

ASIAN / PACIFIC / AFRICAN POWERLIFTING FEDERATION
2025 Asian / Pacific / African Women's Equipped Powerlifting Championships, Himeji (Japan), 06-13.07.2025

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	Wang Chieh-Ying	12.12.8	TPE	46.70	0.2202	3	130.0	445.0	445.0	1	70.0	75.0	75.0	1	140.0	452.5	452.5	1	340.0	74.86	12
-52kg																					
1	Malkova-Solopova Alyona	30.04.9	KAZ	51.60	0.2047	9	110.0	120.0	430.0	1	75.0	80.0	85.0	2	115.0	122.5	127.5	2	332.5	68.08	12
—	Hsu I-Lan	02.03.9	TPE	51.70	0.2045	10	450.0	455.0	455.0	—	90.0	95.0	402.5	1	160.0	172.5	400.0	1	DSQ	—	—
-57kg																					
1	Chang Hsiu-Ting	24.03.9	TPE	56.60	0.1925	16	455.0	155.0	470.0	2	90.0	95.0	97.5	1	160.0	170.0	477.5	1	422.5	81.35	12
2	Terada Yukie	28.01.7	JPN	56.40	0.1930	15	455.0	160.0	472.5	1	92.5	92.5	95.0	2	155.0	165.0	470.0	2	417.5	80.56	9
-63kg																					
1	Andrews Kelly	05.01.8	AUS	62.70	0.1810	20	145.0	155.0	462.5	1	75.0	80.0	82.5	2	155.0	165.0	175.0	1	412.5	74.67	12
2	Suzuki Kyoko	19.05.7	JPN	60.05	0.1856	19	442.5	142.5	455.0	2	82.5	90.0	90.0	1	140.0	450.0	450.0	2	365.0	67.76	9
-69kg																					
1	Sakata Namiko	05.06.8	JPN	64.30	0.1785	31	155.0	170.0	480.0	1	135.0	458.5	458.5	1	120.0	150.0	162.5	1	467.5	83.44	12
-76kg																					
1	Lin Hsiang-Chu	12.09.9	TPE	72.10	0.1682	32	220.0	220.0	220.0	1	100.0	105.0	440.0	1	170.0	190.0	X	1	515.0	86.61	12
-84kg																					
1	Dhakad Priya	05.12.9	IND	82.90	0.1581	24	160.0	467.5	475.0	1	75.0	85.0	95.0	1	125.0	135.0	437.5	2	390.0	61.66	12
2	Nitharshika Kumaran	07.03.9	SRI	78.20	0.1620	23	110.0	X	X	2	50.0	X	X	2	135.0	140.0	150.0	1	310.0	50.22	9
84+kg																					
1	E.a.d. Nayodya Epitawala	04.01.9	SRI	89.30	0.1537	29	145.0	150.0	160.0	1	65.0	70.0	80.0	1	150.0	165.0	172.5	1	412.5	63.39	12
2	Altaibaeva Marina	25.12.7	KAZ	125.20	0.1401	30	55.0	60.0	X	2	47.5	52.5	55.0	2	75.0	85.0	95.0	2	210.0	29.43	9

Team (points)

1	Chinese Taipei	36	[12+12+12]	242.82	IPF GL
2	Japan	30	[12+9+9]	231.76	IPF GL
3	Sri Lanka	21	[12+9]	113.61	IPF GL
4	Kazakhstan	21	[12+9]	97.51	IPF GL
5	Australia	12	[12]	74.67	IPF GL
6	India	12	[12]	61.66	IPF GL

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Lin Hsiang-Chu	Chinese Taipei	72.10	515.0	86.6127	1
2.	Sakata Namiko	Japan	64.30	467.5	83.4389	1
3.	Chang Hsiu-Ting	Chinese Taipei	56.60	422.5	81.3465	1

Sub-Juniors

-47kg																					
1	Gu Dong-Le	15.11.0	TPE	46.70	0.2202	2	120.0	436.0	136.0	1	70.0	83.0	83.0	1	120.0	135.0	143.5	1	349.5	76.96	12
-52kg																					

1	Huang An-Le	16.07.0	TPE	50.40	0.2082	7	125.0	435.0	440.0	1	67.5	72.5	X	1	102.5	112.5	122.5	2	320.0	66.61	12
2	Jiang Jing-Yi	11.09.0	TPE	51.80	0.2042	8	420.0	120.0	437.5	2	45.0	55.0	57.5	2	110.0	122.5	125.0	1	302.5	61.77	9
-63kg																					
1	Huang Sin-Ying	05.10.0	TPE	62.50	0.1814	18	130.0	145.0	455.0	1	50.0	60.0	72.5	1	110.0	125.0	440.0	1	342.5	62.11	12

Team (points)

1	Chinese Taipei	45	[12+12+12+9]	267.45	IPF GL
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Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Gu Dong-Le	Chinese Taipei	46.70	349.5	76.9550	1
2.	Huang An-Le	Chinese Taipei	50.40	320.0	66.6118	1
3.	Huang Sin-Ying	Chinese Taipei	62.50	342.5	62.1144	1

Juniors

-57kg																					
1	Liu Zi-Yu	10.06.0	TPE	56.70	0.1923	14	125.0	140.0	460.0	1	75.0	82.5	90.0	1	125.0	132.5	140.0	1	370.0	71.16	12
-63kg																					
1	Kao Yu-Chen	28.12.0	TPE	62.60	0.1812	17	490.0	490.0	190.0	1	85.0	90.0	92.5	1	455.0	155.0	475.0	1	435.0	78.82	12
84+kg																					
1	Li Hsin-Ying	07.08.0	TPE	107.60	0.1450	26	205.0	220.0	230.0	2	115.0	120.0	125.0	1	180.0	492.5	192.5	1	537.5	77.95	12
2	Gu Sin-Wei	20.06.0	TPE	120.00	0.1413	27	230.0	230.0	245.0	1	97.5	105.0	440.0	2	165.0	175.0	482.5	2	510.0	72.08	9
3	Ashwin Desai Devika	06.04.0	IND	121.20	0.1410	28	137.5	147.5	155.0	3	55.0	62.5	70.0	3	137.5	150.0	157.5	3	382.5	53.95	8

Team (points)

1	Chinese Taipei	45	[12+12+12+9]	300.01	IPF GL
2	India	8	[8]	53.95	IPF GL

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Kao Yu-Chen	Chinese Taipei	62.60	435.0	78.8177	1
2.	Li Hsin-Ying	Chinese Taipei	107.60	537.5	77.9515	1
3.	Gu Sin-Wei	Chinese Taipei	120.00	510.0	72.0808	2

Masters 1

-52kg																					
1	Ito Harumi	08.01.7	JPN	51.30	0.2056	6	110.0	420.0	420.0	1	52.5	55.0	57.5	1	145.0	160.0	475.5	1	325.0	66.81	12
2	Hsieh Yu-Hsin	27.09.7	TPE	51.60	0.2047	5	80.0	90.0	400.0	2	45.0	45.0	50.0	2	105.0	117.5	125.0	2	265.0	54.26	9
-57kg																					
1	Huang Wei-Chin	09.02.8	TPE	54.20	0.1980	13	80.0	80.0	100.0	1	40.0	45.0	50.0	1	100.0	115.0	430.0	1	260.0	51.49	12
-84kg																					
1	R.a.d. Nadeeka Hemanthi	03.09.8	SRI	78.00	0.1622	22	100.0	X	X	1	50.0	X	X	1	135.0	X	X	1	285.0	46.22	12

Team (points)

1	Chinese Taipei	21	[12+9]	105.74	IPF GL
2	Japan	12	[12]	66.81	IPF GL

Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Ito Harumi	Japan	51.30	325.0	66.8138	1
2.	Hsieh Yu-Hsin	Chinese Taipei	51.60	265.0	54.2580	2
3.	Huang Wei-Chin	Chinese Taipei	54.20	260.0	51.4868	1

Masters 2**-47kg**

1	Yanagisawa Yukiko	11.01.6	JPN	46.40	0.2213	1	60.0	70.0	80.0	1	42.5	47.5	50.0	1	80.0	90.0	100.0	1	230.0	50.89	12
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-57kg

1	Nakamura Miyoko	25.12.7	JPN	56.30	0.1932	12	120.0	130.0	130.0	1	75.0	75.0	80.0	1	120.0	130.0	140.0	1	345.0	66.65	12
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-84kg

1	Dulamsuren Munkhtsetseç	25.01.7	MGL	82.30	0.1586	21	145.0	145.0	152.5	1	75.0	85.0	95.0	1	130.0	140.0	150.0	1	377.5	59.86	12
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84+kg

1	Kato Midori	13.06.7	JPN	88.40	0.1542	25	120.0	135.0	145.0	1	60.0	65.0	70.0	1	120.0	130.0	135.0	1	350.0	53.98	12
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Team (points)

1	Japan	36	[12+12+12]	171.53	IPF GL
2	Mongolia	12	[12]	59.86	IPF GL

Best Lifters of Masters 2 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Nakamura Miyoko	Japan	56.30	345.0	66.6499	1
2.	Dulamsuren Munkhtsetseç	Mongolia	82.30	377.5	59.8564	1
3.	Kato Midori	Japan	88.40	350.0	53.9840	1

Masters 3**-52kg**

—	Teramura Mika	05.09.6	JPN	51.90	0.2039	4	120.0	125.0	125.0	—	82.5	85.0	87.5	1	110.0	120.0	127.5	1	DSQ	—	—
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Team (points)

—	Japan	—			
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Best Lifters of Masters 3 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
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Masters 4**-57kg**

1	Omori Seiko	04.12.5	JPN	56.90	0.1919	11	125.0	125.0	131.0	1	57.5	57.5	57.5	1	110.0	117.5	120.0	1	302.5	58.05	12
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Team (points)

1	Japan	12	[12]	58.05	IPF GL
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Best Lifters of Masters 4 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Omori Seiko	Japan	56.90	302.5	58.0473	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 = Australia

IND = India

JPN = Japan

KAZ = Kazakhstan

MGL = Mongolia

SRI = Sri Lanka

TPE = Chinese Taipei