

10th NAPF/FESUPO Pan-American Regional Women's Equipped Bench Press Championships

San Jose / Costa Rica, 31 October – 2 November, 2024

Division «Open»

#	Name	Born	Team	BP
-57kg				
1.	Reyes Jessica	1983	Mexico	115.0
-63kg				
1.	Rojas Gonzalez Laura	1998	Costa Rica	102.5
84+kg				
1.	Vargas Saborio Adriana	1989	Costa Rica	155.0
2.	Salter Rebecca	1989	U.S.America	110.0
3.	Shelton Sara	1997	U.S.America	107.5
-76kg				
1.	Brander Ada	1993	Mexico	112.5

In Division there are 6 Lifters

Division «Subjuniors»

#	Name	Born	Team	BP
-69kg				
1.	Ugalde Isabel	2007	Costa Rica	25.0

In Division there is 1 Lifter

Division «Masters I»

#	Name	Born	Team	BP
84+kg				
1.	Wages Sarah	1981	U.S.America	150.0
-76kg				
1.	Gomez Amber	1978	U.S.America	107.5

In Division there are 2 Lifters

Division «Masters II»

#	Name	Born	Team	BP
-63kg				
1.	Carlascio Michelle	1971	U.S.America	55.0
-84kg				
1.	Harris Michal	1970	U.S.America	67.5

In Division there are 2 Lifters

Division «Masters III»

#	Name	Born	Team	BP
-69kg				
1.	Marts Donna	1960	U.S.America	100.5

In Total there are 12 Lifters