

**ASIAN POWERLIFTING FEDERATION**  
**Asian Men's Equipped Powerlifting Championships, Hong Kong (Hong Kong), 06-11.05.2024**

**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>Open</b>																				
<b>-59kg</b>																				
1	P Suresh	27.05.81	IND	59.00	0.1456	10 265.0	277.5-w1	<del>290.0</del>	1	180.0	<del>187.5</del>	187.5	1	207.5	215.0	<del>220.0</del>	3	680.0	99.00	12
2	Ramnayan Yadav Dharmel	11.10.93	IND	58.79	0.1460	9 240.0	<del>252.5</del>	255.0	2	165.0	<del>175.0</del>	175.0	2	227.5	237.5	<del>250.0</del>	2	667.5	97.45	9
3	Ramirez Regie	23.04.93	PHI	58.68	0.1462	11 230.0	242.5	<del>252.5</del>	3	130.0	140.0	145.0	3	265.5-c	<del>275.0</del>	<del>275.0</del>	1	653.0	95.47	8
<b>-66kg</b>																				
1	Feng Po-Wen	04.11.92	TPE	65.29	0.1350	16 265.0	<del>280.0</del>	<del>290.0</del>	1	165.0	<del>177.5</del>	<del>177.5</del>	1	230.0	245.0	257.5	1	687.5	92.80	12
2	Kairzhan Ispandiyar	16.06.97	KAZ	60.55	0.1427	18 210.0	220.0	230.0	2	125.0	135.0	137.5	2	220.0	230.0	<del>235.0</del>	2	597.5	85.27	9
3	Rao Bhagwat	14.07.95	IND	65.95	0.1340	17 170.0	180.0	190.0	3	120.0	132.5	137.5	3	180.0	195.0	<del>205.0</del>	3	522.5	70.02	8
<b>-74kg</b>																				
1	Thorat Vaibhav	18.06.95	IND	68.57	0.1304	33 210.0	230.0	245.0	1	160.0	170.0	180.0	1	225.0	235.0	252.5	1	677.5	88.35	12
2	Liao Chien-Tang	05.11.93	TPE	73.00	0.1250	32 230.0	245.0	<del>255.0</del>	2	170.0	170.0	180.0	2	220.0	235.0	<del>252.5</del>	2	660.0	82.52	9
3	Wong Kwok Sing	20.11.91	HKG	69.41	0.1293	34 <del>195.0</del>	195.0	210.0	3	145.0	145.0	160.0	3	200.0	210.0	217.5	3	587.5	75.98	8
4	Chow Jar Yue Ernest	17.06.92	HKG	66.01	0.1339	31 190.0	<del>207.5</del>	207.5	4	130.0	140.0	<del>145.0</del>	4	190.0	210.0	<del>217.5</del>	4	557.5	74.67	7
<b>-83kg</b>																				
1	Luo Yin-Ming	16.09.97	TPE	81.22	0.1170	43 260.0	270.0	285.0	1	170.0	180.0	187.5	1	250.0	260.0	267.5	2	740.0	86.55	12
2	Starostin Kirill	29.01.00	KAZ	81.97	0.1163	41 <del>270.0</del>	270.0	280.0	2	175.0	182.5	<del>190.0</del>	2	250.0	260.0	270.0	1	732.5	85.21	9
3	G Ramesh	19.12.93	IND	82.21	0.1161	42 250.0	X	X	3	115.0	125.0	130.0	3	250.0	X	X	3	630.0	73.16	8
<b>-93kg</b>																				
1	Kam Chi Leung	18.03.85	HKG	86.98	0.1124	52 270.0	<del>290.0</del>	<del>295.0</del>	1	220.0	230.0	235.0	1	275.0	305.0	<del>312.5</del>	1	810.0	91.07	12
<b>-105kg</b>																				
1	Solanki Ashwin	30.03.95	IND	100.59	0.1043	58 290.0	<del>302.5</del>	<del>302.5</del>	1	180.0	180.0	185.0	2	290.0	302.5	307.5	1	782.5	81.60	12
2	Horiguchi Yosuke	27.04.93	JPN	99.75	0.1047	59 <del>270.0</del>	<del>270.0</del>	270.0	3	250.0	<del>255.0</del>	260.0	1	220.0	230.0	250.0	3	780.0	81.67	9
3	Cahilig Rafael Renzo	07.04.96	PHI	104.90	0.1023	60 260.0	272.5	280.0	2	180.0	185.0	<del>187.5</del>	3	295.0	<del>302.5</del>	<del>315.0</del>	2	760.0	77.72	8
<b>-120kg</b>																				
1	Yang Sen	14.08.94	TPE	117.36	0.0975	68 430.0	445.0-w,c	X	1	340.0	320.0	327.5	1	310.0	327.5	<del>335.0</del>	2	1100.0	107.24	12
2	Kapralov Evgeniy	23.03.93	UZB	116.92	0.0976	66 325.0	<del>345.0</del>	<del>350.0</del>	2	250.0	250.0	<del>270.0</del>	3	325.0	337.5	<del>350.0</del>	1	912.5	89.09	9
—	Chsherbina Vassiliy	25.09.00	KAZ	119.54	0.0968	67 <del>360.0</del>	<del>360.0</del>	<del>360.0</del>	—	240.0	255.0	265.0	2	290.0	<del>305.0</del>	<del>305.0</del>	3	DSQ	—	—
<b>120+kg</b>																				
1	Tien Chi-Sen	24.03.94	TPE	121.96	0.0961	72 400.0	412.5	X	1	315.0	322.5	X	1	320.0	340.0	<del>372.5</del>	1	1075.0	103.26	12
2	Basha Shaik Saquib	29.08.96	IND	139.60	0.0917	71 170.0	<del>350.0</del>	<del>350.0</del>	2	120.0	<del>235.0</del>	235.0	2	250.0	280.0	<del>290.0</del>	2	685.0	62.83	9

**Team (points)**

1	Chinese Taipei	57	[12+12+12+12+9]	472.36	IPF GL
2	India	54	[12+12+12+9+9]	429.23	IPF GL
3	Hong Kong	27	[12+8+7]	241.71	IPF GL
4	Kazakhstan	18	[9+9]	170.48	IPF GL
5	Philippines	16	[8+8]	173.19	IPF GL
6	Uzbekistan	9	[9]	89.09	IPF GL
7	Japan	9	[9]	81.67	IPF GL

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

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Yang Sen	Chinese Taipei	117.36	1100.0	107.2357	1
2.	Tien Chi-Sen	Chinese Taipei	121.96	1075.0	103.2559	1
3.	P Suresh	India	59.00	680.0	99.0019	1

**Sub-Juniors**

<b>-53kg</b>																					
1	Mashgutov Miras	01.08.06	KAZ	47.11	0.1760	3	125.0	150.0	160.0	1	75.0	<del>82.5</del>	82.5	1	140.0	162.5	<del>170.0</del>	1	405.0	71.27	12
<b>-59kg</b>																					
1	Chen Yu--Chi	11.06.06	TPE	58.63	0.1463	8	200.0	210.0	217.5	1	130.0	<del>137.5</del>	137.5	1	<del>200.0</del>	200.0	<del>223.0</del>	2	547.5	80.10	12
2	Tian Jun-Bao	26.08.06	TPE	58.29	0.1470	6	190.0	<del>210.0</del>	<del>210.0</del>	2	95.0	105.0	<del>115.0</del>	3	180.0	<del>190.0</del>	190.0	3	485.0	71.28	9
—	Kleikin Danila	29.01.07	KAZ	58.50	0.1466	7	<del>200.0</del>	<del>200.0</del>	<del>200.0</del>	—	100.0	110.0	117.5	2	<del>245.0</del>	<del>245.0</del>	215.0	1	DSQ	—	—
<b>-66kg</b>																					
1	Zeinedilov Azat	25.10.06	KAZ	65.01	0.1354	14	180.0	195.0	205.0	2	120.0	127.5	<del>130.0</del>	1	180.0	195.0	205.0	1	537.5	72.78	12
2	Sameer Mohammad	04.11.06	IND	65.00	0.1354	15	180.0	200.0	220.0	1	85.0	100.0	<del>115.0</del>	2	<del>170.0</del>	170.0	<del>217.5</del>	2	490.0	66.35	9
<b>-74kg</b>																					
1	Su Zhong-Zhe	06.04.06	TPE	73.39	0.1246	28	240.0	260.0	<del>270.0</del>	1	<del>110.0</del>	<del>110.0</del>	110.0	3	250.0	<del>275.5</del>	275.5	1	620.0	77.25	12
2	Deineka Stepan	25.02.07	KAZ	73.70	0.1243	30	220.0	230.0	<del>242.5</del>	2	130.0	140.0	<del>145.0</del>	1	190.0	205.0	X	2	575.0	71.45	9
—	Zarubin Egor	15.07.06	KAZ	70.69	0.1277	29	<del>190.0</del>	190.0	<del>205.0</del>	3	110.0	115.0	120.0	2	<del>190.0</del>	<del>190.0</del>	190.0	—	DSQ	—	—
<b>-83kg</b>																					
1	Yevdokimov Nikita	28.05.06	KAZ	81.60	0.1166	39	190.0	205.0	212.5	1	<del>120.0</del>	120.0	130.0	1	<del>185.0</del>	185.0	200.0	1	542.5	63.28	12
2	Vais Artem	31.07.07	KAZ	75.42	0.1224	40	180.0	200.0	<del>210.0</del>	2	110.0	<del>115.0</del>	<del>115.0</del>	2	185.0	195.0	<del>202.5</del>	2	505.0	61.82	9
<b>-93kg</b>																					
1	Yan Shao-Kui	01.02.07	TPE	88.16	0.1116	51	150.0	200.0	225.0	1	90.0	150.0	172.5	1	75.0	175.0	225.0	1	622.5	69.47	12
<b>-120kg</b>																					
1	Sapakov Aibar	21.11.06	KAZ	112.84	0.0991	65	240.0	260.0	272.5	1	170.0	180.0	185.0	1	230.0	<del>242.5</del>	242.5	2	700.0	69.34	12
2	Kumar Himesh	12.07.06	IND	115.66	0.0981	64	<del>240.0</del>	<del>240.0</del>	250.0	2	125.0	135.0	142.5	2	210.0	230.0	245.0	1	637.5	62.51	9
<b>120+kg</b>																					
1	Ke Guan-Ting	22.06.07	TPE	138.05	0.0920	70	350.0-cs	375.5-ws,c	X	1	180.0	200.0	X	1	240.0	260.0-cs	X	1	835.5	76.90	12

**Team (points)**

1	Chinese Taipei	57	[12+12+12+12+9]	375.00	IPF GL
2	Kazakhstan	57	[12+12+12+12+9]	348.11	IPF GL
3	India	18	[9+9]	128.87	IPF GL

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

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Chen Yu--Chi	Chinese Taipei	58.63	547.5	80.1020	1
2.	Su Zhong-Zhe	Chinese Taipei	73.39	620.0	77.2495	1
3.	Ke Guan-Ting	Chinese Taipei	138.05	835.5	76.9011	1

**Juniors**

<b>-53kg</b>																					
1	Gurlyov Denis	18.06.04	KAZ	51.72	0.1621	2	155.0	162.5	<del>170.0</del>	2	<del>105.0</del>	105.0	110.0	1	165.0	177.5	<del>180.0</del>	2	450.0	72.93	12
2	S Amaljith	02.09.04	IND	52.86	0.1591	1	155.0	170.0	180.0	1	82.5	<del>90.0</del>	90.0	2	<del>180.0</del>	180.0	<del>200.0</del>	1	450.0	71.60	9

<b>-59kg</b>																					
1	M Yuvaraj	01.10.03	IND	58.62	0.1463	5	180.0	190.0	200.0	1	85.0	95.0	100.0	1	<del>180.0</del>	180.0	200.0	1	500.0	73.16	12
<b>-66kg</b>																					
1	Kozhevnikov Ruslan	10.04.03	KAZ	56.43	0.1508	13	220.0	<del>240.0</del>	240.0	1	120.0	140.0	150.0	1	220.0	245.0	<del>252.5</del>	1	635.0	95.76	12
<b>-74kg</b>																					
1	S Rohith	26.04.01	IND	73.40	0.1246	26	290.0	305.0	320.5	1	142.5	150.0	157.5	4	245.0	262.5	<del>275.0</del>	2	740.5	92.26	12
2	Wang Yu-Cheng	10.09.01	TPE	68.60	0.1304	27	250.0	<del>262.5</del>	265.0	2	150.0	162.5	172.5	1	252.5	262.5	<del>275.0</del>	1	700.0	91.26	9
3	Asif Asif	08.11.01	IND	71.96	0.1262	24	245.0	260.0	<del>265.0</del>	3	155.0	165.0	170.0	2	247.5	257.5	<del>262.5</del>	3	687.5	86.77	8
4	Zheltoy Kirill	02.12.02	KAZ	73.16	0.1249	25	235.0	<del>247.5</del>	252.5	4	155.0	160.0	167.5	3	230.0	245.0	<del>265.0</del>	4	665.0	83.03	7
<b>-83kg</b>																					
1	Lantsev Anton	07.08.04	KAZ	82.09	0.1162	38	280.0	<del>295.0</del>	<del>295.0</del>	1	215.0	225.0	<del>236.0</del>	1	250.0	260.0	<del>285.0</del>	1	765.0	88.91	12
2	Uday Kiran Pilli	21.04.01	IND	80.82	0.1173	37	240.0	X	X	2	120.0	150.0	X	2	250.0	X	X	2	640.0	75.08	9
<b>-93kg</b>																					
1	Galauran Mark Jason	21.12.02	PHI	91.47	0.1094	47	255.0	265.0	275.0	2	167.5	180.0	<del>190.0</del>	2	290.0	<del>297.5</del>	<del>300.0</del>	1	745.0	81.50	12
2	Yuan Hao-Che	28.09.04	TPE	92.52	0.1087	48	<del>257.5</del>	272.5	<del>282.5</del>	3	155.0	172.5	<del>177.5</del>	4	260.0	270.0	<del>302.5</del>	2	715.0	77.75	9
3	Tarada Artem	12.02.01	KAZ	84.80	0.1141	49	270.0	<del>280.0</del>	<del>285.0</del>	4	190.0	197.5	205.0	1	230.0	<del>237.5</del>	<del>237.5</del>	4	705.0	80.41	8
4	Kumar K Sharath	31.01.01	IND	87.15	0.1123	50	<del>280.0</del>	280.0	<del>295.0</del>	1	<del>167.5</del>	167.5	175.0	3	230.0	250.0	<del>252.5</del>	3	705.0	79.18	7
<b>-105kg</b>																					
1	Majumder Arpan	19.04.01	IND	100.26	0.1044	57	250.0	<del>270.0</del>	270.0	1	160.0	172.5	182.5	2	200.0	235.0	257.5	1	710.0	74.16	12
2	Austria Ken Andrey	11.08.02	PHI	102.34	0.1034	56	245.0	257.5	<del>265.0</del>	2	177.5	182.5	187.5	1	245.0	255.0	<del>267.5</del>	2	700.0	72.40	9
<b>-120kg</b>																					
1	Sachin Sachin	15.07.01	IND	117.62	0.0974	63	290.0	300.0	310.0	1	170.0	180.0	190.0	1	240.0	250.0	260.0	2	760.0	74.03	12
2	B Horikeri Ganesh	21.03.01	IND	116.02	0.0979	62	250.0	260.0	270.0	2	150.0	160.0	170.0	2	250.0	260.0	<del>270.0</del>	1	700.0	68.55	9

#### Team (points)

1	India	57	[12+12+12+12+9]	388.68	IPF GL
2	Kazakhstan	51	[12+12+12+8+7]	421.04	IPF GL
3	Philippines	21	[12+9]	153.90	IPF GL
4	Chinese Taipei	18	[9+9]	169.01	IPF GL

#### Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Kozhevnikov Ruslan	Kazakhstan	56.43	635.0	95.7561	1
2.	S Rohith	India	73.40	740.5	92.2552	1
3.	Wang Yu-Cheng	Chinese Taipei	68.60	700.0	91.2569	2

#### Masters 1

<b>-74kg</b>																					
—	Feng Ching-Hong	04.07.78	TPE	73.10	0.1249	23	230.0	<del>250.0</del>	<del>250.0</del>	1	<del>180.0</del>	<del>180.0</del>	<del>180.0</del>	—	230.0	255.0	275.5	1	DSQ	—	—
<b>-83kg</b>																					
1	Yu Shui Lun Andrew	21.09.80	HKG	75.49	0.1224	36	115.0	135.0	145.0	1	75.0	85.0	<del>100.0</del>	1	125.0	175.0	<del>200.0</del>	1	405.0	49.55	12
<b>-93kg</b>																					
1	Fotiev Sergey	13.08.78	UZB	92.59	0.1087	46	260.0	<del>285.0</del>	<del>305.0</del>	1	135.0	150.0	155.0	1	230.0	240.0	250.0	1	665.0	72.28	12
<b>-105kg</b>																					
1	Kao Jih-Hao	06.07.80	TPE	97.06	0.1061	55	220.0	235.0	<del>245.0</del>	1	150.0	165.0	170.0	1	<del>240.0</del>	240.0	<del>300.5</del>	1	645.0	68.44	12
2	Madival Rajesh	02.07.81	IND	94.80	0.1074	54	205.0	<del>220.0</del>	<del>220.0</del>	2	155.0	<del>165.0</del>	<del>165.0</del>	2	205.0	215.0	220.0	2	580.0	62.28	9

<b>-120kg</b>																					
1	Tao Feng	11.09.78	CHN	112.60	0.0991	61	165.0	185.0	X	1	<del>110.0</del>	110.0	145.0	1	170.0	190.0	205.0	1	535.0	53.04	12
<b>120+kg</b>																					
1	Adnan Muhammad Abdul J7.12.83	PAK	148.50	0.0901	69	130.0	150.0	152.5	1	70.0	100.0	110.0	1	130.0	140.0	150.0	1	412.5	37.16	12	

#### Team (points)

1	Uzbekistan	12	[12]	72.28	IPF GL
2	Chinese Taipei	12	[12]	68.44	IPF GL
3	China	12	[12]	53.04	IPF GL
4	Hong Kong	12	[12]	49.55	IPF GL
5	Pakistan	12	[12]	37.16	IPF GL
6	India	9	[9]	62.28	IPF GL

#### Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Fotiev Sergey	Uzbekistan	92.59	665.0	72.2842	1
2.	Kao Jih-Hao	Chinese Taipei	97.06	645.0	68.4429	1
3.	Madival Rajesh	India	94.80	580.0	62.2810	2

#### Masters 2

<b>-66kg</b>																					
1	Sharma Sanjay	19.09.72	IND	63.77	0.1373	12	100.0	120.0	<del>130.0</del>	1	80.0	90.0	X	1	110.0	130.0	140.0	1	350.0	48.06	12
<b>-74kg</b>																					
1	Liu Li-Hsin	07.07.66	TPE	72.40	0.1257	22	100.0	115.0	125.0	1	55.0	65.0	70.0	1	130.0	150.0	<del>160.0</del>	1	345.0	43.37	12
<b>-93kg</b>																					
1	Khardin Konstantin	07.06.68	UZB	87.67	0.1119	45	120.0	140.0	160.0	1	90.0	110.0	115.0	1	140.0	170.0	190.0	1	465.0	52.05	12
<b>-105kg</b>																					
1	Ponnu Swami Uday Kumar	20.09.73	IND	95.03	0.1072	53	170.0	185.0	205.0	1	110.0	125.0	140.0	1	175.0	190.0	205.0	1	550.0	58.99	12

#### Team (points)

1	India	24	[12+12]	107.04	IPF GL
2	Uzbekistan	12	[12]	52.05	IPF GL
3	Chinese Taipei	12	[12]	43.37	IPF GL

#### Best Lifters of Masters 2 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Ponnu Swami Uday Kumar	India	95.03	550.0	58.9864	1
2.	Khardin Konstantin	Uzbekistan	87.67	465.0	52.0521	1
3.	Sharma Sanjay	India	63.77	350.0	48.0578	1

#### Masters 3

<b>-74kg</b>																					
1	Lo Chi Cheong	03.03.62	HKG	71.93	0.1263	21	110.0	<del>120.0</del>	120.0	1	90.0	92.5	95.0	1	160.0	170.0	180.0	1	395.0	49.87	12
2	Wang Gable	06.01.58	HKG	73.09	0.1249	20	<del>75.0</del>	75.0	75.0	2	80.0	85.0	90.0	2	130.0	140.0	X	2	305.0	38.10	9
<b>-83kg</b>																					
1	Shkirman Vladimir	21.04.64	KAZ	77.13	0.1207	35	140.0	160.0	170.0	1	100.0	105.0	110.0	1	180.0	220.0	245.5	1	525.5	63.43	12

**Team (points)**

1 Hong Kong	21 [12+9]	87.97IPF GL
2 Kazakhstan	12 [12]	63.43IPF GL

**Best Lifters of Masters 3 by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Shkirman Vladimir	Kazakhstan	77.13	525.5	63.4310	1
2.	Lo Chi Cheong	Hong Kong	71.93	395.0	49.8699	1
3.	Wang Gable	Hong Kong	73.09	305.0	38.1033	2

**Masters 4****-74kg**

1	Azeem C C Abdul	15.07.50	IND	71.00	0.1274	19	60.0	67.5	77.5	1	60.0	67.5	70.0	1	90.0	100.0	105.0	1	252.5	32.16	12
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**-93kg**

1	McGowen William	12.04.48	PHI	90.35	0.1101	44	70.0	80.0	90.0	1	55.0	57.5	60.0	1	130.0	140.0	145.0	1	295.0	32.48	12
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**Team (points)**

1 Philippines	12 [12]	32.48IPF GL
2 India	12 [12]	32.16IPF GL

**Best Lifters of Masters 4 by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	McGowen William	Philippines	90.35	295.0	32.4848	1
2.	Azeem C C Abdul	India	71.00	252.5	32.1566	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.

CHN = China

HKG = Hong Kong

IND = India

JPN = Japan

KAZ = Kazakhstan

PAK = Pakistan

PHI = Philippines

TPE = Chinese Taipei

UZB = Uzbekistan