

**ASIAN POWERLIFTING FEDERATION**  
**Asian Women's Equipped Championships, Hong Kong (Hong Kong), 21.04-26.05.2019**  
**SCORESHEET**

Rnk	Name	d.o.b.	Nation	Bwt	SQ	BP	DL	TOTAL	IPF Pts	Pts			
<b>Open</b>													
<b>-47kg</b>													
1.	Liu Mei-Xiang	1983/6/18	TPE	46.37	145,0	1	82,5	1	140,0	1	367,5	583,46	12
<b>-52kg</b>													
1.	Yip Rebecca	1976/1/1	HKG	49.73	90,0	1	75,0	1	110,0	1	275,0	447,64	12
<b>-57kg</b>													
1.	Tendolkar Suchita	1995/2/28	IND	54.79	157,5	2	75,0	2	147,5	1	380,0	555,23	12
2.	Yu Weilli	1983/1/1	HKG	56.24	165,0	1	77,5	1	137,5	2	380,0	549,00	9
<b>-63kg</b>													
1.	Hung Hsiu-Ching	1995/6/22	TPE	61.98	200,0	1	100,0	2	215,0	1	515,0	677,44	12
2.	Tomazova Yuliya	1993/7/26	KAZ	62.53	190,0	2	105,0	1	182,5	2	477,5	633,38	9
3.	Liu Yu Jie	1984/1/27	TPE	61.31	120,0	3	60,0	3	140,0	3	320,0	462,56	8
4.	Chan Pui Yee	1994/1/1	HKG	60.35	102,5	4	42,5	4	107,5	4	252,5	389,25	7
<b>-72kg</b>													
1.	Anggraini Mulia	1995/12/15	INA	67.63	211,0	1	135,0	1	201,0	1	547,0	687,10	12
2.	B. Gaikwad Prateeksha	1991/1/1	IND	71.83	180,0	2	107,5	2	170,0	2	457,5	578,34	9
<b>-84kg</b>													
1.	Sonali Gite	1990/3/31	IND	84.00	220,0	1	125,0	1	177,5	3	522,5	608,35	12
2.	Preeti Temghare	1989/10/21	IND	83.69	200,0	2	110,0	2	177,5	2	487,5	575,67	9
3.	Doushabchi Maryam	1987/1/1	IRI	78.20	175,0	3	102,5	4	180,0	1	457,5	560,32	8
4.	Ho Florence	1979/1/1	HKG	83.10	135,0	4	105,0	3	145,0	4	385,0	478,71	7
<b>84+kg</b>													
1.	Su Fang-Yun	1992/11/14	TPE	122.37	260,0	1	140,0	1	217,5	1	617,5	615,52	12

**Nation (points)**

1.	Chinese Taipei	44	[12+12+12+8]	2338,99	IPF Pts
2.	India	42	[12+12+9+9]	2317,58	IPF Pts
3.	Hong Kong	35	[12+9+7+7]	1864,58	IPF Pts
4.	Indonesia	12	[12]	687,10	IPF Pts
5.	Kazakhstan	9	[9]	633,38	IPF Pts
6.	Iran	8	[8]	560,32	IPF Pts

**Best Lifters of Open by IPF Points System**

Rnk	Lifter	Nation	Bwt	Total	IPF Points	∑.Rn
1.	Anggraini Mulia	Indonesia	67.63	547,0	687,0965	1
2.	Hung Hsiu-Ching	Chinese Taipei	61.98	515,0	677,4391	1
3.	Tomazova Yuliya	Kazakhstan	62.53	477,5	633,3793	2

**Sub-Juniors**

<b>-52kg</b>													
1.	Doskul Adelya	2003/8/13	KAZ	51.37	130,0	1	75,0	1	122,5	1	327,5	506,50	12
<b>-57kg</b>													
1.	Chen Yi-Jin	2003/6/11	TPE	53.64	152,5	1	60,0	2	137,5	1	350,0	524,26	12
2.	Wu Pei-Chen	2004/9/2	TPE	56.13	140,0	2	65,0	1	120,0	2	325,0	484,86	9
<b>-63kg</b>													
1.	Turpan Marina	2002/1/1	KAZ	58.11	130,0	1	57,5	1	115,0	1	302,5	452,19	12
<b>-84kg</b>													
1.	Skvortsova Yekaterina	2001/7/31	KAZ	83.28	162,5	1	90,0	1	160,0	1	412,5	504,74	12
2.	Lyzhnik Polina	2003/1/1	KAZ	81.57	110,0	2	65,0	2	110,0	2	285,0	384,85	9
<b>84+kg</b>													
1.	Li Hsin-Ying	2005/8/7	TPE	91.05	175,0	1	90,0	1	155,0	1	420,0	496,95	12

**Nation (points)**

1.	Kazakhstan	45	[12+12+12+9]	1848,28	IPF Pts
2.	Chinese Taipei	33	[12+12+9]	1506,07	IPF Pts

**Best Lifters of Subjuniors by IPF Points System**

Rnk	Lifter	Nation	Bwt	Total	IPF Points	∑.Rn
1.	Chen Yi-Jin	Chinese Taipei	53.64	350,0	524,2585	1
2.	Doskul Adelya	Kazakhstan	51.37	327,5	506,5019	1
3.	Skvortsova Yekaterina	Kazakhstan	83.28	412,5	504,7395	1

**Juniors**

<b>-43kg</b>													
1.	Jheng Ya-Syuan	1999/11/20	TPE	41.61	133,0	1	57,5	1	122,5	1	313,0	539,59	12
<b>-47kg</b>													
1.	Sangle Anjali	1999/7/8	IND	46.85	105,0	1	55,0	1	115,0	1	275,0	459,44	12
<b>-52kg</b>													
1.	Suryani Lilis	1998/3/27	INA	51.21	186,0	1	95,0	1	186,0	1	467,0	680,06	12
<b>-63kg</b>													
1.	Kochina Valeriya	1998/11/8	KAZ	62.61	180,0	1	100,0	1	170,0	1	450,0	602,63	12
2.	Lin Chih-Yi	1996/5/15	TPE	61.88	160,0	2	80,0	2	145,0	3	385,0	533,26	9
3.	Sardesai Hritvika	2000/3/31	IND	62.12	152,5	3	70,0	3	152,5	2	375,0	521,32	8
<b>-72kg</b>													
1.	Nurkenova Asel	2000/8/14	KAZ	70.60	185,0	1	117,5	1	182,5	1	485,0	610,75	12
2.	Lai Si Ying	1999/8/6	TPE	67.07	150,0	2	100,0	2	165,0	2	415,0	548,70	9
3.	Shen Michelle	1997/1/1	HKG	68.25	127,5	3	52,5	3	137,5	3	317,5	441,96	8
<b>84+kg</b>													
1.	Meier Regina	1999/3/15	KAZ	110.39	237,5	1	150,0	1	172,5	1	560,0	587,08	12
2.	Chang Yi-Chiao	1997/11/15	TPE	100.41	200,0	2	102,5	2	160,0	2	462,5	519,34	9

**Nation (points)**

1.	Chinese Taipei	39	[12+9+9+9]	2140,88	IPF Pts
2.	Kazakhstan	36	[12+12+12]	1800,46	IPF Pts
3.	India	20	[12+8]	980,77	IPF Pts
4.	Indonesia	12	[12]	680,06	IPF Pts
5.	Hong Kong	8	[8]	441,96	IPF Pts

**Best Lifters of Juniors by IPF Points System**

Rnk	Lifter	Nation	Bwt	Total	IPF Points	Rn
1.	Suryani Lilis	Indonesia	51.21	467,0	680,0610	1
2.	Nurkenova Asel	Kazakhstan	70.60	485,0	610,7538	1
3.	Kochina Valeriya	Kazakhstan	62.61	450,0	602,6305	1

**Masters 1****-52kg**

1.	Hsieh Yu-Hsin	1977/9/27	TPE	50.39	75,0	1	30,0	1	117,5	1	222,5	379,45	12
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**-57kg**

1.	Ekta Vishnoi	1973/6/3	IND	54.89	125,0	1	75,0	1	145,0	1	345,0	513,15	12
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**-72kg**

1.	Arthi Arun	1975/3/13	IND	67.18	130,0	1	62,5	2	137,5	1	330,0	457,78	12
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2.	Ho Wing-Nga	1973/1/1	HKG	69.40	115,0	2	80,0	1	110,0	2	305,0	426,26	9
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**Nation (points)**

1.	India	24	[12+12]	970,93	IPF Pts
2.	Chinese Taipei	12	[12]	379,45	IPF Pts
3.	Hong Kong	9	[9]	426,26	IPF Pts

**Best Lifters of Masters 1 by IPF Points System**

Rnk	Lifter	Nation	Bwt	Total	IPF Points	∑.Rn
1.	Ekta Vishnoi	India	54.89	345,0	513,1494	1
2.	Arthi Arun	India	67.18	330,0	457,7807	1
3.	Ho Wing-Nga	Hong Kong	69.40	305,0	426,2635	2

**Masters 2****-47kg**

1.	Wong Wai-Yu	2060/1/1	HKG	46.30	75,0	1	47,5	1	102,5	1	225,0	395,94	12
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**-63kg**

1.	Ip Wing-Yuk	2061/1/1	HKG	61.83	110,0	1	70,0	1	115,0	1	295,0	433,24	12
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**-72kg**

1.	Chan Mei-Mei	2068/1/1	HKG	63.36	140,0	1	84,5	1	145,0	1	369,5	511,22	12
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**Nation (points)**

1.	Hong Kong	36	[12+12+12]	1340,40	IPF Pts
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**Best Lifters of Masters 2 by IPF Points System**

Rnk	Lifter	Nation	Bwt	Total	IPF Points	∑.Rn
1.	Chan Mei-Mei	Hong Kong	63.36	369,5	511,2225	1
2.	Ip Wing-Yuk	Hong Kong	61.83	295,0	433,2413	1
3.	Wong Wai-Yu	Hong Kong	46.30	225,0	395,9388	1

**Masters 3****84+kg**

1. Tendulkar Anuja	2058/2/28	IND	102.36	85,0	1	60,0	1	120,0	1	265,0	343,35	12
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**Nation (points)**

1. India	12	[12]	343,35 IPF Pts
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**Best Lifters of Masters 3 by IPF Points System**

Rnk	Lifter	Nation	Bwt	Total	IPF Points	Grn
1.	Tendulkar Anuja	India	102.36	265,0	343,3477	1

**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

INA = Indonesia

IND = India

IRI = Iran

KAZ = Kazakhstan

TPE = Chinese Taipei