



RESULTADOS BENCH PRESS NACIONAL CDMX 2022

Femenil Equipado								
69 Junior (18 -23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CHI	ANGELICA SOFIA MACIAS PEREZ	64.30	67.50	77.50	85.00	77.50	77.50

Femenil Equipado								
76 Junior (18 -23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CDMX	MALINALLITZIN PORRAS CRUZ	74.00	80.00	87.50	90.00	80.00	80.00

Femenil Equipado								
57 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	EDOME	JESSICA FABIOLA REYES RICO	52.80	95.00	100.00	102.50	100.00	100.00

Femenil Equipado								
84+ Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CHI	BRIANNA LIZANI MARQUEZ OLIVAS	92.00	57.50	67.50	75.00	67.50	67.50



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Femenil Equipado								
63 Master 3 (60 -69)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	JAL	MARÍA DEL SOCORRO PÉREZ ARTEAGA	61.10	85.00	90.00	92.50	92.50	92.50

Femenil RAW								
52 Sub Junior (14-18)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	SIN	YOELA YOLANI LEON AMEZQUITA	50.50	40.00	45.00	47.50	45.00	45.00

Femenil RAW								
57 Sub Junior (14-18)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	JAL	MARA FERNANDA ORTIZ DE LA TORRE	55.00	45.00	50.00	50.00	45.00	45.00
2	SIN	NOELIA ADILENE LÓPEZ CARRILLO	55.40	30.00	35.00	37.50	35.00	35.00



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Femenil RAW								
63 Sub Junior (14-18)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	COL	DARIANA ITZEL VILLARREAL MARTELL	63.00	47.50	52.50	52.50	47.50	47.50
2	JAL	PERLA ----- TORRES	58.00	45.00	52.50	52.50	45.00	45.00
3	COL	DANIA MARISSA MARTÍNEZ CERNA	59.70	37.50	42.50	45.00	45.00	45.00

Femenil RAW								
43 Junior (18-23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	SIN	AYLIN ESTHEFANIA CUEVAS GUZMÁN	42.10	32.50	37.50	40.00	37.50	37.50

Femenil RAW								
47 Junior (18-23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CDMX	WENDY ALEJANDRA AGUILAR VILLAGRÁN	45.30	45.00	50.00	52.50	50.00	50.00
2	SIN	ESTEFANIA ROJO VALENZUELA	46.20	40.00	45.00	47.50	47.50	47.50



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Femenil RAW								
57 Junior (18-23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	EDOME	SALMA ALEXANDRA MARTÍNEZ ROMERO	56.30	85.00	90.00	90.00	90.00	90.00
2	SON	MICHELLE ALEXANDRA GUIRADO GARCÍA	56.00	75.00	80.00	82.50	82.50	82.50
3	SON	KRISEL CAROLINA LÓPEZ LARA	56.20	72.50	77.50	80.00	77.50	77.50
4	TAM	TZEITHEL PAULETTE FERRELL MEJIA	56.80	67.50	72.50	75.00	75.00	75.00
5	YUC	YARELDY LISSET PECH CORTÉS	55.90	65.00	70.00	75.00	70.00	70.00
6	CHI	CRISTINA SIMENTAL MUÑOZ	56.20	50.00	55.00	57.50	57.50	57.50
7	JAL	ANGELA ARREOLA HERNÁNDEZ	55.40	45.00	50.00	50.00	45.00	45.00

Femenil RAW								
63 Junior (18-23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	GTO	DIANET VERÓNICA MARIANO HUERTA	60.00	72.50	77.50	80.00	80.00	80.00
2	NL	ETNA MIRÉN CISNEROS MATA	60.70	70.00	75.00	75.00	70.00	70.00
3	SON	ALEXIS CÓRDOVA MORA	61.80	65.00	70.00	72.50	70.00	70.00
4	NL	ANA LUCÍA OLIVERA QUINTANILLA	58.00	45.00	55.00	60.00	55.00	55.00
5	TAM	JENIFER SAMSARA LOPEZ RODRIGUEZ	58.40	52.50	52.50	55.00	55.00	55.00
6	SIN	MARIA JOSE CAMACHO	61.10	55.00	55.00	57.50	55.00	55.00



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Femenil RAW								
69 Junior (18-23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	SIN	AMERICA ITZEL PORTILLO AYÓN	65.90	62.50	65.00	65.00	62.50	62.50
2	EDOME	VALERIA HERRERA SOLÍS	68.20	55.00	60.00	62.50	62.50	62.50
3	SON	YOVANA LIZZETH GONZÁLEZ VARGAS	67.20	55.00	60.00	62.50	60.00	60.00

Femenil RAW								
84 Junior (18-23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	SIN	ALEJANDRA GUADALUPE LÓPEZ CAZAREZ	78.40	52.50	55.00	57.50	57.50	57.50
2	TAM	EMELIA FLORES GARCÍA	80.00	45.00	47.50	50.00	50.00	50.00

Femenil RAW								
43 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	JAL	ERENDIRA JACQUELINE SEDANO QUIRARTE	42.00	30.00	32.50	35.00	35.00	35.00



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Femenil RAW								
47 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	EDOME	MITZI MAGALI VÁZQUEZ	46.60	50.00	55.00	57.50	55.00	55.00
2	JAL	JAZMÍN ARÉVALO JIMÉNEZ	46.60	45.00	47.50	52.50	47.50	47.50
3	YUC	ASHERAT CEJA PLIEGO	44.10	37.50	40.00	42.50	40.00	40.00

Femenil RAW								
52 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	MICH	MÓNICA MERCEDES DE LA TORRE VELASCO	52.00	82.50	85.00	90.00	90.00	90.00
2	TAM	ADRIANA GONZALEZ SERNA	51.70	60.00	65.00	67.50	67.50	67.50
3	HGO	PERLA ESMERALDA ESPINOSA BADILLO	51.30	50.00	55.00	60.00	60.00	60.00
4	COA	FERNANDA GARCÍA TORRES	51.50	52.50	57.50	60.00	60.00	60.00
5	BCS	ALINE FALCÓN GERONIMO	51.60	57.50	62.50	62.50	57.50	57.50
6	CDMX	MARÍA ALEJANDRA MARROQUÍN DE LEÓN	51.60	55.00	60.00	60.00	55.00	55.00
7	QROO	ZORAIDA ESTHER GÓMEZ MARTÍNEZ	48.30	47.50	50.00	52.50	50.00	50.00
8	UNAM	CLAUDIA ELIZABETH PEÑA MATA	50.40	42.50	47.50	52.50	47.50	47.50
	GTO	JOHANA JAZMÍN ZERMEÑO PÉREZ	50.00	0.00	0.00	0.00	0.00	0.00



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Femenil RAW								
57 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	GTO	FARIDI SAAVEDRA SALAZAR	56.90	87.50	92.50	92.50	87.50	87.50
2	AGS	DIANA XIMENA MARTINEZ ESPINA	55.10	67.50	72.50	75.00	75.00	75.00
3	QROO	MARIANA GUADALUPE LÓPEZ SÁNCHEZ	56.90	62.50	67.50	67.50	67.50	67.50
	TAM	MAYRA JUDITH CORDOVA ÁVILA	54.80	35.00	45.00	45.00	0.00	0.00
	JAL	ANDREA NATALY ROMERO VEGA	55.30	67.50	67.50	67.50	0.00	0.00

Femenil RAW								
63 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CDMX	ANDREA MONTSERRAT MENDEZ CRUZ	62.40	80.00	86.00	88.00	88.00	88.00
2	EDOME	KARINA MONTIEL ROSETE	62.00	70.00	75.00	75.00	75.00	75.00
3	NL	KATIA PAOLA CRESPO HERNANDEZ	61.80	65.00	70.00	70.00	65.00	65.00
4	JAL	MARÍA GUADALUPE GONZÁLEZ HERNÁNDEZ	62.20	60.00	65.00	67.50	65.00	65.00
5	CDMX	MARÍA DE LOURDES GONZÁLEZ CERVANTES	62.00	55.00	60.00	65.00	60.00	60.00
6	YUC	ALONDRA CUEVAS ALCOCER	62.10	60.00	65.00	65.00	60.00	60.00
7	CDMX	ANDREA ROMERO CHÁVEZ	58.90	55.00	60.00	60.00	55.00	55.00
8	COA	MARIANA CASTRO MUÑOZ	60.10	45.00	52.50	55.00	52.50	52.50



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Femenil RAW								
69 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	BC	AURORA PEREZ LOPEZ	67.10	102.50	107.50	110.00	102.50	102.50
2	CDMX	LARISSA ALEJANDRA MARTÍNEZ VELÁZQUEZ	68.50	85.00	90.00	90.00	90.00	90.00
3	BC	YULISSA NUÑEZ GUTIERREZ	66.00	77.50	80.00	85.00	77.50	77.50
4	CDMX	ARILÍ GARCÍA GARCÍA	69.00	72.50	77.50	77.50	72.50	72.50
5	COL	ANTONIETA BETANCOURT OROZCO	68.00	55.00	62.50	65.00	65.00	65.00
6	CDMX	ADA LETICIA LOVERA SOTELO	68.30	45.00	50.00	50.00	45.00	45.00
7	NL	ADRIANA ABIGAIL GONZALEZ GARZA	67.00	37.50	45.00	45.00	37.50	37.50

Femenil RAW								
76 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	COA	ILEANA MESTA RODRÍGUEZ	72.80	90.00	92.50	100.00	92.50	92.50
2	CDMX	KAREN TORAL VEGA	74.10	80.00	85.00	87.50	87.50	87.50
3	EDOME	MARIA FERNANDA RAMIREZ YAÑEZ	72.80	75.00	82.50	85.00	85.00	85.00
4	EDOME	SANDRA GEORGINA PEREYRA RIVERA	72.80	57.50	62.50	62.50	57.50	57.50



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Femenil RAW								
84 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CDMX	DANIELA VICTORIA PACHECO COVARRUBIAS	83.10	80.00	85.00	90.00	85.00	85.00
2	BC	JAZMIN LIZETH RAMÍREZ HERNÁNDEZ	81.80	65.00	70.00	75.00	70.00	70.00
3	SON	FERNANDA CATALINA CASTRO CANPOOS	82.20	50.00	55.00	57.50	55.00	55.00
4	SON	LESLI TERESITA CARRIZOZA MUNGARAY	80.20	37.50	37.50	37.50	37.50	37.50

Femenil RAW								
84+ Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	SIN	MAYTIA ADORACIÓN DE JESÚS MILLÁN LÓPEZ	93.80	100.00	105.00	110.00	110.00	110.00
2	JAL	ASTRID ALFONSINA MARTINEZ LOMAS	95.10	85.00	87.50	90.00	90.00	90.00
3	COA	ELIZA PRADO CAMPOS	95.50	67.50	70.00	70.00	70.00	70.00

Femenil RAW								
52 Master 1 (40-49)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	NL	LILIA BEATRIZ FERNANDEZ MATA	49.80	45.00	50.00	55.00	55.00	55.00



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Femenil RAW								
57 Master 1 (40-49)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	EDOME	MARÍA ISABEL ROMERO OJEDA	56.60	55.00	60.00	62.50	62.50	62.50
	CDMX	ISELA JUAREZ MIGUEL	57.00	55.00	55.00	55.00	0.00	0.00

Femenil RAW								
63 Master 1 (40-49)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	COA	MARTHA MARÍA RODRIGUEZ RUELAS	61.90	50.00	57.50	60.00	60.00	60.00

Femenil RAW								
76 Master 1 (40-49)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	BC	LAURA GRACIELA ROSALES VASQUEZ	69.50	72.50	77.50	80.00	77.50	77.50

Femenil RAW								
84+ Master 1 (40-49)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	COA	YISA MARIA OCHOA FUENTES	96.50	70.00	72.50	75.00	72.50	72.50



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Femenil RAW								
76 Master 2 (50-59)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	BC	BRANDY LEE COOK	73.60	37.50	42.50	47.50	42.50	42.50

Varonil Equipado								
74 Junior (18 -23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
	EDOME	JUAN GIOVANY FERREYRA FRAGOSO	71.30	125.00	135.00	135.00	0.00	0.00

Varonil Equipado								
74 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	NL	OSCAR ENRIQUE BARRERA AGUIRRE	72.70	140.00	145.00	150.00	150.00	150.00
2	UNAM	JOSÉ ADÁN ESCOBAR VILLAGÓMEZ	74.00	120.00	122.50	137.50	120.00	120.00

Varonil Equipado								
83 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	UNAM	AGUSTIN SANCHEZ CONTRERAS	78.20	95.00	105.00	105.00	95.00	95.00



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Varonil Equipado								
93 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	NL	JUAN JOSE TAMAYO FUENTES	92.10	150.00	165.00	175.00	175.00	175.00
2	CHI	JOSE MANUEL LOAIZA FLORES	86.20	140.00	150.00	152.50	152.50	152.50
3	CDMX	JONATHAN ALVAREZ ARROCENA	86.30	125.00	135.00	145.00	135.00	135.00

Varonil Equipado								
74 Master 1 (40 -49)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CHI	DAVID SALGADO HERNANDEZ	73.80	162.50	170.00	175.00	175.00	175.00

Varonil Equipado								
83 Master 1 (40 -49)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CDMX	ISRAEL RODRÍGUEZ QUINTÍN	78.80	180.00	195.00	200.00	200.00	200.00



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Varonil Equipado								
93 Master 1 (40 -49)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	EDOME	MARCO MANUEL REYES ARANO	87.90	145.00	150.00	155.00	155.00	155.00
	EDOME	ADIR MANZANO VELASCO	90.20	190.00	190.00	0.00	0.00	0.00

Varonil RAW								
59 Sub Junior (14-18)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	SIN	JESUS MANUEL ROJO VALENZUELA	56.50	70.00	75.00	77.50	77.50	77.50
2	OAX	ANGEL CRUZ FIGUEROA	57.70	75.00	85.00	85.00	75.00	75.00
3	BCS	JOSE ALFREDO RAMOS MERAZ	56.45	65.00	70.00	77.50	70.00	70.00

Varonil RAW								
66 Sub Junior (14-18)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	TAM	JOSUÉ LEDEZMA RODRÍGUEZ	63.60	75.00	85.00	90.00	85.00	85.00
2	SIN	SERGIO IGNACIO SEDANO LÓPEZ	61.00	75.00	80.00	80.00	75.00	75.00
3	NL	CRISTIAN ISRAEL GALVÁN LANDEROS	63.00	60.00	75.00	85.00	75.00	75.00
4	SIN	AXEL SAUL HERNÁNDEZ MERAZ	66.00	70.00	75.00	80.00	75.00	75.00



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Varonil RAW								
74 Sub Junior (14-18)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	JAL	GUADALUPE ALEJANDRO MERCADO ANAYA	72.50	105.00	110.00	115.00	110.00	110.00
2	CDMX	EMILIANO ROSAS VELASCO	72.10	100.00	105.00	107.50	105.00	105.00
3	JAL	LUIS MARIO MUÑOZ VELAZQUEZ	73.80	87.50	92.50	97.50	97.50	97.50
4	SIN	JOSÉ LUIS HERNÁNDEZ COSIO	72.20	95.00	95.00	95.00	95.00	95.00
5	COL	SANTIAGO ARMANDO MONDRAGÓN VEGA	72.40	87.50	90.00	97.50	90.00	90.00
6	BCS	BRYAN GOMEZ GONZÁLEZ	69.40	70.00	77.50	85.00	85.00	85.00
7	BC	AMAIRO ESTEBAN SANCHEZ PEREZ	73.10	55.00	60.00	65.00	65.00	65.00

Varonil RAW								
83 Sub Junior (14-18)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	JAL	JONATHAN EMANUEL RIOS BARAJAS	81.70	110.00	117.50	122.50	117.50	117.50
2	NL	CARLOS ANDRÉS PAZ GONZALEZ	82.00	100.00	110.00	120.00	110.00	110.00
3	COL	JOAQUÍN OTONIEL OSORIO CERNA	81.40	75.00	82.50	85.00	85.00	85.00



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Varonil RAW								
93 Sub Junior (14-18)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	SIN	AXEL DAVID IBARRA ASTORGA	90.80	110.00	112.50	115.00	115.00	115.00

Varonil RAW								
105 Sub Junior (14-18)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	BCS	ROMEO FERNANDEZ ROMERO	103.50	95.00	100.00	100.00	100.00	100.00

Varonil RAW								
59 Junior (18-23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	COA	JOSE ARTURO ADAN RODRIGUEZ	56.40	117.50	125.00	130.00	125.00	125.00
2	NL	JAIME MARTÍNEZ ALEJOS	57.00	115.00	117.50	117.50	115.00	115.00
3	SON	JOSE FRANCISCO MARTINEZ RAMIREZ	58.70	110.00	115.00	115.00	110.00	110.00
	CDMX	PABLO ANTONIO CASTILLO BRAVO	55.50	85.00	92.50	92.50	0.00	0.00



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Varonil RAW								
66 Junior (18-23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	SON	JESUS ISRAEL CRUZ ENCINAS	65.30	150.00	155.00	155.00	150.00	150.00
2	CHI	JULIO SAUCEDO MARQUEZ	64.10	132.50	137.50	137.50	132.50	132.50
3	SIN	ERICK DAVID MORALES MONTOYA	64.40	100.00	105.00	107.50	105.00	105.00
4	CHIA	LUIS ANTONIO MOCTEZUMA ESPINOSA	65.30	80.00	90.00	97.50	97.50	97.50



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Varonil RAW								
74 Junior (18-23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	EDOME	CARLOS EDUARDO MARTÍNEZ ROMERO	72.10	132.50	140.00	145.00	140.00	140.00
2	YUC	JOSÉ MANUEL PENICHE GÓNGORA	72.70	127.50	135.00	137.50	135.00	135.00
3	EDOME	LUIS FERNANDO GUZMÁN LÓPEZ	73.00	117.50	122.50	125.00	122.50	122.50
4	EDOME	SAÚL MENDOZA IBAÑEZ	72.20	110.00	115.00	115.00	115.00	115.00
5	EDOME	JULIO CÉSAR HINOJOSA RAMÍREZ	73.40	110.00	110.00	115.00	110.00	110.00
6	BC	CRISTOBAL LÓPEZ MIRANDA	74.00	110.00	117.50	117.50	110.00	110.00
7	COL	LEONEL ALEJANDRO SORIANO VALENCIA	74.00	105.00	110.00	110.00	105.00	105.00
8	COA	VICTOR JAVIER MENDOZA GOMEZ	73.10	92.50	95.00	100.00	95.00	95.00
9	SIN	CÉSAR IVÁN SEDANO LÓPEZ	69.80	85.00	90.00	97.50	90.00	90.00
10	UNAM	JAQUELINE LIZBETH MORENO LOPEZ	72.60	45.00	55.00	60.00	55.00	55.00



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Varonil RAW								
83 Junior (18-23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CHI	ALAN FRANCISCO VIVANCO ESTRADA	80.90	157.50	165.00	172.50	165.00	165.00
2	CDMX	CARLOS ARMANDO LARA SEGOVIA	79.80	120.00	127.50	125.00	125.00	125.00
3	SON	ANDRÉS EDUARDO MENDOZA SANDOVAL	81.50	120.00	122.50	122.50	120.00	120.00
4	SIN	EMMANUEL PEÑA BELTRAN	81.10	110.00	115.00	115.00	115.00	115.00
5	CHI	ALDO JOSE BONETTA FERNANDEZ	78.20	110.00	115.00	115.00	110.00	110.00
6	SON	MIGUEL MARIO BURTON DUEÑAS	80.20	92.50	97.50	105.00	105.00	105.00
7	COL	BRANDON RIOS ALVAREZ	82.60	95.00	100.00	105.00	105.00	105.00
8	BC	JOSUE MALAQUIAS LICEAGA LEPE	74.80	90.00	100.00	110.00	100.00	100.00
9	SIN	KEVIN ELIZALDE PARTIDA	81.70	95.00	100.00	100.00	95.00	95.00
10	EDOME	DANIEL CRUZ RIVAS	79.20	85.00	90.00	92.50	90.00	90.00



RESULTADOS BENCH PRESS NACIONAL CDMX 2022

Varonil RAW								
93 Junior (18-23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	JAL	RICARDO PALACIOS RAMÍREZ	87.10	135.00	142.50	145.00	142.50	142.50
2	TAM	IVIS MAURICIO ALVARADO MARTÍNEZ	88.40	120.00	140.00	147.50	140.00	140.00
3	COA	FERNANDO SANCHEZ SALAS	90.30	140.00	145.00	145.00	140.00	140.00
4	TAM	ALEXIS DANIEL ALVARADO VALADEZ	88.70	130.00	145.00	145.00	130.00	130.00
5	NL	EMILIO GÓMEZ DE LA GARZA	91.90	100.00	107.50	110.00	107.50	107.50

Varonil RAW								
105 Junior (18-23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CHI	DIEGO OCTAVIO SALGADO SALDAÑA	102.70	170.00	175.00	180.00	175.00	175.00
2	BCS	DYLAN ALEJANDRO RIVERA ESTRADA	101.70	132.50	142.50	150.00	150.00	150.00
3	EDOME	ARTURO AXEL ARREDONDO CARRASCO	103.20	100.00	120.00	140.00	140.00	140.00
4	JAL	ELDHER RAYGOZA PEÑA	101.30	90.00	95.00	102.50	102.50	102.50



RESULTADOS BENCH PRESS NACIONAL CDMX 2022

Varonil RAW								
120+ Junior (18-23)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CDMX	AARÓN ALEXIS SANDOVAL VARGAS	132.50	150.00	160.00	170.00	170.00	170.00
2	AGS	MARIO AGUILA RUBALCAVA	133.90	70.00	80.00	95.00	80.00	80.00

Varonil RAW								
59 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	SIN	MANUEL ALEJANDRO ORDAZ VELAZQUEZ	58.20	90.00	97.50	102.50	102.50	102.50
2	UNAM	SERGIO SOLIS LIMA	58.60	85.00	95.00	95.00	85.00	85.00



RESULTADOS BENCH PRESS NACIONAL CDMX 2022

Varonil RAW								
66 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	NL	CESAR EDUARDO RODRÍGUEZ TORRES	65.30	117.50	122.50	127.50	127.50	127.50
2	YUC	GABRIEL SIERRA SEGOVIA	65.90	117.50	122.50	125.00	122.50	122.50
3	CDMX	ERICK YAIR BAZAN BUENDIA	64.20	120.00	125.00	125.00	120.00	120.00
4	SON	ALECK MAXIMILIANO ROBLES PABLOS	64.80	105.00	112.50	112.50	112.50	112.50
5	CDMX	MIGUEL CRUZ OLIVARES	64.30	85.00	90.00	90.00	90.00	90.00
6	JAL	FABRIZIO DE DIOS MEDINA AVELAR	64.60	90.00	105.00	105.00	90.00	90.00



RESULTADOS BENCH PRESS NACIONAL CDMX 2022

Varonil RAW								
74 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	SON	SANTOS GABRIEL JIMÉNEZ QUINTERO	73.20	160.00	170.00	173.00	173.00	173.00
2	CHI	JORGE LUIS CARRASCO DELGADO	73.80	135.00	145.00	152.50	152.50	152.50
3	SON	JONATHAN PEÑA MUÑOZ	73.90	140.00	147.50	150.00	150.00	150.00
4	BC	ANTHONY ALEXANDER RAMIREZ ABREGO	73.60	132.50	142.50	147.50	142.50	142.50
5	UNAM	KEVIN ACEVEDO ROSAS	73.10	125.00	132.50	135.00	132.50	132.50
6	NAY	CESAR ISRAEL CABRERA VENEGAS	72.80	120.00	125.00	127.50	127.50	127.50
7	CDMX	MARCOS DONALDO MARTÍNEZ MIRANDA	73.20	120.00	127.50	130.00	127.50	127.50
8	EDOME	JAIR DE LUCIO MENDOZA	73.20	120.00	122.50	122.50	122.50	122.50
9	COL	OMAR ALEXANDRO VILLARREAL MARTELL	73.70	117.50	120.00	122.50	122.50	122.50
10	QROO	JOSHUA ASRAEL ABOYTES RUÍZ	72.40	120.00	127.50	0.00	120.00	120.00
11	SIN	ALFREDO LEONARDO CARREÓN CORONA	73.00	120.00	125.00	125.00	120.00	120.00
12	CDMX	IRVING JESÚS SUÁREZ SEGURA	70.90	105.00	110.00	112.50	110.00	110.00
13	JAL	JOSÉ ANDRÉS FERRER VERA	73.10	100.00	105.00	105.00	105.00	105.00
14	MICH	CARLOS GARCÍA GUTIÉRREZ	73.00	87.50	90.00	100.00	90.00	90.00
	CDMX	DEMIAN DAVILA ZAVALA	73.80	140.00	142.50	142.50	0.00	0.00
	JAL	LUIS JESUS GÓMEZ SUÁREZ	74.00	0.00	0.00	0.00	0.00	0.00
	GTO	JUAN EDUARDO LÓPEZ VALDES	74.00	0.00	0.00	0.00	0.00	0.00



RESULTADOS BENCH PRESS NACIONAL CDMX 2022

Varonil RAW								
83 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	NL	EDUARDO GARZA VAZQUEZ	82.60	150.00	157.50	162.50	162.50	162.50
2	SON	SONNI ANTÓNIO GARCÍA ÍÑIGO	81.10	150.00	155.00	160.00	160.00	160.00
3	EDOME	DIEGO FERNANDO RAMÍREZ CRUZ	82.00	145.00	152.50	157.50	157.50	157.50
4	CDMX	RODRIGO AGUILAR VELÁZQUEZ	82.20	140.00	145.00	150.00	150.00	150.00
5	SON	JESUS LEOPOLDO MONTIJO DURÁN	82.90	145.00	150.00	157.50	150.00	150.00
6	COA	GERARDO GARCÍA VÉLEZ	80.70	125.00	140.00	147.50	147.50	147.50
7	NL	MANUEL ALEJANDRO JIMÉNEZ PÉREZ	77.60	135.00	140.00	142.50	142.50	142.50
8	GTO	JOSÉ JUAN NAVARRO TENORIO	81.90	115.00	130.00	140.00	140.00	140.00
9	QROO	LUIS OCAMPO ROMERO	82.60	127.50	132.50	137.50	137.50	137.50
10	CDMX	JOSÉ FERNANDO BLANCO ARAGÓN	80.10	130.00	135.00	135.00	135.00	135.00
11	CDMX	OMAR ORLANDO ORTEGA MORENO	82.30	127.50	135.00	135.00	135.00	135.00
12	YUC	ELBER MONTES PUC	82.10	125.00	132.50	132.50	132.50	132.50
13	SON	JORGE ENRIQUE RODRÍGUEZ RASCON	82.80	130.00	140.00	140.00	130.00	130.00
14	ZAC	MARIO ADOLFO OBESO MIRELES	81.10	115.00	125.00	130.00	125.00	125.00
15	CDMX	LUIS MANUEL MARTÍNEZ DÁMASO	82.20	120.00	125.00	125.00	125.00	125.00
16	COA	GERMAN GUSTAVO HUIZAR GONZÁLEZ	78.50	100.00	110.00	110.00	110.00	110.00
17	EDOME	EDUARDO FIGUEROA CÁRDENAS	79.40	100.00	105.00	110.00	110.00	110.00



RESULTADOS BENCH PRESS NACIONAL CDMX 2022

#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
18	CHI	RAUL VAZQUEZ RASCON	80.50	60.00	80.00	0.00	80.00	80.00
	JAL	BASTIAN CORTÉS AGUIRRE	83.00	0.00	0.00	0.00	0.00	0.00



RESULTADOS BENCH PRESS NACIONAL CDMX 2022

Varonil RAW								
93 Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	SON	IVAN ALEXIS SERRANO SOLORIO	92.00	160.00	167.50	170.00	170.00	170.00
2	CDMX	GABRIEL GARCÍA CORONA	92.00	165.00	170.00	172.50	170.00	170.00
3	BCS	DANIEL NORIS HOYOS	92.20	145.00	155.00	165.00	165.00	165.00
4	SON	JAIME DAVID FIGUEROA MORENO	91.40	150.00	155.00	160.00	160.00	160.00
5	CDMX	RENÉ ALBERTO MUÑOZ OLVERA	91.60	147.50	155.00	162.50	155.00	155.00
6	CDMX	MIGUE ANGEL RAFAEL BAUTISTA	85.70	145.00	152.50	155.00	152.50	152.50
7	CDMX	WILLIAM TRUJILLO MORENO	91.80	145.00	150.00	152.50	152.50	152.50
8	AGS	EDUARDO RODRÍGUEZ MUÑOZ	92.60	140.00	147.50	152.50	147.50	147.50
9	CHI	HERNÁN HERRERA MIER Y CONCHA	86.60	125.00	135.00	140.00	140.00	140.00
10	BCS	CHRISTIAN RAMIREZ DIAZ	89.20	130.00	137.50	140.00	140.00	140.00
11	CDMX	CARLOS ALBERTO GUTIERREZ CASTILLO	90.30	120.00	130.00	140.00	140.00	140.00
12	TAM	GIBRAN JALIL GARCIA OHRAN	84.00	135.00	145.00	145.00	135.00	135.00
13	TAM	MARTIN DANIEL BANDA TALAVERA	87.50	115.00	125.00	130.00	130.00	130.00
14	GTO	JOSÉ ANTONIO DOMÍNGUEZ CORNEJO	93.00	125.00	130.00	130.00	130.00	130.00
15	NL	JORGE ENRIQUE VILLARREAL RAMOS	91.80	120.00	125.00	127.50	127.50	127.50
16	CDMX	CELESTINO HERNANDEZ ALVARADO	86.10	100.00	120.00	127.50	120.00	120.00



RESULTADOS BENCH PRESS NACIONAL CDMX 2022

CDMX	ALAM URIEL FUENTES CORDOBA	89.10	130.00	130.00	130.00	0.00	0.00
CHI	JOSE LUIS MENDOZA ZUANY	91.20	170.00	170.00	170.00	0.00	0.00
MICH	BERNARDO CAZÁREZ DURÁN	92.10	155.00	155.00	155.00	0.00	0.00

Varonil RAW

105 Open

#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CDMX	ADONAI ARGENIS DE GANTE GONZÁLEZ	103.00	185.00	185.00	192.50	192.50	192.50
2	CDMX	DANIEL GONZÁLEZ COLIN	99.10	175.00	182.50	187.50	187.50	187.50
3	CHI	MILTON ALEMAN BARRETO	103.50	180.00	187.50	190.00	187.50	187.50
4	SON	VICTOR CUAUHTÉMOC CORONA ARANZUBIA	103.20	175.00	180.00	187.50	180.00	180.00
5	JAL	MAURICIO RODRÍGUEZ VELAZQUEZ	103.80	155.00	170.00	175.00	170.00	170.00
6	SIN	JESÚS ANDRÉS RAMÍREZ ORTIZ	95.50	155.00	165.00	170.00	165.00	165.00
7	AGS	ROBERTO PELTIER CASTILLO	104.10	157.50	165.00	167.50	165.00	165.00
8	CDMX	PEDRO ISMAEL AVILA LOPEZ	103.00	155.00	162.50	165.00	162.50	162.50
9	COA	JOSÉ ALFREDO MATA VALDÉS	94.80	140.00	145.00	150.00	150.00	150.00
10	COA	LUIS CARLOS LINARES IRACHETA	97.80	145.00	150.00	160.00	150.00	150.00
11	NL	ERIK PÉREZ FERNÁNDEZ	102.30	145.00	150.00	152.50	150.00	150.00
12	BCS	DYLAN CASILLAS GAUME	104.10	120.00	135.00	142.50	142.50	142.50
13	NL	MIGUEL CAMPO PALOMO	100.60	130.00	135.00	140.00	140.00	140.00
14	TAM	IVAN GOMEZ BLASS	103.30	127.50	127.50	132.50	127.50	127.50



RESULTADOS BENCH PRESS NACIONAL CDMX 2022

GTO	AGUSTIN LUNA MUÑOZ LEDO	103.80	155.00	155.00	155.00	0.00	0.00
JAL	ROGER DEVANNY LOZA ZAMUDIO	104.50	190.00	190.00	190.00	0.00	0.00

Varonil RAW

120 Open

#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	NL	JOSÉ LUIS RODRIGUEZ VARGAS	119.00	175.00	190.00	200.00	200.00	200.00
2	COA	LUIS GONZÁLEZ GONZÁLEZ	112.00	170.00	185.00	195.00	185.00	185.00
3	BC	CESAR MAYORAL CONTRERAS	111.70	175.00	182.50	182.50	175.00	175.00
4	GTO	EDUARDO CASTILLO BERNAL	113.50	170.00	170.00	182.50	170.00	170.00
5	SON	MARCELINO NOE EUAN MEDINA	107.70	155.00	160.00	165.00	165.00	165.00
6	CDMX	ROBERTO MARTINEZ DAVALOS	118.70	145.00	155.00	162.50	162.50	162.50
7	SLP	SERGIO ADRIÁN BERNAL BÁEZ	118.40	140.00	160.00	162.50	160.00	160.00
8	NL	RAFAEL VALADEZ GONZÁLEZ	110.80	150.00	160.00	160.00	150.00	150.00
9	EDOME	FRANCISCO RUIZ ROCHA	108.30	135.00	140.00	0.00	135.00	135.00



RESULTADOS BENCH PRESS NACIONAL CDMX 2022

Varonil RAW								
120+ Open								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CDMX	ALEJANDRO CEDILLO ISLAS	125.10	180.00	190.00	200.00	190.00	190.00
2	JAL	JUAN RODRIGO RAMOS AYALA	136.40	175.00	185.00	190.00	185.00	185.00
3	EDOME	JAVIER ALBERTO SALAZAR PASTEN	260.00	165.00	165.00	187.50	165.00	165.00
	CDMX	ALEJANDRO CEDILLO ISLAS	125.10	180.00	0.00	0.00	0.00	0.00

Varonil RAW								
66 Master 1 (40-49)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CDMX	ISRAEL TORRES VILLANUEVA	64.10	125.00	130.00	135.00	130.00	130.00
2	CDMX	WILHEM LEIBNITZ GUIDO VILALTA	62.30	100.00	107.50	110.00	110.00	110.00

Varonil RAW								
74 Master 1 (40-49)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	YUC	ANDRÉS FERNÁNDEZ GAMBOA	72.80	115.00	125.00	127.50	127.50	127.50
2	GTO	ROBERTO EUGENIO ROCHA GONZÁLEZ	72.30	92.50	95.00	100.00	95.00	95.00
3	NL	JORGE GARZAF0X MARGAIN	73.30	90.00	95.00	100.00	95.00	95.00



RESULTADOS BENCH PRESS NACIONAL CDMX 2022

Varonil RAW								
83 Master 1 (40-49)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	AGS	ALEJANDRO MORAN NIETO	81.90	115.00	122.50	127.50	127.50	127.50
2	SIN	EFRAIN GALINDO PEREZ	80.20	120.00	125.00	125.00	120.00	120.00

Varonil RAW								
93 Master 1 (40-49)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CDMX	ABELARDO GONZÁLEZ ROJAS	92.00	152.50	157.50	157.50	152.50	152.50
2	BC	DANIEL VELÁZQUEZ ROCHA	86.50	82.50	90.00	97.50	97.50	97.50
3	SON	LUIS ENRIQUE GUZMAN SOLIS	89.50	85.00	95.00	110.00	95.00	95.00

Varonil RAW								
105 Master 1 (40-49)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CDMX	XAVIER IRAZU VELAZQUEZ HERNANDEZ	101.50	135.00	140.00	142.50	142.50	142.50
2	SIN	OMAR VALENTÍN RAMOS CAMPOS	101.90	120.00	130.00	130.00	120.00	120.00
3	CDMX	JUVENTINO AGUILAR MENDOZA	103.20	80.00	85.00	90.00	90.00	90.00



RESULTADOS BENCH PRESS NACIONAL CDMX 2022

Varonil RAW								
120 Master 1 (40-49)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CDMX	JONATHAN MACÍAS FLORES	112.70	152.50	160.00	165.00	165.00	165.00
2	TAM	BERNABE CUBAS VARGAS	115.00	150.00	155.00	162.50	155.00	155.00

Varonil RAW								
120+ Master 1 (40-49)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	CDMX	JHONATAN OLIVER RAMÍREZ PÉREZ	125.00	145.00	150.00	165.00	165.00	165.00
2	SIN	JORGE MAURICIO FREE MANJARREZ	151.90	165.00	170.00	170.00	165.00	165.00

Varonil RAW								
74 Master 2 (50-59)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	HGO	JORGE SANCHEZ PACHECO	69.90	85.00	90.00	95.00	95.00	95.00



RESULTADOS BENCH PRESS NACIONAL CDMX 2022

Varonil RAW								
83 Master 2 (50-59)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	COA	MARIO ERNESTO HERNANDEZ PEREZ	81.50	110.00	121.00	125.00	121.00	121.00

Varonil RAW								
105 Master 2 (50-59)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	AGS	ANIBAL NAVA MARTÍNEZ	100.70	100.00	110.00	120.00	120.00	120.00

Varonil RAW								
120 Master 2 (50-59)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	UNAM	LUIS ANTONIO RAMÍREZ OCHOA	109.20	100.00	157.50	157.50	157.50	157.50
2	FC	FRANCISCO JAVIER CASTRO VERDUGO	118.60	95.00	102.50	107.50	107.50	107.50

Varonil RAW								
93 Master 3 (60-69)								
#	EDO	NOMBRE	PC	BP1	BP2	BP3	BBP	TOTAL
1	COA	JOSE ARIEL DELGADO GASTELUM	84.50	100.00	110.00	112.50	110.00	110.00



RESULTADOS BENCH PRESS NACIONAL CDMX 2022