



Gara: 28° Campionato Italiano Assoluto Powerlifting

Luogo: Terni

Data: 23\24\25 Aprile 2010

## Class. Finale Assoluti Femminile

Powered By Ivano Giusti

| Atleta | Società            | A N          | P P                                                                                 | Sq1  | Sq2  | Sq3    | Bsq    | R      | P     | Pa1 | Pa2 | Pa3   | Bpa   | R     | P     | St1 | St2 | St3   | Bst    | R      | P     | Totale | R  | Coef  | P. W | C.e    |          |    |
|--------|--------------------|--------------|-------------------------------------------------------------------------------------|------|------|--------|--------|--------|-------|-----|-----|-------|-------|-------|-------|-----|-----|-------|--------|--------|-------|--------|----|-------|------|--------|----------|----|
| -48    |                    |              |                                                                                     |      |      |        |        |        |       |     |     |       |       |       |       |     |     |       |        |        |       |        |    |       |      |        |          |    |
| 1      | Peti Barbara       | S. S. Lazio  |    | 1976 | 46,2 | 85,0   | -92,5  | -92,5  | 85,0  |     | 1   | 60,0  | -65,0 | -65,0 | 60,0  |     | 1   | 95,0  | 102,5  | -107,5 | 102,5 |        | 1  | 247,5 |      | 1,3615 | 336,9713 | Se |
| -52    |                    |              |                                                                                     |      |      |        |        |        |       |     |     |       |       |       |       |     |     |       |        |        |       |        |    |       |      |        |          |    |
| 1      | Rodina Alessia     | Forma Club   |    | 1975 | 51,5 | 135,0  | 145,0  | 150,5  | 150,5 | R   | 1   | 70,0  | 73,0  | 75,0  | 75,0  | R   | 1   | 140,0 | 150,0  | -157,5 | 150,0 |        | 1  | 375,5 |      | 1,256  | 471,6280 | Se |
| 2      | Salemme Maria Pia  | A.s.n Roma   |    | 1975 | 50,6 | 130,0  | -135,0 | -135,0 | 130,0 |     | 2   | 60,0  | 65,0  | -67,5 | 65,0  |     | 2   | 135,0 | 145,0  | -152,5 | 145,0 |        | 2  | 340,0 |      | 1,273  | 432,8200 | Se |
| 3      | Pazzaglia Veronica | Joy Planet   |    | 1977 | 48,5 | 100,0  | 110,0  | 120,0  | 120,0 |     | 3   | 60,0  | 62,5  | -65,0 | 62,5  |     | 3   | 110,0 | 120,0  | -130,0 | 120,0 |        | 3  | 302,5 |      | 1,3143 | 397,5758 | Se |
| 4      | Trippa Francesca   | Power Terni  |    | 1977 | 49,8 | 50,0   | 60,0   | 70,0   | 70,0  |     | 4   | 37,5  | 42,5  | -47,5 | 42,5  |     | 4   | 80,0  | 90,0   | 100,0  | 100,0 |        | 4  | 212,5 |      | 1,2885 | 273,8063 | Se |
| -56    |                    |              |                                                                                     |      |      |        |        |        |       |     |     |       |       |       |       |     |     |       |        |        |       |        |    |       |      |        |          |    |
| 1      | Stucchi Manuela    | Forma Club   |    | 1966 | 52,2 | 130,0  | 140,0  | -147,5 | 140,0 |     | 1   | 65,0  | -70,0 | 70,0  | 70,0  |     | 1   | 140,0 | 150,0  | 160,0  | 160,0 |        | 1  | 370,0 |      | 1,2429 | 459,8730 | M1 |
| 2      | Monaco Roberta     | Se. At. Roma |    | 1975 | 52,7 | 90,0   | 100,0  | -110,0 | 100,0 |     | 2   | 50,0  | -55,0 | 55,0  | 55,0  |     | 2   | 120,0 | 130,0  | 135,0  | 135,0 |        | 2  | 290,0 |      | 1,2338 | 357,8020 | Se |
| 3      | Trotti Morena      | Power Terni  |    | 1964 | 55,6 | 57,5   | -65,0  | 65,0   | 65,0  |     | 4   | 37,5  | -42,5 | -42,5 | 37,5  |     | 4   | 95,0  | 105,0  | 115,0  | 115,0 |        | 3  | 217,5 |      | 1,1832 | 257,3460 | M1 |
| 4      | Rugani Samuela     | Barbarian's  |    | 1974 | 54,2 | 50,0   | -60,0  | 65,0   | 65,0  |     | 3   | 37,5  | 40,0  | -42,5 | 40,0  |     | 3   | 80,0  | 85,0   | 92,5   | 92,5  |        | 4  | 197,5 |      | 1,2071 | 238,4023 | Se |
| Fg     | Troilo Tiziana     | A.s.n Roma   |    | 1972 | 54,3 | -115,0 | -115,0 | -115,0 | 0,0   |     | Fg  | 0,0   | 0,0   | 0,0   | 0,0   |     | Fg  | 0,0   | 0,0    | 0,0    | 0,0   |        | Fg | 0,0   |      | 1,2054 | 0,0000   | Se |
| -60    |                    |              |                                                                                     |      |      |        |        |        |       |     |     |       |       |       |       |     |     |       |        |        |       |        |    |       |      |        |          |    |
| 1      | Locatelli Laura    | Glasspo      |    | 1957 | 59,1 | 150,0  | 160,0  | 170,0  | 170,0 | R   | 1   | 70,0  | 75,0  | 80,0  | 80,0  |     | 1   | 180,0 | 190,0  | 0,0    | 190,0 |        | 1  | 440,0 | R    | 1,1281 | 496,3640 | M2 |
| 2      | Masci Manuela      | S. S. Lazio  |   | 1979 | 56,3 | 110,0  | -117,5 | -117,5 | 110,0 |     | 2   | -60,0 | 60,0  | -65,0 | 60,0  |     | 2   | 110,0 | 120,0  | -130,0 | 120,0 |        | 2  | 290,0 |      | 1,1717 | 339,7930 | Se |
| 3      | Magames Gabriella  | Sudus Clan   |  | 1985 | 56,3 | 70,0   | 80,0   | 90,0   | 90,0  |     | 3   | 40,0  | 45,0  | 50,0  | 50,0  |     | 4   | 100,0 | -110,0 | 110,0  | 110,0 |        | 3  | 250,0 |      | 1,1717 | 292,9250 | Se |
| 4      | Burchi Chiara      | S. S. Lazio  |  | 1981 | 58,6 | -82,5  | 82,5   | -92,5  | 82,5  |     | 4   | 50,0  | 55,0  | -57,5 | 55,0  |     | 3   | 85,0  | 95,0   | 102,5  | 102,5 |        | 4  | 240,0 |      | 1,1355 | 272,5200 | Se |
| -67,5  |                    |              |                                                                                     |      |      |        |        |        |       |     |     |       |       |       |       |     |     |       |        |        |       |        |    |       |      |        |          |    |
| 1      | Orsini Antonietta  | S. S. Lazio  |  | 1964 | 65,3 | 215,0  | 0,0    | 0,0    | 215,0 |     | 1   | 140,0 | 0,0   | 0,0   | 140,0 |     | 1   | 190,0 | 200,0  | 0,0    | 200,0 |        | 1  | 555,0 |      | 1,0455 | 580,2525 | M1 |
| 2      | Pineda Whelma      | Forma Club   |  | 1992 | 61,1 | 90,0   | 100,0  | 110,0  | 110,0 | R   | 2   | -60,0 | 60,0  | 65,0  | 65,0  | R   | 3   | 90,0  | 100,0  | -110,0 | 100,0 | R      | 3  | 275,0 | R    | 1,0994 | 302,3350 | Sj |
| 3      | Nalepa Beata       | Spartak      |  | 1966 | 66,9 | -75,0  | 75,0   | -80,0  | 75,0  |     | 3   | 70,0  | -75,0 | -75,0 | 70,0  |     | 2   | 95,0  | 105,0  | -110,0 | 105,0 |        | 2  | 250,0 |      | 1,0272 | 256,8000 | M1 |
| -75    |                    |              |                                                                                     |      |      |        |        |        |       |     |     |       |       |       |       |     |     |       |        |        |       |        |    |       |      |        |          |    |
| 1      | Galimberti Barbara | Forma Club   |  | 1970 | 69,3 | 150,0  | 160,0  | -165,0 | 160,0 |     | 2   | 90,0  | 97,5  | 102,5 | 102,5 |     | 1   | 145,0 | 155,0  | 160,0  | 160,0 |        | 2  | 422,5 |      | 1,0018 | 423,2605 | M1 |
| 2      | Aquili Alessia     | Power Terni  |  | 1980 | 69,6 | -155,0 | 155,0  | 162,5  | 162,5 |     | 1   | 60,0  | 65,0  | 70,0  | 70,0  |     | 2   | 155,0 | 165,0  | -172,5 | 165,0 |        | 1  | 397,5 |      | 0,9988 | 397,0230 | Se |

Firma Verbale Gara:

Capo Pedana

Laterale

Laterale



**Gara:** 28° Campionato Italiano Assoluto Powerlifting

**Luogo:** Terni

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## Class. Finale Assoluti Femminile

Powered By Ivano Giusti

| Atleta | Società          | A N          | P P                                                                               | Sq1  | Sq2  | Sq3   | Bsq    | R      | P     | Pa1 | Pa2 | Pa3  | Bpa  | R     | P    | St1 | St2 | St3   | Bst   | R      | P     | Totale | R | Coef  | P. W | C.e    |          |    |
|--------|------------------|--------------|-----------------------------------------------------------------------------------|------|------|-------|--------|--------|-------|-----|-----|------|------|-------|------|-----|-----|-------|-------|--------|-------|--------|---|-------|------|--------|----------|----|
| -82,5  |                  |              |                                                                                   |      |      |       |        |        |       |     |     |      |      |       |      |     |     |       |       |        |       |        |   |       |      |        |          |    |
| 1      | Moscianase Maria | S. S. Lazio  |  | 1963 | 76,0 | 150,0 | -160,0 | 160,0  | 160,0 |     | 1   | 60,0 | 65,0 | 70,0  | 70,0 |     | 2   | 170,0 | 180,0 | 190,0  | 190,0 |        | 1 | 420,0 |      | 0,9429 | 396,0180 | M1 |
| 2      | Del Duca Sara    | Se. At. Roma |  | 1954 | 76,0 | 120,0 | 130,0  | -135,0 | 130,0 | R   | 2   | 85,0 | 90,0 | -95,0 | 90,0 | R   | 1   | 155,0 | 165,0 | -170,0 | 165,0 | R      | 2 | 385,0 | R    | 0,9429 | 363,0165 | M2 |
| 3      | Laddach Paula    | Power Terni  |  | 1987 | 77,2 | 50,0  | 60,0   | 70,0   | 70,0  |     | 3   | 27,5 | 30,0 | -32,5 | 30,0 |     | 3   | 70,0  | 85,0  | 100,0  | 100,0 |        | 3 | 200,0 |      | 0,934  | 186,8000 | Ju |

Firma Verbale Gara:

Capo Pedana

Laterale

Laterale



Gara: 28° Campionato Italiano Assoluto Powerlifting

Luogo: Terni

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## Wilks Categorie Età Femminile Assoluti P L

| Atleta               | Società      | Anno N. | P P  | Cat   | Squat | Panca | Stacco | Tot   | Coeff  | Wilks    |
|----------------------|--------------|---------|------|-------|-------|-------|--------|-------|--------|----------|
| <b>Junior</b>        |              |         |      |       |       |       |        |       |        |          |
| Laddach Paula        | Power Terni  | 1987    | 77,2 | -82,5 | 70,0  | 30,0  | 100,0  | 200,0 | 0,934  | 186,8000 |
| <b>Master 1</b>      |              |         |      |       |       |       |        |       |        |          |
| Orsini Antonietta    | S. S. Lazio  | 1964    | 65,3 | -67,5 | 215,0 | 140,0 | 200,0  | 555,0 | 1,0455 | 580,2525 |
| Stucchi Manuela      | Forma Club   | 1966    | 52,2 | -56   | 140,0 | 70,0  | 160,0  | 370,0 | 1,2429 | 459,8730 |
| Galimberti Barbara   | Forma Club   | 1970    | 69,3 | -75   | 160,0 | 102,5 | 160,0  | 422,5 | 1,0018 | 423,2605 |
| Moscianase Maria Pia | S. S. Lazio  | 1963    | 76,0 | -82,5 | 160,0 | 70,0  | 190,0  | 420,0 | 0,9429 | 396,0180 |
| Trotti Morena        | Power Terni  | 1964    | 55,6 | -56   | 65,0  | 37,5  | 115,0  | 217,5 | 1,1832 | 257,3460 |
| Nalepa Beata         | Spartak      | 1966    | 66,9 | -67,5 | 75,0  | 70,0  | 105,0  | 250,0 | 1,0272 | 256,8000 |
| <b>Master 2</b>      |              |         |      |       |       |       |        |       |        |          |
| Locatelli Laura      | Glasspo      | 1957    | 59,1 | -60   | 170,0 | 80,0  | 190,0  | 440,0 | 1,1281 | 496,3640 |
| Del Duca Sara        | Se. At. Roma | 1954    | 76,0 | -82,5 | 130,0 | 90,0  | 165,0  | 385,0 | 0,9429 | 363,0165 |
| <b>Senior</b>        |              |         |      |       |       |       |        |       |        |          |
| Rodina Alessia       | Forma Club   | 1975    | 51,5 | -52   | 150,5 | 75,0  | 150,0  | 375,5 | 1,256  | 471,6280 |
| Salemme Maria Pia    | A.s.n Roma   | 1975    | 50,6 | -52   | 130,0 | 65,0  | 145,0  | 340,0 | 1,273  | 432,8200 |
| Pazzaglia Veronica   | Joy Planet   | 1977    | 48,5 | -52   | 120,0 | 62,5  | 120,0  | 302,5 | 1,3143 | 397,5758 |
| Aquili Alessia       | Power Terni  | 1980    | 69,6 | -75   | 162,5 | 70,0  | 165,0  | 397,5 | 0,9988 | 397,0230 |
| Monaco Roberta       | Se. At. Roma | 1975    | 52,7 | -56   | 100,0 | 55,0  | 135,0  | 290,0 | 1,2338 | 357,8020 |
| Masci Manuela        | S. S. Lazio  | 1979    | 56,3 | -60   | 110,0 | 60,0  | 120,0  | 290,0 | 1,1717 | 339,7930 |
| Peti Barbara         | S. S. Lazio  | 1976    | 46,2 | -48   | 85,0  | 60,0  | 102,5  | 247,5 | 1,3615 | 336,9713 |
| Magames Gabriella    | Sudus Clan   | 1985    | 56,3 | -60   | 90,0  | 50,0  | 110,0  | 250,0 | 1,1717 | 292,9250 |
| Trippa Francesca     | Power Terni  | 1977    | 49,8 | -52   | 70,0  | 42,5  | 100,0  | 212,5 | 1,2885 | 273,8063 |
| Burchi Chiara        | S. S. Lazio  | 1981    | 58,6 | -60   | 82,5  | 55,0  | 102,5  | 240,0 | 1,1355 | 272,5200 |
| Rugani Samuela       | Barbarian's  | 1974    | 54,2 | -56   | 65,0  | 40,0  | 92,5   | 197,5 | 1,2071 | 238,4023 |
| Troilo Tiziana       | A.s.n Roma   | 1972    | 54,3 | -56   | 0,0   | 0,0   | 0,0    | 0,0   | 1,2054 | 0,0000   |
| <b>Sub Junior</b>    |              |         |      |       |       |       |        |       |        |          |
| Pineda Whelma        | Forma Club   | 1992    | 61,1 | -67,5 | 110,0 | 65,0  | 100,0  | 275,0 | 1,0994 | 302,3350 |



**Gara:** 28° Campionato Italiano Assoluto Powerlifting

**Luogo:** Terni

**Data:** 23\24\25 Aprile 2010

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## Assoluto Femminile Powerlifting

| Atleta               | Società      | Anno N. | P P  | Cat   | Cat Età    | Squat | Panca | Stacco | Tot   | Coeff  | Wilks    |
|----------------------|--------------|---------|------|-------|------------|-------|-------|--------|-------|--------|----------|
| Orsini Antonietta    | S. S. Lazio  | 1964    | 65,3 | -67,5 | Master 1   | 215,0 | 140,0 | 200,0  | 555,0 | 1,0455 | 580,2525 |
| Locatelli Laura      | Glasspo      | 1957    | 59,1 | -60   | Master 2   | 170,0 | 80,0  | 190,0  | 440,0 | 1,1281 | 496,3640 |
| Rodina Alessia       | Forma Club   | 1975    | 51,5 | -52   | Senior     | 150,5 | 75,0  | 150,0  | 375,5 | 1,256  | 471,6280 |
| Stucchi Manuela      | Forma Club   | 1966    | 52,2 | -56   | Master 1   | 140,0 | 70,0  | 160,0  | 370,0 | 1,2429 | 459,8730 |
| Salemme Maria Pia    | A.s.n Roma   | 1975    | 50,6 | -52   | Senior     | 130,0 | 65,0  | 145,0  | 340,0 | 1,273  | 432,8200 |
| Galimberti Barbara   | Forma Club   | 1970    | 69,3 | -75   | Master 1   | 160,0 | 102,5 | 160,0  | 422,5 | 1,0018 | 423,2605 |
| Pazzaglia Veronica   | Joy Planet   | 1977    | 48,5 | -52   | Senior     | 120,0 | 62,5  | 120,0  | 302,5 | 1,3143 | 397,5758 |
| Aquili Alessia       | Power Terni  | 1980    | 69,6 | -75   | Senior     | 162,5 | 70,0  | 165,0  | 397,5 | 0,9988 | 397,0230 |
| Moscianase Maria Pia | S. S. Lazio  | 1963    | 76,0 | -82,5 | Master 1   | 160,0 | 70,0  | 190,0  | 420,0 | 0,9429 | 396,0180 |
| Del Duca Sara        | Se. At. Roma | 1954    | 76,0 | -82,5 | Master 2   | 130,0 | 90,0  | 165,0  | 385,0 | 0,9429 | 363,0165 |
| Monaco Roberta       | Se. At. Roma | 1975    | 52,7 | -56   | Senior     | 100,0 | 55,0  | 135,0  | 290,0 | 1,2338 | 357,8020 |
| Masci Manuela        | S. S. Lazio  | 1979    | 56,3 | -60   | Senior     | 110,0 | 60,0  | 120,0  | 290,0 | 1,1717 | 339,7930 |
| Peti Barbara         | S. S. Lazio  | 1976    | 46,2 | -48   | Senior     | 85,0  | 60,0  | 102,5  | 247,5 | 1,3615 | 336,9713 |
| Pineda Whelma        | Forma Club   | 1992    | 61,1 | -67,5 | Sub Junior | 110,0 | 65,0  | 100,0  | 275,0 | 1,0994 | 302,3350 |
| Magames Gabriella    | Sudus Clan   | 1985    | 56,3 | -60   | Senior     | 90,0  | 50,0  | 110,0  | 250,0 | 1,1717 | 292,9250 |
| Trippa Francesca     | Power Terni  | 1977    | 49,8 | -52   | Senior     | 70,0  | 42,5  | 100,0  | 212,5 | 1,2885 | 273,8063 |
| Burchi Chiara        | S. S. Lazio  | 1981    | 58,6 | -60   | Senior     | 82,5  | 55,0  | 102,5  | 240,0 | 1,1355 | 272,5200 |
| Trotti Morena        | Power Terni  | 1964    | 55,6 | -56   | Master 1   | 65,0  | 37,5  | 115,0  | 217,5 | 1,1832 | 257,3460 |
| Nalepa Beata         | Spartak      | 1966    | 66,9 | -67,5 | Master 1   | 75,0  | 70,0  | 105,0  | 250,0 | 1,0272 | 256,8000 |
| Rugani Samuela       | Barbarian's  | 1974    | 54,2 | -56   | Senior     | 65,0  | 40,0  | 92,5   | 197,5 | 1,2071 | 238,4023 |
| Laddach Paula        | Power Terni  | 1987    | 77,2 | -82,5 | Junior     | 70,0  | 30,0  | 100,0  | 200,0 | 0,934  | 186,8000 |
| Troilo Tiziana       | A.s.n Roma   | 1972    | 54,3 | -56   | Senior     | 0,0   | 0,0   | 0,0    | 0,0   | 1,2054 | 0,0000   |



Gara:

Luogo:

Data:

## Records Assoluti Powerlifting Femminile:

|            | Atleta          | Cat   | Squat | Altro | Panca | Altro | Stacco | Altro | Tot   | Altro |
|------------|-----------------|-------|-------|-------|-------|-------|--------|-------|-------|-------|
| Master 2   |                 |       |       |       |       |       |        |       |       |       |
|            | Locatelli Laura | -60   | 170,0 | M1 Se |       |       |        |       | 440,0 |       |
|            | Del Duca Sara   | -82,5 | 130,0 |       | 90,0  |       | 165,0  |       | 385,0 |       |
| Senior     |                 |       |       |       |       |       |        |       |       |       |
|            | Rodina Alessia  | -52   | 150,5 |       | 75,0  |       |        |       |       |       |
| Sub Junior |                 |       |       |       |       |       |        |       |       |       |
|            | Pineda Whelma   | -67,5 | 110,0 |       | 65,0  |       | 100,0  |       | 275,0 |       |



Gara:

28° Campionato Italiano Assoluto Powerlifting

Luogo:

Terni

Data: 23\24\25 Aprile 2010

## Class.finale Assoluti Maschile

Powered By Ivano Giusti

| Atleta | Società             | A N          | P P                                                                                 | Sq1  | Sq2  | Sq3    | Bsq    | R      | P     | Pa1 | Pa2 | Pa3    | Bpa    | R      | P     | St1 | St2 | St3   | Bst    | R      | P     | Totale | R  | Coef  | P. W | C.e    |          |    |
|--------|---------------------|--------------|-------------------------------------------------------------------------------------|------|------|--------|--------|--------|-------|-----|-----|--------|--------|--------|-------|-----|-----|-------|--------|--------|-------|--------|----|-------|------|--------|----------|----|
| -56    |                     |              |                                                                                     |      |      |        |        |        |       |     |     |        |        |        |       |     |     |       |        |        |       |        |    |       |      |        |          |    |
| 1      | Rosso Stefano       | Se. At. Roma |    | 1986 | 54,9 | 140,0  | 150,0  | 160,0  | 160,0 |     | 1   | 90,0   | -95,0  | 95,0   | 95,0  |     | 1   | 130,0 | 140,0  | 150,0  | 150,0 |        | 1  | 405,0 |      | 0,9283 | 375,9615 | Se |
| -60    |                     |              |                                                                                     |      |      |        |        |        |       |     |     |        |        |        |       |     |     |       |        |        |       |        |    |       |      |        |          |    |
| 1      | Imbalzano Paolo     | Asd Ancona   |    | 1978 | 57,4 | 180,0  | 190,0  | -195,0 | 190,0 |     | 2   | 140,0  | -145,0 | 145,0  | 145,0 |     | 1   | 180,0 | 190,0  | -200,0 | 190,0 |        | 3  | 525,0 |      | 0,8889 | 466,6725 | Se |
| 2      | Tarchi Daniele      | Power Terni  |    | 1981 | 58,2 | -165,0 | 165,0  | 172,5  | 172,5 |     | 3   | 105,0  | 110,0  | 115,0  | 115,0 |     | 2   | 200,0 | 210,0  | 212,5  | 212,5 |        | 1  | 500,0 |      | 0,8773 | 438,6500 | Se |
| 3      | Giummarra Franco    | Forma Club   |    | 1950 | 57,3 | 180,0  | 193,0  | -200,0 | 193,0 | R   | 1   | 65,0   | 70,0   | -75,0  | 70,0  | R   | 3   | 200,0 | 210,5  | -215,0 | 210,5 | R      | 2  | 473,5 | R    | 0,8904 | 421,6044 | M3 |
| -67,5  |                     |              |                                                                                     |      |      |        |        |        |       |     |     |        |        |        |       |     |     |       |        |        |       |        |    |       |      |        |          |    |
| 1      | Puddu Pierangelo    | Semiramide   |    | 1977 | 67,3 | 190,0  | 200,0  | -205,0 | 200,0 |     | 1   | 150,0  | 155,0  | -170,0 | 155,0 |     | 1   | 235,0 | 245,0  | 255,0  | 255,0 |        | 1  | 610,0 |      | 0,7729 | 471,4690 | Se |
| 2      | Parlascino Matteo   | Power Terni  |    | 1984 | 66,9 | 170,0  | 180,0  | 185,0  | 185,0 |     | 3   | 120,0  | -130,0 | -130,0 | 120,0 |     | 2   | 195,0 | 210,0  | 215,0  | 215,0 |        | 3  | 520,0 |      | 0,7766 | 403,8320 | Se |
| 3      | Corradini Lorenzo   | Barbarian's  |    | 1984 | 67,4 | 160,0  | -175,0 | 180,0  | 180,0 |     | 4   | 100,0  | -107,5 | 107,5  | 107,5 |     | 3   | 200,0 | 212,5  | 217,5  | 217,5 |        | 2  | 505,0 |      | 0,7719 | 389,8095 | Se |
| 4      | Romano Valerio      | Joy Planet   |    | 1984 | 67,4 | 190,0  | -200,0 | -200,0 | 190,0 |     | 2   | 100,0  | -107,5 | -107,5 | 100,0 |     | 6   | 185,0 | 195,0  | -200,0 | 195,0 |        | 5  | 485,0 |      | 0,7719 | 374,3715 | Se |
| 5      | Malegori Roberto    | Forma Club   |    | 1990 | 66,8 | 150,0  | 160,0  | -170,0 | 160,0 |     | 6   | 95,0   | 100,0  | 102,5  | 102,5 |     | 4   | 175,0 | 190,0  | 195,0  | 195,0 |        | 4  | 457,5 |      | 0,7775 | 355,7063 | Ju |
| 6      | Fusco Piero         | Barbarian's  |    | 1992 | 63,1 | 150,0  | 160,0  | 175,0  | 175,0 | R   | 5   | 90,0   | 97,5   | 100,0  | 100,0 | R   | 5   | 160,0 | 180,0  | -190,0 | 180,0 | R      | 6  | 455,0 | R    | 0,8155 | 371,0525 | Sj |
| 7      | Petrongari Paolo    | Spartak      |   | 1966 | 63,0 | 100,0  | 110,0  | 0,0    | 110,0 |     | 7   | 75,0   | 80,0   | 82,5   | 82,5  |     | 7   | 100,0 | 120,0  | 130,0  | 130,0 |        | 7  | 322,5 |      | 0,8166 | 263,3535 | M1 |
| Fg     | Kranti Kumar        | Power Terni  |  | 1992 | 64,4 | -80,0  | 85,0   | -95,0  | 85,0  |     | 8   | 70,0   | 75,0   | 80,0   | 80,0  |     | 8   | 110,0 | 120,0  | 130,0  | 130,0 |        | 7  | 295,0 |      | 0,8014 | 236,4130 | Sj |
| -75    |                     |              |                                                                                     |      |      |        |        |        |       |     |     |        |        |        |       |     |     |       |        |        |       |        |    |       |      |        |          |    |
| 1      | Calandra Roberto    | Barbarian's  |  | 1981 | 74,0 | 230,0  | -237,5 | -237,5 | 230,0 |     | 2   | 160,0  | 167,5  | 172,5  | 172,5 |     | 2   | 230,0 | 235,0  | 240,0  | 240,0 |        | 3  | 642,5 |      | 0,7193 | 462,1503 | Se |
| 2      | Zampa Stefano       | Forma Club   |  | 1986 | 73,9 | 210,0  | 220,0  | 230,0  | 230,0 |     | 1   | 150,0  | 160,0  | -170,0 | 160,0 |     | 3   | 210,0 | 230,0  | 247,5  | 247,5 |        | 2  | 637,5 |      | 0,72   | 459,0000 | Se |
| 3      | Morresi Cristiano   | Asd Ancona   |  | 1979 | 72,3 | -220,0 | 220,0  | -227,5 | 220,0 |     | 4   | -145,0 | 145,0  | 150,0  | 150,0 |     | 5   | 230,0 | 235,0  | 237,5  | 237,5 |        | 4  | 607,5 |      | 0,7315 | 444,3863 | Se |
| 4      | Palmisano Francisco | Forma Club   |  | 1976 | 74,7 | 210,0  | 220,0  | -225,0 | 220,0 |     | 5   | -140,0 | 140,0  | -145,0 | 140,0 |     | 10  | 220,0 | 230,0  | 235,0  | 235,0 |        | 5  | 595,0 |      | 0,7146 | 425,1870 | Se |
| 5      | Coppari Noriano     | Power Terni  |  | 1951 | 75,0 | -215,0 | 215,0  | -225,0 | 215,0 |     | 6   | -150,0 | -150,0 | 150,0  | 150,0 |     | 6   | 230,0 | -240,0 | 0,0    | 230,0 |        | 7  | 595,0 |      | 0,7126 | 423,9970 | M2 |
| 6      | Cosmai Mauro        | Sudus Clan   |  | 1980 | 75,0 | 170,0  | 180,0  | -190,0 | 180,0 |     | 11  | 140,0  | 145,0  | 150,0  | 150,0 |     | 6   | 230,0 | 245,0  | 260,0  | 260,0 |        | 1  | 590,0 |      | 0,7126 | 420,4340 | Se |
| 7      | Pomarico Daniele    | Forma Club   |  | 1986 | 70,3 | 180,0  | 195,0  | -205,0 | 195,0 |     | 9   | 135,0  | 140,0  | -142,5 | 140,0 |     | 9   | 190,0 | 205,0  | -210,0 | 205,0 |        | 9  | 540,0 |      | 0,7469 | 403,3260 | Se |
| 8      | Campli Paolo        | Barbarian's  |  | 1986 | 70,6 | -180,0 | 190,0  | 200,0  | 200,0 |     | 7   | 110,0  | -115,0 | 115,0  | 115,0 |     | 14  | 190,0 | 200,0  | 215,0  | 215,0 |        | 8  | 530,0 |      | 0,7445 | 394,5850 | Se |
| 9      | Buccioni            | Power Terni  |  | 1976 | 74,5 | -170,0 | 170,0  | -180,0 | 170,0 |     | 13  | 120,0  | 130,0  | -140,0 | 130,0 |     | 11  | 205,0 | 220,0  | 230,0  | 230,0 |        | 6  | 530,0 |      | 0,7159 | 379,4270 | Se |
| 10     | Zannini Simone      | Forma Club   |  | 1971 | 74,7 | 100,0  | 0,0    | 0,0    | 100,0 |     | 18  | -210,0 | 210,0  | 220,0  | 220,0 | R   | 1   | 100,0 | 150,0  | 175,0  | 175,0 |        | 16 | 495,0 |      | 0,7146 | 353,7270 | Se |

Firma Verbale Gara:

Capo Pedana : Favorito Alessandro

Laterale: Formicola Fabio

Laterale: Cappanera Davide



Gara:

28° Campionato Italiano Assoluto Powerlifting

Luogo:

Terni

Data: 23\24\25 Aprile 2010

## Class.finale Assoluti Maschile

Powered By Ivano Giusti

| Atleta |                     | Società       | A N                                                                                      | P P  | Sq1    | Sq2    | Sq3    | Bsq   | R P | Pa1 | Pa2    | Pa3    | Bpa    | R P   | St1 | St2 | St3    | Bst    | R P    | Totale R | Coef | P. W | C.e   |        |          |    |
|--------|---------------------|---------------|------------------------------------------------------------------------------------------|------|--------|--------|--------|-------|-----|-----|--------|--------|--------|-------|-----|-----|--------|--------|--------|----------|------|------|-------|--------|----------|----|
| 11     | Pregnotato Federico | Se. At. Roma  |  1992   | 72,1 | 180,0  | -190,0 | -190,0 | 180,0 |     | 10  | 105,0  | 110,0  | -118,0 | 110,0 |     | 16  | 190,0  | 200,0  | 0,0    | 200,0    |      | 12   | 490,0 | 0,733  | 359,1700 | Sj |
| 12     | Nadotti Fabio       | Barbarian's   |  1987   | 74,9 | 180,0  | 190,0  | 200,0  | 200,0 |     | 8   | 90,0   | -100,0 | -100,0 | 90,0  |     | 17  | -190,0 | 190,0  | 200,0  | 200,0    |      | 13   | 490,0 | 0,7132 | 349,4680 | Ju |
| 13     | De Giovanni Niccolò | Glasspo       |  1991   | 69,7 | 145,0  | 155,0  | 165,0  | 165,0 |     | 14  | 132,5  | 140,0  | 145,0  | 145,0 |     | 8   | 150,0  | 160,0  | 175,0  | 175,0    |      | 15   | 485,0 | 0,7519 | 364,6715 | Ju |
| 14     | Pantaleoni Fabio    | Barbarian's   |  1985   | 73,6 | 130,0  | 145,0  | -152,5 | 145,0 |     | 16  | 115,0  | -120,0 | 120,0  | 120,0 |     | 13  | 175,0  | 185,0  | -190,0 | 185,0    |      | 14   | 450,0 | 0,7221 | 324,9450 | Se |
| 15     | Sala Lorenzo        | Barbarian's   |  1989   | 74,9 | 140,0  | 150,0  | -160,0 | 150,0 |     | 15  | 117,5  | 122,5  | -127,5 | 122,5 |     | 12  | 150,0  | 165,0  | -175,0 | 165,0    |      | 17   | 437,5 | 0,7132 | 312,0250 | Ju |
| 16     | Spizzo Marco        | Barbarian's   |  1982   | 68,7 | 115,0  | -125,0 | 125,0  | 125,0 |     | 17  | 80,0   | 85,0   | -90,0  | 85,0  |     | 18  | 140,0  | 150,0  | 155,0  | 155,0    |      | 18   | 365,0 | 0,7603 | 277,5095 | Se |
| 17     | Madeddu Danilo      | Semiramide    |  1973   | 74,6 | 50,0   | 0,0    | 0,0    | 50,0  |     | 19  | 155,0  | 160,0  | -165,0 | 160,0 |     | 4   | 100,0  | 0,0    | 0,0    | 100,0    |      | 20   | 310,0 | 0,7152 | 221,7120 | Se |
| Fg     | Matarrese Antonio   | Power Terni   |  1988   | 71,3 | 175,0  | -190,0 | -190,0 | 175,0 |     | 12  | -115,0 | -120,0 | -120,0 | 0,0   |     | Fg  | 190,0  | 200,0  | -220,0 | 200,0    |      | 10   | 0,0   | 0,739  | 0,0000   | Ju |
| Fg     | Turà Tiziano        | Barbarian's   |  1975   | 71,7 | -160,0 | -160,0 | -160,0 | 0,0   |     | Fg  | 110,0  | -115,0 | -115,0 | 110,0 |     | 15  | -200,0 | -200,0 | 200,0  | 200,0    |      | 11   | 0,0   | 0,736  | 0,0000   | Se |
| Fg     | Costanzi Lanno      | Power Terni   |  1969   | 74,0 | -220,0 | 220,0  | 230,0  | 230,0 |     | 2   | -205,0 | -205,0 | -205,0 | 0,0   |     | Fg  | -245,0 | 0,0    | 0,0    | 0,0      |      | Fg   | 0,0   | 0,7193 | 0,0000   | M1 |
| Fg     | Facciponte Marcello | Asd Canicatti |  1975   | 75,0 | 80,0   | 0,0    | 0,0    | 80,0  |     | 19  | -202,5 | -207,5 | -207,5 | 0,0   |     | Fg  | 130,0  | 0,0    | 0,0    | 130,0    |      | 19   | 0,0   | 0,7126 | 0,0000   | Se |
| -82,5  |                     |               |                                                                                          |      |        |        |        |       |     |     |        |        |        |       |     |     |        |        |        |          |      |      |       |        |          |    |
| 1      | Corsi Leonardo      | Power Terni   |  1982   | 81,0 | 280,0  | -290,0 | -290,0 | 280,0 |     | 1   | 175,0  | 185,0  | 190,0  | 190,0 |     | 1   | 240,0  | 245,0  | 250,0  | 250,0    |      | 5    | 720,0 | 0,6774 | 487,7280 | Se |
| 2      | Bettati Stefano     | Barbarian's   |  1968   | 82,4 | 280,0  | -300,0 | -300,0 | 280,0 |     | 2   | 140,0  | -150,0 | 0,0    | 140,0 |     | 5   | 290,0  | -300,0 | -302,5 | 290,0    |      | 1    | 710,0 | 0,6704 | 475,9840 | M1 |
| 3      | Bertolini Alan      | Barbarian's   |  1983   | 81,6 | -250,0 | 250,0  | 257,5  | 257,5 |     | 3   | 135,0  | -140,0 | 140,0  | 140,0 |     | 3   | 255,0  | 265,0  | -285,0 | 265,0    |      | 2    | 662,5 | 0,6744 | 446,7900 | Se |
| 4      | Treviso Valerio     | S. S. Lazio   |  1977   | 82,0 | 210,0  | 220,0  | 230,0  | 230,0 |     | 6   | 130,0  | 140,0  | -150,0 | 140,0 |     | 4   | 260,0  | -270,0 | -270,0 | 260,0    |      | 3    | 630,0 | 0,6724 | 423,6120 | Se |
| 5      | D'abundo Giuseppe   | A.s.n Roma    |  1975   | 80,9 | 205,0  | -217,5 | 225,0  | 225,0 |     | 7   | 117,5  | 125,0  | -132,5 | 125,0 |     | 6   | 220,0  | 235,0  | 250,0  | 250,0    |      | 4    | 600,0 | 0,6779 | 406,7400 | Se |
| 6      | Ahmed Ali Omar      | Se. At. Roma  |  1986 | 79,1 | 200,0  | 210,0  | -220,0 | 210,0 |     | 8   | -160,0 | -160,0 | 160,0  | 160,0 |     | 2   | 220,0  | -235,0 | -235,0 | 220,0    |      | 7    | 590,0 | 0,6876 | 405,6840 | Se |
| 7      | Falzoi Fabio        | Barbarian's   |  1984 | 79,3 | 140,0  | 150,0  | 160,0  | 160,0 |     | 11  | 105,0  | 110,0  | -117,5 | 110,0 |     | 7   | 190,0  | 205,0  | 210,0  | 210,0    |      | 8    | 480,0 | 0,6865 | 329,5200 | Se |
| 8      | Buzzichelli Carlo   | Barbarian's   |  1973 | 78,8 | 130,0  | 135,0  | 140,0  | 140,0 |     | 12  | 102,5  | -105,0 | -105,0 | 102,5 |     | 8   | 170,0  | 180,0  | 190,0  | 190,0    |      | 9    | 432,5 | 0,6893 | 298,1223 | Se |
| 9      | Mancini Alessio     | Barbarian's   |  1988 | 79,6 | 125,0  | 135,0  | -140,0 | 135,0 |     | 13  | 95,0   | 100,0  | -105,0 | 100,0 |     | 9   | 140,0  | 150,0  | 155,0  | 155,0    |      | 10   | 390,0 | 0,6849 | 267,1110 | Ju |
| Fg     | Zanetti Sergio      | Body Planet   |  1945 | 80,1 | -216,0 | -216,0 | -216,0 | 0,0   |     | Fg  | -115,0 | 0,0    | 0,0    | 0,0   |     | Fg  | -200,0 | 0,0    | 0,0    | 0,0      |      | Fg   | 0,0   | 0,6822 | 0,0000   | M3 |
| Fg     | Formicola Fabio     | S. S. Lazio   |  1963 | 81,6 | 190,0  | 200,0  | 0,0    | 200,0 |     | 9   | -205,0 | -205,0 | -205,0 | 0,0   |     | Fg  | -150,0 | 0,0    | 0,0    | 0,0      |      | Fg   | 0,0   | 0,6744 | 0,0000   | M1 |
| Fg     | Rollo Riccardo      | Barbarian's   |  1986 | 81,7 | 230,0  | -237,5 | 237,5  | 237,5 |     | 5   | -160,0 | -160,0 | -160,0 | 0,0   |     | Fg  | -250,0 | -250,0 | -250,0 | 0,0      |      | Fg   | 0,0   | 0,6739 | 0,0000   | Se |
| Fg     | Venuto Salvatore    | Forma Club    |  1957 | 82,0 | 220,0  | -240,0 | 250,0  | 250,0 |     | 4   | -185,0 | -195,0 | -195,0 | 0,0   |     | Fg  | 225,0  | 240,0  | -250,0 | 240,0    |      | 6    | 0,0   | 0,6724 | 0,0000   | M2 |
| Fg     | Mastrogiovanni      | Forma Club    |  1981 | 82,0 | 200,0  | -220,0 | -225,0 | 200,0 |     | 10  | -150,0 | 0,0    | 0,0    | 0,0   |     | Fg  | -220,0 | 0,0    | 0,0    | 0,0      |      | Fg   | 0,0   | 0,6724 | 0,0000   | Se |

Firma Verbale Gara:

Capo Pedana : Favorito Alessandro

Laterale: Formicola Fabio

Laterale: Cappanera Davide



Gara:

28° Campionato Italiano Assoluto Powerlifting

Luogo:

Terni

Data: 23\24\25 Aprile 2010

## Class.finale Assoluti Maschile

Powered By Ivano Giusti

| Atleta | Società               | A N           | P P | Sq1  | Sq2  | Sq3    | Bsq    | R      | P     | Pa1 | Pa2    | Pa3    | Bpa    | R     | P     | St1    | St2    | St3    | Bst   | R      | P     | Totale | R        | Coef     | P. W     | C.e |
|--------|-----------------------|---------------|-----|------|------|--------|--------|--------|-------|-----|--------|--------|--------|-------|-------|--------|--------|--------|-------|--------|-------|--------|----------|----------|----------|-----|
| -90    |                       |               |     |      |      |        |        |        |       |     |        |        |        |       |       |        |        |        |       |        |       |        |          |          |          |     |
| 1      | Silvas Alessandro     | Semiramide    |     | 1972 | 88,6 | -250,0 | -250,0 | 250,0  | 250,0 | 2   | 172,5  | -175,0 | 0,0    | 172,5 | 1     | 250,0  | 260,0  | 270,0  | 270,0 | 1      | 692,5 | 0,6436 | 445,6930 | Se       |          |     |
| 2      | Bianchi Marco         | Barbarian's   |     | 1988 | 82,7 | 235,0  | 240,0  | -245,0 | 240,0 | 3   | 125,0  | 130,0  | 132,5  | 132,5 | 7     | 235,0  | 240,0  | 245,0  | 245,0 | 4      | 617,5 | 0,6689 | 413,0458 | Ju       |          |     |
| 3      | Di Pilla Lucatelli D. | Se. At. Roma  |     | 1985 | 85,2 | 210,0  | -220,0 | 220,0  | 220,0 | 6   | 125,0  | -130,0 | -130,0 | 125,0 | 9     | 250,0  | 260,0  | -272,5 | 260,0 | 2      | 605,0 | 0,6575 | 397,7875 | Se       |          |     |
| 4      | Gangarossa Gabriele   | Pesistica     |     | 1980 | 83,0 | 210,0  | 225,0  | 235,0  | 235,0 | 4   | -130,0 | -130,0 | 130,0  | 130,0 | 8     | 225,0  | -240,0 | -245,0 | 225,0 | 8      | 590,0 | 0,6675 | 393,8250 | Se       |          |     |
| 5      | Natale Giancarlo      | Forma Club    |     | 1982 | 89,0 | -180,0 | -190,0 | 200,0  | 200,0 | 9   | 145,0  | 150,0  | 155,0  | 155,0 | 3     | 220,0  | 235,0  | -245,0 | 235,0 | 7      | 590,0 | 0,6421 | 378,8390 | Se       |          |     |
| 6      | Pomarico Gianluca     | Forma Club    |     | 1990 | 89,2 | -180,0 | 180,0  | 200,0  | 200,0 | 10  | 135,0  | 145,0  | 150,0  | 150,0 | 4     | 210,0  | 225,0  | 240,0  | 240,0 | 5      | 590,0 | 0,6413 | 378,3670 | Ju       |          |     |
| 7      | Rossi Sandro          | S. S. Lazio   |     | 1952 | 88,6 | 150,0  | 180,0  | 230,0  | 230,0 | 5   | 80,0   | 90,0   | 100,0  | 100,0 | 13    | 230,0  | 240,0  | 250,0  | 250,0 | 3      | 580,0 | 0,6436 | 373,2880 | M2       |          |     |
| 8      | Bettati Roberto       | Barbarian's   |     | 1964 | 89,9 | 220,0  | -250,0 | -250,0 | 220,0 | 7   | -160,0 | -170,0 | 170,0  | 170,0 | 2     | 160,0  | 190,0  | -220,0 | 190,0 | 13     | 580,0 | 0,6388 | 370,5040 | M1       |          |     |
| 9      | Erba Giovanni         | Semiramide    |     | 1990 | 89,7 | 190,0  | 200,0  | 215,0  | 215,0 | 8   | 125,0  | 135,0  | -150,0 | 135,0 | 6     | 190,0  | 210,0  | 220,0  | 220,0 | 9      | 570,0 | 0,6395 | 364,5150 | Ju       |          |     |
| 10     | Rigoni Marco          | Power Terni   |     | 1987 | 88,3 | -190,0 | 190,0  | -200,0 | 190,0 | 11  | 105,0  | -115,0 | -115,0 | 105,0 | 11    | 220,0  | 235,0  | -240,0 | 235,0 | 6      | 530,0 | 0,6447 | 341,6910 | Ju       |          |     |
| 11     | Frassinetti Gabriele  | Popeye        |     | 1979 | 89,5 | 185,0  | -200,0 | -200,0 | 185,0 | 12  | 120,0  | -130,0 | -130,0 | 120,0 | 10    | 210,0  | -220,0 | 0,0    | 210,0 | 10     | 515,0 | 0,6402 | 329,7030 | Se       |          |     |
| 12     | Barattoni Alex        | Barbarian's   |     | 1981 | 87,9 | 150,0  | 160,0  | -165,0 | 160,0 | 14  | 122,5  | 130,0  | 135,0  | 135,0 | 5     | 205,0  | -215,0 | -215,0 | 205,0 | 11     | 500,0 | 0,6463 | 323,1500 | Se       |          |     |
| 13     | Tozza Giuseppe        | Dark Side     |     | 1979 | 83,9 | 180,0  | -190,0 | -200,0 | 180,0 | 13  | 100,0  | -110,0 | -110,0 | 100,0 | 12    | 190,0  | -210,0 | -210,0 | 190,0 | 12     | 470,0 | 0,6633 | 311,7510 | Se       |          |     |
| Fg     | Ghirardi Daniele      | A.s.d Brescia |     | 1969 | 89,9 | 130,0  | 0,0    | 0,0    | 130,0 | 15  | -240,0 | -251,0 | -251,0 | 0,0   | Fg    | -130,0 | 0,0    | 0,0    | 0,0   | Fg     | 0,0   | 0,6388 | 0,0000   | M1       |          |     |
| Fg     | Marazzini Alessio     | Glasspo       |     | 1980 | 89,9 | 250,0  | -260,0 | 260,0  | 260,0 | 1   | -170,0 | -170,0 | -170,0 | 0,0   | Fg    | -240,0 | 0,0    | 0,0    | 0,0   | Fg     | 0,0   | 0,6388 | 0,0000   | Se       |          |     |
| -100   |                       |               |     |      |      |        |        |        |       |     |        |        |        |       |       |        |        |        |       |        |       |        |          |          |          |     |
| 1      | D' Ovidio Claudio     | S. S. Lazio   |     | 1969 | 99,0 | 320,0  | 340,0  | 360,0  | 360,0 | R   | 1      | 220,0  | 230,0  | 250,0 | 250,0 | R      | 1      | 220,0  | 240,0 | -260,0 | 240,0 | 4      | 850,0    | 0,6111   | 519,4350 | M1  |
| 2      | Sanges Gino           | Forma Club    |     | 1969 | 99,9 | 280,0  | 300,0  | -320,0 | 300,0 | 2   | -210,0 | 210,0  | -220,0 | 210,0 | 3     | 280,0  | 300,5  | -310,0 | 300,5 | R      | 1     | 810,5  | 0,6088   | 493,4324 | M1       |     |
| 3      | Vaccaro Valerio       | S. S. Lazio   |     | 1977 | 97,7 | 220,0  | 235,0  | 240,0  | 240,0 | 4   | 210,0  | -220,0 | -220,0 | 210,0 | 2     | 220,0  | 235,0  | -240,0 | 235,0 | 5      | 685,0 | 0,6144 | 420,8640 | Se       |          |     |
| 4      | Degiampietro          | Body Planet   |     | 1969 | 95,0 | 255,0  | 265,0  | -280,0 | 265,0 | 3   | -155,0 | 165,0  | -175,0 | 165,0 | 5     | 240,0  | -252,5 | 0,0    | 240,0 | 3      | 670,0 | 0,622  | 416,7400 | M1       |          |     |
| 5      | Fulvi Fabiano         | Joy Planet    |     | 1969 | 93,1 | 200,0  | 210,0  | 220,0  | 220,0 | 7   | 160,0  | 165,0  | -170,0 | 165,0 | 4     | 250,0  | -265,0 | -265,0 | 250,0 | 2      | 635,0 | 0,6279 | 398,7165 | M1       |          |     |
| 6      | Barozzi Claudio       | A.s.d Brescia |     | 1963 | 92,5 | 210,0  | 225,0  | -240,0 | 225,0 | 5   | -155,0 | -162,5 | 162,5  | 162,5 | 6     | 200,0  | 217,5  | -232,5 | 217,5 | 7      | 605,0 | 0,6298 | 381,0290 | M1       |          |     |
| 7      | Frassinetti Antonio   | Popeye        |     | 1979 | 94,6 | -210,0 | 210,0  | -230,0 | 210,0 | 9   | 130,0  | -140,0 | -140,0 | 130,0 | 9     | 220,0  | -230,0 | -230,0 | 220,0 | 6      | 560,0 | 0,6232 | 348,9920 | Se       |          |     |
| 8      | Balma Stefano         | Barbarian's   |     | 1988 | 94,1 | 200,0  | 210,0  | 215,0  | 215,0 | 8   | -130,0 | -130,0 | 130,0  | 130,0 | 8     | 195,0  | 210,0  | -215,0 | 210,0 | 8      | 555,0 | 0,6247 | 346,7085 | Ju       |          |     |
| 9      | Grossi Simone         | A.s.d Ancona  |     | 1974 | 98,6 | 210,0  | 220,0  | 225,0  | 225,0 | 6   | 132,5  | -140,0 | 140,0  | 140,0 | 7     | 180,0  | -190,0 | 190,0  | 190,0 | 9      | 555,0 | 0,6121 | 339,7155 | Se       |          |     |

Firma Verbale Gara:

Capo Pedana : Favorito Alessandro

Laterale: Formicola Fabio

Laterale: Cappanera Davide



Gara:

28° Campionato Italiano Assoluto Powerlifting

Luogo:

Terni

Data: 23\24\25 Aprile 2010

## Class.finale Assoluti Maschile

Powered By Ivano Giusti

| Atleta | Società              | A N          | P P | Sq1  | Sq2   | Sq3    | Bsq    | R P    | Pa1   | Pa2 | Pa3    | Bpa    | R P    | St1   | St2 | St3    | Bst    | R P    | Totale R | Coef | P. W  | C.e    |          |     |
|--------|----------------------|--------------|-----|------|-------|--------|--------|--------|-------|-----|--------|--------|--------|-------|-----|--------|--------|--------|----------|------|-------|--------|----------|-----|
| Fg     | Barillari Ivan       | Bad Iron     |     | 1981 | 95,6  | -180,0 | -180,0 | 180,0  | 180,0 | 10  | -190,0 | -190,0 | -190,0 | 0,0   | Fg  | -180,0 | 0,0    | 0,0    | 0,0      | Fg   | 0,0   | 0,6203 | 0,0000   | Se  |
| -110   |                      |              |     |      |       |        |        |        |       |     |        |        |        |       |     |        |        |        |          |      |       |        |          |     |
| 1      | Bomboletti Enrico    | S. S. Lazio  |     | 1970 | 107,3 | 305,0  | 310,5  | 0,0    | 310,5 | R 1 | 170,0  | 180,5  | -190,0 | 180,5 | R 2 | 260,0  | 275,0  | 285,0  | 285,0    | 1    | 776,0 | 0,5932 | 460,3232 | M1  |
| 2      | Pelizza Francesco    | Barbarian's  |     | 1986 | 109,1 | 260,0  | 280,0  | -300,0 | 280,0 | 2   | 155,0  | 162,5  | 170,0  | 170,0 | 4   | 250,0  | 270,0  | -285,0 | 270,0    | 2    | 720,0 | 0,59   | 424,8000 | Se  |
| 3      | Zangari Giuseppe     | Dark Side    |     | 1982 | 105,5 | -250,0 | 250,0  | -270,0 | 250,0 | 3   | -165,0 | 165,0  | 170,0  | 170,0 | 3   | 230,0  | 235,0  | 242,5  | 242,5    | 4    | 662,5 | 0,5966 | 395,2475 | Se  |
| 4      | Brivio Luigi         | Forma Club   |     | 1976 | 105,5 | -220,0 | 230,0  | -240,0 | 230,0 | 4   | 170,0  | 180,0  | 185,0  | 185,0 | 1   | 220,0  | 235,0  | 242,5  | 242,5    | 3    | 657,5 | 0,5966 | 392,2645 | Se  |
| 5      | Sudano Francesco     | Sudus Clan   |     | 1979 | 107,7 | -180,0 | 180,0  | -200,0 | 180,0 | 6   | 155,0  | 160,0  | -165,0 | 160,0 | 5   | 220,0  | -230,0 | 0,0    | 220,0    | 6    | 560,0 | 0,5924 | 331,7440 | Se  |
| 6      | Iamonaco Alfredo     | A.s.d Osca   |     | 1961 | 102,4 | 185,0  | 195,0  | -200,0 | 195,0 | 5   | 110,0  | -117,5 | 120,0  | 120,0 | 7   | 205,0  | 215,0  | 225,0  | 225,0    | 5    | 540,0 | 0,603  | 325,6200 | M1  |
| 7      | Amato Biagio         | Bad Iron     |     | 1981 | 104,2 | 150,0  | -160,0 | -170,0 | 150,0 | 7   | -150,0 | -150,0 | 150,0  | 150,0 | 6   | 150,0  | 170,0  | 180,0  | 180,0    | 7    | 480,0 | 0,5992 | 287,6160 | Se  |
| -125   |                      |              |     |      |       |        |        |        |       |     |        |        |        |       |     |        |        |        |          |      |       |        |          |     |
| 1      | Pellizzoni Francesco | Barbarian's  |     | 1977 | 112,4 | 330,0  | 0,0    | 0,0    | 330,0 | 1   | 140,0  | 160,0  | 180,0  | 180,0 | 3   | 300,0  | 320,0  | -340,5 | 320,0    | 1    | 830,0 | 0,5847 | 485,3010 | Se  |
| 2      | Monti Marco          | Barbarian's  |     | 1979 | 123,3 | 230,0  | 240,0  | -250,0 | 240,0 | 3   | -190,0 | 190,0  | 202,5  | 202,5 | 1   | 245,0  | 260,0  | -270,0 | 260,0    | 3    | 702,5 | 0,5715 | 401,4788 | Se  |
| Fg     | Mazzucco Salvatore   | A.s.d Olimpo |     | 1944 | 113,0 | -50,0  | 60,0   | 0,0    | 60,0  | 4   | 155,0  | 165,0  | -170,0 | 165,0 | 4   | 80,0   | 100,0  | -150,0 | 100,0    | 4    | 325,0 | 0,5839 | 189,7675 | M3  |
| Fg     | Di Martino Mattia    | S. S. Lazio  |     | 1988 | 114,7 | -240,0 | -240,0 | -240,0 | 0,0   | Fg  | -185,0 | 185,0  | -192,5 | 185,0 | 2   | 250,0  | 265,0  | -280,0 | 265,0    | 2    | 0,0   | 0,5815 | 0,0000   | Ju  |
| Fg     | Gismondi Renato      | Power 2000   |     | 1960 | 117,4 | 260,0  | -280,0 | -280,0 | 260,0 | 2   | -200,0 | -205,0 | -205,0 | 0,0   | Fg  | -250,0 | 0,0    | 0,0    | 0,0      | Fg   | 0,0   | 0,578  | 0,0000   | M2  |
| Fg     | Saidek Maikel        | Forma Club   |     | 1983 | 122,4 | -350,0 | -350,0 | -350,0 | 0,0   | Fg  | -260,0 | -260,0 | 0,0    | 0,0   | Fg  | -280,0 | 0,0    | 0,0    | 0,0      | Fg   | 0,0   | 0,5724 | 0,0000   | Str |
| +125   |                      |              |     |      |       |        |        |        |       |     |        |        |        |       |     |        |        |        |          |      |       |        |          |     |
| 1      | Sgaramella Massimo   | Power Terni  |     | 1977 | 151,7 | -280,0 | -280,0 | 290,0  | 290,0 | 1   | 185,0  | 195,0  | -205,0 | 195,0 | 1   | 245,0  | 265,0  | -280,0 | 265,0    | 1    | 750,0 | 0,5524 | 414,3000 | Se  |
| Fg     | Randazzo Claudio     | Dark Side    |     | 1978 | 126,4 | 250,0  | -260,0 | -260,0 | 250,0 | 2   | -220,0 | 0,0    | 0,0    | 0,0   | Fg  | -260,0 | 0,0    | 0,0    | 0,0      | Fg   | 0,0   | 0,5686 | 0,0000   | Se  |

Firma Verbale Gara:

Capo Pedana : Favorito Alessandro

Laterale: Formicola Fabio

Laterale: Cappanera Davide



**Gara:**

**28° Campionato Italiano Assoluto Powerlifting**

**Luogo:**

**Terni**

**Data: 23\24\25 Aprile 2010**

Powered By Ivano Giusti

## Wilks Categorie Età Maschile **Assoluti P L**

| Atleta               | Società       | Anno N. | P P   | Cat   | Squat | Panca | Stacco | Tot   | Coeff  | Wilks    |
|----------------------|---------------|---------|-------|-------|-------|-------|--------|-------|--------|----------|
| <b>Junior</b>        |               |         |       |       |       |       |        |       |        |          |
| Bianchi Marco        | Barbarian's   | 1988    | 82,7  | -90   | 240,0 | 132,5 | 245,0  | 617,5 | 0,6689 | 413,0458 |
| Pomarico Gianluca    | Forma Club    | 1990    | 89,2  | -90   | 200,0 | 150,0 | 240,0  | 590,0 | 0,6413 | 378,3670 |
| De Giovanni Niccolò  | Glasspo       | 1991    | 69,7  | -75   | 165,0 | 145,0 | 175,0  | 485,0 | 0,7519 | 364,6715 |
| Erba Giovanni        | Semiramide    | 1990    | 89,7  | -90   | 215,0 | 135,0 | 220,0  | 570,0 | 0,6395 | 364,5150 |
| Malegori Roberto     | Forma Club    | 1990    | 66,8  | -67,5 | 160,0 | 102,5 | 195,0  | 457,5 | 0,7775 | 355,7063 |
| Nadotti Fabio        | Barbarian's   | 1987    | 74,9  | -75   | 200,0 | 90,0  | 200,0  | 490,0 | 0,7132 | 349,4680 |
| Balma Stefano        | Barbarian's   | 1988    | 94,1  | -100  | 215,0 | 130,0 | 210,0  | 555,0 | 0,6247 | 346,7085 |
| Rigoni Marco         | Power Terni   | 1987    | 88,3  | -90   | 190,0 | 105,0 | 235,0  | 530,0 | 0,6447 | 341,6910 |
| Sala Lorenzo         | Barbarian's   | 1989    | 74,9  | -75   | 150,0 | 122,5 | 165,0  | 437,5 | 0,7132 | 312,0250 |
| Mancini Alessio      | Barbarian's   | 1988    | 79,6  | -82,5 | 135,0 | 100,0 | 155,0  | 390,0 | 0,6849 | 267,1110 |
| Di Martino Mattia    | S. S. Lazio   | 1988    | 114,7 | -125  | 0,0   | 185,0 | 265,0  | 0,0   | 0,5815 | 0,0000   |
| Matarrese Antonio    | Power Terni   | 1988    | 71,3  | -75   | 175,0 | 0,0   | 200,0  | 0,0   | 0,739  | 0,0000   |
| <b>Master 1</b>      |               |         |       |       |       |       |        |       |        |          |
| D' Ovidio Claudio    | S. S. Lazio   | 1969    | 99,0  | -100  | 360,0 | 250,0 | 240,0  | 850,0 | 0,6111 | 519,4350 |
| Sanges Gino          | Forma Club    | 1969    | 99,9  | -100  | 300,0 | 210,0 | 300,5  | 810,5 | 0,6088 | 493,4324 |
| Bettati Stefano      | Barbarian's   | 1968    | 82,4  | -82,5 | 280,0 | 140,0 | 290,0  | 710,0 | 0,6704 | 475,9840 |
| Bomboletti Enrico    | S. S. Lazio   | 1970    | 107,3 | -110  | 310,5 | 180,5 | 285,0  | 776,0 | 0,5932 | 460,3232 |
| Degiampietro Michele | Body Planet   | 1969    | 95,0  | -100  | 265,0 | 165,0 | 240,0  | 670,0 | 0,622  | 416,7400 |
| Fulvi Fabiano        | Joy Planet    | 1969    | 93,1  | -100  | 220,0 | 165,0 | 250,0  | 635,0 | 0,6279 | 398,7165 |
| Barozzi Claudio      | A.s.d Brescia | 1963    | 92,5  | -100  | 225,0 | 162,5 | 217,5  | 605,0 | 0,6298 | 381,0290 |
| Bettati Roberto      | Barbarian's   | 1964    | 89,9  | -90   | 220,0 | 170,0 | 190,0  | 580,0 | 0,6388 | 370,5040 |
| Iamonaco Alfredo     | A.s.d Osca    | 1961    | 102,4 | -110  | 195,0 | 120,0 | 225,0  | 540,0 | 0,603  | 325,6200 |
| Petrongari Paolo     | Spartak       | 1966    | 63,0  | -67,5 | 110,0 | 82,5  | 130,0  | 322,5 | 0,8166 | 263,3535 |
| Costanzi Lanno       | Power Terni   | 1969    | 74,0  | -75   | 230,0 | 0,0   | 0,0    | 0,0   | 0,7193 | 0,0000   |
| Formicola Fabio      | S. S. Lazio   | 1963    | 81,6  | -82,5 | 200,0 | 0,0   | 0,0    | 0,0   | 0,6744 | 0,0000   |
| Ghirardi Daniele     | A.s.d Brescia | 1969    | 89,9  | -90   | 130,0 | 0,0   | 0,0    | 0,0   | 0,6388 | 0,0000   |
| <b>Master 2</b>      |               |         |       |       |       |       |        |       |        |          |
| Coppiari Noriano     | Power Terni   | 1951    | 75,0  | -75   | 215,0 | 150,0 | 230,0  | 595,0 | 0,7126 | 423,9970 |
| Rossi Sandro         | S. S. Lazio   | 1952    | 88,6  | -90   | 230,0 | 100,0 | 250,0  | 580,0 | 0,6436 | 373,2880 |
| Venuto Salvatore     | Forma Club    | 1957    | 82,0  | -82,5 | 250,0 | 0,0   | 240,0  | 0,0   | 0,6724 | 0,0000   |
| Gismondi Renato      | Power 2000    | 1960    | 117,4 | -125  | 260,0 | 0,0   | 0,0    | 0,0   | 0,578  | 0,0000   |



Gara:

28° Campionato Italiano Assoluto Powerlifting

Luogo:

Terni

Data: 23\24\25 Aprile 2010

Powered By Ivano Giusti

## Wilks Categorie Età Maschile Assoluti P L

| Atleta                | Società            | Anno N. | P P   | Cat   | Squat | Panca | Stacco | Tot   | Coeff  | Wilks    |
|-----------------------|--------------------|---------|-------|-------|-------|-------|--------|-------|--------|----------|
| <b>Master 3</b>       |                    |         |       |       |       |       |        |       |        |          |
| Giummarra Franco      | Forma Club         | 1950    | 57,3  | -60   | 193,0 | 70,0  | 210,5  | 473,5 | 0,8904 | 421,6044 |
| Mazzucco Salvatore    | A.s.d Olimpo       | 1944    | 113,0 | -125  | 60,0  | 165,0 | 100,0  | 325,0 | 0,5839 | 189,7675 |
| Zanetti Sergio        | Body Planet        | 1945    | 80,1  | -82,5 | 0,0   | 0,0   | 0,0    | 0,0   | 0,6822 | 0,0000   |
| <b>Senior</b>         |                    |         |       |       |       |       |        |       |        |          |
| Corsi Leonardo        | Power Terni        | 1982    | 81,0  | -82,5 | 280,0 | 190,0 | 250,0  | 720,0 | 0,6774 | 487,7280 |
| Pellizzoni Francesco  | Barbarian's        | 1977    | 112,4 | -125  | 330,0 | 180,0 | 320,0  | 830,0 | 0,5847 | 485,3010 |
| Puddu Pierangelo      | Semiramide         | 1977    | 67,3  | -67,5 | 200,0 | 155,0 | 255,0  | 610,0 | 0,7729 | 471,4690 |
| Imbalzano Paolo       | Asd Ancona         | 1978    | 57,4  | -60   | 190,0 | 145,0 | 190,0  | 525,0 | 0,8889 | 466,6725 |
| Calandra Roberto      | Barbarian's        | 1981    | 74,0  | -75   | 230,0 | 172,5 | 240,0  | 642,5 | 0,7193 | 462,1503 |
| Zampa Stefano         | Forma Club         | 1986    | 73,9  | -75   | 230,0 | 160,0 | 247,5  | 637,5 | 0,72   | 459,0000 |
| Bertolini Alan        | Barbarian's        | 1983    | 81,6  | -82,5 | 257,5 | 140,0 | 265,0  | 662,5 | 0,6744 | 446,7900 |
| Silvas Alessandro     | Semiramide         | 1972    | 88,6  | -90   | 250,0 | 172,5 | 270,0  | 692,5 | 0,6436 | 445,6930 |
| Morresi Cristiano     | Asd Ancona         | 1979    | 72,3  | -75   | 220,0 | 150,0 | 237,5  | 607,5 | 0,7315 | 444,3863 |
| Tarchi Daniele        | Power Terni        | 1981    | 58,2  | -60   | 172,5 | 115,0 | 212,5  | 500,0 | 0,8773 | 438,6500 |
| Palmisano Francisco   | Forma Club         | 1976    | 74,7  | -75   | 220,0 | 140,0 | 235,0  | 595,0 | 0,7146 | 425,1870 |
| Pelizza Francesco     | Barbarian's        | 1986    | 109,1 | -110  | 280,0 | 170,0 | 270,0  | 720,0 | 0,59   | 424,8000 |
| Treviso Valerio       | S. S. Lazio        | 1977    | 82,0  | -82,5 | 230,0 | 140,0 | 260,0  | 630,0 | 0,6724 | 423,6120 |
| Vaccaro Valerio       | S. S. Lazio        | 1977    | 97,7  | -100  | 240,0 | 210,0 | 235,0  | 685,0 | 0,6144 | 420,8640 |
| Cosmai Mauro          | Sudus Clan         | 1980    | 75,0  | -75   | 180,0 | 150,0 | 260,0  | 590,0 | 0,7126 | 420,4340 |
| Sgaramella Massimo    | Power Terni        | 1977    | 151,7 | +125  | 290,0 | 195,0 | 265,0  | 750,0 | 0,5524 | 414,3000 |
| D'abundo Giuseppe     | A.s.n Roma         | 1975    | 80,9  | -82,5 | 225,0 | 125,0 | 250,0  | 600,0 | 0,6779 | 406,7400 |
| Ahmed Ali Omar        | Se. At. Roma       | 1986    | 79,1  | -82,5 | 210,0 | 160,0 | 220,0  | 590,0 | 0,6876 | 405,6840 |
| Parlascino Matteo     | Power Terni        | 1984    | 66,9  | -67,5 | 185,0 | 120,0 | 215,0  | 520,0 | 0,7766 | 403,8320 |
| Pomarico Daniele      | Forma Club         | 1986    | 70,3  | -75   | 195,0 | 140,0 | 205,0  | 540,0 | 0,7469 | 403,3260 |
| Monti Marco           | Barbarian's        | 1979    | 123,3 | -125  | 240,0 | 202,5 | 260,0  | 702,5 | 0,5715 | 401,4788 |
| Di Pilla Lucatelli D. | Se. At. Roma       | 1985    | 85,2  | -90   | 220,0 | 125,0 | 260,0  | 605,0 | 0,6575 | 397,7875 |
| Zangari Giuseppe      | Dark Side          | 1982    | 105,5 | -110  | 250,0 | 170,0 | 242,5  | 662,5 | 0,5966 | 395,2475 |
| Campoli Paolo         | Barbarian's        | 1986    | 70,6  | -75   | 200,0 | 115,0 | 215,0  | 530,0 | 0,7445 | 394,5850 |
| Gangarossa Gabriele   | Pesistica Italiana | 1980    | 83,0  | -90   | 235,0 | 130,0 | 225,0  | 590,0 | 0,6675 | 393,8250 |
| Brivio Luigi          | Forma Club         | 1976    | 105,5 | -110  | 230,0 | 185,0 | 242,5  | 657,5 | 0,5966 | 392,2645 |
| Corradini Lorenzo     | Barbarian's        | 1984    | 67,4  | -67,5 | 180,0 | 107,5 | 217,5  | 505,0 | 0,7719 | 389,8095 |
| Buccioni Massimiliano | Power Terni        | 1976    | 74,5  | -75   | 170,0 | 130,0 | 230,0  | 530,0 | 0,7159 | 379,4270 |



Gara:

28° Campionato Italiano Assoluto Powerlifting

Luogo:

Terni

Data: 23\24\25 Aprile 2010

Powered By Ivano Giusti

## Wilks Categorie Età Maschile Assoluti P L

| Atleta                 | Società       | Anno N. | P P   | Cat   | Squat | Panca | Stacco | Tot   | Coeff  | Wilks    |
|------------------------|---------------|---------|-------|-------|-------|-------|--------|-------|--------|----------|
| Natale Giancarlo       | Forma Club    | 1982    | 89,0  | -90   | 200,0 | 155,0 | 235,0  | 590,0 | 0,6421 | 378,8390 |
| Rosso Stefano          | Se. At. Roma  | 1986    | 54,9  | -56   | 160,0 | 95,0  | 150,0  | 405,0 | 0,9283 | 375,9615 |
| Romano Valerio         | Joy Planet    | 1984    | 67,4  | -67,5 | 190,0 | 100,0 | 195,0  | 485,0 | 0,7719 | 374,3715 |
| Zannini Simone         | Forma Club    | 1971    | 74,7  | -75   | 100,0 | 220,0 | 175,0  | 495,0 | 0,7146 | 353,7270 |
| Frassinetti Antonio    | Popeye        | 1979    | 94,6  | -100  | 210,0 | 130,0 | 220,0  | 560,0 | 0,6232 | 348,9920 |
| Grossi Simone          | A.s.d Ancona  | 1974    | 98,6  | -100  | 225,0 | 140,0 | 190,0  | 555,0 | 0,6121 | 339,7155 |
| Sudano Francesco       | Sudus Clan    | 1979    | 107,7 | -110  | 180,0 | 160,0 | 220,0  | 560,0 | 0,5924 | 331,7440 |
| Frassinetti Gabriele   | Popeye        | 1979    | 89,5  | -90   | 185,0 | 120,0 | 210,0  | 515,0 | 0,6402 | 329,7030 |
| Falzoì Fabio           | Barbarian's   | 1984    | 79,3  | -82,5 | 160,0 | 110,0 | 210,0  | 480,0 | 0,6865 | 329,5200 |
| Pantaleoni Fabio       | Barbarian's   | 1985    | 73,6  | -75   | 145,0 | 120,0 | 185,0  | 450,0 | 0,7221 | 324,9450 |
| Barattoni Alex         | Barbarian's   | 1981    | 87,9  | -90   | 160,0 | 135,0 | 205,0  | 500,0 | 0,6463 | 323,1500 |
| Tozza Giuseppe         | Dark Side     | 1979    | 83,9  | -90   | 180,0 | 100,0 | 190,0  | 470,0 | 0,6633 | 311,7510 |
| Buzzichelli Carlo      | Barbarian's   | 1973    | 78,8  | -82,5 | 140,0 | 102,5 | 190,0  | 432,5 | 0,6893 | 298,1223 |
| Amato Biagio           | Bad Iron      | 1981    | 104,2 | -110  | 150,0 | 150,0 | 180,0  | 480,0 | 0,5992 | 287,6160 |
| Spizzo Marco           | Barbarian's   | 1982    | 68,7  | -75   | 125,0 | 85,0  | 155,0  | 365,0 | 0,7603 | 277,5095 |
| Madeddu Danilo         | Semiramide    | 1973    | 74,6  | -75   | 50,0  | 160,0 | 100,0  | 310,0 | 0,7152 | 221,7120 |
| Facciponte Marcello    | Asd Canicatti | 1975    | 75,0  | -75   | 80,0  | 0,0   | 130,0  | 0,0   | 0,7126 | 0,0000   |
| Rollo Riccardo         | Barbarian's   | 1986    | 81,7  | -82,5 | 237,5 | 0,0   | 0,0    | 0,0   | 0,6739 | 0,0000   |
| Mastrogiovanni Antonio | Forma Club    | 1981    | 82,0  | -82,5 | 200,0 | 0,0   | 0,0    | 0,0   | 0,6724 | 0,0000   |
| Barillari Ivan         | Bad Iron      | 1981    | 95,6  | -100  | 180,0 | 0,0   | 0,0    | 0,0   | 0,6203 | 0,0000   |
| Marazzini Alessio      | Glasspo       | 1980    | 89,9  | -90   | 260,0 | 0,0   | 0,0    | 0,0   | 0,6388 | 0,0000   |
| Randazzo Claudio       | Dark Side     | 1978    | 126,4 | +125  | 250,0 | 0,0   | 0,0    | 0,0   | 0,5686 | 0,0000   |
| Turà Tiziano           | Barbarian's   | 1975    | 71,7  | -75   | 0,0   | 110,0 | 200,0  | 0,0   | 0,736  | 0,0000   |
| <b>Stranieri</b>       |               |         |       |       |       |       |        |       |        |          |
| Saidek Maikel          | Forma Club    | 1983    | 122,4 | -125  | 0,0   | 0,0   | 0,0    | 0,0   | 0,5724 | 0,0000   |
| <b>Subjunior</b>       |               |         |       |       |       |       |        |       |        |          |
| Fusco Piero            | Barbarian's   | 1992    | 63,1  | -67,5 | 175,0 | 100,0 | 180,0  | 455,0 | 0,8155 | 371,0525 |
| Pregnotato Federico    | Se. At. Roma  | 1992    | 72,1  | -75   | 180,0 | 110,0 | 200,0  | 490,0 | 0,733  | 359,1700 |
| Kranti Kumar           | Power Terni   | 1992    | 64,4  | -67,5 | 85,0  | 80,0  | 130,0  | 295,0 | 0,8014 | 236,4130 |



Gara:

28° Campionato Italiano Assoluto Powerlifting

Luogo:

Terni

Data: 23\24\25 Aprile 2010

Powered By Ivano Giust

## Assoluto Maschile Powerlifting

| Atleta                | Società      | Anno N. | P P   | Cat   | Cat Età  | Squat | Panca | Stacco | Tot   | Coeff  | Wilks    |
|-----------------------|--------------|---------|-------|-------|----------|-------|-------|--------|-------|--------|----------|
| D' Ovidio Claudio     | S. S. Lazio  | 1969    | 99,0  | -100  | Master 1 | 360,0 | 250,0 | 240,0  | 850,0 | 0,6111 | 519,4350 |
| Sanges Gino           | Forma Club   | 1969    | 99,9  | -100  | Master 1 | 300,0 | 210,0 | 300,5  | 810,5 | 0,6088 | 493,4324 |
| Corsi Leonardo        | Power Terni  | 1982    | 81,0  | -82,5 | Senior   | 280,0 | 190,0 | 250,0  | 720,0 | 0,6774 | 487,7280 |
| Pellizzoni Francesco  | Barbarian's  | 1977    | 112,4 | -125  | Senior   | 330,0 | 180,0 | 320,0  | 830,0 | 0,5847 | 485,3010 |
| Bettati Stefano       | Barbarian's  | 1968    | 82,4  | -82,5 | Master 1 | 280,0 | 140,0 | 290,0  | 710,0 | 0,6704 | 475,9840 |
| Puddu Pierangelo      | Semiramide   | 1977    | 67,3  | -67,5 | Senior   | 200,0 | 155,0 | 255,0  | 610,0 | 0,7729 | 471,4690 |
| Imbalzano Paolo       | Asd Ancona   | 1978    | 57,4  | -60   | Senior   | 190,0 | 145,0 | 190,0  | 525,0 | 0,8889 | 466,6725 |
| Calandra Roberto      | Barbarian's  | 1981    | 74,0  | -75   | Senior   | 230,0 | 172,5 | 240,0  | 642,5 | 0,7193 | 462,1503 |
| Bomboletti Enrico     | S. S. Lazio  | 1970    | 107,3 | -110  | Master 1 | 310,5 | 180,5 | 285,0  | 776,0 | 0,5932 | 460,3232 |
| Zampa Stefano         | Forma Club   | 1986    | 73,9  | -75   | Senior   | 230,0 | 160,0 | 247,5  | 637,5 | 0,72   | 459,0000 |
| Bertolini Alan        | Barbarian's  | 1983    | 81,6  | -82,5 | Senior   | 257,5 | 140,0 | 265,0  | 662,5 | 0,6744 | 446,7900 |
| Silvas Alessandro     | Semiramide   | 1972    | 88,6  | -90   | Senior   | 250,0 | 172,5 | 270,0  | 692,5 | 0,6436 | 445,6930 |
| Morresi Cristiano     | Asd Ancona   | 1979    | 72,3  | -75   | Senior   | 220,0 | 150,0 | 237,5  | 607,5 | 0,7315 | 444,3863 |
| Tarchi Daniele        | Power Terni  | 1981    | 58,2  | -60   | Senior   | 172,5 | 115,0 | 212,5  | 500,0 | 0,8773 | 438,6500 |
| Palmisano Francisco   | Forma Club   | 1976    | 74,7  | -75   | Senior   | 220,0 | 140,0 | 235,0  | 595,0 | 0,7146 | 425,1870 |
| Pelizza Francesco     | Barbarian's  | 1986    | 109,1 | -110  | Senior   | 280,0 | 170,0 | 270,0  | 720,0 | 0,59   | 424,8000 |
| Coppari Noriano       | Power Terni  | 1951    | 75,0  | -75   | Master 2 | 215,0 | 150,0 | 230,0  | 595,0 | 0,7126 | 423,9970 |
| Treviso Valerio       | S. S. Lazio  | 1977    | 82,0  | -82,5 | Senior   | 230,0 | 140,0 | 260,0  | 630,0 | 0,6724 | 423,6120 |
| Giummarra Franco      | Forma Club   | 1950    | 57,3  | -60   | Master 3 | 193,0 | 70,0  | 210,5  | 473,5 | 0,8904 | 421,6044 |
| Vaccaro Valerio       | S. S. Lazio  | 1977    | 97,7  | -100  | Senior   | 240,0 | 210,0 | 235,0  | 685,0 | 0,6144 | 420,8640 |
| Cosmai Mauro          | Sudus Clan   | 1980    | 75,0  | -75   | Senior   | 180,0 | 150,0 | 260,0  | 590,0 | 0,7126 | 420,4340 |
| Degiampietro Michele  | Body Planet  | 1969    | 95,0  | -100  | Master 1 | 265,0 | 165,0 | 240,0  | 670,0 | 0,622  | 416,7400 |
| Sgaramella Massimo    | Power Terni  | 1977    | 151,7 | +125  | Senior   | 290,0 | 195,0 | 265,0  | 750,0 | 0,5524 | 414,3000 |
| Bianchi Marco         | Barbarian's  | 1988    | 82,7  | -90   | Junior   | 240,0 | 132,5 | 245,0  | 617,5 | 0,6689 | 413,0458 |
| D'abundo Giuseppe     | A.s.n Roma   | 1975    | 80,9  | -82,5 | Senior   | 225,0 | 125,0 | 250,0  | 600,0 | 0,6779 | 406,7400 |
| Ahmed Ali Omar        | Se. At. Roma | 1986    | 79,1  | -82,5 | Senior   | 210,0 | 160,0 | 220,0  | 590,0 | 0,6876 | 405,6840 |
| Parlascino Matteo     | Power Terni  | 1984    | 66,9  | -67,5 | Senior   | 185,0 | 120,0 | 215,0  | 520,0 | 0,7766 | 403,8320 |
| Pomarico Daniele      | Forma Club   | 1986    | 70,3  | -75   | Senior   | 195,0 | 140,0 | 205,0  | 540,0 | 0,7469 | 403,3260 |
| Monti Marco           | Barbarian's  | 1979    | 123,3 | -125  | Senior   | 240,0 | 202,5 | 260,0  | 702,5 | 0,5715 | 401,4788 |
| Fulvi Fabiano         | Joy Planet   | 1969    | 93,1  | -100  | Master 1 | 220,0 | 165,0 | 250,0  | 635,0 | 0,6279 | 398,7165 |
| Di Pilla Lucatelli D. | Se. At. Roma | 1985    | 85,2  | -90   | Senior   | 220,0 | 125,0 | 260,0  | 605,0 | 0,6575 | 397,7875 |
| Zangari Giuseppe      | Dark Side    | 1982    | 105,5 | -110  | Senior   | 250,0 | 170,0 | 242,5  | 662,5 | 0,5966 | 395,2475 |
| Campli Paolo          | Barbarian's  | 1986    | 70,6  | -75   | Senior   | 200,0 | 115,0 | 215,0  | 530,0 | 0,7445 | 394,5850 |



Gara:

28° Campionato Italiano Assoluto Powerlifting

Luogo:

Terni

Data: 23\24\25 Aprile 2010

Powered By Ivano Giust

## Assoluto Maschile Powerlifting

| Atleta                | Società            | Anno N. | P P   | Cat   | Cat Età   | Squat | Panca | Stacco | Tot   | Coeff  | Wilks    |
|-----------------------|--------------------|---------|-------|-------|-----------|-------|-------|--------|-------|--------|----------|
| Gangarossa Gabriele   | Pesistica Italiana | 1980    | 83,0  | -90   | Senior    | 235,0 | 130,0 | 225,0  | 590,0 | 0,6675 | 393,8250 |
| Brivio Luigi          | Forma Club         | 1976    | 105,5 | -110  | Senior    | 230,0 | 185,0 | 242,5  | 657,5 | 0,5966 | 392,2645 |
| Corradini Lorenzo     | Barbarian's        | 1984    | 67,4  | -67,5 | Senior    | 180,0 | 107,5 | 217,5  | 505,0 | 0,7719 | 389,8095 |
| Barozzi Claudio       | A.s.d Brescia      | 1963    | 92,5  | -100  | Master 1  | 225,0 | 162,5 | 217,5  | 605,0 | 0,6298 | 381,0290 |
| Buccioni Massimiliano | Power Terni        | 1976    | 74,5  | -75   | Senior    | 170,0 | 130,0 | 230,0  | 530,0 | 0,7159 | 379,4270 |
| Natale Giancarlo      | Forma Club         | 1982    | 89,0  | -90   | Senior    | 200,0 | 155,0 | 235,0  | 590,0 | 0,6421 | 378,8390 |
| Pomarico Gianluca     | Forma Club         | 1990    | 89,2  | -90   | Junior    | 200,0 | 150,0 | 240,0  | 590,0 | 0,6413 | 378,3670 |
| Rosso Stefano         | Se. At. Roma       | 1986    | 54,9  | -56   | Senior    | 160,0 | 95,0  | 150,0  | 405,0 | 0,9283 | 375,9615 |
| Romano Valerio        | Joy Planet         | 1984    | 67,4  | -67,5 | Senior    | 190,0 | 100,0 | 195,0  | 485,0 | 0,7719 | 374,3715 |
| Rossi Sandro          | S. S. Lazio        | 1952    | 88,6  | -90   | Master 2  | 230,0 | 100,0 | 250,0  | 580,0 | 0,6436 | 373,2880 |
| Fusco Piero           | Barbarian's        | 1992    | 63,1  | -67,5 | Subjunior | 175,0 | 100,0 | 180,0  | 455,0 | 0,8155 | 371,0525 |
| Bettati Roberto       | Barbarian's        | 1964    | 89,9  | -90   | Master 1  | 220,0 | 170,0 | 190,0  | 580,0 | 0,6388 | 370,5040 |
| De Giovanni Niccolò   | Glasspo            | 1991    | 69,7  | -75   | Junior    | 165,0 | 145,0 | 175,0  | 485,0 | 0,7519 | 364,6715 |
| Erba Giovanni         | Semiramide         | 1990    | 89,7  | -90   | Junior    | 215,0 | 135,0 | 220,0  | 570,0 | 0,6395 | 364,5150 |
| Pregnotato Federico   | Se. At. Roma       | 1992    | 72,1  | -75   | Subjunior | 180,0 | 110,0 | 200,0  | 490,0 | 0,733  | 359,1700 |
| Malegori Roberto      | Forma Club         | 1990    | 66,8  | -67,5 | Junior    | 160,0 | 102,5 | 195,0  | 457,5 | 0,7775 | 355,7063 |
| Zannini Simone        | Forma Club         | 1971    | 74,7  | -75   | Senior    | 100,0 | 220,0 | 175,0  | 495,0 | 0,7146 | 353,7270 |
| Nadotti Fabio         | Barbarian's        | 1987    | 74,9  | -75   | Junior    | 200,0 | 90,0  | 200,0  | 490,0 | 0,7132 | 349,4680 |
| Frassinetti Antonio   | Popeye             | 1979    | 94,6  | -100  | Senior    | 210,0 | 130,0 | 220,0  | 560,0 | 0,6232 | 348,9920 |
| Balma Stefano         | Barbarian's        | 1988    | 94,1  | -100  | Junior    | 215,0 | 130,0 | 210,0  | 555,0 | 0,6247 | 346,7085 |
| Rigoni Marco          | Power Terni        | 1987    | 88,3  | -90   | Junior    | 190,0 | 105,0 | 235,0  | 530,0 | 0,6447 | 341,6910 |
| Grossi Simone         | A.s.d Ancona       | 1974    | 98,6  | -100  | Senior    | 225,0 | 140,0 | 190,0  | 555,0 | 0,6121 | 339,7155 |
| Sudano Francesco      | Sudus Clan         | 1979    | 107,7 | -110  | Senior    | 180,0 | 160,0 | 220,0  | 560,0 | 0,5924 | 331,7440 |
| Frassinetti Gabriele  | Popeye             | 1979    | 89,5  | -90   | Senior    | 185,0 | 120,0 | 210,0  | 515,0 | 0,6402 | 329,7030 |
| Falzo Fabio           | Barbarian's        | 1984    | 79,3  | -82,5 | Senior    | 160,0 | 110,0 | 210,0  | 480,0 | 0,6865 | 329,5200 |
| Iamonaco Alfredo      | A.s.d Osca         | 1961    | 102,4 | -110  | Master 1  | 195,0 | 120,0 | 225,0  | 540,0 | 0,603  | 325,6200 |
| Pantaleoni Fabio      | Barbarian's        | 1985    | 73,6  | -75   | Senior    | 145,0 | 120,0 | 185,0  | 450,0 | 0,7221 | 324,9450 |
| Barattoni Alex        | Barbarian's        | 1981    | 87,9  | -90   | Senior    | 160,0 | 135,0 | 205,0  | 500,0 | 0,6463 | 323,1500 |
| Sala Lorenzo          | Barbarian's        | 1989    | 74,9  | -75   | Junior    | 150,0 | 122,5 | 165,0  | 437,5 | 0,7132 | 312,0250 |
| Tozza Giuseppe        | Dark Side          | 1979    | 83,9  | -90   | Senior    | 180,0 | 100,0 | 190,0  | 470,0 | 0,6633 | 311,7510 |
| Buzzichelli Carlo     | Barbarian's        | 1973    | 78,8  | -82,5 | Senior    | 140,0 | 102,5 | 190,0  | 432,5 | 0,6893 | 298,1223 |
| Amato Biagio          | Bad Iron           | 1981    | 104,2 | -110  | Senior    | 150,0 | 150,0 | 180,0  | 480,0 | 0,5992 | 287,6160 |
| Spizzo Marco          | Barbarian's        | 1982    | 68,7  | -75   | Senior    | 125,0 | 85,0  | 155,0  | 365,0 | 0,7603 | 277,5095 |



Gara:

28° Campionato Italiano Assoluto Powerlifting

Luogo:

Terni

Data: 23\24\25 Aprile 2010

Powered By Ivano Giust

## Assoluto Maschile Powerlifting

| Atleta                 | Società       | Anno N. | P P   | Cat   | Cat Età   | Squat | Panca | Stacco | Tot   | Coeff  | Wilks    |
|------------------------|---------------|---------|-------|-------|-----------|-------|-------|--------|-------|--------|----------|
| Mancini Alessio        | Barbarian's   | 1988    | 79,6  | -82,5 | Junior    | 135,0 | 100,0 | 155,0  | 390,0 | 0,6849 | 267,1110 |
| Petrongari Paolo       | Spartak       | 1966    | 63,0  | -67,5 | Master 1  | 110,0 | 82,5  | 130,0  | 322,5 | 0,8166 | 263,3535 |
| Kranti Kumar           | Power Terni   | 1992    | 64,4  | -67,5 | Subjunior | 85,0  | 80,0  | 130,0  | 295,0 | 0,8014 | 236,4130 |
| Madeddu Danilo         | Semiramide    | 1973    | 74,6  | -75   | Senior    | 50,0  | 160,0 | 100,0  | 310,0 | 0,7152 | 221,7120 |
| Mazzucco Salvatore     | A.s.d Olimpo  | 1944    | 113,0 | -125  | Master 3  | 60,0  | 165,0 | 100,0  | 325,0 | 0,5839 | 189,7675 |
| Facciponte Marcello    | Asd Canicatti | 1975    | 75,0  | -75   | Senior    | 80,0  | 0,0   | 130,0  | 0,0   | 0,7126 | 0,0000   |
| Costanzi Lanno         | Power Terni   | 1969    | 74,0  | -75   | Master 1  | 230,0 | 0,0   | 0,0    | 0,0   | 0,7193 | 0,0000   |
| Zanetti Sergio         | Body Planet   | 1945    | 80,1  | -82,5 | Master 3  | 0,0   | 0,0   | 0,0    | 0,0   | 0,6822 | 0,0000   |
| Venuto Salvatore       | Forma Club    | 1957    | 82,0  | -82,5 | Master 2  | 250,0 | 0,0   | 240,0  | 0,0   | 0,6724 | 0,0000   |
| Formicola Fabio        | S. S. Lazio   | 1963    | 81,6  | -82,5 | Master 1  | 200,0 | 0,0   | 0,0    | 0,0   | 0,6744 | 0,0000   |
| Rollo Riccardo         | Barbarian's   | 1986    | 81,7  | -82,5 | Senior    | 237,5 | 0,0   | 0,0    | 0,0   | 0,6739 | 0,0000   |
| Mastrogiovanni Antonio | Forma Club    | 1981    | 82,0  | -82,5 | Senior    | 200,0 | 0,0   | 0,0    | 0,0   | 0,6724 | 0,0000   |
| Ghirardi Daniele       | A.s.d Brescia | 1969    | 89,9  | -90   | Master 1  | 130,0 | 0,0   | 0,0    | 0,0   | 0,6388 | 0,0000   |
| Barillari Ivan         | Bad Iron      | 1981    | 95,6  | -100  | Senior    | 180,0 | 0,0   | 0,0    | 0,0   | 0,6203 | 0,0000   |
| Marazzini Alessio      | Glasspo       | 1980    | 89,9  | -90   | Senior    | 260,0 | 0,0   | 0,0    | 0,0   | 0,6388 | 0,0000   |
| Di Martino Mattia      | S. S. Lazio   | 1988    | 114,7 | -125  | Junior    | 0,0   | 185,0 | 265,0  | 0,0   | 0,5815 | 0,0000   |
| Gismondi Renato        | Power 2000    | 1960    | 117,4 | -125  | Master 2  | 260,0 | 0,0   | 0,0    | 0,0   | 0,578  | 0,0000   |
| Randazzo Claudio       | Dark Side     | 1978    | 126,4 | +125  | Senior    | 250,0 | 0,0   | 0,0    | 0,0   | 0,5686 | 0,0000   |
| Saidek Maikel          | Forma Club    | 1983    | 122,4 | -125  | Stranieri | 0,0   | 0,0   | 0,0    | 0,0   | 0,5724 | 0,0000   |
| Matarrese Antonio      | Power Terni   | 1988    | 71,3  | -75   | Junior    | 175,0 | 0,0   | 200,0  | 0,0   | 0,739  | 0,0000   |
| Turà Tiziano           | Barbarian's   | 1975    | 71,7  | -75   | Senior    | 0,0   | 110,0 | 200,0  | 0,0   | 0,736  | 0,0000   |



Gara:

Luogo:

Data:

## Records Assoluti Powerlifting Maschile:

|           | Atleta            | Cat   | Squat | Altro  | Panca | Altro | Stacco | Altro | Tot   | Altro |
|-----------|-------------------|-------|-------|--------|-------|-------|--------|-------|-------|-------|
| Master 1  |                   |       |       |        |       |       |        |       |       |       |
|           | Sanges Gino       | -100  |       |        |       |       | 300,5  |       |       |       |
|           | D' Ovidio Claudio | -100  | 360,0 | Senior | 250,0 |       |        |       |       |       |
|           | Bomboletti Enrico | -110  | 310,5 |        | 180,5 |       |        |       |       |       |
| Master 3  |                   |       |       |        |       |       |        |       |       |       |
|           | Giummarra Franco  | -60   | 193,0 | M3 W   | 70,0  |       | 210,5  |       | 473,5 |       |
| Senior    |                   |       |       |        |       |       |        |       |       |       |
|           | Zannini Simone    | -75   |       |        | 220,0 |       |        |       |       |       |
| Subjunior |                   |       |       |        |       |       |        |       |       |       |
|           | Fusco Piero       | -67,5 | 175,0 |        | 100,0 |       | 180,0  |       | 455,0 |       |



Gara: 28° Campionati Italiani Assoluti Powerlifting

Luogo: Terni

Data: 23\25 Aprile 2010

Powered By Giusti Ivanc

## Classifica Società

| Pos | Società                      | Città           | 1° Pt | 2° Pt | 3° Pt | 4° Pt | 5° Pt | Olt Pt | Tot Pt |
|-----|------------------------------|-----------------|-------|-------|-------|-------|-------|--------|--------|
| 1   | S. S. Lazio Powerlifting     | Roma            | 5 50  | 1 8   |       |       |       |        | 58     |
| 2   | Forma Club                   | Monza           | 3 30  | 3 24  |       |       |       |        | 54     |
| 3   | Barbarian's Powerlifting     | Parma           | 2 20  | 4 32  |       |       |       |        | 52     |
| 4   | Power Club                   | Terni           | 2 20  | 3 24  | 1 6   |       |       |        | 50     |
| 5   | Selezione Atletica Pesante   | Roma            | 1 10  | 3 24  | 1 6   |       |       | 1 1    | 41     |
| 6   | Semiramide Powerlifting Team | Olbia           | 2 20  |       |       |       |       | 2 2    | 22     |
| 7   | A.s.d. Sport & Salute        | Ancona          | 1 10  |       | 1 6   |       |       | 1 1    | 17     |
| 8   | Joy Powerlifting             | Pietrasanta     |       |       | 1 6   | 1 4   | 1 2   |        | 12     |
| 9   | Glasspo Milano               | Milano          | 1 10  |       |       |       |       | 1 1    | 11     |
| 10  | A. S. Natural Powerlifting   | Roma            |       | 1 8   |       |       | 1 2   |        | 10     |
| 11  | Sudus Clan                   | Solaro          |       |       | 1 6   |       | 1 2   | 1 1    | 9      |
| 12  | Dark Side Of The Power       | Cuneo           |       |       | 1 6   |       |       | 1 1    | 7      |
| 12  | Spartak                      | Rieti           |       |       | 1 6   |       |       | 1 1    | 7      |
| 14  | Body Planet                  | Trento          |       |       |       | 1 4   |       |        | 4      |
| 15  | Popeye Club                  | Livorno         |       |       |       |       |       | 2 2    | 2      |
| 16  | Bad Iron Club                | Serra San Bruno |       |       |       |       |       | 1 1    | 1      |
| 16  | A.s.d. Athletic Center       | Brescia         |       |       |       |       |       | 1 1    | 1      |
| 16  | A.s.d Osca                   | Campobasso      |       |       |       |       |       | 1 1    | 1      |
| 19  | Power Club 2008              | Ponsacco        |       |       |       |       |       |        |        |
| 19  | A.s.d. Palestra Olimpica     | Canicatti       |       |       |       |       |       |        |        |

N B: La classifica viene stilata in base alla somma dei migliori 6 risultati per ogni società. In caso di parità si terrà conto del maggior numero di 1° posti, se vi fosse ancora parità dei 2° posti e così via fino ai 6° posti, dopodichè vi sarà un aexequo