	220.0	14-jul-16	San Pablo-Brasil
84	Mohr Ana/85	Brazil	215.5	20-sep-25	Porto Belo-Brazil
84+	Judith Reitmann/67	Uruguay	180.0	02-nov-12	Aguadilla

TOTAL

47			255.0		
52	Carmen Bueno/85	Ecuador	487.5	10-nov-25	Cluj Napoca-Rom
57	Erica Bueno/80	Brazil	548.5	08-nov-21	Norway
63	Tavares Cicera/76	Brazil	575.0	14-nov-16	Orlando-Usa
69	Tavares Cicera/76	Brazil	623.0	10-nov-25	Cluj Napoca-Rom
76	Tavares Cicera/76	Brazil	562.5	14-jul-16	San Pablo-Brasil
84	Mohr Ana/85	Brazil	536.0	20-sep-25	Porto Belo-Brazil
84+	Judith Reitmann/67	Uruguay	527.5	02-nov-15	Aguadilla

BENCH PRESS SINGLE LIFT

47			52.5		
52	Carmen Bueno/85	Ecuador	120.0	10-nov-25	Cluj Napoca-Rom
57	Erica Bueno/80	Brazil	156.0	08-nov-21	Norway
63	Erica Bueno/80	Brazil	160.0	09-jul-22	Alabama
69	Tavares Cicera/76	Brazil	130.0	10-nov-25	Cluj Napoca-Rom
76	Costa Iolanda/77	Brazil	130.0	05-oct-24	Sun City
84	Judith Reitmann/67	Uruguay	120.0	16-ago-12	Cali
84+	Judith Reitmann/67	Uruguay	149.0	11-dic-14	Lima-Peru

DAMAS MASTER 2**SQUAT**

47			80.0		
52	Gandara Maria/64	Ecuador	122.5	01-ago-14	Guayaquil
57	Wender Christine/55	Brazil	150.0	16-ago-12	Cali
63	Colorado Merci/71	Ecuador	170.0	05-oct-24	Sun City
69	Martha Gamboa/66	Ecuador	130.0	08-dic-21	Guayaquil
76	Susana Rodriguez/55	Uruguay	137.5	16-ago-12	Cali
84			135.0		
84+			137.5		

BENCH PRESS

47			45.0		
52	Gandara Maria/64	Ecuador	70.0	18-sep-15	Ribeirao Preto
57	Wender Christine/55	Brazil	77.5	24-sep-13	Usa/Orlando
63	Chuyo Ada/71	Peru	92.5	06-sep-23	Lima-Peru
69	Martha Gamboa/66	Ecuador	65.0	08-dic-21	Guayaquil
76	Susana Rodriguez/55	Uruguay	80.0	18-ago-11	Argentina
84			70.0		
84+			72.5		

DEADLIFT

47			95.0		
52	Gandara Maria/64	Ecuador	140.0	01-ago-14	Guayaquil
57	Wender Christine/55	Brazil	150.0	16-ago-12	Cali
63	Portilho Catia/66	Brazil	170.0	14-jul-16	San Pablo-Brasil
69	Martha Gamboa/66	Ecuador	130.0	08-dic-21	Guayaquil
76	Susana Rodriguez/55	Uruguay	150.0	18-ago-11	Argentina
84			135.0		
84+			150.0		

TOTAL

47			220.0		
52	Gandara Maria/64	Ecuador	330.0	01-ago-14	Guayaquil
57	Wender Christine/55	Brazil	375.0	16-ago-12	Cali
63	Colorado Merci/71	Ecuador	420.0	05-oct-24	Sun City
69	Martha Gamboa/66	Ecuador	325.0	08-dic-21	Guayaquil
76	Susana Rodriguez/55	Uruguay	365.0	18-ago-11	Argentina
84			322.5		
84+			345.0		

BENCH PRESS SINGLE LIFT

47			45.0		
52	Gandara Maria/64	Ecuador	70.0	18-sep-15	Ribeirao Preto
57	Christine Suzan W./55	Brazil	80.0	25-nov-11	Brasil
63	Chuyo Ada/71	Peru	92.5	06-sep-23	Lima-Peru
69	Martha Gamboa/66	Ecuador	65.0	08-dic-21	Guayaquil
76	Susana Rodriguez/55	Uruguay	80.0	18-ago-11	Argentina
84			70.0		
84+			72.5		

DAMAS MASTER 3**SQUAT**

47						
52	Souza Maria Luiza/64	Brazil	100.0	10-oct-25	Cape Town-South A	
57						
63						
69						
76	Martins Marilene/55	Brazil	130.5	14-jul-16		
84						
84+						

BENCH PRESS

47					
52	Souza Maria Luiza/64	Brazil	57.5	10-oct-25	Cape Town-South A
57					
63					
69					
76	Martins Marilene/55	Brazil	55.0	18-sep-15	
84					
84+					

DEADLIFT

47					
52	Souza Maria Luiza/64	Brazil	115.0	10-oct-25	Cape Town-South A
57					
63					
69					
76	Martins Marilene/55	Brazil	122.5	18-sep-15	
84					
84+					

TOTAL

47					
52	Souza Maria Luiza/64	Brazil	272.5	10-oct-25	Cape Town-South A
57					
63					
69					
76	Martins Marilene/55	Brazil	307.5	18-sep-15	
84					
84+					

BENCH PRESS SINGLE LIFT

47					
52	Souza Maria Luiza/64	Brazil	57.5	10-oct-25	Cape Town-South A
57					
63					
69					
76	Martins Marilene/55	Brazil	55.0	18-sep-15	
84	Gatina Ana Maria/52	Brazil	90.0	23-nov-13	
84+					