19th Annual NAPF North American Regional Women's Classic Powerlifting Championships

Panama City / Panama, 15 − 20 August, 2022

Division «Open»

#	Name	Born	Team	SQ	BP	DL	Total
-47kg							
1.	Vanh Cindy	1995	U.S.America	95.0	52.5	120.0	267.5
2.	Palacio Maria	1986	Dominican Republic	80.0	45.0	92.5	217.5
3.	Borbon Maria Jose	1994	Costa Rica	80.0	47.5	75.0	202.5
4.	Sedano Erendira	1991	Mexico	57.5	35.0	100.0	192.5
-52kg							
1.	Arias Aurora	1997	Costa Rica	150.0	77.5	155.0	382.5
2.	Przybylska Agata	1997	U.S.America	120.0	75.0	165.0	360.0
3.	Mitre Yusdara	1987	Panama	105.0	55.0	95.0	255.0
-57kg							
1.	Zilberman Emma	1992	Canada	137.5	80.0	165.0	382.5
2.	Moreno Mena Adriana	1976	Costa Rica	145.0	75.0	150.0	370.0
3.	Gonzalez Carolina	1997	Panama	137.5	62.5	147.5	347.5
4.	Ruiz Edith	1993	Belize	115.5	56.5	117.5	289.5
-63kg							
1.	Liverpool Ellen	1993	U.S.America	170.0	82.5	190.0	442.5
2.	Casey Kayla	1987	Canada	150.0	95.0	175.0	420.0
3.	Alas Jacqueline	1997	Belize	136.0	65.5	163.0	364.5
-84kg							
1.	Wagner Marie	1982	Canada	187.5	95.0	195.0	477.5
2.	Estrella Laura	1993	Dominican Republic	175.0	100.0	162.5	437.5
3.	Bordes Cassie	1987	US Virgin Islands	170.0	80.0	180.0	430.0
4.	Boisvert Kayla	1998	Canada	140.0	77.5	187.5	405.0
5.	Ramirez Jazmin	1998	Mexico	167.5	70.0	167.5	405.0
6.	Gonzalez Zeledon Raquel de Los Angeles	1997	Nicaragua	155.0	70.0	155.0	380.0
84+kg							
1.	Wilkins Desiree	1993	US Virgin Islands	200.0	90.0	210.0	502.5
2.	Millan Maytia	1989	Mexico	190.0	110.0	190.0	490.0
3.	Ching Natasha	1987	Canada	182.5	105.0	197.5	485.0
4.	Dilone Stephanie	1988	US Virgin Islands	157.5	77.5	180.0	415.0
5.	Gutierrez Lopez Ruth Yarali	1987	Nicaragua	155.0	70.0	160.0	385.0
-69kg							
1.	Perez Aurora	1985	Mexico	190.0	102.0	203.0	495.0
2.	Castro Christine	1992	Canada	175.0	92.5	200.0	467.5
3.	Law Mikaela	1994	Canada	175.0	97.5	165.0	437.5
4.	Moncada Herrera Francis de Jesus	1998	Nicaragua	160.0	65.0	160.0	385.0
5.	Santos Pamela	1999	Panama	137.5	62.5	142.5	342.5
6.	Ericka Liliana Davila Carcamo	1996	Guatemala	100.0	100.0	100.0	300.0
7.	Abrego Militza	1986	Panama	102.5	57.5	117.5	277.5
8.	Gonzalez Ana	1993	Puerto Rico	112.5	47.5	117.5	277.5
-76kg							

1.	Depass Sami	1997	Jamaica	190.0	97.5	217.5	505.0
2.	Tessler Aliza	1994	U.S.America	150.0	85.0	182.5	417.5
3.	Vese Aliah	1985	US Virgin Islands	142.5	82.5	170.0	395.0
4.	Sho Narissa	1992	Belize	140.5	65.5	145.0	351.0
5.	Sanchez Elba	1995	Panama	152.5	60.0	127.5	340.0
6.	Rios Alejandra	1987	Panama	135.0	52.5	137.5	325.0
7.	Ramos Taisha	1996	Puerto Rico	92.5	70.0	137.5	305.0

In Division there are 40 Lifters

Division «Subjuniors»

#	Name	Born	Team	SQ	BP	DL	Total
-47kg							
1.	Jeimy Carolina Martinez Lopez	2007	Guatemala	100.0	100.0	100.0	300.0
-57kg							
1.	Hamilton Madison	2005	U.S.America	105.0	62.5	115.0	282.5
-63kg							
1.	Suchomel Chloe	2005	U.S.America	122.5	87.5	155.0	365.0
2.	Banos Torres Perla	2004	Mexico	107.5	45.0	115.0	267.5
-69kg							
1.	Villarreal Dariana	2004	Mexico	85.0	47.5	107.5	240.0

In Division there are 5 Lifters

Division «Juniors»

#	Name	Born	Team	SQ	BP	DL	Total
-43kg							
1.	Sedano Valeria	2001	Mexico	60.0	25.0	85.0	170.0
-57kg							
1.	Rojas Solis Maria Gabriela	2002	Costa Rica	122.5	60.0	125.0	307.5
-63kg							
1.	Lopez Krisel	1999	Mexico	145.0	77.5	160.0	382.5
2.	Roberts Lizzy	1999	Canada	130.0	72.5	160.0	362.5
3.	Castillo Nadje	2003	Panama	107.5	40.0	115.0	262.5
-84kg							
1.	Flores Emelia	2002	Mexico	127.5	50.0	145.0	322.5
84+kg							
1.	Andrews Breana	1999	Canada	185.0	65.0	182.5	432.5
-69kg							
1.	Tiscareno Mara	2000	Mexico	160.0	70.0	177.5	407.5
2.	Albino Valeria	2001	Puerto Rico	90.0	32.5	90.0	212.5
-76kg							
1.	Irvine Michelle	1999	Canada	147.5	72.5	152.5	372.5
2.	Milley Amber	2001	Canada	122.5	67.5	145.0	335.0
3.	Diaz Anaris	1999	Puerto Rico	125.0	57.5	135.0	317.5

In Division there are 12 Lifters

Division «Masters I»

#	Name	Born	Team	SQ	BP	DL	Total
-57kg							
1.	Espinal Jenmy	1977	Dominican Republic	95.0	47.5	127.5	270.0

2.	Mitha Nimisha	1979	U.S.America	65.0	50.0	95.0	210.0
-63kg							
1.	Gan Xuelian	1979	Panama	110.0	35.0	105.0	250.0
2.	Natal Melissa	1978	Puerto Rico	82.5	42.5	113.0	238.0
84+kg							
1.	Hutchinson April	1976	Canada	175.0	85.0	225.0	485.0
2.	Louidor Nadine	1982	US Virgin Islands	177.5	90.0	200.0	467.5
-69kg							
1.	Crawford Clair	1979	U.S.America	102.5	55.0	137.5	295.0
2.	Boekhoudt Corina	1981	Aruba	100.0	45.0	100.0	245.0
3.	Rivera Yaritza	1979	Puerto Rico	87.5	40.0	90.0	217.5
-76kg							
1.	Hodder Pamela	1991	Canada	142.5	87.5	157.5	387.5

In Division there are 10 Lifters

Division «Masters II»

#	Name	Born	Team	SQ	BP	DL	Total
-52kg							
1.	Sharp Alida	1963	Belize	90.5	63.5	126.5	280.5
-63kg							
1.	Carlascio Michelle	1970	U.S.America	55.0	47.5	100.0	202.5
-84kg							
1.	Harris Michal	1970	U.S.America	115.0	55.0	142.5	312.5

In Division there are 3 Lifters

Division «Masters III»

#	Name	Born	Team	SQ	BP	DL	Total
-57kg							
1.	Homan Lynne	1962	U.S.America	85.0	60.0	122.5	267.5
2.	Justice Dora	1957	U.S.America	70.0	72.5	100.0	242.5
3.	Garcia Ana	1955	Puerto Rico	50.0	30.0	75.0	155.0
4.	Diaz Sara	1958	Panama	35.0	27.5	72.5	135.0

In Division there are 4 Lifters

Division «Masters IV»

#	Name	Born	Team	SQ	BP	DL	Total
-52kg							
1.	Cohen Carla	?	U.S.America	27.5	25.0	45.0	97.5

In Division there is 1 Lifter

Division «SOI»

#	Name	Born	Team	SQ	BP	DL	Total
-57kg							
1.	de Jesus Joyce	1997	Puerto Rico	30.0	25.0	45.0	100.0

In Total there are 76 Lifters