



LIGA COLOMBIANA DE POWERLIFTING
RÉCORDS NACIONALES - HOMBRES
RAW CON VENDAS (CLASSIC RAW)



OPEN

MEJOR WILKS		548,5	Joseph Medina	Argentina	2012
WT	LIFT	WEIGHT	NAME	LOCATION	DATE
CLASS					M/D/A
52kg	SQUAT	140kg	Hobanny Trujillo	Bogotá, COL	12/01/2018
	BENCH	85kg	Hobanny Trujillo	Bogotá, COL	12/01/2018
	DEADLIFT	137.5kg	Hobanny Trujillo	Bogotá, COL	12/01/2018
	TOTAL	362.5kg	Hobanny Trujillo	Bogotá, COL	12/01/2018
56kg	SQUAT	157.5kg	Darwin Aldana	Barranquilla, COL	06/04/2016
	BENCH	121kg	Darwin Aldana	Barranquilla, COL	06/04/2016
	DEADLIFT	180kg	Darwin Aldana	Barranquilla, COL	06/04/2016
	TOTAL	458.5kg	Darwin Aldana	Barranquilla, COL	06/04/2016
60kg	SQUAT	190kg	Darwin Aldana	Barranquilla, COL	01/10/2017
	BENCH	132.5kg	Darwin Aldana	Barranquilla, COL	01/10/2017
	DEADLIFT	205kg	Darwin Aldana	Barranquilla, COL	01/10/2017
	TOTAL	527.5kg	Darwin Aldana	Barranquilla, COL	01/10/2017
67.5kg	SQUAT	240kg	Luis Arteta	Bucaramanga, COL	2014
	BENCH	150kg	Luis Arteta	Bucaramanga, COL	2014
	DEADLIFT	245kg	Julio Rodriguez	Bogotá, COL	12/01/2018
	TOTAL	595kg	Julio Rodriguez	Athens, USA	10/09/2015
75kg	SQUAT	285kg	Luis Bermejo	Athens, USA	10/09/2015
	BENCH	165kg	Jorge Solano	Bogotá, COL	12/01/2018
	DEADLIFT	285kg	Luis Bermejo	Athens, USA	10/09/2015
	TOTAL	715kg	Luis Bermejo	Athens, USA	10/09/2015
82.5kg	SQUAT	275kg	Luis Bermejo	Barranquilla, COL	05/02/2015
	BENCH	157,5kg	Hernan Ramirez	Barranquilla, COL	01/10/2017
	DEADLIFT	300kg	Luis Bermejo	Bogotá, COL	12/02/2018
	TOTAL	720kg	Luis Bermejo	Bogotá, COL	12/02/2018
90kg	SQUAT	310kg	Sebastian Castro	Barranquilla, COL	09/21/2024
	BENCH	165kg	Juan Granados	Barranquilla, COL	04/07/2015
	DEADLIFT	300kg	Santiago Velasquez	Athens, USA	10/09/2015
	TOTAL	745kg	Sebastian Castro	Barranquilla, COL	09/21/2024
100kg	SQUAT	337.5kg	Joseph Medina	Argentina	2012
	BENCH	227.5kg	Joseph Medina	Argentina	2012
	DEADLIFT	320kg	Joseph Medina	Argentina	2012
	TOTAL	885kg	Joseph Medina	Argentina	2012
110kg	SQUAT	340	Yair Pino	Barranquilla, COL	06/24/2023
	BENCH	193kg	Daniel Zarco	Argentina	2012
	DEADLIFT	302.5kg	Yair Pino	Barranquilla, COL	06/24/2023
	TOTAL	832.5kg	Yair Pino	Barranquilla, COL	06/24/2023
125kg	SQUAT	320kg	Alberto Gutierrez	Barranquilla, COL	06/04/2016
	BENCH	192.5kg	Gilberto Rojas	Barranquilla, COL	09/21/2024
	DEADLIFT	300kg	Alberto Gutierrez	Barranquilla, COL	06/04/2016

140kg	TOTAL	770kg	Alberto Gutierrez	Barranquilla, COL	06/04/2016
	SQUAT	320kg	Alberto Gutierrez	Barranquilla, COL	01/10/2017
	BENCH	190kg	German Regalado	Barranquilla, COL	06/24/2023
	DEADLIFT	300kg	German Regalado	Barranquilla, COL	06/24/2023
140kg+	TOTAL	785kg	German Regalado	Barranquilla, COL	06/24/2023
	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				

SUBJUNIOR 15-19

WT CLASS	LIFT	WEIGHT	NAME	LOCATION	DATE M/D/A
52kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
56kg	SQUAT	75kg	Nicolas Garcia	Medellin, COL	02/16/2019
	BENCH	55kg	Nicolas Garcia	Medellin, COL	02/16/2019
	DEADLIFT	100kg	Nicolas Garcia	Medellin, COL	02/16/2019
	TOTAL	270kg	Nicolas Garcia	Medellin, COL	02/16/2019
60kg	SQUAT	195kg	Bryan Montalvo	Barranquilla, COL	09/21/2024
	BENCH	97.5kg	Bryan Montalvo	Barranquilla, COL	09/21/2024
	DEADLIFT	190kg	Mateo Mendoza	Barranquilla, COL	09/21/2024
	TOTAL	465kg	Bryan Montalvo	Barranquilla, COL	09/21/2024
67.5kg	SQUAT	210kg	Cristhian Reyes	Barranquilla, COL	09/22/2024
	BENCH	110kg	Cristhian Reyes	Barranquilla, COL	09/23/2024
	DEADLIFT	216kg	Cristhian Reyes	Barranquilla, COL	09/24/2024
	TOTAL	536kg	Cristhian Reyes	Barranquilla, COL	09/25/2024
75kg	SQUAT	215kg	Pedro Cordero	Argentina	2012
	BENCH	140kg	Pedro Cordero	Argentina	2012
	DEADLIFT	225kg	Pedro Cordero	Argentina	2012
	TOTAL	580kg	Pedro Cordero	Argentina	2012
82.5kg	SQUAT	200kg	Pedro Cordero	Valledupar, COL	2013
	BENCH	125kg	Pedro Cordero	Valledupar, COL	2013
	DEADLIFT	220kg	Pedro Cordero	Valledupar, COL	2013
	TOTAL	545kg	Pedro Cordero	Valledupar, COL	2013
90kg	SQUAT	260kg	Jason Samper	Atlanta, USA	2011
	BENCH	130kg	Jason Samper	Atlanta, USA	2011
	DEADLIFT	285kg	Jason Samper	Atlanta, USA	2011
	TOTAL	675kg	Jason Samper	Atlanta, USA	2011
100kg	SQUAT	200kg	Santiago Perez	Barranquilla, COL	09/21/2024
	BENCH	122.5kg	Santiago Perez	Barranquilla, COL	09/21/2024
	DEADLIFT	205kg	Santiago Perez	Barranquilla, COL	09/21/2024
	TOTAL	527.5kg	Santiago Perez	Barranquilla, COL	09/21/2024
110kg	SQUAT				
	BENCH				
	DEADLIFT				

125kg	TOTAL				
	SQUAT	240kg	Daniel de Mier	Barranquilla, COL	05/02/2015
	BENCH	120kg	Daniel de Mier	Barranquilla, COL	05/02/2015
	DEADLIFT	240kg	Daniel de Mier	Barranquilla, COL	05/02/2015
140kg	TOTAL	580kg	Daniel de Mier	Barranquilla, COL	05/02/2015
	SQUAT	240kg	James Hamburguer Jr	Bogotá, COL	12/02/2018
	BENCH	127.5kg	James Hamburguer Jr	Bogotá, COL	12/02/2018
	DEADLIFT	200kg	James Hamburguer Jr	Bogotá, COL	12/02/2018
140kg+	TOTAL	567.5kg	James Hamburguer Jr	Bogotá, COL	12/02/2018
	TOTAL				
	SQUAT				
	BENCH				
140kg+	DEADLIFT				
	TOTAL				

JUNIOR 20-23

WT CLASS	LIFT	WEIGHT	NAME	LOCATION	DATE M/D/A
52kg	SQUAT	130kg	Daniel Peña	Calarcá, COL	06/06/2015
	BENCH	60kg	Daniel Peña	Calarcá, COL	06/06/2015
	DEADLIFT	130kg	Daniel Peña	Calarcá, COL	06/06/2015
	TOTAL	320kg	Daniel Peña	Calarcá, COL	06/06/2015
56kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
60kg	SQUAT	130kg	Jose Sanchez	Barranquilla, COL	09/21/2024
	BENCH	90kg	Jose Sanchez	Barranquilla, COL	09/22/2024
	DEADLIFT	140kg	Jose Sanchez	Barranquilla, COL	09/23/2024
	TOTAL	360kg	Jose Sanchez	Barranquilla, COL	09/24/2024
67.5kg	SQUAT	225kg	Kevin Rojas	Medellin, COL	02/16/2019
	BENCH	130kg	Mauricio Herrera	Bogotá, COL	12/04/2015
	DEADLIFT	200kg	Esteban Gomez	Bogotá, COL	12/01/2018
	TOTAL	540kg	Kevin Rojas	Medellin, COL	02/16/2019
75kg	SQUAT	265kg	Santiago Ruiz	Barranquilla, COL	08/05/2018
	BENCH	157,5kg	Santiago Ruiz	Barranquilla, COL	08/05/2018
	DEADLIFT	260kg	Michael Sanabria	Barranquilla, COL	06/24/2023
	TOTAL	672,5kg	Santiago Ruiz	Barranquilla, COL	08/05/2018
82.5kg	SQUAT	215.5kg	Donaldo Palomino	Barranquilla, COL	09/21/2024
	BENCH	157,5kg	Felipe Rodriguez	Barranquilla, COL	08/05/2015
	DEADLIFT	227,5kg	Felipe Rodriguez	Barranquilla, COL	08/05/2015
	TOTAL	582,5kg	Felipe Rodriguez	Barranquilla, COL	08/05/2015
90kg	SQUAT	240kg	Carlos Badillo	Barranquilla, COL	10/31/2021
	BENCH	142.5kg	Yesid Castilla	Barranquilla, COL	06/04/2016
	DEADLIFT	300kg	Santiago Velasquez	Athens, USA	10/09/2015
	TOTAL	655kg	Santiago Velasquez	Athens, USA	10/09/2015
100kg	SQUAT	337.5kg	Joseph Medina	Argentina	2012
	BENCH	227.5kg	Joseph Medina	Argentina	2012

110kg	DEADLIFT	320kg	Joseph Medina	Argentina	2012
	TOTAL	885kg	Joseph Medina	Argentina	2012
	SQUAT				
	BENCH				
125kg	DEADLIFT				
	TOTAL				
	SQUAT				
	BENCH				
140kg	DEADLIFT				
	TOTAL				
	SQUAT				
	BENCH				
140kg+	DEADLIFT				
	TOTAL				
	SQUAT	330kg	James Hamburger Jr	Barranquilla, COL	09/21/2024
	BENCH	183kg	James Hamburger Jr	Barranquilla, COL	09/21/2024
	DEADLIFT	240kg	James Hamburger Jr	Barranquilla, COL	09/21/2024
	TOTAL	753kg	James Hamburger Jr	Barranquilla, COL	09/21/2024

MÁSTER 40-44

WT	LIFT	WEIGHT	NAME	LOCATION	DATE
52kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
56kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
60kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
67.5kg	SQUAT	232.5kg	Omar Cardenas	Barranquilla, COL	09/21/2024
	BENCH	135kg	Julio Rodriguez	Athens, USA	10/09/2015
	DEADLIFT	240kg	Julio Rodriguez	Athens, USA	10/09/2015
	TOTAL	595kg	Julio Rodriguez	Athens, USA	10/09/2015
75kg	SQUAT	162.5	Carlos Villegas	Barranquilla, COL	06/24/2023
	BENCH	120kg	Jose Uribe	Bogotá, COL	12/01/2018
	DEADLIFT	190kg	Carlos Villegas	Barranquilla, COL	06/24/2023
	TOTAL	460kg	Jose Uribe	Bogotá, COL	12/01/2018
82.5kg	SQUAT	220kg	Jhon Lopez	Bogotá, COL	12/02/2018
	BENCH	130kg	Jhon Lopez	Bogotá, COL	12/02/2018
	DEADLIFT	250kg	Jhon Lopez	Bogotá, COL	12/02/2018
	TOTAL	600kg	Jhon Lopez	Bogotá, COL	12/02/2018
90kg	SQUAT	200kg	Luis Escobar	Barranquilla, COL	05/02/2015
	BENCH	135kg	Nelson Proaños	Medellin, COL	02/16/2019
	DEADLIFT	170kg	Luis Escobar	Barranquilla, COL	05/02/2015

100kg	TOTAL	490kg	Nelson Proaños	Medellin, COL	02/16/2019
	SQUAT	240kg	Andres Jaramillo	Barranquilla, COL	09/21/2024
	BENCH	150kg	Andres Jaramillo	Barranquilla, COL	09/21/2024
	DEADLIFT	290kg	Andres Jaramillo	Barranquilla, COL	09/21/2024
	TOTAL	680kg	Andres Jaramillo	Barranquilla, COL	09/21/2024
110kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
125kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
140kg	SQUAT	320kg	Alberto Gutierrez	Barranquilla, COL	01/10/2017
	BENCH	170kg	Alberto Gutierrez	Barranquilla, COL	01/10/2017
	DEADLIFT	290kg	Alberto Gutierrez	Barranquilla, COL	01/10/2017
	TOTAL	780kg	Alberto Gutierrez	Barranquilla, COL	01/10/2017
140kg+	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				

MÁSTER 45-49

WT	LIFT	WEIGHT	NAME	LOCATION	DATE
52kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
56kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
60kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
67.5kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
75kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
82.5kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				

90kg	SQUAT	210kg	Royder Ramos	Barranquilla, COL	09/21/2024
	BENCH	151kg	Royder Ramos	Barranquilla, COL	09/21/2024
	DEADLIFT	226kg	Royder Ramos	Barranquilla, COL	09/21/2024
	TOTAL	578.8kg	Royder Ramos	Barranquilla, COL	09/21/2024
100kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
110kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
125kg	SQUAT	225kg	Tomas Carranza	Barranquilla, COL	10/31/2021
	BENCH	125kg	Tomas Carranza	Barranquilla, COL	10/31/2021
	DEADLIFT	220kg	Tomas Carranza	Barranquilla, COL	10/31/2021
	TOTAL	570kg	Tomas Carranza	Barranquilla, COL	10/31/2021
140kg	SQUAT	260kg	Alberto Gutierrez	Barranquilla, COL	06/24/2023
	BENCH	150kg	Alberto Gutierrez	Barranquilla, COL	06/24/2023
	DEADLIFT	285kg	Alberto Gutierrez	Barranquilla, COL	06/24/2023
	TOTAL	695kg	Alberto Gutierrez	Barranquilla, COL	06/24/2023
140kg+	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				

MÁSTER 50-54

WT	LIFT	WEIGHT	NAME	LOCATION	DATE
52kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
56kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
60kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
67.5kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
75kg	SQUAT	200kg	Luis Montañez	Barranquilla, COL	06/04/2016
	BENCH	107.5kg	Luis Montañez	Barranquilla, COL	06/04/2016
	DEADLIFT	192.5kg	Luis Montañez	Barranquilla, COL	06/04/2016
	TOTAL	500kg	Luis Montañez	Barranquilla, COL	06/04/2016
82.5kg	SQUAT				

90kg	BENCH				
	DEADLIFT				
	TOTAL				
	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
	SQUAT	267.5kg	Saul Salazar	Dolgoprudny, Rusia	12/06/2017
100kg	BENCH	165kg	Saul Salazar	Dolgoprudny, Rusia	12/06/2017
	DEADLIFT	285kg	Saul Salazar	Athens, USA	10/09/2015
	TOTAL	702.5kg	Saul Salazar	Dolgoprudny, Rusia	12/06/2017
	SQUAT				
110kg	BENCH				
	DEADLIFT				
	TOTAL				
	SQUAT				
125kg	BENCH				
	DEADLIFT				
	TOTAL				
	SQUAT				
140kg	BENCH				
	DEADLIFT				
	TOTAL				
	SQUAT				
140kg+	BENCH				
	DEADLIFT				
	TOTAL				
	SQUAT				

MÁSTER 55-59

WT CLASS	LIFT	WEIGHT	NAME	LOCATION	DATE M/D/A
52kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
56kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
60kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
67.5kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
75kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
82.5kg	SQUAT				
	BENCH				

90kg	DEADLIFT
	TOTAL
	SQUAT
	BENCH
100kg	DEADLIFT
	TOTAL
	SQUAT
	BENCH
110kg	DEADLIFT
	TOTAL
	SQUAT
	BENCH
125kg	DEADLIFT
	TOTAL
	SQUAT
	BENCH
140kg	DEADLIFT
	TOTAL
	SQUAT
	BENCH
140kg+	DEADLIFT
	TOTAL
	SQUAT
	BENCH

MÁSTER 60-64

WT CLASS	LIFT	WEIGHT	NAME	LOCATION	DATE M/D/A
52kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
56kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
60kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
67.5kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
75kg	SQUAT	200kg	Luis Montañez	Barranquilla, COL	08/05/2018
	BENCH	102.5kg	Luis Montañez	Medellin, COL	02/16/2019
	DEADLIFT	195kg	Luis Montañez	Medellin, COL	02/16/2019
	TOTAL	482.5kg	Luis Montañez	Medellin, COL	02/16/2019
82.5kg	SQUAT				
	BENCH				
	DEADLIFT				
	TOTAL				
90kg	SQUAT				

	BENCH
	DEADLIFT
	TOTAL
100kg	SQUAT
	BENCH
	DEADLIFT
	TOTAL
110kg	SQUAT
	BENCH
	DEADLIFT
	TOTAL
125kg	SQUAT
	BENCH
	DEADLIFT
	TOTAL
140kg	SQUAT
	BENCH
	DEADLIFT
	TOTAL
140kg+	SQUAT
	BENCH
	DEADLIFT
	TOTAL