

X EUROPEAN POLICE AND FIRE GAMES / BRAGA - PORTUGAL 2024

| 1<br>Familia<br>Deportiva  | 2<br>Deporte       | 3<br>Disciplina       | 4<br>Evento                 | 5<br>Especialidad | 6 Categoría   |      |                  |             |        |                   |         |                   |         |  | 7 Competiciones                            |                 |                                     |                   |    |
|--|--------------------|-----------------------|-----------------------------|-------------------|---|------|------------------|-------------|--------|-------------------|---------|-------------------|---------|--|--|-----------------|-------------------------------------|-------------------|----|
|  |                    |                       |                             |                   | 6a Género   |      | 6b Participación |             |        |                   |         |                   | 6c Edad | 6d<br>Peso   | 6e<br>Nivel                                | Única           | Clasificación<br>Extra<br>Combinada |                   |    |
|  |                    |                       |                             |                   | Masc.   | Fem. | Indivi<br>dual   | Bino<br>mio | Dobles | Parejas<br>Mixtas | Equipos | Equipos<br>Mixtos |         |  |  |                 |                                     | Equipos<br>Unisex |    |
| D<br>E<br>P<br>O<br>R<br>T<br>E<br>S<br><br>D<br>E<br>F<br>U<br>E<br>R<br>Z<br>A | Halterofilia       | Olímpica              | Arrancada                   |                   | x   | x    | 1                |             |        |                   |         |                   |         | Individual:<br>18-29 / 30-39 / 40-49 / 50+                             | datos<br>debajo                            |                 | Braga<br>11 Oct.                    | SI                |    |
|  |                    |                       | Dos<br>Tiempos              |                   | x   | x    | 1                |             |        |                   |         |                   |         |  |  |                 |                                     |                   |    |
|  |                    | Levantam.<br>de Pesas | Sentadilla                  |                   | x   | x    | 1                |             |        |                   |         |                   |         |  | Individual:<br>18-29 / 30-39 / 40-49 / 50+ | datos<br>debajo |                                     | Braga<br>12 Oct.  | SI |
|  |                    |                       | Press de Banca              |                   | x   | x    | 1                |             |        |                   |         |                   |         |  |  |                 |                                     |                   |    |
|  | Peso Muerto        |                       |                             | x                 | x   | 1    |                  |             |        |                   |         |                   |         |  |  |                 |                                     |                   |    |
|  | Cross Fit          |                       | Escalado                    |                   | x   | x    | 1                |             |        | 1+1               |         | 4+1               |         | Individual: 39- / 40+ / 60+<br>Parejas Mixtas y Equipos:<br>cat. única |  |                 | Braga<br>13 Oct.                    |                   |    |
|  |                    |                       | RX                          |                   | x   | x    | 1                |             |        | 1+1               |         | 4+1               |         |  |  |                 |                                     |                   |    |
|  | Lucha de<br>Brazos | Pulsos                | Brazo<br>Derecho            |                   | x   | x    | 1                |             |        |                   |         |                   |         | 39- / 40+ / 60+  | datos<br>debajo                            |                 | Braga<br>19 Oct.                    | SI                |    |
|  |                    |                       | Brazo<br>Izquierdo          |                   | x   | x    | 1                |             |        |                   |         |                   |         |  |  |                 |                                     |                   |    |
|  | Escalada           | Trepa de<br>Cuerda    |                             |                   | x   | x    | 1                |             |        |                   |         |                   |         | 18-29 / 30-39 / 40-49 / 50+  |  |                 | Braga<br>18 Oct.                    |                   |    |
|  |                    | Dominadas             |                             |                   | x   | x    | 1                |             |        |                   |         |                   |         | 18-29 / 30-39 / 40-49 / 50+  |  |                 | Braga<br>18 Oct.                    |                   |    |
|  |                    | Rocódromo             |                             |                   | x   | x    | 1                |             |        |                   |         |                   |         | 39- / 40+  |  |                 | Braga<br>17 Oct.                    |                   |    |
|  | Tira Soga          |                       |                             |                   |   | x    | x                |             |        |                   |         | x                 | x       | Categoría única de edad  | datos<br>debajo                            |                 | Braga<br>20 Oct.                    |                   |    |
| Categoría<br>de Peso<br>en Kg.   | H. Olímpica        |                       | Arrancada - Dos Tiempos     |                   | <b>Hombres:</b> 56, 62, 69, 77, 85, 94, 105, >105 / <b>Mujeres:</b> 48, 53, 58, 63, 69, 75, 90, >90                               |      |                  |             |        |                   |         |                   |         |  |  |                 |                                     |                   |    |
|  | H. Powerlifting    |                       | Sentadilla-P.Banca-P.Muerto |                   | <b>Hombres:</b> 56, 60, 67.50, 75, 82.50, 90, 100, 110, 125, >125 / <b>Mujeres:</b> 44, 48, 52, 56, 60, 67.50, 75, 82.50, 90, >90 |      |                  |             |        |                   |         |                   |         |  |  |                 |                                     |                   |    |
|  | Lucha de Brazos    |                       | Pulsos                      |                   | <b>Hombres:</b> 67.50, 78.70, 90, 101.20, 112.50, >112.50 / <b>Mujeres:</b> 56.20, 67.50, 78.70, 78.70, >78.70                    |      |                  |             |        |                   |         |                   |         |  |  |                 |                                     |                   |    |
|  | Tira Soga          |                       |                             |                   | <b>Hombres:</b> 560, 640, 680, 720, >720 / <b>Mujeres:</b> 520, 560, >560 / <b>Equipos Mixtos:</b> 600, >600                      |      |                  |             |        |                   |         |                   |         |  |  |                 |                                     |                   |    |