



IX Campeonato Catarinense Feminino de Powerlifting - 2011

12 e 13 de Março - São Bento do Sul



Categ.	Nome	DN	Equipe	Cidade	UF	SQ1	SQ2	SQ3	SQ	PI	BP1	BP2	BP3	BP	PI	DL1	DL2	DL3	DL	PI	Total	EST	SJ	JR	AB	MI	MII	MIII			
43 kg																															
47 kg																															
1	46,90	Angélica Martinelli	1984	Xtream	Jataizinho	PR	-55,0	55,0	57,5	57,5	1	25,0	27,5	-32,5	27,5	1	80,0	85,0	95,0	95,0	1	180,0									
52 kg																															
1	51,00	Cristiane Marques	1981	Xtream	Jataizinho	PR	125,0	130,0	140,0	140,0	1	40,0	42,5	-52,5	42,5	2	140,0	150,0	155,0	155,0	1	337,5									
2	50,90	Viviane Wilbert	1986	ABP	Blumenau	SC	115,0	125,0	-145,0	125,0	2	55,0	60,0	62,5	62,5	1	115,0	125,0	-130,0	125,0	2	312,5									
57 kg																															
1	55,90	Lilian Zimmermann	1982	ABP	Blumenau	SC	115,0	-125,0	125,0	125,0	2	30,0	45,0	-50,0	45,0	1	120,0	130,0	-140,0	130,0	2	300,0									
2	53,10	Eliana Hnatiak	1984	Associação SBS	São Bento do Sul	SC	-90,0	90,0	97,5	97,5	3	37,5	40,0	-42,5	40,0	2	100,0	105,0	-112,5	105,0	3	242,5									
3	56,20	Karla Chiesa	1983	Rudi Bambam	Videira	SC	45,0	-50,0	50,0	50,0	4	25,0	-27,5	27,5	27,5	3	65,0	70,0	-80,0	70,0	4	147,5	1								
4	56,40	Vanessa Prochnow	1983	Universe Fitness	Rio de Janeiro	RJ	110,0	-130,0	130,0	130,0	1	-70,0	-70,0	-70,0	0,0	#	-130,0	135,0	145,0	145,0	1	0,0									
63 kg																															
1	60,10	Rosana Frederico	1981	ABP	Blumenau	SC	160,0	170,0	180,0	180,0	1	90,0	100,0	105,0	105,0	1	160,0	170,0	175,0	175,0	1	460,0									
2	62,30	Aline Barabach	1991	Associação SBS	São Bento do Sul	SC	130,5	-145,0	145,0	145,0	2	60,0	-65,0	-65,0	60,0	2	130,5	140,0	150,0	150,0	2	355,0									
72 kg																															
1	67,60	Ana Rosa	1985	Universe Fitness	Blumenau	SC	200,0	-215,0	220,0	220,0	1	125,0	135,0	150,0	150,0	1	170,0	185,0	-200,0	185,0	1	555,0									
2	69,50	Luana Pereira	1991	Rudi Bambam	Videira	SC	155,0	175,0	190,0	190,0	2	75,0	-85,0	85,0	85,0	3	150,0	160,0	-170,0	160,0	2	435,0									
3	65,20	Gloria da Silva	1979	Sport Combat	Curitiba	PR	100,0	120,0	-130,0	120,0	4	-90,0	90,0	-100,0	90,0	2	100,0	130,0	155,0	155,0	3	365,0									
4	71,80	Andressa de Sales	1994	Associação SBS	São Bento do Sul	SC	-130,0	-130,0	130,0	130,0	3	55,0	-60,0	-60,0	55,0	4	95,0	102,5	107,5	107,5	5	292,5									
5	66,80	Neusa de Oliveira	1960	ABP	Blumenau	SC	70,0	85,0	95,0	95,0	5	35,0	37,5	40,0	40,0	5	105,0	115,0	-125,0	115,0	4	250,0									
84 kg																															
1	83,20	Rosana Ramos	1990	ABP	Blumenau	SC	100,0	155,0	-170,0	155,0	1	55,0	62,5	-65,0	62,5	2	120,0	135,0	145,0	145,0	1	362,5									
2	72,70	Melissa Fabrin	1979	Rudi Bambam	Videira	SC	100,0	-115,0	120,0	120,0	2	50,0	55,0	-60,0	55,0	3	110,0	120,0	130,0	130,0	2	305,0									
3	81,80	Thayse Baij	1987	In Corpore	Curitiba	PR	-85,0	85,0	110,0	110,0	3	40,0	45,0	-52,5	45,0	4	95,0	110,0	130,0	130,0	3	285,0									
4	75,00	Angela de Araujo	1978	Associação Ilhota	Ilhota	SC	80,0	100,0	-115,0	100,0	4	25,0	35,0	-42,5	35,0	5	100,0	115,0	125,0	125,0	4	260,0									
5	72,10	Milena Negri	1984	Leonardo Team	Gov Celso Ramos	SC	90,0	110,0	x	110,0	5	92,5	-100,0	-100,0	92,5	1	55,0	x	x	55,0	5	257,5									
84+ kg																															
1	95,10	Marta Bodnar	1976	Budokan	Mafra	SC	95,0	115,0	-130,0	115,0	1	-80,0	-80,0	80,0	80,0	1	-90,0	100,0	125,0	125,0	1	320,0	1								



IX Campeonato Catarinense Masculino de Powerlifting - 2011

12 e 13 de Março - São Bento do Sul



Categ.	Nome	DN	Equipe	Cidade	UF	SQ1	SQ2	SQ3	SQ	PI	BP1	BP2	BP3	BP	PI	DL1	DL2	DL3	DL	PI	Total	EST	SJ	JR	AB	MI	MII	MIII		
53 kg																														
1	50,60	Jeferson Peixer	1996	ABP	Blumenau	SC	110,0	125,0	130,0	130,0	1	55,0	70,0	77,5	77,5	1	135,0	145,0	150,0	150,0	1	357,5								
2	52,90	Samoel Elias Portela	1994	Budokan	Mafra	SC	-80,0	-80,0	-80,0	0,0	#	-70,0	75,0	-80,0	75,0	2	80,0	90,0	-110,0	90,0	2	0,0	out	out						
59 kg																														
1	54,00	Jair Felipe Quirino	1959	Califórnia Center	Joinville	SC	170,0	-180,0	180,0	180,0	1	85,0	90,0	95,0	95,0	1	175,0	185,0	-197,5	185,0	1	460,0								
2	50,60	Jeferson Peixer	1996	ABP	Blumenau	SC	110,0	125,0	130,0	130,0	2	55,0	70,0	77,5	77,5	2	135,0	145,0	150,0	150,0	2	357,5								
66 kg																														
1	61,50	João Ramos Peixer	1969	ABP	Blumenau	SC	165,0	175,0	-185,0	175,0	2	95,0	-112,5	-112,5	95,0	3	200,0	-210,0	-210,0	200,0	2	470,0								
2	60,40	Bruno dos Santos	1992	Associação SBS	São Bento do Sul	SC	180,0	-190,0	x	180,0	1	55,0	-95,0	-95,0	55,0	7	210,0	-225,0	-225,0	210,0	1	445,0								
3	65,10	Rogério Pedro Vaz	1955	Budokan	Mafra	SC	70,0	72,5	90,0	90,0	6	100,0	-110,0	110,0	110,0	2	120,0	130,0	150,0	150,0	4	350,0	1							
4	64,20	Diego Lucachinski	1995	Associação SBS	São Bento do Sul	SC	115,0	-125,0	-125,0	115,0	3	62,5	67,5	-70,0	67,5	6	125,0	132,5	150,0	150,0	3	332,5	2							
5	64,00	Paulo de Oliveira	1994	Budokan	Mafra	SC	80,0	95,0	110,0	110,0	4	75,0	-90,0	-90,0	75,0	5	120,0	-145,0	145,0	145,0	5	330,0	3							
6	62,40	Jhonatan Gomes	1993	Budokan	Mafra	SC	-80,0	80,0	-90,0	80,0	8	-90,0	90,0	-105,0	90,0	4	125,0	140,5	-155,0	140,5	6	310,0	4							
7	61,10	Leandro Maccari	1979	Universe Fitness	Blumenau	SC	100,0	x	x	100,0	5	100,0	105,0	110,0	110,0	1	100,0	x	x	100,0	8	310,0								
8	62,40	Vinicius Casale	1990	ABP	Blumenau	SC	80,0	-90,0	-100,0	80,0	7	30,0	45,0	-55,0	45,0	8	120,0	130,0	140,0	140,0	7	265,0	5							
9	65,40	Eduardo Kawata	1973	Sport Combat	Curitiba	PR	-160,0	-160,0	-160,0	0,0	#	x	x	x	0,0	#	x	x	x	0,0	#	0,0								
74 kg																														
1	74,00	Allan Daniel Ramos	1982	Budokan	Mafra	SC	180,0	-210,0	-210,0	180,0	2	-170,0	170,0	-182,5	170,0	1	190,0	-210,0	210,0	210,0	1	560,0								
2	72,90	Paulo Franca	1982	Rudi Bambam	Videira	SC	150,0	165,0	-180,0	165,0	4	125,0	-130,0	-130,0	125,0	2	-175,0	175,0	195,0	195,0	3	485,0	1							
3	68,70	Anderson Berti	1993	Associação SBS	São Bento do Sul	SC	160,0	180,0	-200,0	180,0	1	90,0	-100,0	100,0	100,0	4	180,0	-200,0	200,0	200,0	2	480,0	2							
4	72,00	Helton Felipe	1988	ABP	Blumenau	SC	150,0	175,0	-190,0	175,0	3	90,0	100,0	107,5	107,5	3	155,0	175,0	-185,0	175,0	4	457,5	3							
5	70,01	Rodolfo Isbrecht	1967	Budokan	Mafra	SC	70,0	80,0	100,0	100,0	6	70,0	80,0	90,0	90,0	5	70,0	90,0	-120,0	90,0	8	280,0	4							
6	66,90	Alexandre Train	1990	Budokan	Mafra	SC	80,0	85,0	-90,0	85,0	7	-85,0	-85,0	-85,0	0,0	#	100,0	-140,0	140,0	140,0	7	225,0	5							
7	67,20	Ruan Beiler	1977	Associação Ilhota	Ilhota	SC	55,0	70,0	-85,0	70,0	8	25,0	45,0	-60,0	45,0	6	75													