

**ASIAN POWERLIFTING FEDERATION**  
**Asian Women's University Cup 2023, Sharjah (United Arab Emirates), 17-21.08.2023**

**DETAILED SCORESHEET**

Rnk	Name	d.o.b.	Team	Bwt	IPF GL Cf.	Lot	All Squat			All Bench Press			All Deadlift			Total	IPF GL	Pts			
<b>-47kg</b>																					
1	S S Sreelakshmi	03.06.0	UE	46.00	0.2833	1	70.0	<del>80.0</del>	85.0	1	50.0	<del>65.0</del>	65.0	1	90.0	110.0	115.0	1	265.0	75.07	12
2	Alshemsi Maha	14.12.0	ZU	46.70	0.2790	4	30.0	32.5	<del>35.0</del>	2	25.0	<del>27.5</del>	X	2	47.5	55.0	60.0	2	117.5	32.78	9
<b>-52kg</b>																					
1	Almansi Dania	28.03.0	GMU	51.50	0.2546	6	85.0	92.5	97.5	1	42.5	45.0	47.5	1	97.5	105.0	112.5	1	257.5	65.57	12
<b>-57kg</b>																					
1	Almas Shaik Sadiya	27.10.0	KLU	56.10	0.2374	11	130.0	137.5	142.5	1	52.5	60.0	62.5	1	<del>130.0</del>	130.0	135.0	1	340.0	80.72	12
2	Hajjar Rewa	07.08.0	AUS	55.70	0.2387	9	110.0	112.5	<del>115.0</del>	2	47.5	52.5	<del>55.0</del>	2	122.5	127.5	<del>130.0</del>	2	292.5	69.83	9
<b>-63kg</b>																					
1	Nada Mohamed Abdulhadi	29.04.0	DAHU	62.20	0.2206	29	<del>107.5</del>	<del>115.0</del>	115.0	2	60.0	67.5	<del>72.5</del>	1	117.5	125.0	130.0	1	312.5	68.94	12
2	Khatoon Sumeria	07.11.0	O U	60.90	0.2237	14	100.0	115.0	127.5	1	40.0	50.0	<del>57.5</del>	3	100.0	117.5	<del>130.0</del>	2	295.0	66.00	9
3	Lalwani Chanchal	07.08.0	HWU	59.90	0.2263	12	70.0	80.0	87.5	3	45.0	52.5	<del>57.5</del>	2	90.0	102.5	<del>112.5</del>	3	242.5	54.88	8
4	Alsuwaidi Hessa	25.10.0	ZU	58.90	0.2290	13	57.5	62.5	65.0	4	30.0	32.5	40.0	4	67.5	72.5	<del>80.0</del>	4	177.5	40.65	7
<b>-69kg</b>																					
1	Orabi Lana	08.10.0	AUS	66.50	0.2116	22	100.0	107.5	110.0	1	62.5	65.0	70.0	1	120.0	127.5	130.0	1	310.0	65.60	12
2	Al Ahmadi Ayesha	01.01.0	NYU	67.40	0.2099	21	<del>95.0</del>	102.5	<del>107.5</del>	2	52.5	57.5	62.5	2	115.0	122.5	130.0	2	295.0	61.93	9
<b>-76kg</b>																					
1	Al-Janabi Raniya	01.01.0	UOS	71.80	0.2028	24	120.0	<del>127.5</del>	127.5	1	62.5	<del>65.0</del>	<del>65.0</del>	1	150.0	<del>155.0</del>	155.0	1	345.0	69.96	12
2	Tabarak Mustafa Badri	01.01.0	UOS	74.40	0.1464	28	102.5	<del>110.0</del>	<del>110.0</del>	2	52.5	57.5	62.5	2	115.0	125.0	137.5	2	302.5	44.29	9
3	Ali Hamda	01.01.0	UAEU	74.00	0.1997	26	30.0	45.0	60.0	3	30.0	35.0	<del>40.0</del>	3	70.0	80.0	102.5	3	197.5	39.44	8
4	Badawi Raghad	01.01.0	UAEU	75.90	0.1973	27	30.0	32.5	<del>40.0</del>	4	27.5	30.0	32.5	4	60.0	70.0	80.0	4	145.0	28.61	7
<b>-84kg</b>																					
1	S Abhirami	04.11.0	UE	82.70	0.1900	16	130.0	145.0	160.0	1	50.0	60.0	65.0	1	130.0	155.0	165.0	1	390.0	74.11	12
2	Bayzer Farah	09.04.0	ZU	78.70	0.1940	17	72.5	77.5	<del>85.0</del>	2	35.0	40.0	<del>50.0</del>	2	87.5	95.0	100.0	2	217.5	42.20	9
3	Mabrouk Hager	01.01.0	UAEU	81.50	0.1912	15	30.0	40.0	45.0	3	25.0	27.5	30.0	3	70.0	80.0	85.0	3	160.0	30.59	8
<b>84+kg</b>																					
1	Rangu Virinchi Swapnika	31.12.0	SU	88.80	0.1850	19	130.0	140.0	<del>150.0</del>	1	45.0	55.0	60.0	1	130.0	140.0	150.0	1	350.0	64.75	12
2	Omar Reem	01.01.0	UAEU	112.20	0.1736	20	90.0	<del>100.0</del>	<del>100.0</del>	2	45.0	50.0	55.0	2	125.0	135.0	140.0	2	285.0	49.47	9

**Team (points)**

1	United Arab Emirates University	32	[9+8+8+7]	148.10	IPF GL
2	Zayed University	25	[9+9+7]	115.63	IPF GL
3	University of Kerala	24	[12+12]	149.17	IPF GL
4	American University of Sharjah	21	[12+9]	135.43	IPF GL
5	University of Sharjah	21	[12+9]	114.25	IPF GL
6	Koneru lakshmaih University	12	[12]	80.72	IPF GL
7	Dar Al-Hekma University	12	[12]	68.94	IPF GL
8	Gulf Medical University	12	[12]	65.57	IPF GL
9	satavahana university	12	[12]	64.75	IPF GL
10	OSMANIA UNIVERSITY	9	[9]	66.00	IPF GL
11	New York University Abu Dhabi	9	[9]	61.93	IPF GL

**Best Lifters of Open by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Almas Shaik Sadiya	KLU	56.10	340.0	80.7214	1
2.	S S Sreelakshmi	UE	46.00	265.0	75.0658	1
3.	S Abhirami	UE	82.70	390.0	74.1082	1

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; wg - World Games Record;

1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

AUS = American University of Sharjah

DAHU = Dar Al-Hekma University

GMU = Gulf Medical University

HWU = Heriot-Watt University Dubai

KLU = Koneru lakshmaih University

NYU = New York University Abu Dhabi

O U = OSMANIA UNIVERSITY

SU = satavahana university

UAEU = United Arab Emirates University

UE = University of Kerala

UOS = University of Sharjah

ZU = Zayed University