

FEDERATIA ROMANA DE POWERLIFTING

Anexa 1 la Hotărârea nr 1/14.04.2014 a Comisiei pentru stabilirea baremurilor de recorduri nationale oficiale

LISTA BAREMURILOR PENTRU RECORDURI NATIONALE INCEPAND DIN ANUL 2015

POWERLIFTING - 3 PROBE

FEMININ

GENUFLEXIUNI

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
27	-	-	70	-	-	-
30	-	-	75	-	-	-
34	-	-	82.5	-	-	-
38	-	-	90	-	-	-
43	-	-	97.5	-	-	-
47	137.5	132.5	105.0	132.5	122.5	105.0
52	147.5	142.5	115.0	142.5	132.5	115.0
57	160.0	155.0	127.5	155.0	145.0	127.5
63	175.0	170.0	142.5	170.0	160.0	142.5
72	195.0	190.0	162.5	190.0	180.0	162.5
84	215.0	210.0	182.5	210.0	200.0	182.5
84+	225.0	220.0	192.5	220.0	210.0	192.5

IMPINS DIN CULCAT

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
27	-	-	47.5	-	-	-
30	-	-	50.0	-	-	-
34	-	-	55.0	-	-	-
38	-	-	62.5	-	-	-
43	-	-	70.0	-	-	-
47	92.5	87.5	77.5	87.5	82.5	77.5
52	100.0	95.0	85.0	95.0	90.0	85.0
57	107.5	102.5	92.5	102.5	97.5	92.5
63	117.5	112.5	102.5	112.5	107.5	102.5
72	130.0	125.0	115.0	125.0	120.0	115.0
84	150.0	145.0	135.0	145.0	140.0	135.0
84+	165.0	160.0	150.0	160.0	155.0	150.0

INDREPTARI

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
27	-	-	90.0	-	-	-
30	-	-	95.0	-	-	-
34	-	-	102.5	-	-	-
38	-	-	107.5	-	-	-
43	-	-	117.5	-	-	-
47	142.5	137.5	127.5	137.5	132.5	127.5
52	150.0	145.0	135.0	145.0	140.0	135.0
57	157.5	152.5	142.5	152.5	147.5	142.5
63	170.0	165.0	155.0	165.0	160.0	155.0
72	182.5	177.5	167.5	177.5	172.5	167.5
84	195.0	190.0	180.0	190.0	185.0	180.0
84+	215.0	210.0	200.0	210.0	205.0	200.0

Total

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
27	-	-	207.5	-	-	-
30	-	-	220.0	-	-	-
34	-	-	240.0	-	-	-
38	-	-	260.0	-	-	-
43	-	-	285.0	-	-	-
47	372.5	357.5	310.0	357.5	337.5	310.0
52	397.5	382.5	335.0	382.5	362.5	335.0
57	425.0	410.0	362.5	410.0	390.0	362.5
63	462.5	447.5	400.0	447.5	427.5	400.0
72	507.5	492.5	445.0	492.5	472.5	445.0
84	560.0	545.0	497.5	545.0	525.0	497.5
84+	605.0	590.0	542.5	590.0	570.0	542.5

MASCULIN**GENUFLEXIUNI**

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
30	-	-	110.0	-	-	-	-
34	-	-	120.0	-	-	-	-
38	-	-	130.0	-	-	-	-
42	-	-	140.0	-	-	-	-
47	-	-	155.0	-	-	-	-
53	-	-	167.5	-	-	-	-
59	215.0	207.5	177.5	207.5	195.0	177.5	160.0
66	240.0	232.5	202.5	232.5	220.0	202.5	180.0
74	270.0	262.5	225.0	262.5	250.0	225.0	200.0
83	310.0	302.5	255.0	302.5	280.0	255.0	230.0
93	345.0	337.5	275.0	337.5	300.0	275.0	250.0
105	365.0	357.5	295.0	357.5	320.0	295.0	270.0
120	390.0	382.5	315.0	382.5	340.0	315.0	290.0
120+	400.0	392.5	325.0	392.5	350.0	325.0	300.0

IMPINS DIN CULCAT

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
30	-	-	102.5	-	-	-	-
34	-	-	107.5	-	-	-	-
38	-	-	110.0	-	-	-	-
42	-	-	115.0	-	-	-	-
47	-	-	120.0	-	-	-	-
53	-	-	127.0	-	-	-	-
59	170.0	162.5	132.5	162.5	150.0	132.5	127.5
66	185.0	177.5	147.5	177.5	165.0	147.5	135.0
74	205.0	197.5	167.5	197.5	185.0	167.5	142.5
83	260.0	235.0	205.0	235.0	222.5	205.0	180.0
93	250.0	242.5	212.5	242.5	230.0	212.5	187.5
105	265.0	257.5	227.5	257.5	245.0	227.5	202.5
120	295.0	287.5	257.5	287.5	275.0	257.5	232.5
120+	310.0	302.5	272.5	302.5	290.0	272.5	247.5

INDREPTARI

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
30	-	-	125.0	-	-	-	-
34	-	-	135.0	-	-	-	-
38	-	-	145.0	-	-	-	-

42	-	-	155.0	-	-	-	-
47	-	-	165.0	-	-	-	-
53	-	-	175.0	-	-	-	-
59	225.0	217.5	187.5	217.5	205.0	187.5	180.0
66	247.5	240.0	210.0	240.0	227.5	210.0	200.0
74	270.0	262.5	225.0	262.5	242.5	225.0	215.0
83	295.0	287.5	250.0	287.5	267.5	250.0	240.0
93	305.0	297.5	260.0	297.5	277.5	260.0	250.0
105	325.0	317.5	280.0	317.5	297.5	280.0	270.0
120	340.0	332.5	295.0	332.5	312.5	295.0	285.0
120+	350.0	342.5	305.0	342.5	322.5	305.0	295.0

Total

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
30	-	-	337.5	-	-	-	-
34	-	-	362.5	-	-	-	-
38	-	-	385.0	-	-	-	-
42	-	-	410.0	-	-	-	-
47	-	-	440.0	-	-	-	-
53	-	-	469.5	-	-	-	-
59	610.0	587.5	497.5	587.5	550.0	497.5	467.5
66	672.5	650.0	560.0	650.0	612.5	560.0	515.0
74	745.0	722.5	617.5	722.5	677.5	617.5	557.5
83	847.5	825.0	710.0	825.0	770.0	710.0	650.0
93	900.0	877.5	747.5	877.5	807.5	747.5	687.5
105	955.0	932.5	802.5	932.5	862.5	802.5	742.5
120	1025.0	1002.5	867.5	1002.5	927.5	867.5	807.5
120+	1060.0	1037.5	902.5	1037.5	962.5	902.5	842.5

POWERLIFTING - IMPINS DIN CULCAT SINGURA PROBA

FEMININ

IMPINS DIN CULCAT - SINGURA PROBA

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)
27	-	-	50.0	-	-	-
30	-	-	52.5	-	-	-
34	-	-	57.5	-	-	-
38	-	-	65.0	-	-	-
43	-	-	72.5	-	-	-
47	95.0	90.0	80.0	90.0	85.0	80.0
52	102.5	97.5	87.5	97.5	92.5	87.5
57	110.0	105.0	95.0	105.0	100.0	95.0
63	120.0	115.0	105.0	115.0	110.0	105.0
72	135.0	127.5	120.0	127.5	122.5	120.0
84	155.0	150.0	140.0	150.0	145.0	140.0
84+	170.0	165.0	155.0	165.0	160.0	155.0

MASCULIN

IMPINS DIN CULCAT - SINGURA PROBA

Cat. Gr. (kg)	RECORD SENIORI (kg)	RECORD JUNIORI I (kg)	RECORD JUNIORI II (kg)	RECORD MASTERS 1 (kg)	RECORD MASTERS 2 (kg)	RECORD MASTERS 3 (kg)	RECORD MASTERS 4 (kg)
30	-	-	105.0	-	-	-	-
34	-	-	110.0	-	-	-	-

38	-	-	115.0	-	-	-	-
42	-	-	120.0	-	-	-	-
47	-	-	125.0	-	-	-	-
53	-	-	130.0	-	-	-	-
59	175.0	167.5	137.5	167.5	155.0	137.5	130.0
66	190.0	182.5	152.5	182.5	170.0	152.5	140.0
74	215.0	205.0	182.5	205.0	190.0	172.5	147.5
83	280.0	242.5	210.0	242.5	227.5	210.0	185.0
93	260.0	250.0	220.0	250.0	235.0	220.0	195.0
105	290.0	265.0	232.5	290.0	252.5	232.5	207.5
120	302.5	295.0	265.0	295.0	282.5	265.0	240.0
120+	320.0	310.0	280.0	310.0	295.0	280.0	255.0