

## 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 |
|--------------|----------------------------------------|------|--------------------|-------|-------|-------|-------|
| <b>-47kg</b> |                                        |      |                    |       |       |       |       |
| 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 |
| <b>-52kg</b> |                                        |      |                    |       |       |       |       |
| 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 |
| <b>-57kg</b> |                                        |      |                    |       |       |       |       |
| 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 |
| <b>-63kg</b> |                                        |      |                    |       |       |       |       |
| 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 |
| <b>-84kg</b> |                                        |      |                    |       |       |       |       |
| 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 |
| <b>84+kg</b> |                                        |      |                    |       |       |       |       |
| 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 |
| <b>-69kg</b> |                                        |      |                    |       |       |       |       |
| 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 |
| <b>-76kg</b> |                                        |      |                    |       |       |       |       |

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|    |                |      |                   |       |      |       |       |
|----|----------------|------|-------------------|-------|------|-------|-------|
| 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 |
|--------------|-------------------------------|------|-------------|-------|-------|-------|-------|
| <b>-47kg</b> |                               |      |             |       |       |       |       |
| 1.           | Jeimy Carolina Martinez Lopez | 2007 | Guatemala   | 100.0 | 100.0 | 100.0 | 300.0 |
| <b>-57kg</b> |                               |      |             |       |       |       |       |
| 1.           | Hamilton Madison              | 2005 | U.S.America | 105.0 | 62.5  | 115.0 | 282.5 |
| <b>-63kg</b> |                               |      |             |       |       |       |       |
| 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 |
| <b>-69kg</b> |                               |      |             |       |       |       |       |
| 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 |
|--------------|----------------------------|------|-------------|-------|------|-------|-------|
| <b>-43kg</b> |                            |      |             |       |      |       |       |
| 1.           | Sedano Valeria             | 2001 | Mexico      | 60.0  | 25.0 | 85.0  | 170.0 |
| <b>-57kg</b> |                            |      |             |       |      |       |       |
| 1.           | Rojas Solis Maria Gabriela | 2002 | Costa Rica  | 122.5 | 60.0 | 125.0 | 307.5 |
| <b>-63kg</b> |                            |      |             |       |      |       |       |
| 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 |
| <b>-84kg</b> |                            |      |             |       |      |       |       |
| 1.           | Flores Emelia              | 2002 | Mexico      | 127.5 | 50.0 | 145.0 | 322.5 |
| <b>84+kg</b> |                            |      |             |       |      |       |       |
| 1.           | Andrews Breana             | 1999 | Canada      | 185.0 | 65.0 | 182.5 | 432.5 |
| <b>-69kg</b> |                            |      |             |       |      |       |       |
| 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 |
| <b>-76kg</b> |                            |      |             |       |      |       |       |
| 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 |
|--------------|---------------|------|--------------------|------|------|-------|-------|
| <b>-57kg</b> |               |      |                    |      |      |       |       |
| 1.           | Espinal Jenmy | 1977 | Dominican Republic | 95.0 | 47.5 | 127.5 | 270.0 |

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| 2.                                      | Mitha Nimisha      | 1979 | U.S.America       | 65.0  | 50.0 | 95.0  | 210.0 |
|-----------------------------------------|--------------------|------|-------------------|-------|------|-------|-------|
| <b>-63kg</b>                            |                    |      |                   |       |      |       |       |
| 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 |
| <b>84+kg</b>                            |                    |      |                   |       |      |       |       |
| 1.                                      | Hutchinson April   | 1976 | Canada            | 175.0 | 85.0 | 225.0 | 485.0 |
| 2.                                      | Loudior Nadine     | 1982 | US Virgin Islands | 177.5 | 90.0 | 200.0 | 467.5 |
| <b>-69kg</b>                            |                    |      |                   |       |      |       |       |
| 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 |
| <b>-76kg</b>                            |                    |      |                   |       |      |       |       |
| 1.                                      | Hodder Pamela      | 1991 | Canada            | 142.5 | 87.5 | 157.5 | 387.5 |
| <b>In Division there are 10 Lifters</b> |                    |      |                   |       |      |       |       |
| <b>Division «Masters II»</b>            |                    |      |                   |       |      |       |       |
| #                                       | Name               | Born | Team              | SQ    | BP   | DL    | Total |
| <b>-52kg</b>                            |                    |      |                   |       |      |       |       |
| 1.                                      | Sharp Alida        | 1963 | Belize            | 90.5  | 63.5 | 126.5 | 280.5 |
| <b>-63kg</b>                            |                    |      |                   |       |      |       |       |
| 1.                                      | Carlascio Michelle | 1970 | U.S.America       | 55.0  | 47.5 | 100.0 | 202.5 |
| <b>-84kg</b>                            |                    |      |                   |       |      |       |       |
| 1.                                      | Harris Michal      | 1970 | U.S.America       | 115.0 | 55.0 | 142.5 | 312.5 |
| <b>In Division there are 3 Lifters</b>  |                    |      |                   |       |      |       |       |
| <b>Division «Masters III»</b>           |                    |      |                   |       |      |       |       |
| #                                       | Name               | Born | Team              | SQ    | BP   | DL    | Total |
| <b>-57kg</b>                            |                    |      |                   |       |      |       |       |
| 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 |
| <b>In Division there are 4 Lifters</b>  |                    |      |                   |       |      |       |       |
| <b>Division «Masters IV»</b>            |                    |      |                   |       |      |       |       |
| #                                       | Name               | Born | Team              | SQ    | BP   | DL    | Total |
| <b>-52kg</b>                            |                    |      |                   |       |      |       |       |
| 1.                                      | Cohen Carla        | ?    | U.S.America       | 27.5  | 25.0 | 45.0  | 97.5  |
| <b>In Division there is 1 Lifter</b>    |                    |      |                   |       |      |       |       |
| <b>Division «SOI»</b>                   |                    |      |                   |       |      |       |       |
| #                                       | Name               | Born | Team              | SQ    | BP   | DL    | Total |
| <b>-57kg</b>                            |                    |      |                   |       |      |       |       |
| 1.                                      | de Jesus Joyce     | 1997 | Puerto Rico       | 30.0  | 25.0 | 45.0  | 100.0 |
| <b>In Total there are 76 Lifters</b>    |                    |      |                   |       |      |       |       |