

JOYPOWERLIFTING CURRICULUM AGONISTICO VALERIO ROMANO - 1984

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	25 aprile 2010	Terni - ITALY	07	Senior	-67,5 kg	67,40	0,7719	190,0		2nd	100,0		6th	195,0		5th	485,0		4th	374,37
CAMPIONATO ITALIANO ASSOLUTO POWERLIFTING	FIPL	26 aprile 2009	Trento - ITALY	06	Senior	-67,5 kg	67,00	0,7756	190,0		3rd	95,0		3rd	190,0		3rd	475,0		3rd	368,41
CAMPIONATO ITALIANO ASSOLUTO STACCO DA TERRA	FIPL	7 marzo 2009	Reggio Emilia - ITALY	05	Senior	-67,5 kg	67,40	0,7719						170,0		5th	170,0		5th	131,22	
COPPA ITALIA POWERLIFTING	FIPL	19 ottobre 2008	Terni - ITALY	04	Senior	-75 kg	72,70	0,7285	200,0		6th	107,5		6th	0,0		out	0,0		out	0,00
CAMPIONATO ITALIANO ASSOLUTO POWERLIFTING	FIPL	1 giugno 2008	Milano - ITALY	03	Senior	-67,5 kg	67,00	0,7756	205,0		2nd	100,0		6th	190,0		5th	495,0		5th	383,92
CAMPIONATO ITALIANO ASSOLUTO DISTENSIONE SU PANCA	FIPL	15 dicembre 2007	Milano - ITALY	02	Senior	-67,5 kg	66,40	0,7813				85,0		10th				85,0		10th	66,41
COPPA ITALIA POWERLIFTING	FIPL	11 novembre 2007	Trento - ITALY	01	Newcomer		67,50	0,7710	160,0			85,0			172,5			417,5		9th	321,89

