

North America Powerlifting Federation
3rd IPF/NAPF/FESUPO Pan-American Regional Bench Press Championships
British Virgin Islands, Road Town, Tortola, 06-09.10.2010
Nominations as of September 05, 2010

| | Name/Firstname/B.Year | Nation | Benchpress |
|------------------|-------------------------------|--------------------------|-------------------|
| - 48 kg | | | |
| | 1 Baez Frances /88 | Puerto Rico | 50.0 |
| - 52 kg | | | |
| | 1 Serrano Gladys /84 | Puerto Rico | 80.0 |
| - 60 kg | | | |
| | 1 Rodrigues Barbosa Irani /86 | Brazil | 110.0 |
| | 2 Perez Carla /90 | Puerto Rico | 60.0 |
| - 75 kg | | | |
| | 1 Lair Rebekah /76 | United States of America | 102.5 |
| - 82,5 kg | | | |
| | 1 De Toledo Cristiane A. /65 | Brazil | 60 |
| - 90 kg | | | |
| | 1 Maduro Jen /90 | British Virgin Island | 47.5 |
| 90+ kg | | | |
| | 1 Da C. Silva Nilceia A. /83 | Brazil | 110.0 |

Juniors

| | | | |
|----------------|--------------------|-----------------------|------|
| - 48 kg | | | |
| | 1 Baez Frances /88 | Puerto Rico | 50.0 |
| - 60 kg | | | |
| | 1 Perez Carla /90 | Puerto Rico | 60.0 |
| - 90 kg | | | |
| | 1 Maduro Jen /90 | British Virgin Island | 47.5 |

Masters 1

| | | | |
|------------------|------------------------------|--------|----|
| - 82,5 kg | | | |
| | 1 De Toledo Cristiane A. /65 | Brazil | 60 |

