

ASIAN / PACIFIC / AFRICAN POWERLIFTING FEDERATION

2025 Asian / Pacific / African Men's Equipped Bench Press Championships, Himeji (Japan), 06-13.07.2025

SCORESHEET

Rnk	Lifters	d.o.b.	Team	BWT	IPF GL Cf.	Lot	1 Att.	2 Att.	3 Att.	Result	IPF GL	Pts
Open												
-59kg												
1	Tamura Yo	30.09.99	JPN	58.70	0.4959	7	225.0	240.0	240.0	240.0	119.02	12
-66kg												
1	Fukuda Masashi	15.06.84	JPN	66.00	0.4339	13	200.0	210.0	220.0	220.0	95.45	12
-74kg												
1	Kikuchi Yosuke	04.12.95	JPN	74.00	0.3894	23	270.0	270.0	301.0	270.0	105.14	12
2	Ionin Yakov	13.03.86	KAZ	73.60	0.3912	22	190.0	202.5	212.5	212.5	83.14	9
3	Nitin Kudalkar Sidhant	10.04.98	IND	71.00	0.4040	24	80.0	90.0	100.0	100.0	40.40	8
-83kg												
1	Kodama Daiki	03.04.79	JPN	82.40	0.3578	34	170.0	180.0	220.0	220.0	78.71	12
-93kg												
1	Yamashita Yasuki	31.08.91	JPN	92.20	0.3324	41	265.0	300.0	312.5	312.5	103.89	12
-105kg												
1	Sato Yuki	16.06.83	JPN	94.40	0.3279	47	175.0	270.0	270.0	175.0	57.39	12
-120kg												
1	Kase Satoshi	11.11.91	JPN	107.60	0.3071	53	240.0	240.0	240.0	240.0	73.70	12
2	Tao Feng	11.09.78	CHN	117.40	0.2965	52	110.0	150.0	180.0	110.0	32.61	9
120+kg												
1	Uemura Kazuho	15.03.92	JPN	131.00	0.2861	59	275.0	275.0	300.0	275.0	78.68	12
2	Altaibaev Andrey	25.06.72	KAZ	121.00	0.2933	58	245.0	260.0	275.0	260.0	76.27	9

Team (points)

1	Japan	60	[12+12+12+12+12]	502.22	IPF GL
2	Kazakhstan	18	[9+9]	159.41	IPF GL
3	China	9	[9]	32.61	IPF GL
4	India	8	[8]	40.40	IPF GL

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Tamura Yo	Japan	58.70	240.0	119.0215	1
2.	Kikuchi Yosuke	Japan	74.00	270.0	105.1423	1
3.	Yamashita Yasuki	Japan	92.20	312.5	103.8897	1

Sub-Juniors

-66kg												
1	Emura Junichiro	16.02.07	JPN	65.60	0.4366	11	140.0	175.5	175.5	140.0	61.13	12
-74kg												
1	Okayama Sora	25.04.08	JPN	73.90	0.3899	21	200.0	213.5	245.5	213.5	83.24	12
-120kg												
1	Oyunbaatar Bat-Ireedui	04.07.07	MGL	117.60	0.2963	50	100.0	140.0	142.5	142.5	42.22	12
2	Suleimenov Timur	15.10.08	KAZ	115.20	0.2986	51	120.0	130.0	140.0	120.0	35.83	9
120+kg												
1	Bayarbat Bat-Orgil	19.10.07	MGL	139.80	0.2813	57	135.0	150.0	150.0	135.0	37.97	12

Team (points)

1	Japan	24	[12+12]	144.36	IPF GL
2	Mongolia	24	[12+12]	80.19	IPF GL
3	Kazakhstan	9	[9]	35.83	IPF GL

Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Okayama Sora	Japan	73.90	213.5	83.2370	1
2.	Emura Junichiro	Japan	65.60	140.0	61.1276	1
3.	Oyunbaatar Bat-Ireedui	Mongolia	117.60	142.5	42.2242	1

Juniors

-66kg												
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1	Yamamoto Ryotaro	11.04.06	JPN	59.80	0.4847	10	130.0	140.0	140.0	130.0	63.01	12
-74kg												
1	Inagaki Soranosuke	07.09.02	JPN	73.10	0.3936	19	180.0	190.0	233.0	190.0	74.78	12
2	Yashiro Kairu	06.10.05	JPN	73.60	0.3912	18	162.5	182.5	192.5	182.5	71.40	9
3	Lazarek Alexandr	21.07.06	KAZ	66.80	0.4285	20	70.0	80.0	80.0	80.0	34.28	8
-83kg												
1	Goto Yusei	14.05.02	JPN	82.40	0.3578	32	172.5	200.0	210.0	200.0	71.56	12
-93kg												
1	Taguchi Koudai	02.03.02	JPN	84.90	0.3504	40	160.0	165.0	170.0	170.0	59.56	12
2	G.w. Sahana Wishvika	24.02.02	SRI	92.00	0.3329	39	120.0	130.0	140.0	140.0	46.60	9
120+kg												
1	Hataya Shogo	16.10.02	JPN	141.40	0.2805	56	160.0	180.0	190.0	190.0	53.30	12

Team (points)

1	Japan	60	[12+12+12+12+12]	322.20	IPF GL
2	Sri Lanka	9	[9]	46.60	IPF GL
3	Kazakhstan	8	[8]	34.28	IPF GL

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Inagaki Soranosuke	Japan	73.10	190.0	74.7794	1
2.	Goto Yusei	Japan	82.40	200.0	71.5576	1
3.	Yashiro Kairu	Japan	73.60	182.5	71.4018	2

Masters 1

-59kg												
1	Noda Toshihiko	02.04.79	JPN	58.70	0.4959	6	190.0	221.0	225.5	190.0	94.23	12
-83kg												
1	Yasuda Kazutomi	13.04.76	JPN	82.40	0.3578	31	250.0	250.0	260.0	250.0	89.45	12
2	Batmunkh Bulgankhangai	05.09.85	MGL	82.20	0.3584	30	150.0	235.0	240.0	240.0	86.02	9
-105kg												
1	Ito Hideki	21.07.76	JPN	93.60	0.3295	46	210.0	220.0	230.0	230.0	75.79	12
2	Iwamoto Kentaro	24.12.77	JPN	102.00	0.3148	45	165.0	212.5	222.5	212.5	66.90	9
-120kg												
1	Mori Masato	18.04.81	JPN	120.00	0.2942	49	220.0	237.5	245.0	237.5	69.87	12
120+kg												
1	Kito Hiromoto	14.06.76	JPN	136.20	0.2831	55	60.0	X	X	60.0	16.99	12

Team (points)

1	Japan	60	[12+12+12+12+12]	346.32	IPF GL
2	Mongolia	9	[9]	86.02	IPF GL

Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Noda Toshihiko	Japan	58.70	190.0	94.2254	1
2.	Yasuda Kazutomi	Japan	82.40	250.0	89.4470	1
3.	Batmunkh Bulgankhangai	Mongolia	82.20	240.0	86.0196	2

Masters 2

-59kg												
1	Hamada Naoto	14.02.67	JPN	57.40	0.5103	5	145.0	152.5	152.5	152.5	77.82	12
2	Yoshino Koji	26.10.69	JPN	58.60	0.4970	4	140.0	147.5	155.0	147.5	73.31	9
-74kg												
1	Kametani Mitsuo	04.06.71	JPN	69.80	0.4105	17	200.0	200.0	215.0	215.0	88.26	12
2	Fujita Shuichi	05.01.72	JPN	73.10	0.3936	16	130.0	130.0	140.0	140.0	55.10	9
-83kg												
1	Kushino Shigeki	26.09.73	JPN	82.40	0.3578	29	235.0	251.5	260.0	260.0	93.02	12
2	Olzkhuu Batzorig	06.12.74	MGL	75.00	0.3850	28	105.0	115.0	125.0	115.0	44.27	9
-93kg												
1	Ametani Shigeaki	02.05.67	JPN	91.50	0.3340	37	130.0	150.0	170.0	150.0	50.09	12
-105kg												
1	Kassai Masahiko	14.01.71	JPN	104.00	0.3119	44	295.0	295.0	310.0	295.0	92.01	12
-120kg												

1 Ito Satoshi 11.08.66 JPN 111.40 0.3026 48 180.0 ~~250.0~~ ~~300.5~~ 180.0 54.47 12

Team (points)

1 Japan 60 [12+12+12+12+12] 105.58 IPF GL
2 Mongolia 9 [9] 44.27 IPF GL

Best Lifters of Masters 2 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Kushino Shigeki	Japan	82.40	260.0	93.0249	1
2.	Kassai Masahiko	Japan	104.00	295.0	92.0093	1
3.	Kametani Mitsuo	Japan	69.80	215.0	88.2556	1

Masters 3

-59kg
1 Okamoto Hiroyuki 25.11.63 JPN 58.20 0.5013 3 75.0 87.5 ~~92.5~~ 87.5 43.86 12

-66kg
1 Mori Takashi 03.02.63 JPN 65.40 0.4380 9 120.0 135.0 140.0 140.0 61.32 12

-74kg
1 Mishima Tadashi 06.10.62 JPN 73.50 0.3917 15 ~~195.0~~ 195.0 ~~200.0~~ 195.0 76.38 12

-83kg
1 Purev Bayar 25.04.58 MGL 74.10 0.3890 27 135.0 142.5 ~~147.5~~ 142.5 55.43 12
2 Sakai Tomotaka 16.02.57 JPN 81.90 0.3594 26 ~~140.0~~ 140.0 ~~147.5~~ 140.0 50.31 9

-93kg
1 Kitagawa Takeshi 12.03.58 JPN 87.40 0.3437 36 100.0 ~~200.0~~ ~~200.0~~ 100.0 34.37 12

-105kg
1 Ono Kazuhisa 16.10.62 JPN 96.60 0.3238 42 205.0 210.0 213.0 213.0 68.96 12
2 Araki Hiroshige 06.10.64 JPN 100.20 0.3176 43 205.0 212.5 ~~213.5~~ 212.5 67.49 9

120+kg
1 Wada Kohei 03.11.64 JPN 121.20 0.2932 54 265.0 270.0 275.0 275.0 80.62 12

Team (points)

1 Japan 60 [12+12+12+12+12] 331.16 IPF GL
2 Mongolia 12 [12] 55.43 IPF GL

Best Lifters of Masters 3 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Wada Kohei	Japan	121.20	275.0	80.6212	1
2.	Mishima Tadashi	Japan	73.50	195.0	76.3825	1
3.	Ono Kazuhisa	Japan	96.60	213.0	68.9649	1

Masters 4

-59kg
1 Shirakawa Takeshi 04.05.48 JPN 57.60 0.5080 1 110.0 115.0 ~~120.0~~ 115.0 58.42 12
2 Kawakami Kyoji 04.03.50 JPN 57.80 0.5057 2 ~~110.0~~ ~~112.5~~ 112.5 56.90 9

-66kg
1 Sekine Takanobu 10.03.55 JPN 65.90 0.4346 8 117.5 120.0 122.5 122.5 53.23 12

-74kg
1 Ichikawa Tsutomu 02.09.47 JPN 73.40 0.3922 14 ~~145.0~~ 145.0 ~~150.0~~ 145.0 56.86 12

-83kg
1 Iijima Osamu 19.04.54 JPN 82.30 0.3581 25 147.5 ~~157.5~~ 157.5 56.40 12

-93kg
1 Hanada Takashi 24.09.53 JPN 85.10 0.3498 35 80.0 85.0 ~~90.0~~ 85.0 29.73 12

Team (points)

1 Japan 60 [12+12+12+12+12] 254.65 IPF GL

Best Lifters of Masters 4 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Shirakawa Takeshi	Japan	57.60	115.0	58.4218	1
2.	Kawakami Kyoji	Japan	57.80	112.5	56.8968	2
3.	Ichikawa Tsutomu	Japan	73.40	145.0	56.8645	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

IND = India

JPN = Japan

KAZ = Kazakhstan

MGL = Mongolia

SRI = Sri Lanka