

Three Cuban titles and record in U-15 Pan American Weightlifting Championship

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Havana, August 21 (JIT) - Cuban Lorena María Montoya won three gold medals and a record at the U-15 Pan American Weightlifting Championship in Caracas 2023, Venezuela.

The Guantanamo native achieved a 78 kg snatch and a 92 kg deadlift for a total of 170 kg, which made her unreachable in the 71 kg division.

Her lifting in the snatch was a Pan American record for the category and, incidentally, for Cuba among cadets and in the 15-16 years old segment, the national commission of this sport informed JIT.

Cuba closed its performance in the competition with three gold medals and an equal number of bronze medals, won on Saturday by Yasiel León from Villaclareño in the 55 kg division. The young weightlifter won a snatch of 81 kg, a pull-up of 98 kg and a biathlon of 179 kg.

The small delegation from the island was led by professor Lázaro Rivera Pérez and participated in the competition thanks to the support received from the Venezuelan federation of this sport and Panam Sports.

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