

1st NAPF Central American and Caribbean Games Powerlifting Championships

Aguadilla, Puerto Rico / August 4-7, 2010

Name	Team	Div	BWt (Kg)	WtCls (Kg)	Coeff	Squat 1	Squat 2	Squat 3	Best Squat	Bench 1	Bench 2	Bench 3	Best Bench	Sub Total	Deadli ft 1	Deadli ft 2	Deadli ft 3	Best Dead lift	PL Total	Wilks Total	Placing PI-Div-WtCI	Tm Pts	YOB
Maria Luis Vazquez Sique	GUA	F-OC	46.3	48	1.3594	160	-170	170	170	72.5	77.5	-80	77.5	247.5	137.5	-148	-148	137.5	385	523.38	1-F-OC-48	12	1983
Frances Baez	PUR	F-OC	47.4	48	1.3367	-400	-400	100	100	45	52.5	-60	52.5	152.5	110	125	-130	125	277.5	370.92	2-F-OC-48	1	1988
Neresuley Lopez	PUR	F-OC	43.3	48	1.4231	82.5	90	100	100	40	47.5	-52.5	47.5	147.5	77.5	95	102.5	102.5	250	355.76	3-F-OC-48	1	1992
Marta Lidia Cano Guamucho	GUA	F-OC	49.8	52	1.2885	-125	-125	125	125	60	65	67.5	67.5	192.5	130	135	140	140	332.5	428.44	1-F-OC-52	9	1960
Gladys Serrano	PUR	F-OC	48.1	52	1.3224	100	107.5	120	120	57.5	67.5	75	75	195	90	102.5	-127.5	102.5	297.5	393.41	2-F-OC-52	6	1984
Genesis Quiles	PUR	F-OC	51.2	52	1.2616	82.5	90	100	100	37.5	-57.5	-57.5	37.5	137.5	92.5	110	112.5	112.5	250	315.40	3-F-OC-52	1	1992
Jannitzi Tapia	PUR	F-OC	54.3	56	1.2054	115	122.5	127.5	127.5	55	62.5	-67.5	62.5	190	115	130	-137.5	130	320	385.72	1-F-OC-56	3	1994
Carla Perez	PUR	F-OC	59.7	60	1.1192	-140	140	-165	140	62.5	67.5	77.5	77.5	217.5	140	155	-170	155	372.5	416.91	1-F-OC-60	8	1990
Ladys Burgos	PUR	F-OC	67.2	67.5	1.0239	140	150	155	155	67.5	-75	75	75	230	145	155	-160	155	385	394.20	1-F-OC-67.5	7	1989
Penelope Villegas	MEX	F-OC	62.8	67.5	1.0765	125	-135	135	135	72.5	77.5	80	80	215	140	-150	-150	140	355	382.17	2-F-OC-67.5	2	1971
Yolanda McIntyre	TRI	F-OC	72.9	75	0.9681	-127.5	130	140	140	45	50	-55	50	190	127.5	137.5	142.5	142.5	332.5	321.89	1-F-OC-75	1	1981
Joan Baez	PUR	F-OC	83.8	90	0.8928	170	180	190	190	-92.5	92.5	102.5	102.5	292.5	135	145	-152.5	145	437.5	390.60	1-F-OC-90	5	1986
Miliany Santiago	PUR	F-OC	109.8	90+	0.8134	177.5	187.5	195	195	105	115	-120	115	310	155	170	-182.5	170	480	390.42	1-F-OC-90+	4	1987
Cheryl Abraham	TRI	F-OC	95.5	90+	0.8449	-132.5	-132.5	132.5	132.5	47.5	50	-57.5	50	182.5	132.5	145	155	155	337.5	285.14	2-F-OC-90+	1	1979

Best Overall	Maria Luisa Vazquez
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Teams		
1st	Puerto Rico	69
2nd	Guatemala	24
3rd	Trinidad and Tobago	21
4th	Mexico	9