

North America Powerlifting Federation
1st Central American and Caribbean Games, Puerto Rico, Aguadilla, 03-07.08.2010
Nominations as of: July 02, 2010

Name/Firstname/B.Year	Nation	Squat	Benchpress	Deadlift	Total
- 48 kg					
1 Vasquez Sique Maria Luisa /83	Guatemala	145.0	67.5	135.0	347.5
2 Baez Frances /88	Puerto Rico	105.0	50.0	125.0	280.0
3 Lopez Neresuley /92	Puerto Rico	97.5	42.5	95.0	235.0
- 52 kg					
1 Cano Guamucho Marta Lidia /60	Guatemala	125.0	60.0	130.0	315.0
2 Quiles Genesis /92	Puerto Rico	100.0	50.0	110.0	260.0
- 56 kg					
1 Tapia Jannitzi /94	Puerto Rico	137.5	62.5	130.0	330.0
- 60 kg					
1 Perez Carla /90	Puerto Rico	130.0	60.0	142.5	332.5
2 La Grande Jennifer /66	Cayman Island	102.5	80.0	102.5	285.0
- 67,5 kg					
1 Villegas Penelope /71	Mexico	142.5	75.0	150.0	367.5
- 75 kg					
1 Burgos Ladys /89	Puerto Rico	142.5	62.5	155.0	360.0
2 McIntyre Yolanda /81	Trinidad and Tobago	102.5	45.0	120.0	267.5
- 82,5 kg					
1 Mercado Mariel /00	Puerto Rico	162.5	95.0	155.0	412.5
2 Baez Joan /86	Puerto Rico	180.0	92.5	140.0	412.5
90+ kg					
1 Santiago Milianny /87	Puerto Rico	197.5	110.0	167.5	475.0
2 Abraham Cheryl /79	Trinidad and Tobago	120.0	47.5	125.0	292.5

In the Competitions were participating 15 lifters