

ASIAN POWERLIFTING FEDERATION
Asian Women's Classic Powerlifting Championships, Almaty (Kazakhstan), 02-08.12.2019
SCORESHEET

Rnk	Name	d.o.b.	Nation	Bwt	SQ	BP	DL	TOTAL	IPF Pts	Pts			
Open													
-47kg													
1	Ensol Stephanie Mary Anak	23.11.88	MAS	46.25	112.5	2	72.5	2	142.5	1	327.5	666.28	12
2	Liu Mei-Xiang	18.06.83	TPE	46.50	115.0	1	55.0	5	142.5	2	312.5	631.32	9
3	Choi Ji Hyun	26.09.83	KOR	46.00	100.0	3	52.5	6	137.5	3	290.0	585.77	8
4	Orazbekova Assiya	30.01.87	KAZ-B	46.40	95.0	6	75.0	1	115.0	6	285.0	571.89	7
5	Tsoy Kristina	14.12.91	KAZ-B	46.65	97.5	4	60.0	3	120.0	4	277.5	553.77	6
6	Dil Vera	12.09.79	KAZ-B	46.85	97.5	5	57.5	4	120.0	5	275.0	546.99	5
-52kg													
1.	Farid Farhanna	9/26/1992	SGP	51.60	127,5	2	57,5	2	178,0	1	363,0	697,74	12
2.	Broner Veronika	12/22/1989	KAZ-A	50.65	142,5	1	77,5	1	132,5	2	352,5	683,56	9
3.	Baidildina Viktoriya	11/25/1983	KAZ-B	51.10	95,0	3	55,0	3	120,0	3	270,0	511,72	8
-57kg													
1	Chayada Chulopas	22.11.92	THA	55.20	110.0	2	65.0	3	160.0	1	335.0	618.27	12
2	Kurysheva Olga	28.12.67	KAZ-A	56.65	110.0	3	72.5	2	147.5	2	330.0	600.57	9
3	Fyodorova Alexandra	06.08.93	KAZ-A	55.95	120.0	1	72.5	1	122.5	3	315.0	575.60	8
—	Munkhbat Solongo	21.05.88	MGL	56.45	—	—	45.0	4	122.5	4	DSQ	—	—
-63kg													
1	Hung Hsiu-Ching	22.06.95	TPE	57.75	137.5	3	80.0	3	192.5	1	410.0	745.15	12
2	Tomazova Yuliya	26.07.93	KAZ-A	62.10	142.5	2	80.0	4	167.5	3	390.0	681.90	9
3	Porunova Julia	02.09.91	KAZ-B	63.00	145.0	1	87.5	1	157.5	4	390.0	677.09	8
4	Batkhishig Amartsengel	07.04.89	MGL	62.70	132.5	5	70.0	5	170.0	2	372.5	647.45	7
5	Nazarenko Svetlana	12.01.65	KAZ-B	62.10	132.5	4	85.0	2	150.0	5	367.5	641.52	6
-72kg													
1	Wang Veron Zhixuan	26.11.91	SGP	71.95	173.0	1	67.5	3	170.0	2	410.5	670.11	12
2	Hsu Hsiao-Li	07.12.81	TPE	71.45	145.0	2	80.0	2	182.5	1	407.5	667.27	9
3	Kryukova Ekaterina	21.09.85	KAZ-A	69.85	135.0	3	107.5	1	140.0	4	382.5	632.38	8
4	Rajimol P	15.05.94	IND	64.20	115.0	4	65.0	4	150.0	3	330.0	565.39	7
-84kg													
1	Bermukhametova Zhadyra	01.01.86	KAZ-A	81.45	150.0	2	115.0	2	155.0	3	420.0	649.67	12
2	Zhumaniyazova Mahriban	01.01.88	TKM	81.10	140.0	3	115.0	1	120.0	6	375.0	581.53	9
3	Yang Yunie	30.06.81	SGP	82.10	122.5	6	67.5	6	172.5	1	362.5	559.53	8
4	Nithya S	04.02.89	IND	77.15	132.5	4	70.0	4	152.5	4	355.0	562.00	7
5	Nurbieva Asem	11.07.93	KAZ-B	82.85	125.0	5	72.5	3	157.5	2	355.0	546.09	6
6	Libas P. Bava	27.02.84	IND	80.35	152.5	1	67.5	5	132.5	5	352.5	548.91	5
84+kg													
1	Su Fang-Yun	14.11.92	TPE	120.30	225.0	1	115.0	2	200.0	1	540.0	714.65	12
2	Okatenko Xeniya	22.08.94	KAZ-A	113.20	205.0	2	142.5	1	187.5	2	535.0	723.97	9
3	Shrutika Abhay Raut	13.09.96	IND	95.80	142.5	3	67.5	4	165.0	3	375.0	545.41	8
4	K. Tulasi	16.07.86	IND	99.25	120.0	4	80.0	3	145.0	4	345.0	496.75	7

Nation (points)

Best Lifters of Open by IPF Points System

Rnk	Lifter	Nation	Bwt	Total	IPF Points	Rnk
1.	Hung Hsiu-Ching	Chinese Taipei	57.75	410.0	745.1467	1
2.	Okatenko Xeniya	Kazakhstan	113.20	535.0	723.9693	2
3.	Su Fang-Yun	Chinese Taipei	120.30	540.0	714.6539	1

Team Championship Open

Rnk	Nation	Points
1.	Kazakhstan - A	48
2.	Chinese Taipei	42
3.	Kazakhstan - B	35

Sub-Juniors

-43kg													
1.	Tychkova Karina	4/22/2004	KAZ-A	42.35	77,5	2	35,0	2	87,5	1	200,0	404,10	12
2.	Atakishieva Sevil	2/28/2005	KAZ-B	42.90	80,0	1	37,5	1	82,5	2	200,0	401,34	9
-47kg													
1.	Krasnyk Elizaveta	7/7/2004	KAZ-A	45.00	77,5	1	50,0	1	110,0	1	237,5	475,67	12
2.	Namazova Darya	7/14/2003	KAZ	45.85	70,0	2	47,5	2	90,0	2	207,5	404,53	9
-52kg													
1.	Kalinka Valeriya	7/27/2004	KAZ-A	51.40	100,0	2	55,0	2	127,5	2	282,5	535,60	12
2.	Tyan Amina	8/24/2001	KAZ-B	51.65	102,5	1	67,5	1	112,5	3	282,5	534,25	9
3.	Shalu Shaji	10/27/2001	IND	49.55	92,5	3	40,0	4	127,5	1	260,0	499,16	8
4.	Nuriddinova Diana	11/7/2001	KAZ-A	52.00	82,5	4	52,5	3	85,0	4	220,0	406,34	7
-57kg													
1	Bille Regina	19.06.02	KAZ-A	55.75	135.0	1	70.0	1	130.0	1	335.0	615.11	12
2	Zhilyaeva Olesya	03.06.04	KAZ-B	56.05	105.0	2	60.0	2	112.5	3	277.5	503.20	9
3	Anjana Boban	29.03.01	IND	54.80	80.0	4	50.0	3	125.0	2	255.0	464.97	8
4	Krishna Varna	06.10.02	IND	56.35	100.0	3	37.5	4	100.0	4	237.5	425.52	7
-63kg													
1.	Butenko Anastassiya	3/21/2003	KAZ-A	59.75	147,5	1	80,0	1	145,0	2	372,5	663,06	12
2.	Nagashree Nagashree	3/12/2001	IND	62.50	125,0	2	62,5	2	152,5	1	340,0	590,36	9
3.	Sedova Anastasya	10/9/2001	KAZ-B	62.10	122,5	3	60,0	3	145,0	3	327,5	569,72	8
4.	Wu Pei-Chen	9/2/2004	TPE	62.35	115,0	4	57,5	4	132,5	4	305,0	528,36	7
-72kg													
1.	Shatko Diana	5/27/2002	KAZ-B	68.70	160,0	1	90,0	1	160,0	1	410,0	683,62	12
2.	Nandana R	11/7/2001	IND	71.45	145,0	2	80,0	2	140,0	3	365,0	597,09	9
3.	Chichmarenko Vitalina	1/15/2003	KAZ-A	68.55	140,0	3	77,5	3	125,0	4	342,5	570,15	8
4.	Rishika Roy	11/18/2003	IND	70.40	125,0	4	50,0	4	152,5	2	327,5	538,55	7
-84kg													
1.	Abdyrova Iroda	2/9/2001	KAZ-B	80.35	130,0	1	87,5	1	162,5	1	380,0	591,48	12
2.	Bovkun Mariya	5/24/2001	KAZ-B	72.20	125,0	2	80,0	2	142,5	2	347,5	565,64	9
3.	Peng Hsin-Hsuan	7/25/2004	TPE	81.50	122,5	3	67,5	3	142,5	3	332,5	515,09	8
4.	Aneesha Augustine	8/15/2001	IND	74.20	110,0	4	50,0	4	125,0	4	285,0	458,08	7
84+kg													
1.	Malykhina Diana	4/25/2003	KAZ-B	116.80	195,0	1	95,0	1	172,5	1	462,5	622,27	12
2.	Li Hsin-Ying	8/7/2005	TPE	95.10	160,0	2	70,0	3	160,0	2	390,0	568,17	9
3.	Archana Surendran	8/29/2001	IND	101.50	145,0	3	80,0	2	142,5	3	367,5	523,89	8

Nation (points)**Best Lifters of Subjuniors by IPF Points System**

Rnk	Lifter	Nation	Bwt	Total	IPF Points	Rnk
1.	Shatko Diana	Kazakhstan	68.70	410,0	683,6214	1
2.	Butenko Anastassiya	Kazakhstan	59.75	372,5	663,0556	1
3.	Malykhina Diana	Kazakhstan	116.80	462,5	622,2721	1

Team Championship Sub Junior

Rnk	Nation	Points
1.	Kazakhstan - A	60
2.	Kazakhstan - B	54
3.	India	42

Juniors

-43kg													
1.	Jheng Ya-Syuan	11/20/1999	TPE	42.25	96,0	1	47,5	1	127,5	1	271,0	572,01	12
2.	Claudia Witono Cindy	10/17/1996	SGP	42.90	70,0	2	45,0	2	112,5	2	227,5	465,38	9
3.	K. Sreelakshmi	10/11/1996	IND	42.35	50,0	3	32,5	3	85,0	3	167,5	327,63	8
-47kg													
1.	Chu Shirley Xin Jin	9/30/1999	SGP	46.85	110,0	1	52,5	3	117,5	3	280,0	557,87	12
2.	Kamzina Rushaniya	2/13/1999	UZB	47.00	105,0	2	60,0	1	115,0	4	280,0	556,86	9
3.	Huang Hui-Chuan	9/1/1996	TPE	46.10	82,5	3	55,0	2	122,5	2	260,0	518,99	8
4.	Sona Benny	3/27/1999	IND	44.80	75,0	4	47,5	4	122,5	1	245,0	493,72	7
5.	Jenifa J L	11/6/2000	IND	45.80	70,0	5	25,0	5	110,0	5	205,0	399,22	6
-52kg													
1.	Chong Kathryn Siew Li	11/20/1996	MAS	50.80	107,5	2	55,0	3	147,5	1	310,0	595,29	12
2.	Solopova Alyona	4/30/1998	KAZ-A	51.60	115,0	1	67,5	2	117,5	2	300,0	570,00	9
3.	Kiskimbayeva Aliya	5/31/2000	KAZ-A	51.90	102,5	3	77,5	1	100,0	3	280,0	527,87	8
-57kg													
1	Zhurbina Anastassiya	17.02.99	KAZ-A	56.65	125.0	1	97.5	1	150.0	1	372.5	681.45	12
-63kg													
1.	Khwang Jing Chun	12/21/1997	SGP	61.45	125,0	1	75,0	1	160,0	1	360,0	631,28	12
2.	Napasab Flo	2/11/1996	THA	61.75	112,5	3	67,5	2	147,5	2	327,5	571,24	9
3.	Wongkhasum Pornchita	7/18/1997	THA	61.75	122,5	2	60,0	3	142,5	3	325,0	566,74	8
-72kg													
1.	Nurkenova Asel	1/1/2000	KAZ-A	69.85	147,5	1	107,5	1	162,5	1	417,5	690,93	12
2.	Shama Parveen	5/10/1997	IND	66.95	120,0	3	77,5	2	160,0	2	357,5	601,93	9
3.	Kuspekova Kamila	10/8/1997	KAZ-A	70.70	147,5	2	60,0	3	145,0	3	352,5	579,10	8
-84kg													
1.	Kulakova Polina	4/6/1998	KAZ-A	80.20	145,0	2	105,0	1	155,0	1	405,0	630,66	12
2.	Vandhana Shaji	5/30/1997	IND	83.15	152,5	1	70,0	2	145,0	2	367,5	564,32	9
84+kg													
1.	Meier Regina	3/15/1999	KAZ-A	113.50	195,0	1	117,5	1	170,0	2	482,5	654,67	12
2.	Arshana V V	8/17/1999	IND	90.15	145,0	2	65,0	2	175,0	1	385,0	572,47	9
3.	Zhelezkova Darya	7/8/1999	KAZ-A	90.45	90,0	3	55,0	3	105,0	3	250,0	375,22	8

Nation (points)**Best Lifters of Juniors by IPF Points System**

Rnk	Lifter	Nation	Bwt	Total	IPF Points	Rnk
1.	Nurkenova Asel	Kazakhstan	69.85	417,5	690,9326	1
2.	Zhurbina Anastassiya	Kazakhstan	56.65	372.5	681.45	1
3.	Meier Regina	Kazakhstan	113.50	482,5	654,6716	1

Team Championship Junior

Rnk	Nation	Points
1.	Kazakhstan - A	57
2.	India	42
3.	Singapore	33

Masters 1

-47kg													
1	Takeuchi Hiromi	24.05.74	SGP	46.45	95.0	1	47.5	3	107.5	2	250.0	494.93	12
2	Tskhay Natalya	19.04.75	KAZ	46.35	85.0	2	55.0	1	100.0	3	240.0	473.59	9
3	Sapna Jain	09.08.76	IND	45.65	75.0	3	47.5	2	115.0	1	237.5	471.96	8
-57kg													
1	Neeta Mehta	07.04.77	IND	56.05	100.0	1	47.5	2	115.0	1	262.5	474.45	12
2	Zhumanova Aida	04.08.70	KAZ	55.60	70.0	2	52.5	1	77.5	2	200.0	355.83	9
-63kg													
1.	Sulochana C	6/17/1975	IND	61.95	105,0	1	47,5	1	132,5	1	285,0	493,97	12
2.	Nair Vanaja	5/31/1972	UAE	61.05	45,0	2	40,0	2	55,0	2	140,0	234,20	9
-72kg													
1.	Renjita Mishra	3/27/1972	IND	72.00	115,0	1	65,0	1	140,0	1	320,0	521,10	12
2.	Deepa . K.s.	2/23/1978	IND	69.25	95,0	2	50,0	2	120,0	2	265,0	437,30	9
-84kg													
1	Aruna Borkar	25.10.76	IND	83.30	75.0	1	32.5	1	95.0	1	202.5	313.36	12
84+kg													
1	Shtrosheer Alla	17.08.70	KAZ	118.20	127.5	1	88.0	1	130.0	1	345.5	469.59	12

Nation (points)**Best Lifters of Masters 1 by IPF Points System**

Rnk	Lifter	Nation	Bwt	Total	IPF Points	Rnk
1.	Renjita Mishra	India	72.00	320,0	521,0999	1
2.	Takeuchi Hiromi	Singapore	46.45	250.0	494.93	1
3.	Sulochana C	India	61.95	285,0	493,97	1

Team Championship Master 1

Rnk	Nation	Points
1.	India	57
2.	Kazakhstan	30
3.	Singapore	12

Masters 2

-57kg													
1	Vinutha Raghunath	22.04.68	IND	55.30	120.0	1	55.0	1	125.0	1	300.0	550.01	12
-63kg													
1.	Vilma Saldanha	12/2/1969	IND	60.60	97,5	1	47,5	1	125,0	1	270,0	471,58	12
-72kg													
1.	Ip Wing-Yuk	11/11/2061	HKG	63.80	72,5	1	55,0	1	95,0	1	222,5	377,24	12
2.	Easwary N K	8/7/2066	IND	63.45	65,0	2	30,0	2	90,0	2	185,0	311,63	9
-84kg													
1.	Kala Venkatachalam	8/28/2063	IND	76.15	110,0	1	56,0	1	125,0	1	291,0	463,06	12

Nation (points)**Best Lifters of Masters 2 by IPF Points System**

Rnk	Lifter	Nation	Bwt	Total	IPF Points	Rnk
1.	Vinutha Raghunath	India	55.30	300.0	550.0057	1
2.	Vilma Saldanha	India	60.60	270,0	471,5763	1
3.	Kala Venkatachalam	India	76.15	291,0	463,0627	1

Team Championship Master 2

Rnk	Nation	Points
1.	India	36
2.	Hong Kong	09

Masters 3**-63kg**

1.	Aley Parvez	7/3/2059	IND	60.95	90,0	1	62,5	1	120,0	1	272,5	474,91	12
----	-------------	----------	-----	-------	------	---	------	---	-------	---	-------	--------	----

-72kg

1.	Dr. Purna Bharde	7/28/2058	IND	66.65	62,5	1	40,0	1	90,0	1	192,5	319,44	12
----	------------------	-----------	-----	-------	------	---	------	---	------	---	-------	--------	----

Nation (points)**Best Lifters of Masters 3 by IPF Points System**

Rnk	Lifter	Nation	Bwt	Total	IPF Points	Rnk
1.	Aley Parvez	India	60.95	272,5	474,9101	1
2.	Dr. Purna Bharde	India	66.65	192,5	319,4384	1

Team Championship Master 3

Rnk	Nation	Points
1.	India	24

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's 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.

HKG = Hong Kong

IND = India

KAZ = Kazakhstan

KGZ = Kyrgyzstan

KOR = South Korea

LBN = Lebanon

MAS = Malaysia

MGL = Mongolia

SGP = Singapore

SRI = Sri Lanka

SYR = Syria

THA = Thailand

TKM = Turkmenistan

TPE = Chinese Taipei

UAE = United Arab Emirate

UZB = Uzbekistan