

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

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

**Division «Open»**

#	Name	Born	Team	BP
<b>-66kg</b>				
1.	Artavia Ortiz Fabian	2002	Costa Rica	105.0
<b>-74kg</b>				
1.	Kariodimedjo Randall	1988	Suriname	165.5
<b>-83kg</b>				
1.	Manzanarez Garcia Luis Alfredo	1994	Nicaragua	190.0
2.	Khamesi Arian	1988	U.S.America	110.0
<b>-93kg</b>				
1.	Valladarez Montenegro Jose Antonio	1990	Nicaragua	200.0
2.	Jimenez Tomas	1985	Panama	190.0
3.	Quiros Lepiz Leonardo	1984	Costa Rica	175.0
<b>-105kg</b>				
1.	Mamola Adam	1977	U.S.America	305.0
2.	Cuarezma Zapata Diego	1995	Nicaragua	200.0
<b>-120kg</b>				
1.	Fernandez Barrantes Michael	1982	Costa Rica	250.0
2.	Aguilar Cascante Luis Adrian	1992	Costa Rica	25.0
<b>120+kg</b>				
1.	Campos Murillo Carlos Manuel	1979	Costa Rica	330.5
2.	Agoes Martin	1987	U.S.America	250.0
3.	Hueck Chamorro Reysil Jose	1986	Nicaragua	225.0

**In Division there are 14 Lifters**

**Division «Subjuniors»**

#	Name	Born	Team	BP
<b>-93kg</b>				
1.	Flores Ulloa Bjorn	2007	Costa Rica	100.0

**In Division there is 1 Lifter**

**Division «Juniors»**

#	Name	Born	Team	BP
<b>120+kg</b>				
1.	Abrego Blanco Sebastian	2002	Costa Rica	150.0

**In Division there is 1 Lifter**

**Division «Masters I»**

#	Name	Born	Team	BP
<b>-93kg</b>				
1.	Losa Jonathan	1982	U.S.America	210.0

**-120kg**

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1.	Cuadra Vargas Lester Horacio	1980	Nicaragua	225.0
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**In Division there are 2 Lifters**

**Division «Masters II»**

#	Name	Born	Team	BP
2.	Alvarado Alex	1974	Puerto Rico	232.5

**In Division there is 1 Lifter**

**Division «Masters III»**

#	Name	Born	Team	BP
<b>-74kg</b>				
1.	Sides Daniel	1956	U.S.America	147.5
<b>-93kg</b>				
1.	Cencich Thomas	1960	U.S.America	202.5
<b>-105kg</b>				
1.	Crane Steven	1962	Puerto Rico	152.5
2.	Falcone Ron	1961	U.S.America	115.0
<b>-120kg</b>				
1.	Keller Robert	1962	U.S.America	162.5
<b>120+kg</b>				
1.	Velasquez Hugo	1959	Costa Rica	140.0

**In Total there are 25 Lifters**