

ASIAN POWERLIFTING FEDERATION
Asian Women'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			
Open																					
-47kg																					
1	Ompod Veronica	06.01.00	PHI	45.63	0.2242	6	140.0	155.0	160.0	1	70.0	75.0	80.0	1	145.0	155.0	160.0	1	400.0	89.66	12
-52kg																					
1	Bautista Jeremy Reign	01.01.95	PHI	51.36	0.2054	8	140.0	160.0	160.0	1	90.0	100.0	100.0	1	160.0	165.0	165.0	1	405.0	83.19	12
-57kg																					
1	Huang Yen-Tzu	22.10.92	TPE	56.48	0.1928	14	185.0	195.0	205.0	1	140.0	150.0	155.0	1	185.0	192.5	195.0	1	545.0	105.07	12
2	Lin Zi-Xuan	24.10.91	TPE	56.11	0.1936	13	170.0	170.0	177.5	3	90.0	95.0	95.0	2	160.0	165.0	170.0	2	435.0	84.22	9
3	Jose L Jwala	17.01.00	IND	56.17	0.1935	12	165.0	175.0	182.5	2	90.0	90.0	95.0	3	145.0	155.0	160.0	3	427.5	82.71	8
-63kg																					
1	Hung Hsiu-Ching	22.06.95	TPE	62.12	0.1820	22	210.0	220.0	225.0	1	110.0	115.0	117.5	1	195.0	212.5	215.0	1	530.0	96.46	12
2	Samruddhi Deolekar	25.05.01	IND	62.91	0.1807	23	180.0	190.0	197.5	2	95.0	100.0	105.0	2	175.0	185.0	185.0	2	487.5	88.08	9
3	P V Anagha	26.10.95	IND	62.74	0.1810	21	140.0	152.5	162.5	3	75.0	82.5	87.5	3	140.0	160.0	160.0	3	400.0	72.38	8
—	Luk Ching Yu	14.12.93	HKG	61.12	0.1837	24	110.0	120.0	127.5	4	100.0	100.0	105.0	—	100.0	110.0	120.0	4	DSQ	—	—
-69kg																					
1	Nurkenova Asel	14.08.00	KAZ	67.94	0.1733	48	180.0	195.0	210.0	1	120.0	135.0	140.0	1	160.0	180.0	195.0	1	545.0	94.44	12
2	Alejandro Christine Erine	20.12.92	PHI	67.21	0.1743	49	130.0	135.0	140.0	2	75.0	77.5	82.5	2	150.0	157.5	157.5	2	372.5	64.91	9
3	Kaur Jasvinder	06.07.97	IND	63.71	0.1794	1	130.0	X	X	3	75.0	X	X	3	140.0	X	X	3	345.0	61.89	8
-76kg																					
1	Rashmi Rashmi	15.10.95	IND	75.61	0.1645	57	212.5	220.0	230.0	2	122.5	132.5	142.5	1	180.0	195.0	205.0	2	577.5	94.98	12
2	Lai Hoi Yi	29.06.00	HKG	74.05	0.1661	55	65.0	75.0	85.0	3	40.0	40.0	50.0	2	75.0	85.0	92.5	3	207.5	34.46	9
—	Reboton Joyce Gail	04.04.92	PHI	75.42	0.1647	56	225.0	232.5	240.0	1	140.0	140.0	140.0	—	200.0	207.5	212.5	1	DSQ	—	—
-84kg																					
1	Kalinkina Olessya	18.12.85	KAZ	83.71	0.1575	30	160.0	180.0	190.0	1	110.0	120.0	127.5	1	150.0	175.0	190.0	1	507.5	79.92	12
2	Tugade Charlene Raye	15.06.95	PHI	83.90	0.1573	29	140.0	147.5	162.5	2	70.0	75.0	80.0	2	147.5	157.5	165.0	2	392.5	61.76	9
84+kg																					
1	Okatenko Xeniya	22.08.92	KAZ	109.76	0.1443	37	190.0	210.0	225.0	1	155.0	155.0	170.0	1	160.0	175.0	X	2	555.0	80.08	12
2	Rangu Virinchi Swapnika	31.12.02	IND	93.63	0.1512	38	180.0	X	X	2	90.0	X	X	2	160.0	X	X	1	430.0	65.00	9

Team (points)

1	India	46	[12+9+9+8+8]	403.16	IPF GL
2	Philippines	42	[12+12+9+9]	299.52	IPF GL
3	Kazakhstan	36	[12+12+12]	254.44	IPF GL
4	Chinese Taipei	33	[12+12+9]	285.75	IPF GL
5	Hong Kong	9	[9]	34.46	IPF GL

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Huang Yen-Tzu	Chinese Taipei	56.48	545.0	105.0738	1
2.	Hung Hsiu-Ching	Chinese Taipei	62.12	530.0	96.4558	1
3.	Rashmi Rashmi	India	75.61	577.5	94.9780	1

Sub-Juniors**-47kg**

1	Gu Dong-Le	15.11.07	TPE	45.76	0.2237	5	105.0	115.0	127.5	2	65.0	75.0	77.5	1	110.0	122.5	132.5	1	337.5	75.48	12
2	Trempolets Arina	29.07.06	KAZ	46.14	0.2222	4	115.0	125.0	135.0	1	62.5	67.5	72.5	2	115.0	127.5	137.5	2	330.0	73.34	9

-57kg

1	Bondareva Yekaterina	20.02.06	KAZ	56.37	0.1930	11	130.0	150.0	162.5	1	60.0	65.0	70.0	1	130.0	140.0	140.0	1	360.0	69.49	12
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-63kg

1	Guryeva Margarita	28.11.06	KAZ	61.28	0.1834	20	145.0	160.0	165.0	1	75.0	75.0	75.0	1	130.0	145.0	150.0	1	380.0	69.71	12
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-69kg

1	Qiu Zi-En	02.02.06	TPE	63.55	0.1797	46	160.0	175.5-cs	185.0	1	80.0	90.5	90.5	1	140.0	150.0	150.0	1	415.5	74.65	12
2	Gavrina Elena	13.06.06	KAZ	65.27	0.1770	45	70.0	80.0	90.0	2	35.0	40.0	45.0	2	60.0	70.0	80.0	2	215.0	38.06	9

-76kg

1	Topilskaya Kira	24.10.07	KAZ	71.24	0.1692	54	110.0	120.0	120.0	1	45.0	52.5	52.5	1	90.0	100.0	105.0	1	255.0	43.14	12
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-84kg

1	Uasbay Aidana	08.12.06	KAZ	76.98	0.1631	28	120.0	130.0	140.0	1	70.0	80.0	85.0	1	110.0	115.0	120.0	1	335.0	54.65	12
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84+kg

1	Gu Sin-Wei	20.06.06	TPE	122.76	0.1407	35	240.0	266.5	266.5	1	92.5	102.5	109.0	2	160.0	175.0	183.5	2	517.5	72.80	12
2	Su Sheng-Ci	04.04.06	TPE	110.09	0.1442	34	190.0	210.0	230.0	2	90.0	100.0	108.5	1	160.0	180.0	183.0-cs	1	501.5	72.30	9

Team (points)

1Kazakhstan	57 [12+12+12+12+9]	310.32IPF GL
2Chinese Taipei	45 [12+12+12+9]	295.23IPF GL

Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Gu Dong-Le	Chinese Taipei	45.76	337.5	75.4842	1
2.	Qiu Zi-En	Chinese Taipei	63.55	415.5	74.6454	1
3.	Trempolets Arina	Kazakhstan	46.14	330.0	73.3362	2

Juniors**-47kg**

1	Ghole Harshada	30.05.02	IND	46.86	0.2196	3	130.0	145.0	152.5	1	72.5	80.0	82.5	2	130.0	150.0	160.0	1	385.0	84.55	12
—	Tabuan Jessa Mae	31.12.02	PHI	46.89	0.2195	2	135.0	135.0	155.0	2	75.0	85.0	85.0	1	160.0	160.0	160.0	—	DSQ	—	—

-52kg

1	Chandana Thudi Siri	24.09.03	IND	51.48	0.2051	7	120.0	120.0	120.0	1	70.0	72.5	75.0	1	110.0	120.0	125.0	1	320.0	65.63	12
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-57kg

1	Erasmio Jane	22.04.03	PHI	55.29	0.1955	9	150.0	160.0	160.0	1	95.0	105.5	107.5	1	150.0	162.5	162.5	2	430.0	84.05	12
2	Baswal Narsamma	05.01.01	IND	56.73	0.1923	10	145.0	145.0	155.0	2	75.0	82.5	82.5	2	150.0	162.5	165.0	1	395.0	75.94	9

-63kg

1	Ablayeva Ninel	17.01.06	KAZ	62.48	0.1814	19	170.0	182.5	192.5	2	87.5	92.5	97.5	1	160.0	167.5	172.5	1	452.5	82.08	12
2	Neri Maritoni Eline	25.11.02	PHI	61.02	0.1839	18	160.0	177.5	187.5	3	87.5	95.0	100.0	2	157.5	170.0	180.0	2	442.5	81.37	9
3	Kao Yu-Chen	28.12.06	TPE	59.93	0.1859	17	190.0	202.5	202.5	1	82.5	85.0	87.5	3	160.0	165.0	172.5	3	440.0	81.78	8
4	Aitassova Sara	15.06.01	KAZ	60.38	0.1850	16	145.0	155.0	165.0	4	80.0	90.0	90.0	5	140.0	150.0	167.5	4	395.0	73.09	7
5	R Swetha	02.04.06	IND	61.00	0.1839	15	150.0	165.0	170.0	5	75.0	80.0	82.5	4	140.0	152.5	152.5	5	372.5	68.51	6

-69kg

1	Raghav Alka	30.04.04	IND	68.77	0.1722	43	175.0	187.5	195.0	1	70.0	75.0	77.5	3	182.5	190.5-cj	206.0	1	460.5	79.29	12
2	P Shanmugapriya	23.12.01	IND	68.13	0.1730	44	155.0	170.0	180.0	2	70.0	80.0	85.0	2	150.0	165.0	180.0	2	440.0	76.13	9
3	Wu Pei-Chen	02.09.04	TPE	68.27	0.1728	42	170.0	170.0	175.0	3	80.0	90.0	95.0	1	140.0	145.0	152.5	3	400.0	69.14	8
-76kg																					
1	Gaas Regina	28.06.04	KAZ	73.75	0.1664	52	200.0	215.0	215.0-cj	1	95.0	95.0	110.0	1	155.0	165.0	170.0	1	495.0	82.35	12
2	Makaryan Izabella	02.04.05	KAZ	69.57	0.1712	53	140.0	160.0	165.0	2	90.0	97.5	105.0	2	110.0	125.0	135.0	2	380.0	65.05	9
3	Shruthi Enla	16.06.04	IND	75.81	0.1643	51	130.0	X	X	3	65.0	X	X	3	110.0	X	X	3	305.0	50.10	8
-84kg																					
1	Shabeena Shaik	04.01.05	IND	80.86	0.1597	27	150.0	150.0	150.0	1	60.0	62.5	160.0	1	140.0	150.0	160.0	1	470.0	75.07	12
84+kg																					
1	Malykhina Diana	25.04.03	KAZ	114.07	0.1429	33	220.0	240.0	250.0	1	100.0	110.0	110.0	1	160.0	180.0	190.0	1	540.0	77.19	12
2	Jain Vanshika	21.02.03	IND	95.60	0.1501	32	200.0	215.0	215.0	2	70.0	105.0	105.0	2	150.0	162.5	170.0	2	475.0	71.31	9

Team (points)

1	India	57	[12+12+12+12+9]	380.67	IPF GL
2	Kazakhstan	52	[12+12+12+9+7]	379.76	IPF GL
3	Philippines	21	[12+9]	165.42	IPF GL
4	Chinese Taipei	16	[8+8]	150.92	IPF GL

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Ghole Harshada	India	46.86	385.0	84.5510	1
2.	Erasmio Jane	Philippines	55.29	430.0	84.0452	1
3.	Gaas Regina	Kazakhstan	73.75	495.0	82.3546	1

Masters 1

-69kg																					
1	Salma Shaikh	29.07.78	IND	67.74	0.1735	41	120.0	130.0	145.0	1	50.0	60.0	60.0	2	130.0	145.0	152.5	1	347.5	60.31	12
2	Chi Chia-Chi	11.04.75	TPE	64.25	0.1786	40	100.0	110.0	115.0	2	80.0	90.0	100.0	1	120.0	135.0	145.0	2	345.0	61.60	9
-84kg																					
1	Kiran Tyagi	11.07.80	IND	81.60	0.1591	26	135.0	147.5	147.5	1	72.5	72.5	80.0	1	145.0	160.0	170.0	1	377.5	60.07	12
84+kg																					
1	G Nataraj Latha	20.06.78	IND	85.46	0.1562	31	100.0	110.0	117.5	1	40.0	45.0	50.0	1	110.0	125.0	132.5	1	280.0	43.74	12

Team (points)

1	India	36	[12+12+12]	164.11	IPF GL
2	Chinese Taipei	9	[9]	61.60	IPF GL

Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Chi Chia-Chi	Chinese Taipei	64.25	345.0	61.6018	2
2.	Salma Shaikh	India	67.74	347.5	60.3062	1
3.	Kiran Tyagi	India	81.60	377.5	60.0659	1

Masters 2

-69kg

1	Yu Yi-Chen	26.11.73	TPE	65.86	0.1762	39	150.0	150.0	170.0	1	70.0	80.0	85.0	1	145.0	160.0	170.0	1	410.0	72.22	12
-76kg																					
1	Khardina Elena	08.07.71	UZB	75.17	0.1649	50	55.0	65.0	70.0	1	50.0	57.5	60.0	1	65.0	75.0	85.0	1	215.0	35.45	12
-84kg																					
1	Panachi Sheeja	02.05.73	IND	81.85	0.1589	25	75.0	100.0	120.5	1	55.0	60.0	60.0	1	100.0	115.0	130.5	1	275.0	43.70	12

Team (points)

1	Chinese Taipei	12	[12]	72.22	IPF GL
2	India	12	[12]	43.70	IPF GL
3	Uzbekistan	12	[12]	35.45	IPF GL

Best Lifters of Masters 2 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Yu Yi-Chen	Chinese Taipei	65.86	410.0	72.2236	1
2.	Panachi Sheeja	India	81.85	275.0	43.7016	1
3.	Khardina Elena	Uzbekistan	75.17	215.0	35.4544	1

Masters 3

-47kg																					
1	Wong Amelia Wai Yu	03.01.60	HKG	46.44	0.2211	1	67.5	70.5	72.5	1	50.0	53.0	55.0	1	95.0	100.5	101.0	1	228.5	50.53	12

Team (points)

1	Hong Kong	12	[12]	50.53	IPF GL
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Best Lifters of Masters 3 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Wong Amelia Wai Yu	Hong Kong	46.44	228.5	50.5275	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.

HKG = Hong Kong
 IND = India
 KAZ = Kazakhstan

PHI = Philippines
 TPE = Chinese Taipei
 UZB = Uzbekistan