

ASIAN POWERLIFTING FEDERATION
Asian Women's Sub-Juniors & Juniors Classic Powerlifting Championships
Baisha Li Autonomous County (China), 10-15.05.2026

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	Silvano Lyra Shane	2011	PHI	43.00	0.3045	3	85.0	90.0	95.5	1	45.0	50.0	52.5	1	97.5	105.0	110.0	2	250.0	76.13	12
2	Narral Khieszia Dhanielle	2009	PHI	43.00	0.3045	2	72.5	77.5	77.5	2	30.0	35.0	37.5	2	42.5	121.5-cs	124.0-cs	1	236.5	72.02	9
-47kg																					
1	Babaeva Iustina	2009	AIN	46.70	0.2790	9	130.0-ws	137.5-ws	141.0-ws	1	75.0	82.5	92.5	1	130.0	140.0	147.5	1	373.5 -ws	104.20	ps.
2	Kowase Nanoha	2008	JPN	44.80	0.2912	7	75.0	82.5	87.5	2	40.0	45.0	47.5	2	90.0	95.0	97.5	2	227.5	66.24	12
-52kg																					
1	Mitrokhina Daria	2009	AIN	51.60	0.2542	17	135.0	140.0-ws	145.0-ws	1	75.0	80.0	82.5	1	120.0	127.5	132.5	2	355.0	90.24	ps.
2	Kar Madhura	2008	IND	50.90	0.2573	19	112.5	115.0	117.5	2	60.0	60.0	67.5	3	130.0	140.0	147.5	1	317.5	81.68	12
3	Koshimori Megumi	2009	JPN	51.20	0.2559	15	90.0	95.0	100.0	3	55.0	60.0	65.0	2	100.0	110.0	115.0	4	280.0	71.66	9
4	Otsuka Mio	2010	JPN	49.80	0.2624	18	85.0	90.0	92.5	4	47.5	52.5	55.0	4	100.0	110.0	115.0	3	257.5	67.56	8
5	Goh Yi En Avery	2009	SGP	50.50	0.2591	16	80.0	87.5	92.5	5	37.5	40.0	42.5	5	100.0	107.5	112.5	5	240.0	62.18	7
-57kg																					
1	Kostina Alina	2008	AIN	56.80	0.2352	25	135.0	142.5	147.5	1	85.0	90.0	X	1	155.0	165.0	170.0	1	407.5	95.84	ps.
2	Myra Wang	2008	MAS	53.80	0.2454	27	87.5	92.5	97.5	3	50.0	55.0	55.0	2	110.0	115.0	115.0	3	262.5	64.42	12
3	Murakami Nanami	2009	JPN	56.50	0.2361	26	90.0	95.0	100.0	2	47.5	52.5	52.5	3	100.0	110.0	115.0	2	262.5	61.98	9
-63kg																					
1	Ivanova Arina	2008	AIN	61.90	0.2213	31	130.0	137.5	142.5	1	85.0	85.0	90.0	1	150.0	160.0	165.0	1	392.5	86.87	ps.
2	Hannah Mae Chua Wei Xi	2008	MAS	61.50	0.2223	33	115.0	120.0	127.5	3	52.5	60.0	62.5	2	112.5	112.5	120.0	3	302.5	67.24	12
3	Sato Miu	2008	JPN	62.10	0.2208	32	115.0	120.0	125.0	2	45.0	50.0	52.5	3	117.5	122.5	130.0	2	297.5	65.70	9
-69kg																					
1	Yu Pei-Ying	2008	TPE	68.40	0.2082	49	130.0	150.0	160.0	1	55.0	60.0	65.0	1	115.0	125.0	130.0	1	355.0	73.91	12
-76kg																					
1	Wachi Ayaka	2009	JPN	71.00	0.2040	53	110.0	115.0	117.5	1	47.5	52.5	55.0	1	125.0	132.5	140.0	1	307.5	62.72	12
-84kg																					
1	Goncharova Veronica	2010	AIN	84.00	0.1888	38	140.0	155.0	165.0	1	75.0	80.0	85.0	1	140.0	155.0	165.0	1	415.0	78.37	ps.
2	Teh Hui Xin Macy	2008	SGP	83.10	0.1897	37	107.5	115.0	120.0	2	57.5	60.0	60.0	2	142.5	155.0	155.0	2	320.0	60.69	12
3	Eturi Lakshmi Vinayasree	2008	IND	81.60	0.1911	39	100.0	110.0	112.5	3	45.0	52.5	55.0	3	110.0	120.0	130.0	3	287.5	54.93	9
84+kg																					
1	Su Sheng-Ci	2009	TPE	124.60	0.1704	43	190.0	202.5	210.0	1	72.5	77.5	82.5	1	160.0	172.5	185.0	2	465.0	79.23	12
2	Zviagina Polina	2009	AIN	108.40	0.1749	42	160.0	175.0	180.0	2	72.5	77.5	80.0	2	160.0	172.5	182.5	1	435.0	76.06	ps.

Team (points)

1	Japan	51	[12+12+9+9+9]	328.31	IPF GL
2	Chinese Taipei	24	[12+12]	153.14	IPF GL
3	Malaysia	24	[12+12]	131.66	IPF GL
4	Philippines	21	[12+9]	148.15	IPF GL
5	India	21	[12+9]	136.61	IPF GL
6	Singapore	19	[12+7]	122.87	IPF GL

Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Babaeva Iustina	Neutral Athlete	46.70	373.5	104.1972	1
2.	Kostina Alina	Neutral Athlete	56.80	407.5	95.8383	1
3.	Mitrokhina Daria	Neutral Athlete	51.60	355.0	90.2392	1

Juniors

-47kg

1	Gu Dong-Le	2007	TPE	46.50	0.2802	5	100.0	440.0	110.0	2	45.0	50.0	55.0	2	120.0	132.5	137.5	2	302.5	84.75	12
2	Yap Kah Yee	2006	SGP	45.80	0.2845	6	100.0	107.5	112.5	1	52.5	57.5	57.5	1	120.0	130.0	135.0	3	300.0	85.36	9
3	Liaw Jia Jia	2003	SGP	45.60	0.2858	4	95.0	100.0	105.0	3	47.5	50.0	50.0	3	120.0	130.0	140.0	1	292.5	83.60	8

-52kg

1	Lebedeva Alina	2004	AIN	51.40	0.2551	10	142.5	150.0	155.0	1	77.5	82.5	85.0	2	157.5	165.0	170.0	2	410.0	104.57	ps.
2	Valiakhmetova Daria	2006	AIN	50.90	0.2573	12	135.0	142.5	150.0	2	80.0	85.0	90.0	1	132.5	140.0	142.5	5	375.0	96.47	ps.
3	Sneha Sanjeev Kamaladin	2004	IND	51.10	0.2564	14	117.5	125.0	127.5	3	65.0	67.5	70.0	4	167.5	175.0	180.0	1	372.5	95.50	12
4	Ko Mhoo Waddy	2006	SGP	51.60	0.2542	11	117.5	122.5	125.0	4	60.0	62.5	65.0	5	140.0	150.0	152.5	4	340.0	86.43	9
5	Lee Xin Ying	2007	SGP	50.60	0.2586	13	100.0	107.5	107.5	5	67.5	72.5	75.0	3	140.0	147.5	152.5	3	327.5	84.69	8

-57kg

1	Shkarina Viktoriia	2005	AIN	56.80	0.2352	20	165.0	172.5	175.0	1	80.0	82.5	85.0	2	162.5	170.0	175.0	1	435.0	102.31	ps.
2	Erasmus Jane	2003	PHI	56.40	0.2364	24	120.0	135.0	140.0	2	85.0	90.0	92.5	1	150.0	162.5	170.0	2	402.5	95.17	12
3	Catapang Denabea Emry	2003	PHI	55.90	0.2381	23	107.5	112.5	117.5	4	65.0	65.0	70.0	3	137.5	145.0	157.5	3	345.0	82.13	9
4	Koh Wen Ni	2004	SGP	56.50	0.2361	21	120.0	127.5	135.0	3	65.0	67.5	70.0	4	125.0	132.5	140.0	5	345.0	81.47	8
5	Wong Inez	2004	SGP	55.10	0.2408	22	110.0	115.0	120.0	5	55.0	60.0	62.5	5	140.0	147.5	152.5	4	330.0	79.45	7

-63kg

1	Pavlova Polina	2005	AIN	62.00	0.2211	28	145.0	155.0	162.5	1	90.0	95.0	100.0	1	180.0	190.0	202.5	1	452.5	100.04	ps.
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-69kg

1	Kabak Anna	2004	AIN	68.10	0.2087	47	190.0	200.0	210.5	1	92.5	97.5	102.5	1	200.0	207.5	212.5	1	520.5	108.63	ps.
2	Strygina Alina	2004	KAZ	65.70	0.2131	48	161.0	166.0	167.5	2	87.5	90.0	92.5	2	160.0	165.0	165.0	3	420.0	89.52	12
3	Leong Sze Yin Crystal	2003	SGP	68.50	0.2080	45	140.0	147.5	155.0	4	80.0	85.0	85.0	3	155.0	170.0	180.0	2	412.5	85.81	9
4	Low Kit Yin Emma	2003	SGP	65.20	0.2141	46	132.5	137.5	137.5	5	67.5	72.5	75.0	4	115.0	122.5	127.5	5	337.5	72.27	8
—	Navarra Maria Francesca	2004	PHI	68.80	0.2075	44	150.0	155.0	155.0	3	62.5	62.5	62.5	—	145.0	145.0	152.5	4	DSQ	—	—

-76kg

1	Gvagvalia Diana	2003	AIN	75.40	0.1979	52	157.5	162.5	167.5	1	100.0	105.0	107.5	1	190.0	200.0	205.0	2	475.0	94.00	ps.
2	Wong Kakei	2005	CHN	70.90	0.2041	50	147.5	157.5	165.0	2	82.5	87.5	92.5	2	187.5	200.0	208.0	1	465.5	95.03	12
3	Fong Kelly Vivian	2005	SGP	74.70	0.1988	51	140.0	150.0	160.0	3	85.0	85.0	90.0	3	160.0	175.0	180.0	3	430.0	85.48	9

-84kg

1	Semagina Mariia	2005	AIN	83.60	0.1892	34	177.5	187.5	195.0	3	97.5	102.5	107.5	1	185.0	195.0	205.0	1	497.5	94.13	ps.
2	Cruz Ashley Rose	2004	PHI	82.60	0.1901	36	185.0	195.0	200.0	1	95.0	100.0	102.5	2	165.0	172.5	177.5	3	475.0	90.30	12
3	Sysoeva Daria	2003	AIN	83.30	0.1895	35	187.5	195.0	195.0	2	82.5	87.5	92.5	3	172.5	180.0	182.5	2	470.0	89.05	ps.

84+kg

1	Semenova Mariia	2007	AIN	120.10	0.1714	41	182.5	187.5	200.0	1	95.0	100.0	105.0	1	160.0	175.0	175.0	2	465.0	79.70	ps.
2	Gnana Divya Nagam	2005	IND	105.50	0.1759	40	162.5	172.5	180.0	2	62.5	67.5	70.0	2	155.0	160.0	160.0	1	400.0	70.38	12

Team (points)

1	Singapore	44	[9+9+9+9+8]	427.77	IPF GL
2	Philippines	33	[12+12+9]	267.61	IPF GL
3	India	24	[12+12]	165.87	IPF GL
4	China	12	[12]	95.03	IPF GL
5	Kazakhstan	12	[12]	89.52	IPF GL
6	Chinese Taipei	12	[12]	84.75	IPF GL
—	Neutral Athlete	—			

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Kabak Anna	Neutral Athlete	68.10	520.5	108.6325	1
2.	Lebedeva Alina	Neutral Athlete	51.40	410.0	104.5726	1
3.	Shkarina Viktoriia	Neutral Athlete	56.80	435.0	102.3059	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

CHN = China

IND = India

JPN = Japan

KAZ = Kazakhstan

MAS = Malaysia

PHI = Philippines

SGP = Singapore

TPE = Chinese Taipei