

ASIAN POWERLIFTING FEDERATION
Asian Women's Masters & Open Equipped Powerlifting Championships
Istanbul (Turkiye), 02-10.12.2025

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 | Abdullaeva Elmira | 30.10.9 | AIN | 46.55 | 0.2207 | 2 | 155.0 | 165.0 | 175.0 | 1 | 80.0 | 85.0 | 90.0 | 1 | 150.0 | 160.0 | 165.0 | 2 | 430.0 | 94.91 | ps. |
| 2 | Ompod Veronica | 06.01.0 | PHI | 45.75 | 0.2237 | 3 | 162.5 | 172.5 | 172.5 | 2 | 80.0 | 85.0 | 87.5 | 2 | 160.0 | 167.5 | 175.0 | 1 | 415.0 | 92.83 | 12 |
| 3 | Wang Chieh-Ying | 12.12.8 | TPE | 46.50 | 0.2209 | 1 | 130.0 | 140.0 | X | 3 | 65.0 | 70.0 | X | 3 | 125.0 | 135.0 | 145.0 | 3 | 340.0 | 75.11 | 9 |
| -52kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Sitdikova Aigul | 26.07.8 | AIN | 51.95 | 0.2038 | 7 | 160.0 | 170.0 | 175.0 | 1 | 140.0 | 150.0 | 155.0 | 1 | 150.0 | 160.0 | 175.0 | 3 | 500.0 | 101.89 | ps. |
| 2 | Bautista Jeremy Reign | 01.01.9 | PHI | 51.75 | 0.2043 | 6 | 160.0 | 167.5 | 172.5 | 2 | 100.0 | 125.5 | 125.5 | 2 | 160.0 | 170.0 | 175.0 | 2 | 447.5 | 91.44 | 12 |
| 3 | Cho Chia-Yu | 25.03.9 | TPE | 51.95 | 0.2038 | 4 | 150.0 | 165.0 | 172.5 | 3 | 60.0 | 70.0 | X | 5 | 170.0 | 182.5 | 193.0 | 1 | 417.5 | 85.08 | 9 |
| 4 | Huang Hui-Chuan | 01.09.9 | TPE | 48.45 | 0.2142 | 5 | 115.0 | 120.0 | 125.0 | 4 | 75.0 | 80.0 | 85.0 | 3 | 125.0 | 135.0 | 145.0 | 5 | 340.0 | 72.83 | 8 |
| — | Sunil Deshmukh Sushmita | 06.11.9 | IND | 50.75 | 0.2071 | 8 | 155.0 | 155.0 | 155.0 | — | 70.0 | 75.0 | 85.0 | 4 | 155.0 | 160.0 | 165.0 | 4 | DSQ | — | — |
| -57kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Kolesnik Daniela | 19.04.9 | AIN | 56.65 | 0.1924 | 13 | 205.0 | 215.0 | 220.0 | 1 | 145.0 | 150.0 | 155.0 | 1 | 185.0 | 192.5 | 202.5 | 2 | 567.5 -w | 109.20 | ps. |
| 2 | . Komal | 10.06.0 | IND | 56.35 | 0.1931 | 10 | 182.5 | 195.0 | 202.5 | 2 | 95.0 | 105.0 | 112.5 | 2 | 187.5 | 211.0 | 211.0 | 1 | 526.0 | 101.56 | 12 |
| 3 | Tsarenko Yuliya | 03.10.0 | KAZ | 56.30 | 0.1932 | 11 | 150.0 | 160.0 | 167.5 | 3 | 90.0 | 95.0 | 100.0 | 3 | 135.0 | 142.5 | 142.5 | 4 | 405.0 | 78.24 | 9 |
| 4 | Otgonbayar Urangoo | 07.11.0 | MGL | 56.80 | 0.1921 | 12 | 160.0 | 162.5 | 167.5 | 4 | 65.0 | 65.0 | 70.0 | 4 | 145.0 | 152.5 | 177.5 | 3 | 382.5 | 73.48 | 8 |
| -63kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Lomatskaia Daria | 01.12.0 | AIN | 62.65 | 0.1811 | 19 | 195.0 | 205.0 | 212.5 | 2 | 137.5 | 142.5 | 150.0 | 1 | 182.5 | 190.0 | 195.0 | 1 | 537.5 | 97.35 | ps. |
| 2 | Khishigjargal Tsolmongoo | 19.02.0 | MGL | 61.15 | 0.1837 | 18 | 200.0 | 210.0 | 212.5 | 1 | 82.5 | 90.0 | 102.5 | 2 | 170.0 | 182.5 | 190.0 | 2 | 485.0 | 89.08 | 12 |
| 3 | Almasri Esraa | 15.01.9 | SYR | 62.15 | 0.1819 | 17 | 120.0 | 130.0 | 140.0 | 3 | 60.0 | 70.0 | 75.0 | 3 | 130.0 | 140.0 | 142.5 | 3 | 340.0 | 61.86 | 9 |
| -69kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Filatova Olga | 24.06.0 | AIN | 63.05 | 0.1805 | 38 | 217.5 | 227.5 | 237.5 | 1 | 112.5 | 112.5 | 117.5 | 2 | 190.0 | 200.0 | 205.0 | 1 | 560.0 | 101.05 | ps. |
| 2 | Gaas Regina | 28.06.0 | KAZ | 67.80 | 0.1735 | 39 | 190.0 | 190.0 | 202.5 | 2 | 105.0 | 110.0 | 120.0 | 3 | 170.0 | 182.5 | 190.0 | 2 | 495.0 | 85.86 | 12 |
| 3 | Neri Maritoni Elline | 25.11.0 | PHI | 64.40 | 0.1783 | 37 | 180.0 | 190.0 | 190.0 | 3 | 110.0 | 120.0 | 120.0 | 1 | 165.0 | 175.0 | 182.5 | 3 | 475.0 | 84.70 | 9 |
| -76kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Romashkina Oksana | 20.10.8 | AIN | 74.30 | 0.1658 | 44 | 215.0 | 225.0 | 230.0 | 1 | 142.5 | 150.0 | 155.0 | 1 | 185.0 | 195.0 | 200.0 | 2 | 580.0 | 96.16 | ps. |
| 2 | Lin Hsiang-Chu | 12.09.9 | TPE | 71.65 | 0.1687 | 42 | 215.0 | 220.0 | X | 2 | 95.0 | 102.5 | 105.0 | 2 | 205.0 | 223.0 | 223.0 | 1 | 525.0 | 88.56 | 12 |
| 3 | Farhat Fatima | 02.07.9 | LBN | 71.60 | 0.1688 | 43 | 120.0 | 120.0 | 140.0 | 3 | 50.0 | 57.5 | 60.0 | 3 | 140.0 | 155.0 | 162.5 | 3 | 360.0 | 60.75 | 9 |
| -84kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Sindikas Nadezhda | 20.01.8 | AIN | 83.70 | 0.1575 | 22 | 230.0 | 240.0 | 240.0 | 1 | 172.5 | 180.0 | 200.0 | 1 | 190.0 | 205.0 | 205.0 | 1 | 615.0 | 96.86 | ps. |
| 84+kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Efimtseva Daria | 02.03.0 | AIN | 146.15 | 0.1367 | 32 | 290.0 | 310.0 | 323.0 | 1 | 215.0 | 230.5-w | 232.5 | 1 | 205.0 | 225.0 | 237.5 | 1 | 793.0 | 108.39 | ps. |
| 2 | Capacio Jennifer | 14.08.8 | PHI | 108.10 | 0.1449 | 27 | 190.0 | 205.0 | 215.0 | 3 | 95.0 | 100.0 | 105.0 | 4 | 190.0 | 202.5 | 210.0 | 2 | 530.0 | 76.77 | 12 |
| 3 | Bollinadi Chandrika | 21.02.9 | IND | 104.70 | 0.1461 | 29 | 205.0 | 205.0 | 220.0 | 2 | 100.0 | 107.5 | 112.5 | 3 | 180.0 | 192.5 | 200.0 | 3 | 527.5 | 77.07 | 9 |
| 4 | . Jyoti | 28.02.0 | IND | 84.75 | 0.1567 | 30 | 205.0 | 205.0 | 205.0 | 4 | 105.0 | 120.0 | 127.5 | 2 | 170.0 | 185.0 | 197.5 | 4 | 495.0 | 77.58 | 8 |
| 5 | Hannoun Myriam | 01.01.9 | SYR | 130.45 | 0.1391 | 28 | 190.0 | 190.0 | 215.0 | 5 | 80.0 | 90.0 | 110.0 | 5 | 160.0 | 170.0 | 170.0 | 6 | 440.0 | 61.19 | 7 |
| 6 | Abo Al Reesh Taghreed | 20.09.0 | SYR | 87.60 | 0.1548 | 31 | 135.0 | 140.0 | 140.0 | 6 | 72.5 | 77.5 | 77.5 | 6 | 160.0 | 170.0 | 177.5 | 5 | 387.5 | 59.97 | 6 |

Team (points)

1 Philippines

45 [12+12+12+9]

345.75 IPF GL

| | | | | | |
|---|-----------------|----|------------|--------|--------|
| 2 | Chinese Taipei | 38 | [12+9+9+8] | 321.58 | IPF GL |
| 3 | India | 29 | [12+9+8] | 256.20 | IPF GL |
| 4 | Syria | 22 | [9+7+6] | 183.02 | IPF GL |
| 5 | Kazakhstan | 21 | [12+9] | 164.11 | IPF GL |
| 6 | Mongolia | 20 | [12+8] | 162.56 | IPF GL |
| 7 | Lebanon | 9 | [9] | 60.75 | IPF GL |
| — | Neutral Athlete | — | | | |

Best Lifters of Open by IPF GL Formula

| Rnk | Lifter | Team | Bwt | Total | IPF GL Points | C.Rnk |
|-----|------------------|-----------------|--------|-------|---------------|-------|
| 1. | Kolesnik Daniela | Neutral Athlete | 56.65 | 567.5 | 109.2029 | 1 |
| 2. | Efimtseva Daria | Neutral Athlete | 146.15 | 793.0 | 108.3912 | 1 |
| 3. | Sitdikova Aigul | Neutral Athlete | 51.95 | 500.0 | 101.8950 | 1 |

Masters 1

| -57kg | | | | | | | | | | | | | | | | | | | | | |
|-------|-------------------------|---------|-----|--------|--------|----|------------------|------------------|------------------|---|-------|------------------|-----------------|---|-------|-------|------------------|---|-------|-------|----|
| 1 | Azzam Sahar | 31.12.7 | SYR | 54.85 | 0.1965 | 9 | 85.0 | 85.0 | 120.0 | 1 | 45.0 | 52.5 | 55.0 | 1 | 100.0 | 115.0 | 120.0 | 1 | 292.5 | 57.47 | 12 |
| -63kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Malyugina Nadejda | 03.03.7 | UZB | 60.00 | 0.1857 | 15 | 150.0 | 160.0 | 170.0 | 1 | 100.0 | 405.0 | 105.0 | 1 | 150.0 | 160.0 | 465.0 | 1 | 435.0 | 80.80 | 12 |
| 2 | Zorig Munkhzaya | 21.02.8 | MGL | 61.25 | 0.1835 | 16 | 115.0 | 130.0 | 140.0 | 2 | 45.0 | 70.0 | 80.0 | 2 | 120.0 | 140.0 | 155.0 | 2 | 365.0 | 66.97 | 9 |
| -69kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Suganthi B Amudha | 01.03.8 | IND | 65.85 | 0.1762 | 35 | 150.0 | 460.0 | 160.0 | 1 | 87.5 | 92.5 | 95.0 | 1 | 145.0 | 155.0 | 165.0 | 1 | 417.5 | 73.55 | 12 |
| 2 | Shaikh Salma | 29.07.7 | IND | 67.55 | 0.1738 | 34 | 435.0 | 135.0 | 450.0 | 2 | 80.0 | 85.0 | 85.0 | 2 | 145.0 | 155.0 | 165.0 | 2 | 380.0 | 66.04 | 9 |
| -76kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Kar Sumitra | 18.07.7 | IND | 72.55 | 0.1677 | 41 | 160.0 | 167.5 | 175.0 | 1 | 70.0 | 77.5 | 85.0 | 1 | 150.0 | 160.0 | 167.5 | 1 | 427.5 | 71.68 | 12 |
| -84kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Jamiro Rachel Rueve Mar | 01.08.8 | PHI | 82.95 | 0.1581 | 21 | 120.0 | 127.5 | 132.5 | 1 | 55.0 | 60.0 | 65.0 | 1 | 135.0 | 142.5 | 150.0 | 1 | 342.5 | 54.13 | 12 |
| 84+kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Sanjaa-Osor Ganchimeg | 20.07.8 | MGL | 93.85 | 0.1510 | 25 | 130.0 | 150.0 | 160.0 | 1 | 50.0 | 75.0 | 80.0 | 2 | 125.0 | 135.0 | 155.0 | 1 | 365.0 | 55.13 | 12 |
| 2 | Haddad Amal | 17.06.7 | SYR | 119.70 | 0.1414 | 26 | 100.0 | 420.0 | 130.0 | 2 | 70.0 | 80.0 | 90.0 | 1 | 100.0 | 135.0 | 445.0 | 2 | 355.0 | 50.20 | 9 |

Team (points)

| | | | | | |
|---|-------------|----|-----------|--------|--------|
| 1 | India | 33 | [12+12+9] | 211.28 | IPF GL |
| 2 | Mongolia | 21 | [12+9] | 122.10 | IPF GL |
| 3 | Syria | 21 | [12+9] | 107.67 | IPF GL |
| 4 | Uzbekistan | 12 | [12] | 80.80 | IPF GL |
| 5 | Philippines | 12 | [12] | 54.13 | IPF GL |

Best Lifters of Masters 1 by IPF GL Formula

| Rnk | Lifter | Team | Bwt | Total | IPF GL Points | C.Rnk |
|-----|-------------------|------------|-------|-------|---------------|-------|
| 1. | Malyugina Nadejda | Uzbekistan | 60.00 | 435.0 | 80.7960 | 1 |
| 2. | Suganthi B Amudha | India | 65.85 | 417.5 | 73.5506 | 1 |
| 3. | Kar Sumitra | India | 72.55 | 427.5 | 71.6815 | 1 |

Masters 2

| -63kg | | | | | | | | | | | | | | | | | | | | | |
|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

| | | | | | | | | | | | | | | | | | | | | | |
|--------------|-------------------------|---------|-----|-------|--------|----|------------------|------------------|-------|---|------|-----------------|------|---|-------|-------|------------------|---|-------|-------|----|
| 1 | Chi Chia-Chi | 11.04.7 | TPE | 61.60 | 0.1829 | 14 | 80.0 | 90.0 | X | 1 | 70.0 | 80.0 | 85.0 | 1 | 100.0 | 120.0 | 435.0 | 1 | 295.0 | 53.95 | 12 |
| -69kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Yu Yi-Chen | 26.11.7 | TPE | 65.95 | 0.1760 | 33 | 170.0 | 185.0 | 190.5 | 1 | 80.0 | 85.0 | X | 1 | 150.0 | 170.0 | 480.5 | 1 | 445.5 | 78.42 | 12 |
| -76kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Khardina Elena | 08.07.7 | UZB | 74.65 | 0.1654 | 40 | 45.0 | 55.0 | 60.0 | 1 | 55.0 | 60.0 | 60.0 | 1 | 65.0 | 75.0 | 85.0 | 1 | 205.0 | 33.91 | 12 |
| -84kg | | | | | | | | | | | | | | | | | | | | | |
| 1 | Dulamsuren Munkhtsetseg | 25.01.7 | MGL | 83.80 | 0.1574 | 20 | 140.0 | 140.0 | 140.0 | 1 | 50.0 | 80.0 | 90.0 | 1 | 125.0 | 135.0 | 152.5 | 1 | 382.5 | 60.21 | 12 |

Team (points)

| | | | | | |
|---|----------------|----|---------|--------|--------|
| 1 | Chinese Taipei | 24 | [12+12] | 132.37 | IPF GL |
| 2 | Mongolia | 12 | [12] | 60.21 | IPF GL |
| 3 | Uzbekistan | 12 | [12] | 33.91 | 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 | 65.95 | 445.5 | 78.4191 | 1 |
| 2. | Dulamsuren Munkhtsetseg | Mongolia | 83.80 | 382.5 | 60.2109 | 1 |
| 3. | Chi Chia-Chi | Chinese Taipei | 61.60 | 295.0 | 53.9493 | 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.

AIN = Neutral Athlete

IND = India

KAZ = Kazakhstan

LBN = Lebanon

MGL = Mongolia

PHI = Philippines

SYR = Syria

TPE = Chinese Taipei

UZB = Uzbekistan