

RECORDS METROPOLITANOS EQUIPADO - Septiembre 2025

CABALLEROS OPEN

SENTADILLA

59,0	Alberto Avolio	Toro competición	80,0	Nacional Bs As - 02/11/2023
66,0	Jorge Telechea	Toro competición	190,0	Clasificatorio AMeLPo - 06/08/2023
74,0	Sergio Vega	Powerlifting Team	85,0	Nacional Bs As - 04/11/2023
83,0	Hernán Cesán	Toro Competicion	210,0	Clasificatorio AMeLPo - 24/06/2023
93,0	Cristian Casanova	Dimaro	255,0	Nacional Bs As - 02/11/2023
105,0	Diego El Hilón	Toro Competicion	290,0	Metropolitano 02/11/2024
120,0				
120+	Miguel Fasano	Toro Competicion	220,0	Clasificatorio AMeLPo - 24/06/2023

FUERZA EN BANCO

59,0	Alberto Avolio	Toro competición	70,0	Nacional Bs As - 02/11/2023
66,0	José Inguanti	Dimaro	150,0	Sudamericano Brasil - 26/09/2025
74,0	Sergio Vega	Powerlifting Team	80,0	Nacional Bs As - 04/11/2023
83,0	Hernán Cesán	Toro Competicion	140,0	Metropolitano AMeLPo - 06/08/2023
93,0	Olivera Alejandro	Iron World	180,0	Apertura AMeLPo - 06/05/2023
105,0	Olivera Alejandro	Iron World	200,0	Metropolitano 02/11/2024
120,0				
120+	Miguel Fasano	Toro Competicion	187,5	Metropolitano 02/11/2024

DESPEGUE

59,0	Alberto Avolio	Toro competición	176,0	Nacional Bs As - 02/11/2023
66,0	Jorge Telechea	Toro competición	170,0	Clasificatorio AMeLPo - 06/08/2023
74,0	Sergio Vega	Powerlifting Team	130,0	Nacional Bs As - 04/11/2023
83,0	Hernán Cesán	Toro Competicion	217,5	Metropolitano AMeLPo - 06/08/2023
93,0	Olivera Alejandro	Iron World	275,0	Nacional Bs As - 02/11/2023
105,0	Diego El Hilón	Toro Competicion	300,0	Metropolitano 02/11/2024
120,0				
120+	Miguel Fasano	Toro Competicion	280,0	Metropolitano 02/11/2024

TOTAL

59,0	Alberto Avolio	Toro competición	326,0	Nacional Bs As - 02/11/2023
66,0	Jorge Telechea	Toro competición	475,0	Clasificatorio AMeLPo - 06/08/2023
74,0	Sergio Vega	Powerlifting Team	295,0	Nacional Bs As - 04/11/2023
83,0	Hernán Cesán	Toro Competicion	562,5	Metropolitano AMeLPo - 06/08/2023
93,0	Olivera Alejandro	Iron World	690,0	Nacional Bs As - 02/11/2023
105,0	Diego El Hilón	Toro Competicion	780,0	Metropolitano 02/11/2024
120,0				
120+	Miguel Fasano	Toro Competicion	687,5	Metropolitano 02/11/2024

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

59,0	Emilio Villegas	Powerlifting Team	107,5	Nacional Bs As - 02/11/2023
66,0	José Inguanti	Dimaro	150,0	Sudamericano Brasil - 26/09/2025
74,0	Sergio Vega	Powerlifting Team	80,0	Nacional Bs As - 04/11/2023
83,0	Hernán Cesán	Toro Competicion	140,0	Metropolitano AMeLPo - 06/08/2023
93,0	Olivera Alejandro	Iron World	180,0	Apertura AMeLPo - 06/05/2023
105,0	Diego El Hilón	Toro Competicion	190,0	Metropolitano 02/11/2024
120,0				
120+	Miguel Fasano	Toro Competicion	187,5	Metropolitano 02/11/2024

CABALLEROS JUNIOR**Equipado**

SENTADILLA

53				
59				
66				
74				
83	Braian Romero	Iron World	150,0	Metropolitano 02/11/2024
93	Nadir Blanco	Kloster's Gym	165,0	Clasificatorio AMeLPo - 06/08/2023
105	Diego El Hilón	Toro Competicion	290,0	Metropolitano 02/11/2024
120				
120+				

FUERZA EN BANCO

53				
59				
66				
74				
83	Braian Romero	Iron World	130,0	Metropolitano 02/11/2024
93	Nadir Blanco	Kloster's Gym	110,0	Clasificatorio AMeLPo - 06/08/2023
105	Diego El Hilón	Toro Competicion	190,0	Metropolitano 02/11/2024
120				
120+				

DESPEGUE

53				
59				
66				
74				
83	Braian Romero	Iron World	200,0	Metropolitano 02/11/2024
93	Nadir Blanco	Kloster's Gym	195,0	Clasificatorio AMeLPo - 06/08/2023
105	Diego El Hilón	Toro Competicion	300,0	Metropolitano 02/11/2024
120				
120+				

TOTAL

53				
59				
66				
74				
83	Braian Romero	Iron World	480,0	Metropolitano 02/11/2024
93	Nadir Blanco	Kloster's Gym	470,0	Clasificatorio AMeLPo - 06/08/2023
105	Diego El Hilón	Toro Competicion	780,0	Metropolitano 02/11/2024
120				
120+				

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

53				
59				
66				
74				
83	Braian Romero	Iron World	130,0	Metropolitano 02/11/2024
93	Nadir Blanco	Kloster's Gym	110,0	Clasificatorio AMeLPo - 06/08/2023
105	Diego El Hilón	Toro Competicion	190,0	Metropolitano 02/11/2024
120				
120+				

CABALLEROS SUBJUNIOR Equipado

SENTADILLA

53
59
66
74
83
93
105
120
120+

FUERZA EN BANCO

53
59
66
74
83
93
105
120
120+

DESPEGUE

53
59
66
74
83
93
105
120
120+

TOTAL

53
59
66
74
83
93
105
120
120+

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

53
59
66
74
83
93
105
120
120+

CABALLEROS MASTER 1 Equipado**SENTADILLA**

59	Alberto Avolio	Toro competición	80,0	Nacional Bs As - 02/11/2023
66	Jorge Telechea	Toro competición	190,0	Clasificatorio AMeLPo - 06/08/2023
74	Sergio Vega	Powerlifting Team	85,0	Nacional Bs As - 04/11/2023
83	Hernán Cesán	Toro Competicion	210,0	Clasificatorio AMeLPo - 24/06/2023
93				
105	Pablo Gómez	Iron World	240,0	Metropolitano 02/11/2024
120				
120+	Miguel Fasano	Toro Competicion	220,0	Clasificatorio AMeLPo - 24/06/2023

FUERZA EN BANCO

59	Alberto Avolio	Toro competición	70,0	Nacional Bs As - 02/11/2023
66	José Inguanti	Dimaro	150,0	Sudamericano Brasil - 26/09/2025
74	Sergio Vega	Powerlifting Team	80,0	Nacional Bs As - 04/11/2023
83	Hernán Cesán	Toro Competicion	135,0	Clasificatorio AMeLPo - 24/06/2023
93				
105	Pablo Gómez	Iron World	150,0	Metropolitano 02/11/2024
120				
120+	Miguel Fasano	Toro Competicion	187,5	Metropolitano 02/11/2024

DESPEGUE

59	Alberto Avolio	Toro competición	176,0	Nacional Bs As - 02/11/2023
66	Jorge Telechea	Toro competición	170,0	Clasificatorio AMeLPo - 06/08/2023
74	Sergio Vega	Powerlifting Team	130,0	Nacional Bs As - 04/11/2023
83	Hernán Cesán	Toro Competicion	215,0	Clasificatorio AMeLPo - 24/06/2023
93				
105	Pablo Gómez	Iron World	240,0	Metropolitano 02/11/2024
120				
120+	Miguel Fasano	Toro Competicion	280,0	Metropolitano 02/11/2024

TOTAL

59	Alberto Avolio	Toro competición	326,0	Nacional Bs As - 02/11/2023
66	Jorge Telechea	Toro competición	475,0	Clasificatorio AMeLPo - 06/08/2023
74	Sergio Vega	Powerlifting Team	295,0	Nacional Bs As - 04/11/2023
83	Hernán Cesán	Toro Competicion	560,0	Clasificatorio AMeLPo - 24/06/2023
93				
105	Pablo Gómez	Iron World	630,0	Metropolitano 02/11/2024
120				
120+	Miguel Fasano	Toro Competicion	687,5	Metropolitano 02/11/2024

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

59	Alberto Avolio	Toro competición	70,0	Nacional Bs As - 02/11/2023
66	José Inguanti	Dimaro	150,0	Sudamericano Brasil - 26/09/2025
74	Sergio Vega	Powerlifting Team	80,0	Nacional Bs As - 04/11/2023
83	Hernán Cesán	Toro Competicion	135,0	Clasificatorio AMeLPo - 24/06/2023
93				
105	Pablo Gómez	Iron World	150,0	Metropolitano 02/11/2024
120				
120+	Miguel Fasano	Toro Competicion	187,5	Metropolitano 02/11/2024

CABALLEROS MASTER 2 Equipado**SENTADILLA**

59	Alberto Avolio	Toro competición	80,0	Nacional Bs As - 02/11/2023
66	Jorge Telechea	Toro competición	190,0	Clasificatorio AMeLPo - 06/08/2023
74	Sergio Vega	Powerlifting Team	85,0	Nacional Bs As - 04/11/2023
83	Roberto Alessio	Toro Competicion	160,0	Nacional Corrientes - 04/07/2024
93				
105				
120				
120+	Miguel Fasano	Toro Competicion	220,0	Clasificatorio AMeLPo - 24/06/2023

FUERZA EN BANCO

59	Alberto Avolio	Toro competición	70,0	Nacional Bs As - 02/11/2023
66	José Inguanti	Dimaro	150,0	Sudamericano Brasil - 26/09/2025
74	Sergio Vega	Powerlifting Team	80,0	Nacional Bs As - 04/11/2023
83	Roberto Alessio	Toro Competicion	80,0	Nacional Bs As - 02/11/2023
93				
105				
120				
120+	Miguel Fasano	Toro Competicion	187,5	Metropolitano 02/11/2024

DESPEGUE

59	Alberto Avolio	Toro competición	176,0	Nacional Bs As - 02/11/2023
66	Jorge Telechea	Toro competición	180,0	Clasificatorio AMeLPo - 06/08/2023
74	Sergio Vega	Powerlifting Team	130,0	Nacional Bs As - 04/11/2023
83	Roberto Alessio	Toro Competicion	200,0	Apertura AMeLPo - 06/05/2023
93				
105				
120				
120+	Miguel Fasano	Toro Competicion	280,0	Metropolitano 02/11/2024

TOTAL

59	Alberto Avolio	Toro competición	326,0	Nacional Bs As - 02/11/2023
66	Jorge Telechea	Toro competición	475,0	Clasificatorio AMeLPo - 06/08/2023
74	Sergio Vega	Powerlifting Team	295,0	Nacional Bs As - 04/11/2023
83	Roberto Alessio	Toro Competicion	410,0	Nacional Bs As - 02/11/2023
93				
105				
120				
120+	Miguel Fasano	Toro Competicion	687,5	Metropolitano 02/11/2024

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

59	Alberto Avolio	Toro competición	70,0	Nacional Bs As - 02/11/2023
66	José Inguanti	Dimaro	150,0	Sudamericano Brasil - 26/09/2025
74	Sergio Vega	Powerlifting Team	80,0	Nacional Bs As - 04/11/2023
83	Roberto Alessio	Toro Competicion	80,0	Nacional Bs As - 02/11/2023
93				
105				
120				
120+	Miguel Fasano	Toro Competicion	187,5	Metropolitano 02/11/2024

CABALLEROS MASTER 3**Equipado****SENTADILLA**

59				
66	José Inguanti	Dimaro	180,0	Sudamericano Brasil - 26/09/2025
74	Sergio Vega	Powerlifting Team	85,0	Nacional Bs As - 04/11/2023
83	Roberto Alessio	Toro Competicion	160,0	Nacional Corrientes - 04/07/2024
93				
105				
120				
120+				

FUERZA EN BANCO

59				
66	José Inguanti	Dimaro	150,0	Sudamericano Brasil - 26/09/2025
74	Sergio Vega	Powerlifting Team	80,0	Nacional Bs As - 04/11/2023
83	Roberto Alessio	Toro Competicion	85,0	Nacional Corrientes - 04/07/2024
93				
105				
120				
120+				

DESPEGUE

59				
66	José Inguanti	Dimaro	160,0	Nacional San Luis - 06/07/2025
74	Sergio Vega	Powerlifting Team	130,0	Nacional Bs As - 04/11/2023
83	Roberto Alessio	Toro Competicion	200,0	Apertura AMeLPo - 06/05/2023
93				
105				
120				
120+				

TOTAL

59				
66	José Inguanti	Dimaro	460,0	Nacional San Luis - 06/07/2025
74	Sergio Vega	Powerlifting Team	295,0	Nacional Bs As - 04/11/2023
83	Roberto Alessio	Toro Competicion	410,0	Nacional Bs As - 02/11/2023
93				
105				
120				
120+				

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

59				
66	José Inguanti	Dimaro	150,0	Sudamericano Brasil - 26/09/2025
74	Sergio Vega	Powerlifting Team	80,0	Nacional Bs As - 04/11/2023
83	Roberto Alessio	Toro Competicion	80,0	Nacional Bs As - 02/11/2023
93				
105				
120				
120+				

CABALLEROS MASTER 4**Equipado**

SENTADILLA

59

66

74

83

93

105

120

120+

FUERZA EN BANCO

59

66

74

83

93

105

120

120+

DESPEGUE

59

66

74

83

93

105

120

120+

TOTAL

59

66

74

83

93

105

120

120+

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

59

66

74

83

93

105

120

120+

RECORDS METROPOLITANOS EQUIPADO - Septiembre 2025

DAMAS OPEN		Equipado		
SENTADILLA				
47,0				
52,0				
57,0	Guadalupe Cabral	S&C Coaches	165,0	Sudamericano Brasil - 26/09/2025
63,0	Guadalupe Cabral	S&C Coaches	157,5	Nacional San Luis - 06/07/2025
69,0				
76,0	Natalia Horno	Toro Competición	152,5	Metropolitano 02/11/2024
84,0				
84 +				
FUERZA EN BANCO				
47,0				
52,0				
57,0	Guadalupe Cabral	S&C Coaches	95,0	Nacional Bs As - 02/11/2023
63,0	Guadalupe Cabral	S&C Coaches	97,5	Nacional San Luis - 06/07/2025
69,0				
76,0	Natalia Horno	Toro Competición	95,0	Nacional San Luis - 06/07/2025
84,0				
84 +				
DESPEGUE				
47,0				
52,0				
57,0	Guadalupe Cabral	S&C Coaches	170,0	Sudamericano Brasil - 26/09/2025
63,0	Guadalupe Cabral	S&C Coaches	170,0	Nacional San Luis - 06/07/2025
69,0				
76,0	Natalia Horno	Toro Competición	162,5	Sudamericano Brasil - 26/09/2025
84,0				
84 +				
TOTAL				
47,0				
52,0				
57,0	Guadalupe Cabral	S&C Coaches	430,0	Sudamericano Brasil - 26/09/2025
63,0	Guadalupe Cabral	S&C Coaches	425,0	Nacional San Luis - 06/07/2025
69,0				
76,0	Natalia Horno	Toro Competición	405,0	Sudamericano Brasil - 26/09/2025
84,0				
84 +				
FUERZA EN BANCO SIMPLE LEVANTAMIENTO				
47,0				
52,0				
57,0	Guadalupe Cabral	S&C Coaches	95,0	Nacional Bs As - 02/11/2023
63,0	Guadalupe Cabral	S&C Coaches	85,0	Clasificatorio AMeLPo - 24/06/2023
69,0				
76,0	Natalia Horno	Toro Competición	95,0	Nacional San Luis - 06/07/2025
84,0				
84 +	Flavia Torres	Powerlifting Team	85,0	Arnold S.A. 14-04-2023

DAMAS JUNIOR**Equipado**

SENTADILLA

43,0

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

FUERZA EN BANCO

43,0

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

DESPEGUE

43,0

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

TOTAL

43,0

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

43,0

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

DAMAS SUBJUNIOR**Equipado**

SENTADILLA

43,0

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

FUERZA EN BANCO

43,0

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

DESPEGUE

43,0

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

TOTAL

43,0

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

43,0

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

DAMAS MASTER 1**Equipado**

SENTADILLA

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

FUERZA EN BANCO

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

DESPEGUE

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

TOTAL

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

DAMAS MASTER 2**Equipado**

SENTADILLA

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

FUERZA EN BANCO

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

DESPEGUE

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

TOTAL

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +

FUERZA EN BANCO SIMPLE LEVANTAMIENTO

47,0

52,0

57,0

63,0

69,0

76,0

84,0

84 +