

JOYPOWERLIFTING CURRICULUM AGONISTICO LUCA CENACCHI - 1966

CHAMPIONSHIP	FED.	DATE	LOCATION	NR	AGE CLASS	WEIGHT CLASS	kg PERS. WEIGHT	WILKS COEFF	SQUAT			BENCH PRESS			DEADLIFT			TOTAL			WILKS PTS
									kg	AGE	OPEN	kg	AGE	OPEN	kg	AGE	OPEN	kg	AGE	OPEN	
CAMPIONATO ITALIANO ASSOLUTO POWERLIFTING	FIPL	16 aprile 2011	Milano - ITALY	03	Master 1	-74 kg	70,75	0,7434	150,0	2nd	10th	80,0	2nd	10th	190,0	2nd	10th	420,0	2nd	10th	312,23
CAMPIONATO ITALIANO ASSOLUTO STACCO DA TERRA	FIPL	13 marzo 2011	Ferrara - ITALY	02	Master 1	-74 kg	71,40	0,7383							185,0	1st	10th	185,0	1st	12th	136,59
COPPA ITALIA POWERLIFTING	FIPL	29 ottobre 2010	Reggio Emilia - ITALY	01	Master 1		65,90	0,7862	130,0	8th		70,0	8th		170,0	8th		370,0	8th		290,89

