

3rd NAPF Central American Cup

Hotel El Panama by Faranda Grand - Panama City, Panama

August 14-20, 2022

RESULTS



Women's Classic

Division	Name	Team	Bwt - kg	IPF Wt Cls	BirthYear	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	Total	IPF Points	Place/Ranking
Open	Arias Aurora	Costa Rica	51.4	52	1997	137.5	145	152	72.5	77.5	80	147.5	155	162.5	387	98.706	1
Open	Moncada Herrera Francis de Jesus	Nicaragua	66.42	69	1998	160	167.5	170	65	-75	-75	170	175	187.5	422.5	89.466	2
Open	Ericka Liliana Davila Carcamo	Guatemala	68	69	1996	-150	-150	150	90	-95	-95	170	175	182.5	422.5	88.253	3
Open	Moreno Mena Adriana	Costa Rica	55.88	57	1976	125	135	143.5	67.5	70	-72.5	135	145	-150	350	83.347	4
Open	Gonzalez Zeledon Raquel de Los Angeles	Nicaragua	80.44	84	1997	155	165	-170	70	82.5	87.5	155	165	172.5	425	81.689	5
Open	Sanchez Elba	Panama	69.28	76	1995	155	157.5	162.5	65	67.5	-70	152.5	-162.5	-162.5	382.5	79.066	6
Junior	Rojas Solis Maria Gabriela	Costa Rica	56.7	57	2002	117.5	122.5	130	60	-65	-65	130	-140	140	330	77.715	7
Open	Gutierrez Lopez Ruth Yarali	Nicaragua	93.24	84+	1987	155	165	172.5	70	75	-82.5	160	170	175	422.5	76.908	8
Open	Alas Jacqueline	Belize	62.92	63	1997	110	117.5	-127.5	60	65	-67.5	155	165	-167.5	347.5	76.089	9
Open	Ruiz Edith	Belize	55.56	57	1993	112.5	120	125	57.5	-60	60	117.5	122.5	-125	307.5	73.553	10
Open	Sho Narissa	Belize	75	76	1992	130	142.5	145	65	-75	-75	145	-155	155	365	72.418	11
Sub Junior	Jeimy Carolina Martinez Lopez	Guatemala	45.5	47	2007	80	85	87.5	40	45	-52.5	100	105	110	242.5	69.470	12
Open	Rios Alejandra	Panama	74.66	76	1987	125	135	-145	52.5	60	-67.5	137.5	140	152.5	347.5	69.097	13
Master 2	Sharp Alida	Belize	52	52	1963	-85	85	87.5	57.5	60	-62.5	115	122.5	-125	270	68.177	14
Open	Mitre Yusdara	Panama	50.88	52	1987	-90	100	-105	50	55	-57.5	97.5	105	107.5	262.5	67.553	15
Master 1	Gan Xuellian	Panama	58.78	63	1979	110	120	125	40	45	47.5	115	120	-125	292.5	67.081	16
Open	Abrego Militzta	Panama	67.46	69	1986	100	110	115	52.5	55	-57.5	120	125	132.5	302.5	63.477	17
Junior	Castillo Nadje	Panama	60.42	63	2003	80	-100	110	30	40	-45	80	100	117.5	267.5	60.175	18
Open	Borbon Maria Jose	Costa Rica	44.88	47	1994	75	-77.5	-82.5	40	45	-47.5	80	-85	-85	200	58.125	19
Open	Gonzalez Carolina	Panama	56.68	57	1997	-140	-142.5	-142.5	-65						0	0.000	-
Master 3	Diaz Sara	Panama	56.52	57	1958	-40	-40	-40	25	27.5	-30	70	72.5	75	0	0.000	-
Open	Santos Pamela	Panama	67.8	69	1999	-140	-140	-150	-65	-65	-65	-160	160	-167.5	0	0.000	-

Men's Classic

Division	Name	Team	Bwt - kg	IPF Wt Cls	BirthYear	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Deadlift 1	Deadlift 2	Deadlift 3	Total	IPF Points	Place/Ranking
Open	Medrano Williams Ronald	Costa Rica	80.38	83	1992	245	-260	-260	155	160	-167.5	287.5	300	-317.5	705	99.191	1
Open	Delorenzi Luciano	Costa Rica	120	120	1991	285	302.5	-310	187.5	200	207.5	290	310	322.5	832.5	96.775	2
Open	Rodriguez Esteban	Costa Rica	103.22	105	1993	285	300	-307.5	170	180	-185	285	-300	-302.5	765	95.207	3
Master 2	Garcia Jose	Panama	81.12	83	1969	230	240	245	135	-145	147.5	245	255	257.5	650	91.028	4
Open	Cristopher Gerardo Osorio Ariana	Guatemala	79.06	83	1993	195	205	215	165	-175	175	230	240	250	640	90.810	5
Open	Usher Khalid	Belize	92.7	93	1997	260	-277.5	-277.5	142.5	150	-155	280	-300	-300	690	90.409	6
Master 1	Barrios Didimo	Panama	98.12	105	1978	255	265	270	115	125	135	265	285	300.5	705.5	89.935	7
Open	Guerrero Calderon Moises	Costa Rica	101.6	105	1989	250	260	265	160	167.5	-170	280	-295	-300	712.5	89.336	8
Junior	Vargas Byron	Costa Rica	82.24	83	2000	202.5	215	222.5	142.5	147.5	152.5	250	265	-270	640	89.006	9
Open	Garcia Guevara Omar Josue	Nicaragua	72.6	74	1997	-212.5	-215	215	127.5	-135	-135	242.5	250	-265	592.5	87.853	10
Master 1	Robinson Leo	Panama	90.38	93	1978	215	235	245	145	150	155	245	261	-265	661	87.693	11
Open	Matura Leo	Belize	71.56	74	1990	182.5	197.5	207.5	130	135	137.5	215	227.5	-247.5	572.5	85.528	12
Junior	Hidalgo Jose Pablo	Costa Rica	80.52	83	2001	190	205	-212.5	120	125	127.5	255	270	273	605.5	85.117	13
Open	Cuadra Vargas Lester Horacio	Nicaragua	115.94	120	1980	220	255	270	140	155	170	230	260	280	720	84.975	14
Open	Jimenez Tomas	Panama	73.72	74	1985	200	-210	-210	145	-147.5	-147.5	230	-240	-245	575	84.582	15
Junior	Mendoza Leonardo	Panama	81.54	83	2000	200	210	217.5	137.5	-142.5	-142.5	240	250	-260	605	84.504	16
Open	Avila Giancarlo	Costa Rica	90.26	93	1995	220	230	235	132.5	-140	-140	250	-252.5	265	632.5	83.966	17
Open	Arias Blanco Adrian	Costa Rica	133.66	120+	1990	295	-310	-310	175	180	-185	270	-285	-290	745	82.743	18
Junior	Medina Carlos	Panama	91.3	93	2000	215	220	-230	145	-150	150	245	255	-270	625	82.505	19
Master 1	Williams Robert	Belize	117.86	120	1976	215	230	235	165	182.5	-185	250	272.5	-275	690	80.845	20
Open	Perez Darrin	Panama	101.8	105	1985	215	230	245	150	-165	-165	215	245	-255	640	80.171	21
Junior	Murillo William	Belize	102.06	105	2000	-245	245	252.5	117.5	125	130	240	255	-270	637.5	79.762	22
Master 1	Peralta Alejandro	Panama	80	83	1980	187.5	192.5	200	-115	115	-125	225	232.5	-237.5	547.5	77.218	23
Open	Ortega Jose	Panama	89.32	93	1992	192.5	200	205	135	-142.5	-142.5	225	-235	-235	572.5	76.395	24
Master 1	Hernandez Jose Alfredo	Costa Rica	103.82	105	1978	230	250	-255	135	-147.5	-147.5	210	-230		595	73.850	25
Sub Junior	Jimenez Dylan	Costa Rica	72.08	74	2004	160	170	180	110	117.5	125	170	190	-202.5	495	73.672	26
Sub Junior	Valverde Aldo	Costa Rica	104.46	105	2004	210	220	-227.5	120	-127.5	-127.5	235	245	-250	585	72.400	27
Sub Junior	Campos Herrera Oscar	Costa Rica	72.36	74	2004	-175	185	192.5	82.5	90	95	170	190	-202.5	477.5	70.923	28
Junior	Elizondo Mario	Costa Rica	92.06	93	2002	190	-205	-205	110	115	-122.5	215	225	232.5	537.5	70.666	29
Open	Cuarezma Zapata Diego	Nicaragua	101.8	105	1995	190	205	-220	115	125	-135	190	210	225	555	69.523	30
Sub Junior	Jose Alejandro Fernandez Rodriguez	Guatemala	72.16	74	2004	-145	150	155	80	85	90	170	185	-190	430	63.960	31
Junior	Estrada Marco	Panama	65.04	66	2000	130	140	145	60	65	75	175	185	-197.5	405	63.625	32
Junior	Hernandez Luis Alfredo	Panama	64.08	66	2000	-137.5	137.5	142.5	77.5	-80	-80	170	-175	175	395	62.545	33
Sub Junior	Chacon Calvo Jesus	Costa Rica	64.24	66	2004	140	150	157.5	72.5	-77.5	-77.5	145	155	-165	385	60.881	34
Master 1	Retana Luis	Costa Rica	73.3	74	1982	135	140	147.5	82.5	90	-95	165	175	-182.5	412.5	60.859	35
Master 1	Aguilar Nelson	Panama	100.94	105	1974	150	-160	170	110	120	135	150	165	175	480	60.370	36
Master 2	Avila Jaime Arturo	Panama	107.24	120	1971	165	175	185	110	-120	-120	165	185	-202.5	490	59.909	37
Master 1	Bressanutti Giovanni	Panama	88.12	93	1980	135	145	147.5	75	80	82.5	175	185	187.5	417.5	56.086	38
Sub Junior	Samaniego John Carlos	Panama	80.24	83	2004	110	125	-140	65	75	85	160	162.5	185	395	55.625	39
Master 1	Morera Emilio	Costa Rica	103.02	105	1981	140	150	-160	80	85	90	140	155	165	405	50.450	40
SOI	Hernandez Exsaul	Panama	85.38	93	2000	95	125	135	75	-95	-95	105	125	155	365	49.812	41
SOI	William Alfaro	El Salvador	51.84	59	1990	70	80	-90	-70	70	-72.5	100	110	-125	260	46.120	42
SOI	Foster Luis Fernando	Panama	61.94	66	1997	75	-85	85	55	65	70	95	115	125	280	45.144	43
Master 3	Velasquez Hugo	Costa Rica	123.7	120+	1959	105	120	130	117.5	125	132.5	110	125	130	392.5	45.031	44
SOI	Guillen Robert	El Salvador															