

FEDERACIÓN MUNDIAL DE POWERLIFTING RAW/WRPF



NIVELES DEPORTIVOS

*Versión de 01/07/2021
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*Niveles deportivos: Principiantes (I, II y III), CM (Candidato a Master),
M (Master), MI (Master Internacional) y PRO (Profesionales)*

POWERLIFTING RAW

HOMBRES

Cat.	PRO	MI	M	CM	I	II	III
52	532.5	465	402.5	362.5	322.5	280	240
56	580	505	437.5	395	350	305	260
60	622.5	542.5	470	422.5	375	327.5	280
67.5	697.5	605	525	472.5	420	365	312.5
75	757.5	662.5	577.5	517.5	460	402.5	345
82.5	810	707.5	615	552.5	492.5	430	370
90	852.5	745	647.5	582.5	517.5	452.5	387.5
100	900	785	682.5	615	545	477.5	410
110	935	822.5	715	645	572.5	502.5	430
125	977.5	857.5	747.5	672.5	597.5	525	450
140	1010	885	770	695	617.5	540	465
+140	1035	907.5	790	710	632.5	555	475

MUJERES

Cat.	PRO	MI	M	CM	I	II	III
44	345	297.5	255	220	197.5	177.5	147.5
48	380	325	280	245	215	190	162.5
52	410	352.5	305	265	232.5	210	177.5
56	435	380	325	285	250	225	192.5
60	462.5	400	345	312.5	270	237.5	205
67.5	500	427.5	372.5	325	287.5	257.5	220
75	527.5	457.5	395	340	305	275	230
82.5	557.5	480	417.5	365	322.5	290	247.5
90	567.5	502.5	430	380	335	300	255
+90	585	510	442.5	387.5	342.5	307.5	262.5

POWERLIFTING CLASSIC

HOMBRES

Cat.	PRO	MI	M	CM	I	II	III
52	542.5	475	412.5	372.5	332.5	290	250
56	590	515	447.5	405	360	315	270
60	632.5	552.5	480	432.5	385	337.5	290
67.5	707.5	615	535	482.5	430	375	322.5
75	772.5	677.5	592.5	532.5	475	417.5	360
82.5	825	722.5	630	567.5	507.5	445	385
90	867.5	760	662.5	597.5	532.5	467.5	402.5
100	915	800	697.5	630	560	492.5	425
110	955	842.5	735	665	592.5	522.5	450
125	1000	877.5	767.5	692.5	617.5	545	470
140	1030	905	790	715	637.5	560	485
+140	1055	927.5	810	730	652.5	575	495

MUJERES

Cat.	PRO	MI	M	CM	I	II	III
44	352.5	305	262.5	225	202.5	182.5	152.5
48	390	332.5	287.5	252.5	222.5	195	167.5
52	420	362.5	312.5	272.5	237.5	215	182.5
56	445	390	335	292.5	257.5	230	197.5
60	477.5	410	352.5	320	277.5	245	210
67.5	512.5	440	382.5	332.5	295	262.5	225
75	540	470	405	350	322.5	282.5	237.5
82.5	572.5	492.5	430	375	337.5	297.5	255
90	585	515	445	390	345	307.5	262.5
+90	600	522.5	455	395	350	315	270

PUSH&PULL

HOMBRES

Cat.	PRO	MI	M	CM	I	II	III
52	385	332.5	292.5	252.5	225	195	165
56	407.5	352.5	310	267.5	237.5	205	175
60	430	370	327.5	282.5	250	217.5	185
67.5	467.5	402.5	355	307.5	272.5	237.5	202.5
75	505	435	385	332.5	295	257.5	220
82.5	540	465	410	355	315	275	235
90	575	492.5	435	375	335	290	250
100	602.5	517.5	457.5	395	352.5	305	262.5
110	625	537.5	477.5	412.5	365	317.5	272.5
125	650	560	495	430	380	330	282.5
140	672.5	580	515	445	392.5	342.5	292.5
+140	670	595	527.5	457.5	405	352.5	300

MUJERES

Cat.	PRO	MI	M	CM	I	II	III
44	217.5	190	172.5	150	132.5	115	102.5
48	235	205	182.5	162.5	142.5	125	110
52	250	220	197.5	172.5	152.5	135	117.5
56	267.5	232.5	210	182.5	162.5	142.5	125
60	282.5	245	222.5	192.5	170	150	132.5
67.5	307.5	267.5	240	210	185	162.5	145
75	330	290	260	227.5	200	175	157.5
82.5	352.5	310	280	242.5	215	187.5	167.5
90	375	327.5	297.5	257.5	227.5	197.5	177.5
+90	395	345	312.5	270	240	207.5	185

PRESS BANCA RAW

HOMBRES

Cat.	PRO	MI	M	CM	I	II	III
52	152.5	125	107.5	92.5	82.5	72.5	65
56	165	135	117.5	100	90	80	70
60	177.5	145	125	110	97.5	87.5	75
67.5	200	162.5	142.5	122.5	110	97.5	85
75	217.5	177.5	155	135	120	107.5	95
82.5	232.5	192.5	165	142.5	127.5	115	100
90	247.5	202.5	175	152.5	135	120	107.5
100	260	215	185	160	142.5	127.5	115
110	272.5	222.5	192.5	167.5	150	135	120
125	282.5	235	202.5	175	157.5	140	125
140	295	242.5	210	182.5	162.5	145	130
+140	302.5	247.5	215	187.5	167.5	150	135

MUJERES

Cat.	PRO	MI	M	CM	I	II	III
44	77.5	65	55	47.5	42.5	37.5	32.5
48	87.5	70	62.5	55	47.5	42.5	37.5
52	95	77.5	67.5	60	52.5	47.5	42.5
56	102.5	85	72.5	65	57.5	52.5	47.5
60	110	90	77.5	67.5	62.5	55	50
67.5	122.5	100	87.5	75	67.5	60	55
75	132.5	110	95	82.5	75	67.5	57.5
82.5	142.5	115	100	87.5	77.5	70	60
90	147.5	122.5	105	92.5	82.5	75	62.5
+90	152.5	125	110	95	85	77.5	65

PESO MUERTO RAW

HOMBRES

Cat.	PRO	MI	M	CM	I	II	III
52	235	202.5	175	162.5	145	132.5	112.5
56	252.5	217.5	190	172.5	155	140	122.5
60	270	232.5	200	185	165	150	127.5
67.5	295	255	220	202.5	180	162.5	140
75	317.5	272.5	237.5	215	192.5	175	150
82.5	332.5	287.5	250	227.5	202.5	182.5	157.5
90	347.5	300	260	235	212.5	190	165
100	362.5	312.5	272.5	245	220	197.5	170
110	375	322.5	280	252.5	227.5	205	177.5
125	390	335	290	262.5	235	212.5	182.5
140	400	345	297.5	270	242.5	217.5	187.5
+140	407.5	350	305	275	247.5	222.5	190

MUJERES

Cat.	PRO	MI	M	CM	I	II	III
44	152.5	132.5	115	100	90	82.5	70
48	167.5	145	125	110	97.5	87.5	75
52	180	155	135	117.5	105	95	80
56	190	165	142.5	125	110	100	85
60	200	172.5	150	130	117.5	105	90
67.5	212.5	182.5	160	140	125	112.5	95
75	222.5	192.5	167.5	145	130	117.5	100
82.5	232.5	200	175	152.5	135	122.5	105
90	237.5	207.5	180	157.5	140	125	107.5
+90	242.5	210	182.5	160	142.5	127.5	110