

FEDERATIA ROMANA DE POWERLIFTING

LISTA BAREMURILOR PENTRU RECORDURI NATIONALE -ECHIPAT-

I. 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)
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
69	187.5	182.5	155.0	182.5	172.5	155.0
76	200.0	195.0	167.5	195.0	185.0	167.5
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)
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
69	127.5	122.5	110.0	120.0	115.0	110.0
76	135.0	132.5	120.0	130.0	125.0	120.0
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)
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	162.5	152.5	142.5	152.5	147.5	142.5
63	170.0	165.0	155.0	165.0	160.0	155.0
69	177.5	172.5	162.5	172.5	167.5	162.5
76	185.0	180.0	170.0	180.0	175.0	170.0
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)
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)
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)
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	250.0	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)
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)
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

**II. 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)
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
69	130.0	125.0	120.0	125.0	120.0	115.0
76	142.5	137.5	130.0	137.5	132.5	127.5
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)
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

## **Recorduri Nationale Omologate:**

### **Powerlifting 3 probe**

#### **Feminin:**

**Indreptari** Neculaie Diana, cat. 57kg senioare - 162.5kg; CN 01.10.2021

#### **Masculin:**

**Genuflexiuni** Moise Gheorghe, cat 66kg seniori, 240kg, CN 02.10.2020

Lupas Florin, cat +120kg seniori, 400kg, CN 01.04.2018

**Impins din culcat** Irimie Andrei, cat 83kg seniori, 260kg, CE 2017

Panazan Ovidiu, cat 93 kg seniori, 250 kg, CN 01.04.2018

Panazan Ovidiu, cat 93 kg masters 1, 250 kg, CN 01.04.2018

### **Impins din culcat - singura proba**

#### **Masculin:**

Buciuman Catalin, cat 74kg juniori II, 182.5 KG, CN 12.11.2017

Irimie Andrei, cat 83kg seniori, 280kg, CN 12.11.2017

Balaita Daniel, cat 93kg master 1, 250kg, CN 20.11.2016

Balaita Daniel, cat 105 kg seniori, 290kg, CN 12.11.2017

Balaita Daniel, cat 105 kg masters 1, 290kg, CN 12.11.2017

Cazacu Sorin, cat 120kg masters 1, 295 kg, CN 20.11.2016

Lupas Florin, cat +120kg seniori, 320 kg, CN 20.11.2020