

North America Powerlifting Federation
8th IPF/NAPF North American Regionals, Puerto Rico, Aguadilla, 03-07.08.2010
Nominations as of: July 01, 2010

Name/Firstname/B.Year	Nation	Squat	Benchpress	Deadlift	Total
Open					
- 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
4 Burns BeBe /42	United States of America	52.5	35.0	70.0	157.5
- 52 kg					
1 Binash Sommer /91	United States of America	132.5	67.5	125.0	330.0
2 Cano Guamucho Marta Lidia /60	Guatemala	125.0	60.0	130.0	315.0
3 Quiles Genesis /92	Puerto Rico	100.0	50.0	110.0	260.0
- 56 kg					
1 Brown Janel /73	United States of America	167.5	82.5	140.0	390.0
2 Snow Dana /69	United States of America	125.0	82.5	157.5	365.0
3 Tapia Jannitzi /94	Puerto Rico	137.5	62.5	130.0	330.0
R. Serrano Gladys /84	Puerto Rico	110.0	80.0	102.5	292.5
- 60 kg					
1 Jackson Debra /58	United States of America	127.5	75.0	145.0	347.5
2 Perez Carla /90	Puerto Rico	130.0	60.0	142.5	332.5
3 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
R. De Jesus Maricruz /71	Puerto Rico	100.0	40.0	102.5	242.5
- 75 kg					
1 Clark Rhonda /66	United States of America	160.0	75.0	197.5	432.5
2 Bryant Donna /59	United States of America	162.5	87.5	167.5	417.5
3 Burgos Ladys /89	Puerto Rico	142.5	62.5	155.0	360.0
4 McIntyre Yolanda /81	Trinidad and Tobago	102.5	45.0	120.0	267.5
- 82,5 kg					
1 Smith Lindsey /79	United States of America	185.0	90.0	157.5	432.5
2 Mercado Mariel /00	Puerto Rico	162.5	95.0	155.0	412.5
3 Baez Joan /86	Puerto Rico	180.0	92.5	140.0	412.5
- 90 kg					
1 Baum Malinda /63	United States of America	157.5	105.0	165.0	427.5
90+ kg					
1 Santiago Miliany /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 24 lifters (In reserve there are 2 lifters)

Subjuniors

- 48 kg					
1 Lopez Neresuley /92	Puerto Rico	97.5	42.5	95.0	235.0
- 52 kg					
1 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

In the Competitions were participating 3 lifters

Juniors**- 48 kg**

1 Baez Frances /88	Puerto Rico	105.0	50.0	125.0	280.0
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- 52 kg

1 Binash Sommer /91	United States of America	132.5	67.5	125.0	330.0
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- 56 kg

1 Gant Dawn /87	United States of America	122.5	75.0	132.5	330.0
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- 60 kg

1 Perez Carla /90	Puerto Rico	130.0	60.0	142.5	332.5
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- 67,5 kg

1 Roman Jessica /88	Puerto Rico	125.0	55.0	125.0	305.0
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- 75 kg

1 Burgos Ladys /89	Puerto Rico	142.5	62.5	155.0	360.0
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2 Higalgo Sherry Ann /90	Puerto Rico	102.5	60.0	112.5	275.0
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90+ kg

1 Santiago Milianny /87	Puerto Rico	197.5	110.0	167.5	475.0
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In the Competitions were participating 8 lifters**Masters 1****- 48 kg**

1 Ocampo JoJo /69	United States of America	105.0	80.0	130.0	285.0
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- 56 kg

1 Snow Dana /69	United States of America	125.0	82.5	157.5	365.0
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- 60 kg

1 La Grande Jennifer /66	Cayman Island	102.5	80.0	102.5	285.0
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- 75 kg

1 Clark Rhonda /66	United States of America	160.0	75.0	197.5	432.5
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- 90 kg

1 Baum Malinda /63	United States of America	157.5	105.0	165.0	427.5
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In the Competitions were participating 5 lifters (In reserve there are 2 lifters)**Masters 2****- 48 kg**

1 Burns BeBe /42	United States of America	52.5	35.0	70.0	157.5
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- 52 kg

1 Cano Guamucho Marta Lidia /60	Guatemala	125.0	60.0	130.0	315.0
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2 Rodriguez Norma /49	Puerto Rico	67.5	37.5	102.5	207.5
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- 60 kg

1 Jackson Debra /58	United States of America	127.5	75.0	145.0	347.5
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- 75 kg

1 Bryant Donna /59	United States of America	162.5	87.5	167.5	417.5
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In the Competitions were participating 5 lifters (In reserve there are 2 lifters)