

RECORDS SUDAMERICANOS EQUIPPED- Octubre 2024

DAMAS OPEN

SQUAT	NOMBRE	NACION	MARCA	FECHA	LUGAR
47	Saavedra Tania/79	Ecuador	167.5	11-sep-13	Quito
52	Vilma Ochoa/80	Ecuador	220.0	18-nov-19	Dubai
57	Vilma Ochoa/80	Ecuador	222.5	14-nov-16	Orlando
63	Tavares Cicera/76	Brazil	240.0	01-ago-14	Guayaquil
69	Castellain Ana Rosa/85	Brazil	247.5	08-nov-21	Norway
76	Castellain Ana Rosa/85	Brazil	255.5	18-sep-19	Piriapolis-Uru
84	Mariana Contino/88	Brazil	227.5	05-nov-18	Sweden
84 +	Manzaba Mariuxi/97	Guyana	240.0	30-mar-12	Caribbean Isl

BENCH PRESS

47	Cedeño Xiomara/91	Venezuela	112.5	18-sep-15	Ribeirao Preto
52	Dominguez Maria/95	Venezuela	120.0	18-sep-15	Ribeirao Preto
57	Erica Bueno/80	Brazil	156.0	08-nov-21	Norway
63	Aguinaga Johanna/93	Ecuador	167.5	18-sep-19	Piriapolis-Uru
69	Castellain Ana Rosa/85	Brazil	167.5	08-nov-21	Norway
76	Castellain Ana Rosa/85	Brazil	180.5	18-sep-19	Piriapolis-Uru
84	Liendo Nairu/82	Venezuela	138.0	18-sep-15	Ribeirao Preto
84 +	Kellen L. de Souza/93	Brazil	157.5	18-sep-15	Ribeirao Preto

DEADLIFT

47	Saavedra Tania/79	Ecuador	162.5	01-jul-13	Usa
52	Vilma Ochoa/80	Ecuador	182.5	18-sep-19	Piriapolis-Uru
57	Adriana Cuta/86	Venezuela	202.5	18-ago-11	Argentina
63	Tavares Cicera/76	Brazil	222.5	17-nov-19	Dubai
69	Tavares Cicera/76	Brazil	242.5	09-jul-22	Alabama
76	Castellain Ana Rosa/85	Brazil	225.0	18-sep-19	Piriapolis-Uru
84	Viteri Samanta/90	Ecuador	225.0	01-sep-13	Killen-Usa
84 +	Viteri Samanta/90	Ecuador	215.0	01-jul-13	Usa

TOTAL

47	Cedeño Xiomara/91	Venezuela	412.5	18-sep-15	Ribeirao Preto
52	Vilma Ochoa/80	Ecuador	495.0	04-nov-14	Denver-Usa
57	Erica Bueno/80	Brazil	548.5	08-nov-21	Norway
63	Tavares Cicera/76	Brazil	575.0	14-nov-16	Orlando-Usa
69	Castellain Ana Rosa/85	Brazil	630.0	08-nov-21	Norway
76	Castellain Ana Rosa/85	Brazil	661.0	18-sep-19	Piriapolis-Uru
84	Viteri Samanta/90	Ecuador	580.0	01-sep-14	Killen-Usa
84 +	Zita Páez/79	Venezuela	575.0	18-ago-11	Argentina

BENCH PRESS SINGLE LIFT

47	Cedeño Xiomara/91	Venezuela	112.5	18-sep-15	Ribeirao Preto
52	Dominguez Maria/95	Venezuela	120.0	18-sep-15	Ribeirao Preto
57	Erica Bueno/80	Brazil	156.0	08-nov-21	Norway
63	Aguinaga Johanna/93	Ecuador	167.5	18-sep-19	Piriapolis-Uru
69	Castellain Ana Rosa/85	Brazil	167.5	08-nov-21	Norway
76	Castellain Ana Rosa /85	Brazil	178.0	14-nov-16	Orlando-Usa
84	Liendo Nairu/82	Venezuela	138.0	18-sep-15	Ribeirao Preto
84 +	Kellen L. de Souza/93	Brazil	157.5	18-sep-15	Ribeirao Preto

DAMAS JUNIOR**SQUAT**

43			140.0		
47	Malagon Yuri/94	Colombia	145.0	06-jul-17	Orlando-Usa
52			172.5		
57	Monserate Kenia/91	Ecuador	195.0	05-nov-14	Denver-Usa
63	Aguinaga Johanna/93	Ecuador	200.0	16-ago-12	Cali
69					
76	Dominique Briones/01	Ecuador	205.0	28-ago-24	Malta
84	Garcia Joselyn/02	Ecuador	215.0	28-ago-24	Malta
84 +	Viteri Samanta/90	Ecuador	225.0	01-sep-13	Killen-Usa

BENCH PRESS

43	Lopez Erika/93	Ecuador	62.5	01-ago-14	Guayaquil
47			75.0		
52	Varela Laura/98	Colombia	85.0	23-ago-21	Oradera-Romania
57	Melany Lovato/03	Ecuador	97.5	28-ago-24	Malta
63	Aguinaga Johanna/93	Ecuador	145.5	02-sep-13	Praga
69					
76	Salome Armas/98	Ecuador	147.5	08-dic-21	Guayaquil
84	Salome Armas/98	Ecuador	130.0	18-sep-19	Piriapolis-Uru
84 +	Kellen L. de Souza/93	Brazil	157.5	18-sep-15	Ribeirao Preto

DEADLIFT

43			130.0		
47			150.0		
52			165.0		
57	Monserate Kenia/91	Ecuador	178.0	01-ago-14	Guayaquil
63	Aguinaga Johanna/93	Ecuador	182.5	06-nov-14	Denver-Usa
69					
76	Mendoza Ailen/03	Argentina	185.0	07-sep-22	Cacador-Brasil
84	Garcia Joselyn/02	Ecuador	195.0	07-sep-22	Cacador-Brasil
84 +	Viteri Samanta/90	Ecuador	225.0	01-sep-13	Killen-Usa

TOTAL

43	Lopez Erika/93	Ecuador	315.0	01-ago-14	Guayaquil
47			360.0		
52			400.0		
57	Monserate Kenia/91	Ecuador	460.0	05-nov-14	Denver-Usa
63	Aguinaga Johanna/93	Ecuador	510.0	03-sep-14	Oroshasa-Hungria
69					
76	Salome Armas/98	Ecuador	515.0	08-dic-21	Guayaquil
84	Garcia Joselyn/02	Ecuador	522.5	28-ago-24	Malta
84 +	Viteri Samanta/90	Ecuador	580.0	01-sep-13	Killen-Usa

BENCH PRESS SINGLE LIFT

43	Lopez Erika/93	Ecuador	62.5	01-ago-14	Guayaquil
47			75.0		
52	Michele Munol/91	Brazil	90.0	21-may-14	Dinamarca
57	Camila Barbatano/94	Brazil	95.5	23-nov-13	Uruguay
63	Aguinaga Johanna/93	Ecuador	145.5	02-sep-15	Praga
69					
76	Salome Armas/98	Ecuador	147.5	08-dic-21	Guayaquil
84	Salome Armas/98	Ecuador	130.0	18-sep-19	Piriapolis-Uru
84 +	Kellen L. de Souza/93	Brazil	157.5	18-sep-15	Ribeirao Preto

DAMAS SUBJUNIOR

SQUAT

43	Gonzalez Jeniffer/95	Ecuador	110.0	29-ago-12	Szczyrk-Polonia
47	Gonzalez Jeniffer/95	Ecuador	135.0	11-sep-13	Quito
52	Quishpe Nathaly/06	Ecuador	165.0	28-ago-24	Malta
57	Kauane Zenie/02	Brazil	127.5	29-abr-22	Arnold-Brasil
63	Perez Camila/03	Ecuador	142.5	08-dic-21	Guayaquil
69					
76	Aguinaga Johanna/93	Ecuador	190.0	01-sep-12	Moosejaw-Canada
84			130.0		
84 +	Kellen L. de Souza/93	Brazil	215.0	18-ago-11	Argentina

BENCH PRESS

43	Gonzalez Jeniffer/95	Ecuador	47.5	16-ago-12	Cali
47	Gonzalez Jeniffer/95	Ecuador	62.5	11-sep-13	Quito
52	Quishpe Nathaly/06	Ecuador	77.5	28-ago-24	Malta
57	Olaya Milena/03	Ecuador	67.5	08-dic-21	Guayaquil
63	Perez Camila/03	Ecuador	62.5	08-dic-21	Guayaquil
69					
76	Aguinaga Johanna/93	Ecuador	102.5	01-sep-12	Moosejaw-Canada
84			65.0		
84 +	Kellen L. de Souza/93	Brazil	122.5	18-ago-11	Argentina

DEADLIFT

43	Gonzalez Jeniffer/95	Ecuador	115.0	29-ago-12	Szczyrk-Polonia
47	Gonzalez Jeniffer/95	Ecuador	137.5	11-sep-13	Quito
52	Quishpe Nathaly/06	Ecuador	145.0	28-ago-24	Malta
57	Kauane Zenie/02	Brazil	142.5	29-abr-22	Arnold-Brasil
63	Perez Camila/03	Ecuador	150.0	08-dic-21	Guayaquil
69					
76	Mendoza Ailen/03	Argentina	175.0	21-ago-21	Oradera-Romania
84			147.5		
84 +	Kellen L. de Souza/93	Brazil	150.0	18-ago-11	Argentina

TOTAL

43	Gonzalez Jeniffer/95	Ecuador	267.5	29-ago-12	Szczyrk-Polonia
47	Gonzalez Jeniffer/95	Ecuador	335.0	11-sep-13	Quito
52	Quishpe Nathaly/06	Ecuador	387.5	28-ago-24	Malta
57	Kauane Zenie/02	Brazil	335.0	29-abr-22	Arnold-Brasil
63	Perez Camila/03	Ecuador	355.0	08-dic-21	Guayaquil
69					
76	Mendoza Ailen/03	Argentina	455.0	21-ago-21	Oradera-Romania
84			340.0		
84 +	Kellen L. de Souza/93	Brazil	487.5	18-ago-11	Argentina

BENCH PRESS SINGLE LIFT

43	Gonzalez Jeniffer/95	Ecuador	47.5	16-ago-12	Cali
47	Gonzalez Jeniffer/95	Ecuador	62.5	11-sep-13	Quito
52	Quishpe Nathaly/06	Ecuador	77.5	28-ago-24	Malta
57	Olaya Milena/03	Ecuador	67.5	08-dic-21	Guayaquil
63	Camila Barbatano	Brazil	87.5	25-nov-11	Brasil
69					
76	Aguinaga Johanna/93	Ecuador	102.5	01-sep-12	Moosejaw-Canada
84			65.0		
84 +	Kellen L. de Souza/93	Brazil	122.5	18-ago-11	Argentina

DAMAS MASTER 1**SQUAT**

47			100.0		
52			132.5		
57	Vilma Ochoa/80	Ecuador	217.5	08-nov-21	Norway
63	Tavares Cicera/76	Brazil	230.0	18-nov-17	Pilsen (Czechia)
69	Tavares Cicera/76	Brazil	240.0	09-jul-22	Alabama
76	Costa Iolanda/77	Brazil	230.0	05-oct-24	Sun City
84	Judith Reitmann/67	Uru	210.0	16-ago-12	Cali
84 +	Judith Reitmann/67	Uru	222.5	02-nov-12	Aguadilla

BENCH PRESS

47			52.5		
52			72.5		
57	Erica Bueno/80	Brazil	156.0	08-nov-21	Norway
63	Erica Bueno/80	Brazil	160.0	09-jul-22	Alabama
69	Tavares Cicera/76	Brazil	122.5	08-nov-21	Norway
76	Costa Iolanda/77	Brazil	130.0	05-oct-24	Sun City
84	Judith Reitmann/67	Uruguay	120.0	16-ago-12	Cali
84 +	Isiner Neolanis/73	Peru	127.5	03-jul-18	Guayaquil

DEADLIFT

47			110.0		
52	Gandara Maria/64	Ecuador	140.0	01-ago-14	Guayaquil
57	Lisett Buriel/71	Venezuela	192.5	18-ago-11	Argentina
63	Tavares Cicera/76	Brazil	222.5	17-nov-19	Dubai
69	Tavares Cicera/76	Brazil	242.5	09-jul-22	Alabama
76	Tavares Cicera/76	Brazil	220.0	14-jul-16	San Pablo-Brasil
84	Judith Reitmann/67	Uruguay	172.5	16-ago-12	Cali
84 +	Judith Reitmann/67	Uruguay	180.0	02-nov-12	Aguadilla

TOTAL

47			255.0		
52			332.5		
57	Erica Bueno/80	Brazil	548.5	08-nov-21	Norway
63	Tavares Cicera/76	Brazil	575.0	14-nov-16	Orlando-Usa
69	Tavares Cicera/76	Brazil	607.5	09-jul-22	Alabama
76	Tavares Cicera/76	Brazil	562.5	14-jul-16	San Pablo-Brasil
84	Judith Reitmann/67	Uruguay	502.5	16-ago-12	Cali
84 +	Judith Reitmann/67	Uruguay	527.5	02-nov-15	Aguadilla

BENCH PRESS SINGLE LIFT

47			52.5		
52			72.5		
57	Erica Bueno/80	Brazil	156.0	08-nov-21	Norway
63	Erica Bueno/80	Brazil	160.0	09-jul-22	Alabama
69	Tavares Cicera/76	Brazil	122.5	08-nov-21	Norway
76	Tavares Cicera/76	Brazil	125.0	14-jul-16	San Pablo-Brasil
84	Judith Reitmann/67	Uruguay	120.0	16-ago-12	Cali
84 +	Judith Reitmann/67	Uruguay	149.0	11-dic-14	Lima-Peru

DAMAS MASTER 2**SQUAT**

47			80.0		
52	Gandara Maria/64	Ecuador	122.5	01-ago-14	Guayaquil
57	Wender Christine/55	Brazil	150.0	16-ago-12	Cali
63	Colorado Merci/71	Ecuador	170.0	05-oct-24	Sun City
69	Martha Gamboa/66	Ecuador	130.0	08-dic-21	Guayaquil
76	Susana Rodriguez/55	Uruguay	137.5	16-ago-12	Cali
84			135.0		
84 +			137.5		

BENCH PRESS

47			45.0		
52	Gandara Maria/64	Ecuador	70.0	18-sep-15	Ribeirao Preto
57	Wender Christine/55	Brazil	77.5	24-sep-13	Usa/Orlando
63	Chuyo Ada/71	Peru	92.5	06-sep-23	Lima-Peru
69	Martha Gamboa/66	Ecuador	65.0	08-dic-21	Guayaquil
76	Susana Rodriguez/55	Uruguay	80.0	18-ago-11	Argentina
84			70.0		
84 +			72.5		

DEADLIFT

47			95.0		
52	Gandara Maria/64	Ecuador	140.0	01-ago-14	Guayaquil
57	Wender Christine/55	Brazil	150.0	16-ago-12	Cali
63	Portilho Catia/66	Brazil	170.0	14-jul-16	San Pablo-Brasil
69	Martha Gamboa/66	Ecuador	130.0	08-dic-21	Guayaquil
76	Susana Rodriguez/55	Uruguay	150.0	18-ago-11	Argentina
84			135.0		
84 +			150.0		

TOTAL

47			220.0		
52	Gandara Maria/64	Ecuador	330.0	01-ago-14	Guayaquil
57	Wender Christine/55	Brazil	375.0	16-ago-12	Cali
63	Colorado Merci/71	Ecuador	420.0	05-oct-24	Sun City
69	Martha Gamboa/66	Ecuador	325.0	08-dic-21	Guayaquil
76	Susana Rodriguez/55	Uruguay	365.0	18-ago-11	Argentina
84			322.5		
84 +			345.0		

BENCH PRESS SINGLE LIFT

47			45.0		
52	Gandara Maria/64	Ecuador	70.0	18-sep-15	Ribeirao Preto
57	Christine Suzan W./55	Brazil	80.0	25-nov-11	Brasil
63	Chuyo Ada/71	Peru	92.5	06-sep-23	Lima-Peru
69	Martha Gamboa/66	Ecuador	65.0	08-dic-21	Guayaquil
76	Susana Rodriguez/55	Uruguay	80.0	18-ago-11	Argentina
84			70.0		
84 +			72.5		

DAMAS MASTER 3**SQUAT**

47

52

57

63

69

76	Martins Marilene/55	Brazil	130.5	14-jul-16	San Pablo-Brasil
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84

84 +

BENCH PRESS

47

52

57

63

69

76	Martins Marilene/55	Brazil	55.0	18-sep-15	Ribeirao Preto
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84

84 +

DEADLIFT

47

52

57

63

69

76	Martins Marilene/55	Brazil	122.5	18-sep-15	Ribeirao Preto
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84

84 +

TOTAL

47

52

57

63

69

76	Martins Marilene/55	Brazil	307.5	18-sep-15	Ribeirao Preto
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84

84 +

BENCH PRESS SINGLE LIFT

47

52

57

63

69

76	Martins Marilene/55	Brazil	55.0	18-sep-15	Ribeirao Preto
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84	Gatina Ana Maria/52	Brazil	90.0	23-nov-13	Uruguay
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84 +