

ASIAN POWERLIFTING FEDERATION
Asian Women's Sub-Juniors & Juniors Equipped 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	Kirillova Ekaterina	2008	AIN	42.70	0.2364	2	107.5	117.5	422.5	1	50.0	55.0	57.5	1	90.0	95.0	100.0	2	275.0	65.01	ps.
2	Narral Khiesza Dhanielle	2009	PHI	43.00	0.2350	1	80.0	90.0	100.0	2	30.0	35.0	37.5	2	130.0	132.5	138.0	1	270.0	63.46	12
-47kg																					
1	Silvano Lyra Shane	2011	PHI	45.10	0.2262	7	107.5	445.0	120.0	1	57.5	62.5	65.0	1	115.0	122.5	127.5	1	305.0	68.99	12
-52kg																					
1	Khlebnikova Varvara	2009	AIN	47.30	0.2181	12	160.0	167.5	475.0	1	97.5	105.0	113.0	1	145.0	152.5	152.5	1	417.5	91.04	ps.
2	Burkaeva Mila	2011	AIN	51.90	0.2039	10	120.0	130.0	135.0	3	75.0	80.0	85.0	2	135.0	142.5	145.0	2	360.0	73.41	ps.
3	Huang An-Le	2008	TPE	51.30	0.2056	11	145.0	458.0	158.0	2	75.0	85.0	95.5	3	110.0	122.5	125.0	3	343.0	70.51	12
-63kg																					
1	Podolianchenko Polina	2009	AIN	61.90	0.1824	18	160.0	170.0	175.0	1	70.0	90.0	100.0	1	140.0	150.0	150.0	1	425.0	77.51	ps.
2	Neronova Elena	2009	KAZ	59.40	0.1869	19	100.0	110.0	120.0	2	50.0	57.5	65.0	2	85.0	95.0	X	2	270.0	50.45	12
-69kg																					
1	Yu Pei-Ying	2008	TPE	68.60	0.1724	28	180.0	190.0	495.0	1	80.0	90.0	97.5	1	140.0	155.0	165.0	1	452.5	78.02	12
-76kg																					
1	Kargina Sofia	2009	AIN	75.60	0.1645	30	435.0	135.0	145.0	1	50.0	105.0	115.0	1	130.0	140.0	150.0	1	400.0	65.79	ps.
84+kg																					
1	Su Sheng-Ci	2009	TPE	124.40	0.1403	25	210.0	230.0	250.0	1	100.0	110.0	112.5	1	140.0	170.0	180.0	1	542.5	76.12	12
2	Kaur Avleen	2009	IND	89.70	0.1534	24	170.0	490.0	200.0	2	50.0	70.0	85.0	2	130.0	150.0	170.0	2	405.0	62.14	9

Team (points)

1	Chinese Taipei	36	[12+12+12]	224.65	IPF GL
2	Philippines	24	[12+12]	132.46	IPF GL
3	Kazakhstan	12	[12]	50.45	IPF GL
4	India	9	[9]	62.14	IPF GL
—	Neutral Athlete	—			

Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Khlebnikova Varvara	Neutral Athlete	47.30	417.5	91.0421	1
2.	Yu Pei-Ying	Chinese Taipei	68.60	452.5	78.0164	1
3.	Podolianchenko Polina	Neutral Athlete	61.90	425.0	77.5051	1

Juniors

-47kg																					
1	Gu Dong-Le	2007	TPE	46.60	0.2205	6	120.0	125.0	130.0	3	70.0	80.0	82.5	1	125.0	135.0	142.5	1	355.0	78.29	12
2	Zhurbenko Olga	2006	AIN	46.90	0.2195	3	145.0	145.0	455.0	1	60.0	65.0	67.5	2	135.0	137.5	142.5	2	355.0	77.91	ps.
3	Madira Shanoon	2005	IND	45.90	0.2231	4	117.5	420.0	130.0	2	55.0	60.0	65.0	3	115.0	122.5	X	3	310.0	69.17	9
-52kg																					

1	Spichak Valeriia	2004	AIN	51.80	0.2042	9	440.0	145.0	160.0	1	85.0	95.0	402.5	1	145.0	457.5	X	1	400.0	81.68	ps.
2	Satova Elvira	2003	KAZ	50.10	0.2090	8	50.0	57.5	65.0	2	30.0	35.0	37.5	2	65.0	70.0	75.0	2	167.5	35.02	12
-57kg																					
1	Erasmó Jane	2003	PHI	56.40	0.1930	14	480.0	480.0	180.0	2	115.0	430.5	435.5	2	160.0	170.0	490.5	1	465.0	89.73	12
2	Katkova Alina	2005	AIN	56.40	0.1930	13	460.0	165.0	180.0	1	127.5	135.0	440.0	1	130.0	142.5	452.5	2	457.5	88.28	ps.
-63kg																					
1	Filatova Olga	2003	AIN	62.40	0.1815	16	220.0	230.0	243.0	1	122.5	127.5	130.0	1	200.0	210.0	X	1	570.0	103.47	ps.
2	Ueda Ayane	2006	JPN	62.90	0.1807	17	90.0	400.0	X	2	90.0	90.0	90.0	2	100.0	405.0	405.0	2	280.0	50.60	12
-69kg																					
1	Pukhova Dana	2005	AIN	67.80	0.1735	27	200.0	205.0	212.5	1	105.0	110.0	115.0	1	165.0	177.5	490.0	1	497.5	86.30	ps.
2	Huang Sin-Ying	2007	TPE	68.70	0.1723	26	125.0	140.0	150.0	2	60.0	70.0	80.0	2	125.0	140.0	147.5	2	377.5	65.04	12
-76kg																					
1	Mukhutdinova Iuliia	2006	AIN	75.70	0.1644	29	195.0	207.5	215.0	1	135.0	142.5	452.5	1	460.0	160.0	480.0	1	510.0	83.83	ps.
-84kg																					
1	Cruz Ashley Rose	2004	PHI	82.80	0.1582	20	210.0	220.0	227.5	1	105.0	112.5	447.5	2	165.0	175.0	177.5	1	517.5	81.85	12
2	Tselner Daria	2006	AIN	76.40	0.1637	21	240.0	215.0	222.5	2	120.0	125.0	430.0	1	150.0	157.5	167.5	2	515.0	84.30	ps.
84+kg																					
1	Ogirenko Anastasiia	2004	AIN	118.50	0.1417	23	190.0	210.0	230.0	1	160.0	170.0	180.0	1	170.0	180.0	490.0	1	590.0	83.61	ps.
2	Sonam Sonam	2007	IND	84.80	0.1567	22	155.0	470.0	475.0	2	70.0	72.5	82.5	2	130.0	145.0	450.0	2	382.5	59.93	12

Team (points)

1	Philippines	24	[12+12]	171.59	IPF GL
2	Chinese Taipei	24	[12+12]	143.33	IPF GL
3	India	21	[12+9]	129.10	IPF GL
4	Japan	12	[12]	50.60	IPF GL
5	Kazakhstan	12	[12]	35.02	IPF GL
—	Neutral Athlete	—	—	—	—

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Filatova Olga	Neutral Athlete	62.40	570.0	103.4675	1
2.	Erasmó Jane	Philippines	56.40	465.0	89.7310	1
3.	Katkova Alina	Neutral Athlete	56.40	457.5	88.2838	2

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

JPN = Japan

KAZ = Kazakhstan

PHI = Philippines

TPE = Chinese Taipei