



**FEDERACIÓN GALEGA DE HALTEROFILIA**

Complexo deportivo de Elviña

Praza de Agustín Díaz, 3

15008 A Coruña

Tlfs.: 981133254 / 604067096

federacion@halterofilia.org



**XUNTA  
DE GALICIA**



**DEPORTE  
GALEGO**

# **RÉCORDS DE GALICIA**

## **FEDERACIÓN GALEGA**

### **DE HALTEROFILIA**

**CATEGORÍA FEMENINA**

**Fecha última actualización: 04-05-2024**



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### Récords Sub-15

| CAT. | FECHA    | ATLETA          | CLUB        | ARR. | D.T. | T.O. |
|------|----------|-----------------|-------------|------|------|------|
| 40   | 23/03/19 | Ruth Fuentefría | C.H. Coruña | 47   |      |      |
|      | 01/12/19 | Ruth Fuentefría | C.H. Coruña |      | 55   |      |
|      | 01/12/19 | Ruth Fuentefría | C.H. Coruña |      |      | 102  |
| 45   | 15/06/19 | Ruth Fuentefría | C.H. Coruña | 48   |      |      |
|      | 12/10/19 | Ruth Fuentefría | C.H. Coruña |      | 56   |      |
|      | 02/11/19 | Ruth Fuentefría | C.H. Coruña |      |      | 102  |
| 49   | 09/11/19 | Jennifer Tocuyo | C.H. Coruña | 50   |      |      |
|      | 22/11/20 | Carol Abeleira  | C.H. Coruña |      | 59   |      |
|      | 09/11/19 | Jennifer Tocuyo | C.H. Coruña |      |      | 108  |
| 55   | 19/09/20 | Vega Garcia     | C.H. Coruña | 62   |      |      |
|      | 22/11/20 | Vega Garcia     | C.H. Coruña |      | 75   |      |
|      | 22/11/20 | Vega Garcia     | C.H. Coruña |      |      | 136  |
| 59   | 17/04/21 | Vega Garcia     | C.H. Coruña | 69   |      |      |
|      | 17/04/21 | Vega Garcia     | C.H. Coruña |      | 81   |      |
|      | 17/04/21 | Vega Garcia     | C.H. Coruña |      |      | 150  |
| 64   | 16/12/23 | Xiana Pérez     | C.H. Cambre | 59   |      |      |
|      | 16/12/23 | Xiana Pérez     | C.H. Cambre |      | 76   |      |
|      | 16/12/23 | Xiana Pérez     | C.H. Cambre |      |      | 135  |
| 71   | 21/05/21 | Paula Canedo    | C.H. Coruña | 66   |      |      |
|      | 05/09/20 | Amy Abelleira   | C.H. Vigo   |      | 80   |      |
|      | 05/09/20 | Amy Abelleira   | C.H. Vigo   |      |      | 142  |
| 76   | 16/12/23 | Digna Silo      | C.H. Coruña | 75   |      |      |
|      | 16/12/23 | Digna Silo      | C.H. Coruña |      | 95   |      |
|      | 16/12/23 | Digna Silo      | C.H. Coruña |      |      | 170  |
| 81   | 04/11/23 | Digna Silo      | C.H. Coruña | 77   |      |      |
|      | 04/11/23 | Digna Silo      | C.H. Coruña |      | 95   |      |
|      | 04/11/23 | Digna Silo      | C.H. Coruña |      |      | 172  |
| +81  | 22/04/23 | Digna Silo      | CH Coruña   | 70   |      |      |
|      | 04/11/23 | Johana Osayande | CH Coruña   |      | 87   |      |
|      | 22/04/23 | Digna Silo      | CH Coruña   |      |      | 156  |



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### Récords Sub-17

| CAT. | FECHA    | ATLETA          | CLUB         | ARR. | D.T. | T.O. |
|------|----------|-----------------|--------------|------|------|------|
| 40   | 23/03/19 | Ruth Fuentefría | C.H. Coruña  | 47   |      |      |
|      | 01/12/19 | Ruth Fuentefría | C.H. Coruña  |      | 55   |      |
|      | 01/12/19 | Ruth Fuentefría | C.H. Coruña  |      |      | 102  |
| 45   | 06/10/21 | Ruth Fuentefría | C.H. Coruña  | 63   |      |      |
|      | 22/08/21 | Ruth Fuentefría | C.H. Coruña  |      | 70   |      |
|      | 06/10/21 | Ruth Fuentefría | C.H. Coruña  |      |      | 132  |
| 49   | 27/02/21 | Ruth Fuentefría | C.H. Coruña  | 63   |      |      |
|      | 12/06/21 | Ruth Fuentefría | C.H. Coruña  |      | 68   |      |
|      | 17/04/21 | Ruth Fuentefría | C.H. Coruña  |      |      | 130  |
| 55   | 19/09/20 | Vega Garcia     | C.H. Coruña  | 62   |      |      |
|      | 22/11/20 | Vega Garcia     | C.H. Coruña  |      | 75   |      |
|      | 22/11/20 | Vega Garcia     | C.H. Coruña  |      |      | 136  |
| 59   | 17/04/21 | Vega Garcia     | C.H. Coruña  | 69   |      |      |
|      | 17/04/21 | Vega Garcia     | C.H. Coruña  |      | 81   |      |
|      | 17/04/21 | Vega Garcia     | C.H. Coruña  |      |      | 150  |
| 64   | 09/04/22 | Uxía Romero     | C.H. Ourense | 66   |      |      |
|      | 17/12/22 | Uxía Romero     | C.H. Ourense |      | 88   |      |
|      | 17/12/22 | Uxía Romero     | C.H. Ourense |      |      | 154  |
| 71   | 17/12/22 | Amy Abelleira   | C.H. Vigo    | 74   |      |      |
|      | 17/12/22 | Amy Abelleira   | C.H. Vigo    |      | 96   |      |
|      | 17/12/22 | Amy Abelleira   | C.H. Vigo    |      |      | 170  |
| 76   | 16/12/23 | Digna Silo      | C.H. Coruña  | 75   |      |      |
|      | 16/12/23 | Digna Silo      | C.H. Coruña  |      | 95   |      |
|      | 16/12/23 | Digna Silo      | C.H. Coruña  |      |      | 170  |
| 81   | 05/10/19 | Irene Blanco    | C.H. Coruña  | 90   |      |      |
|      | 05/10/19 | Irene Blanco    | C.H. Coruña  |      | 102  |      |
|      | 05/10/19 | Irene Blanco    | C.H. Coruña  |      |      | 192  |
| +81  | 13/12/19 | Irene Blanco    | C.H. Coruña  | 96   |      |      |
|      | 13/12/19 | Irene Blanco    | C.H. Coruña  |      | 112  |      |
|      | 13/12/19 | Irene Blanco    | C.H. Coruña  |      |      | 211  |



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## Récords Junior

| CAT. | FECHA    | ATLETA              | CLUB          | ARR. | D.T. | T.O. |
|------|----------|---------------------|---------------|------|------|------|
| 45   | 11/06/22 | Ruth Fuentefría     | C.H. Coruña   | 68   |      |      |
|      | 04/09/23 | Ruth Fuentefría     | C.H. Coruña   |      | 80   |      |
|      | 25/07/23 | Ruth Fuentefría     | C.H. Coruña   |      |      | 147  |
| 49   | 04/03/23 | Ruth Fuentefría     | C.H. Coruña   | 72   |      |      |
|      | 30/09/23 | Ruth Fuentefría     | C.H. Coruña   |      | 81   |      |
|      | 04/03/23 | Ruth Fuentefría     | C.H. Coruña   |      |      | 152  |
| 55   | 15/11/23 | Dariana Arancibia   | C.H. Coruña   | 65   |      |      |
|      | 15/11/23 | Dariana Arancibia   | C.H. Coruña   |      | 80   |      |
|      | 15/11/23 | Dariana Arancibia   | C.H. Coruña   |      |      | 145  |
| 59   | 20/05/23 | Dariana Arancibia   | C.H. Coruña   | 71   |      |      |
|      | 01/07/23 | Dariana Arancibia   | C.H. Coruña   |      | 90   |      |
|      | 20/05/23 | Dariana Arancibia   | C.H. Coruña   |      |      | 160  |
| 64   | 14/10/23 | Uxía Romero         | C.H. Pabellón | 76   |      |      |
|      | 06/04/24 | Uxía Romero         | C.H. Pabellón |      | 99   |      |
|      | 04/05/24 | Uxía Romero         | C.H. Pabellón |      |      | 173  |
| 71   | 23/04/24 | Am23-4-ira          | C.H. Vigo     | 80   |      |      |
|      | 04/03/23 | Amy Abelleira       | C.H. Vigo     |      | 98   |      |
|      | 04/03/23 | Amy Abelleira       | C.H. Vigo     |      |      | 176  |
| 76   | 21/10/22 | Irene Blanco        | C.H. Coruña   | 94   |      |      |
|      | 08/10/22 | Irene Blanco        | C.H. Coruña   |      | 115  |      |
|      | 08/10/22 | Irene Blanco        | C.H. Coruña   |      |      | 207  |
| 81   | 09/07/22 | Irene Blanco        | C.H. Coruña   | 96   |      |      |
|      | 08/05/22 | Irene Blanco        | C.H. Coruña   |      | 120  |      |
|      | 11/06/22 | Irene Blanco        | C.H. Coruña   |      |      | 213  |
| 87   | 12/06/21 | Irene Blanco        | C.H. Coruña   | 97   |      |      |
|      | 13/12/20 | Irene Blanco        | C.H. Coruña   |      | 120  |      |
|      | 12/06/21 | Irene Blanco        | C.H. Coruña   |      |      | 213  |
| +87  |          | A igualar o superar |               | 79   |      |      |
|      | 29/04/23 | María A. Hernández  | C.H. Coruña   |      | 97   |      |
|      |          | A igualar o superar |               |      |      | 174  |



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## Récords Absolutos

| CAT. | FECHA    | ATLETA              | CLUB        | ARR. | D.T. | T.O. |
|------|----------|---------------------|-------------|------|------|------|
| 45   | 11/06/22 | Ruth Fuentefría     | C.H. Coruña | 68   |      |      |
|      | 04/09/23 | Ruth Fuentefría     | C.H. Coruña |      | 80   |      |
|      | 25/07/23 | Ruth Fuentefría     | C.H. Coruña |      |      | 147  |
| 49   | 04/03/23 | Ruth Fuentefría     | C.H. Coruña | 72   |      |      |
|      | 30/09/23 | Ruth Fuentefría     | C.H. Coruña |      | 81   |      |
|      | 04/03/23 | Ruth Fuentefría     | C.H. Coruña |      |      | 152  |
| 55   | 23/02/19 | Noelia García       | C.H. Coruña | 70   |      |      |
|      | 23/02/19 | Noelia García       | C.H. Coruña |      | 83   |      |
|      | 23/02/19 | Noelia García       | C.H. Coruña |      |      | 153  |
| 59   | 11/06/22 | Irene Martínez      | CH Coruña   | 91   |      |      |
|      | 26/11/22 | Irene Martínez      | CH Coruña   |      | 107  |      |
|      | 26/11/22 | Irene Martínez      | CH Coruña   |      |      | 197  |
| 64   | 05/11/18 | Irene Martínez .    | C.H. Coruña | 93   |      |      |
|      | 15/10/22 | Irene Martínez .    | C.H. Coruña |      | 105  |      |
|      | 05/11/18 | Irene Martínez .    | C.H. Coruña |      |      | 197  |
| 71   | 23/02/19 | Irene Martínez .    | C.H. Coruña | 88   |      |      |
|      | 23/02/19 | Irene Martínez .    | C.H. Coruña |      | 100  |      |
|      | 23/02/19 | Irene Martínez .    | C.H. Coruña |      |      | 188  |
| 76   | 21/10/22 | Irene Blanco        | C.H. Coruña | 94   |      |      |
|      | 08/10/22 | Irene Blanco        | C.H. Coruña |      | 115  |      |
|      | 08/10/22 | Irene Blanco        | C.H. Coruña |      |      | 207  |
| 81   | 09/07/22 | Irene Blanco        | C.H. Coruña | 96   |      |      |
|      | 08/05/22 | Irene Blanco        | C.H. Coruña |      | 120  |      |
|      | 11/06/22 | Irene Blanco        | C.H. Coruña |      |      | 213  |
| 87   | 12/06/21 | Irene Blanco        | C.H. Coruña | 97   |      |      |
|      | 13/12/20 | Irene Blanco        | C.H. Coruña |      | 120  |      |
|      | 12/06/21 | Irene Blanco        | C.H. Coruña |      |      | 213  |
| +87  |          | A igualar o superar |             | 84   |      |      |
|      |          | A igualar o superar |             |      | 100  |      |
|      |          | A igualar o superar |             |      |      | 184  |