

## ASIAN / PACIFIC / AFRICAN POWERLIFTING FEDERATION

2025 Asian / Pacific / African Women'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
<b>Open</b>												
<b>-47kg</b>												
1	Koseki Miki	16.11.84	JPN	46.10	0.7714	4	80.0	87.5	87.5	80.0	61.71	12
<b>-52kg</b>												
1	Takatsuto Mayuka	06.02.92	JPN	51.70	0.6963	10	97.5	102.5	107.5	107.5	74.85	12
2	Nishikawa Akiko	30.12.76	JPN	51.80	0.6952	9	100.0	105.0	<del>110.0</del>	105.0	72.99	9
<b>-57kg</b>												
1	Ishibashi Akane	06.03.93	JPN	56.10	0.6532	19	125.0	153.5	<del>170.0</del>	153.5	100.26	12
<b>-63kg</b>												
1	Akagawa Tomoko	02.02.84	JPN	59.00	0.6301	20	<del>162.5</del>	162.5	<del>173.5</del>	162.5	102.39	12
<b>-69kg</b>												
1	Sakata Namiko	05.06.88	JPN	65.60	0.5888	28	135.0	145.0	165.5	165.5	97.45	12
2	Basanjav Batkhishig	07.06.00	MGL	68.40	0.5749	29	105.0	<del>130.0</del>	<del>147.5</del>	105.0	60.37	9
<b>-84kg</b>												
—	Sakaguchi Airi	10.07.03	JPN	81.70	0.5279	23	<del>180.0</del>	<del>180.0</del>	<del>220.5</del>	DSQ	—	—
<b>84+kg</b>												
1	Altaibaeva Marina	25.12.73	KAZ	125.40	0.4698	24	40.0	45.0	50.0	50.0	23.49	12

## Team (points)

1	Japan	60	[12+12+12+12+12]	136.66	IPF GL
2	Kazakhstan	12	[12]	23.49	IPF GL
3	Mongolia	9	[9]	60.37	IPF GL

## Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Akagawa Tomoko	Japan	59.00	162.5	102.3882	1
2.	Ishibashi Akane	Japan	56.10	153.5	100.2621	1
3.	Sakata Namiko	Japan	65.60	165.5	97.4499	1

## Juniors

<b>-57kg</b>												
1	Kawahara Miu	13.06.02	JPN	55.60	0.6575	18	<del>80.0</del>	<del>80.0</del>	80.0	80.0	52.60	12

## Team (points)

1	Japan	12	[12]	52.60	IPF GL
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## Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Kawahara Miu	Japan	55.60	80.0	52.6032	1

## Masters 1

1	Uehara Mai	13.12.82	JPN	56.80	0.6473	17	102.5	<del>107.5</del>	<del>112.5</del>	102.5	66.34	12
<b>-69kg</b>												
1	Ishii Maki	12.06.77	JPN	69.00	0.5722	27	95.0	102.5	110.0	110.0	62.94	12
2	Sangeeta Sangeeta	04.07.83	IND	68.60	0.5740	26	<del>70.0</del>	70.0	80.0	80.0	45.92	9
<b>-76kg</b>												
1	Bat-Erdene Shinechimeg	23.02.85	MGL	76.00	0.5449	32	<del>70.0</del>	80.0	<del>107.5</del>	80.0	43.59	12
<b>-84kg</b>												
1	Abe Yoriko	11.09.77	JPN	83.00	0.5246	22	80.0	90.0	<del>100.0</del>	90.0	47.21	12

## Team (points)

1	Japan	36	[12+12+12]	176.49	IPF GL
2	Mongolia	12	[12]	43.59	IPF GL
3	India	9	[9]	45.92	IPF GL

## Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Uehara Mai	Japan	56.80	102.5	66.3443	1

2.	Ishii Maki	Japan					69.00	110.0	62.9393	1
3.	Abe Yoriko	Japan					83.00	90.0	47.2109	1

## Masters 2

### -47kg

1	Miyamoto Tomoko	01.12.67	JPN	46.50	0.7650	2	80.0	85.0	<del>90.0</del>	85.0	65.03	12
2	Sato Mariko	23.04.71	JPN	46.60	0.7635	3	70.0	<del>75.0</del>	75.0	75.0	57.26	9

### -52kg

1	Iwamoto Sachiko	08.02.73	JPN	51.00	0.7043	8	80.0	90.0	100.0	100.0	70.43	12
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### -57kg

1	Fujiyama Mikako	29.07.70	JPN	52.40	0.6887	15	70.0	72.5	80.0	80.0	55.09	12
2	Yamamoto Yuki	07.03.73	JPN	54.50	0.6676	16	<del>67.5</del>	67.5	77.5	77.5	51.74	9

### -76kg

1	Sharma Sweety	28.12.73	IND	75.20	0.5476	31	70.0	80.0	<del>85.0</del>	80.0	43.81	12
2	Takatori Yuki	06.04.69	JPN	75.20	0.5476	30	<del>75.0</del>	75.0	<del>82.5</del>	75.0	41.07	9

### -84kg

1	Dulamsuren Munkhtsetseg	25.01.75	MGL	81.20	0.5293	21	75.0	85.0	<del>100.0</del>	85.0	44.99	12
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### Team (points)

1	Japan	54	[12+12+12+9+9]	299.54	IPF GL
2	Mongolia	12	[12]	44.99	IPF GL
3	India	12	[12]	43.81	IPF GL

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

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Iwamoto Sachiko	Japan	51.00	100.0	70.4255	1
2.	Miyamoto Tomoko	Japan	46.50	85.0	65.0272	1
3.	Sato Mariko	Japan	46.60	75.0	57.2600	2

## Masters 3

### -52kg

1	Nagaya-Shirakawa Kaori	24.09.63	JPN	51.90	0.6941	6	<del>100.5</del>	100.5	107.5	107.5	74.61	12
2	Osawa Sachiko	18.02.56	JPN	50.00	0.7163	7	70.0	75.0	<del>80.0</del>	75.0	53.72	9

### -57kg

1	Teramura Mika	05.09.62	JPN	52.70	0.6855	13	82.5	85.0	90.0	90.0	61.69	12
2	Ando Hisako	07.10.65	JPN	56.00	0.6540	14	77.5	<del>85.0</del>	95.5	77.5	50.69	9

### -69kg

—	Tokutake Megumi	21.03.64	JPN	68.20	0.5759	25	<del>126.0</del>	<del>126.0</del>	<del>126.0</del>	DSQ	—	—
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### Team (points)

1	Japan	42	[12+12+9+9]	240.71	IPF GL
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### Best Lifters of Masters 3 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Nagaya-Shirakawa Kaori	Japan	51.90	107.5	74.6132	1
2.	Teramura Mika	Japan	52.70	90.0	61.6937	1
3.	Osawa Sachiko	Japan	50.00	75.0	53.7193	2

## Masters 4

### -47kg

1	Matsuoka Machiko	29.11.52	JPN	47.00	0.7573	1	52.5	<del>60.5</del>	<del>60.5</del>	52.5	39.76	12
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### -52kg

1	Fukuda Suzuko	17.09.53	JPN	48.80	0.7317	5	55.0	60.0	62.5	62.5	45.73	12
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### -57kg

1	Nagao Yuko	15.10.50	JPN	55.50	0.6584	<sup>11</sup>	76.0	77.5	80.0	80.0	52.67	12
2	Iida Noriko	15.07.36	JPN	53.00	0.6824	12	50.0	52.5	<del>55.0</del>	52.5	35.82	9

### Team (points)

1	Japan	45	[12+12+12+9]	173.99	IPF GL
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### Best Lifters of Masters 4 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Nagao Yuko	Japan	55.50	80.0	52.6742	1

2.	Fukuda Suzuko	Japan	48.80	62.5	45.7321	1
3.	Matsuoka Machiko	Japan	47.00	52.5	39.7599	1

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**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.

IND = India

KAZ = Kazakhstan

JPN = Japan

MGL = Mongolia