

North America Powerlifting Federation
14th Pan-American Regional Powerlifting Championships, USA, Orlando, Fla, 01-06.07.2013
Nominations on 25 of June 2013

Name/Firstname/B.Year	Nation	Squat	Bench press	Dead lift	Sum	Total
Open						
- 47 kg						
1 Vasquez Sique Maria Luisa /83	Puerto Rico	167.5	90.0	152.5	410.0	410.0
2 Saavedra Tania /79	Ecuador	170.0	75.0	150.0	395.0	395.0
3 Peterson Marissa /96	United States of America	95.0	52.5	115.0	262.5	262.5
4 MacFarlane Jill /77	Canada	67.5	42.5	100.0	210.0	210.0
- 52 kg						
1 Ochoa Vilma /80	Ecuador	215.0	100.0	175.0	490.0	490.0
2 Cevallos Michelle /88	Ecuador	167.5	95.0	167.5	430.0	430.0
3 Barbosa Patricia /84	Brazil	160.0	75.0	160.0	395.0	395.0
4 Najera Juanita /81	United States of America	147.5	85.0	155.0	387.5	387.5
5 Baez Frances /88	Puerto Rico	125.0	65.0	130.0	320.0	320.0
6 Janzen Bobbi /76	Canada	75.0	40.0	107.5	222.5	222.5
- 57 kg						
1 Maldonado Isabel /88	Ecuador	190.0	100.0	190.0	480.0	480.0
2 Barbosa Irani /86	Brazil	182.5	105.0	160.0	447.5	447.5
3 Monserrate Kenia /92	Ecuador	167.5	72.5	157.5	397.5	397.5
4 Cunha Silmara /89	Brazil	160.0	85.0	135.0	380.0	380.0
5 Tapia Jannitzi /94	Puerto Rico	132.5	65.0	140.0	337.5	337.5
6 Acosta Herrera Loriana /86	Costa Rica	120.0	45.0	110.0	275.0	275.0
- 63 kg						
1 Tavares Cicera /76	Brazil	195.0	105.0	215.0	515.0	515.0
2 Aguinaga Johanna /93	Ecuador	195.0	127.5	170.0	492.5	492.5
3 Owens Dawn /87	United States of America	137.5	97.5	150.0	385.0	385.0
4 Crawford Tina /65	United States of America	137.5	70.0	155.0	362.5	362.5
5 Diaz López Rebeca /85	Puerto Rico	152.5	52.5	137.5	342.5	342.5
6 Bsalis Silvana /76	Dominican Republic	92.5	35.0	92.5	220.0	220.0
- 72 kg						
1 Burgos Ladys /89	Puerto Rico	177.5	92.5	182.5	452.5	452.5
2 Delago Judimeire A. /67	Brazil	160.0	85.0	170.0	415.0	415.0
3 Daniel Caryn /63	United States of America	135.0	70.0	142.5	347.5	347.5
4 Jackman Giselle Ann /93	Trinidad and Tobago	102.5	45.0	120.0	267.5	267.5
- 84 kg						
1 Hamm Mariah /92	United States of America	210.0	112.5	195.0	517.5	517.5
2 Mars-Loncke Kimberley /78	Guyana	147.5	62.5	150.0	360.0	360.0
3 Abarca Elizondo Maria /81	Costa Rica	130.0	60.0	130.0	320.0	320.0
4 Plaskett Truvia /91	United States Virgin Island	115.0	55.0	117.5	287.5	287.5
84+ kg						
1 Costas Delgado Giselle /80	Puerto Rico	210.0	140.0	212.5	562.5	562.5
2 Viteri Samanta /90	Ecuador	215.0	112.5	207.5	535.0	535.0
3 Souza Kellen /93	Brazil	215.0	132.5	147.5	495.0	495.0
4 Windrum Pam /85	Canada	175.0	102.5	155.0	432.5	432.5

In the Competitions were participating 34 lifters

Subjuniors

1 Gonzalez Jennifer /95	Ecuador	110.0	42.5	115.0	267.5	267.5
2 Peterson Marissa /96	United States of America	95.0	52.5	115.0	262.5	262.5

In the Competitions were participating 2 lifters

Juniors**Group A - Up to 63Kg**

1	Aguinaga Johanna /93	Ecuador	195.0	127.5	170.0	492.5	492.5
2	Monserrate Kenia /92	Ecuador	167.5	72.5	157.5	397.5	397.5
3	Jativa Mery /92	Ecuador	165.0	75.0	147.5	387.5	387.5
4	Tapia Jannitzi /94	Puerto Rico	132.5	65.0	140.0	337.5	337.5

Group B - 72 kg to 84+ kg

1	Viteri Samanta /90	Ecuador	215.0	112.5	207.5	535.0	535.0
2	Hamm Mariah /92	United States of America	210.0	112.5	195.0	517.5	517.5
3	Souza Kellen /93	Brazil	215.0	132.5	147.5	495.0	495.0
4	Plaskett Truvia /91	United States Virgin Island	115.0	55.0	117.5	287.5	287.5
5	Jackman Giselle Ann /93	Trinidad and Tobago	102.5	45.0	120.0	267.5	267.5

In the Competitions were participating 9 lifters**Masters 1**

1	Delago Judimeire A. /67	Brazil	160.0	85.0	170.0	415.0	415.0
2	Crawford Tina /65	United States of America	137.5	70.0	155.0	362.5	362.5
3	Sturm Lara /68	United States of America	112.5	67.5	132.5	312.5	312.5

In the Competitions were participating 3 lifters**Masters 2**

1	Arnow Jill /59	United States of America	192.5	137.5	187.5	517.5	517.5
2	Daniel Caryn /63	United States of America	135.0	70.0	142.5	347.5	347.5
3	Craig Joanne /61	United States of America	102.5	50.0	115.0	267.5	267.5

In the Competitions were participating 3 lifters**Masters 3 and Master 4**

1	Hackney Regina /39	United States of America	107.5	72.5	122.5	302.5	302.5
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In the Competitions were participating 1 lifters**Classic**

1	Stith Carissa /84	United States of America	115.0	62.5	117.5	295.0	295.0
2	Craig Joanne /61	United States of America	102.5	50.0	115.0	267.5	267.5
3	Janzen Bobbi /76	Canada	75.0	40.0	107.5	222.5	222.5
4	MacFarlane Jill /77	Canada	67.5	42.5	100.0	210.0	210.0

In the Competitions were participating 4 lifters