

ASIAN POWERLIFTING FEDERATION
Asian Women's Sub-Juniors & Juniors Classic Powerlifting Championships, Dehradun (India), 06-12.05.2025

DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	IPF GL Cf.	Lot	All Squat			All Bench Press			All Deadlift			Total	IPF GL	Pts		
Sub-Juniors																				
-43kg																				
1	K H Sinchana	26.06.0	IND	42.50	0.3086	2 65.0	75.0	82.5	1	42.5	47.5	50.0	1	95.0	105.0	110.0	1	242.5	74.83	12
-47kg																				
1	Gu Dong-Le	15.11.0	TPE	46.55	0.2799	6 95.0	105.0	110.0	1	47.5	52.5	52.5	2	117.5	122.5	130.0	1	292.5	81.86	12
2	Borshnyakova Milena	06.06.0	KAZ	46.40	0.2808	7 97.5	105.0	107.5	2	50.0	55.0	57.5	1	110.0	120.0	125.0	2	285.0	80.02	9
3	Wu Yi-Syuan	12.01.0	TPE	46.70	0.2790	8 95.0	102.5	105.0	3	35.0	40.0	40.0	3	100.0	112.5	112.5	3	250.0	69.74	8
-52kg																				
1	Passyuk Viktoriya	20.06.0	KAZ	51.25	0.2557	13 105.0	115.0	120.0	1	57.5	62.5	62.5	1	120.0	130.0	135.0	2	312.5	79.91	12
2	Fathima Sahadiya	17.03.0	IND	49.30	0.2648	12 100.0	105.0	105.0	2	50.0	55.0	57.5	2	127.5	140.0	152.5	1	300.0	79.44	9
-57kg																				
1	Bondareva Yekaterina	20.02.0	KAZ	54.90	0.2415	18 110.0	120.0	125.0	1	57.5	62.5	65.0	1	130.0	140.0	160.0	1	330.0	79.68	12
2	Ahirwar Payal	24.06.0	IND	56.05	0.2376	17 105.0	112.5	120.0	2	57.5	60.0	62.5	2	120.0	130.0	135.0	2	302.5	71.87	9
-63kg																				
1	Khe Anastassiya	23.06.0	KAZ	62.40	0.2201	20 122.5	130.0	130.0	1	62.5	67.5	67.5	1	150.0	160.0	167.5	1	342.5	75.40	12
-69kg																				
1	Guryeva Margarita	28.11.0	KAZ	64.45	0.2157	32 125.0	135.0	140.0	1	65.0	70.0	75.0	1	130.0	145.0	162.5	1	355.0	76.56	12
2	Bespalova Kira	08.08.0	KAZ	66.70	0.2112	31 90.0	100.0	110.0	2	45.0	52.5	55.0	2	100.0	115.0	125.0	2	287.5	60.73	9
-76kg																				
1	Santos Sabina Mae	16.01.0	PHI	75.60	0.1976	37 135.0	145.0	150.0	1	70.0	75.0	80.0	1	140.0	145.0	150.0	1	370.0	73.13	12
-84kg																				
1	Topilskaya Kira	24.10.0	KAZ	76.30	0.1968	22 80.0	90.0	97.5	1	45.0	50.0	50.0	1	90.0	102.5	115.0	1	250.0	49.20	12
84+kg																				
1	Nurlankyzy Kuralay	18.06.0	KAZ	102.20	0.1773	26 100.0	110.0	117.5	1	50.0	55.0	62.5	1	100.0	107.5	112.5	1	292.5	51.87	12

Team (points)

1	Kazakhstan	60	[12+12+12+12+12]	363.41	IPF GL
2	India	30	[12+9+9]	226.14	IPF GL
3	Chinese Taipei	20	[12+8]	151.61	IPF GL
4	Philippines	12	[12]	73.13	IPF 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	46.55	292.5	81.8637	1
2.	Borshnyakova Milena	Kazakhstan	46.40	285.0	80.0243	2
3.	Passyuk Viktoriya	Kazakhstan	51.25	312.5	79.9084	1

Juniors

-43kg																				
1	Sharafutdinova Kamila	29.06.0	AIN	42.90	0.3053	1 65.0	67.5	70.0	1	50.0	52.5	55.0	1	90.0	95.0	100.0	1	225.0	68.70	ps.
-47kg																				

1	Trempolets Arina	29.07.0	KAZ	46.95	0.2775	3	102.5	107.5	112.5	1	57.5	60.0	65.0	1	112.5	120.0	130.0	1	287.5	79.78	12
2	Khrapova Iana	11.03.0	AIN	46.95	0.2775	4	95.0	102.5	102.5	2	55.0	60.0	62.5	2	95.0	105.0	110.0	3	272.5	75.62	ps.
3	Shanoon Madira	30.12.0	IND	44.05	0.2965	5	90.0	97.5	100.0	3	40.0	42.5	50.0	3	95.0	102.5	110.0	2	252.5	74.87	9
-52kg																					
1	Tabuan Jessa Mae	31.12.0	PHI	51.75	0.2536	11	120.0	X	X	1	67.5	75.0	X	1	140.0	X	X	1	335.0	84.94	12
-57kg																					
1	Shkarina Viktoriia	03.09.0	AIN	56.80	0.2352	15	152.5	160.0	165.0	1	70.0	75.0	77.5	3	155.0	165.0	170.0	1	400.0	94.07	ps.
2	Erasmó Jane	22.04.0	PHI	55.85	0.2382	16	130.0	X	X	2	80.0	82.5	X	1	150.0	X	X	2	362.5	86.36	12
3	Chawrasiya Priyanshi	05.02.0	IND	56.40	0.2364	14	110.0	117.5	122.5	3	70.0	75.0	77.5	2	130.0	137.5	137.5	3	327.5	77.44	9
-63kg																					
1	Bochenkova Yuliya	03.10.0	KAZ	57.05	0.2344	19	110.0	X	X	1	70.0	X	X	1	110.0	X	X	1	290.0	67.98	12
-69kg																					
1	Bardova Anna	10.11.0	AIN	66.80	0.2110	29	180.0	190.0	195.0	1	92.5	97.5	102.5	1	202.5	212.5	212.5	1	510.0	107.63	ps.
2	Yultsova Viktoria	06.04.0	AIN	68.65	0.2078	27	127.5	132.5	137.5	3	95.0	102.5	107.5	2	142.5	150.0	160.0	2	400.0	83.11	ps.
3	Strygina Alina	20.01.0	KAZ	66.30	0.2120	28	137.5	142.5	147.5	2	77.5	80.0	80.0	3	135.0	140.0	140.0	3	360.0	76.31	12
4	Litvin Viktoria	20.08.0	KAZ	68.15	0.2086	30	105.0	112.5	117.5	4	50.0	55.0	57.5	4	100.0	115.0	120.0	4	282.5	58.94	9
-76kg																					
1	Gvagvalia Diana	18.08.0	AIN	74.60	0.1989	33	147.5	152.5	152.5	3	95.0	102.5	107.5	1	185.0	190.0	197.5	1	445.0	88.52	ps.
2	Cruz Ashley Rose	05.05.0	PHI	76.00	0.1972	35	155.0	166.0-cj	173.5-cj	1	87.5	87.5	90.0	3	150.0	160.0	160.0	4	423.5	83.50	12
3	Bastrykova Kamila	19.07.0	KAZ	71.80	0.2028	34	147.5	152.5	157.5	2	85.0	90.0	92.5	2	157.5	162.5	167.5	3	410.0	83.14	9
4	Gaas Regina	28.06.0	KAZ	71.95	0.2026	36	150.0	160.0	160.0	4	80.0	85.0	90.0	4	165.0	170.0	170.0	2	400.0	81.03	8
-84kg																					
1	Zaitseva Vasilisa	17.09.0	AIN	81.20	0.1915	21	160.0	167.5	172.5	1	95.0	100.0	102.5	1	100.0	160.0	167.5	1	440.0	84.24	ps.
84+kg																					
1	Malykhina Diana	25.04.0	KAZ	123.75	0.1706	23	200.0	220.0	233.0	1	80.0	90.0	95.0	1	152.5	162.5	172.5	1	472.5	80.59	12
2	Kumari Dey Khushi	04.07.0	IND	105.10	0.1761	25	147.5	155.0	162.5	3	75.0	75.0	77.5	2	145.0	155.0	160.0	3	395.0	69.56	9
3	Gnana Divya Nagam	12.05.0	IND	104.85	0.1762	24	150.0	160.0	170.0	2	55.0	62.5	62.5	3	150.0	160.0	170.0	2	385.0	67.84	8

Team (points)

1	Kazakhstan	57	[12+12+12+12+9]	387.81	IPF GL
2	Philippines	36	[12+12+12]	254.80	IPF GL
3	India	35	[9+9+9+8]	289.70	IPF GL
—	Neutral Athlete	—			

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Bardova Anna	Neutral Athlete	66.80	510.0	107.6324	1
2.	Shkarina Viktoriia	Neutral Athlete	56.80	400.0	94.0744	1
3.	Gvagvalia Diana	Neutral Athlete	74.60	445.0	88.5190	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

KAZ = Kazakhstan

TPE = Chinese Taipei

IND = India

PHI = Philippines