

The Hong Kong Weightlifting and Powerlifting Association Limited
Hong Kong Benchpress Equipped Championships 2019, Hong Kong (Hong Kong), 19.10.2019

SCORESHEET

Rnk	Lifters	d.o.b.	Team	BWT	Lot	1 Att.	2 Att.	3 Att.	Result	IPF Pts	Pts
Open											
-59kg											
1	Mow Ka Ho	09.07.94	Y Blood	58.22	1	145.0	150.0	161.0	150.0	652.72	12
-66kg											
1	Yeung Ka Chun	22.04.03	Y Blood	65.51	5	85.0	105.0	110.0	105.0	460.88	12
2	Pang Ji Yeung	27.01.88	Y Blood	64.15	19	75.0	90.0	100.0	100.0	453.64	9
-74kg											
1	Cheung Ho Man	21.11.86	Raw Power	73.50	8	165.0	180.5	207.5	180.5	618.66	12
2	Hung Wing Fai	07.08.80	NON	69.10	7	100.0	165.0	X	100.0	429.97	9
-83kg											
1	Treshunkin Sergey	17.06.83	NON	82.25	13	230.0	X	X	230.0	687.64	12
2	Yuen Pui Sing	08.02.92	NON	80.64	11	160.0	160.0	180.0	160.0	531.79	9
3	Tan Jun Horng	30.01.89	HKMA	81.42	12	125.0	X	X	125.0	446.57	8
-93kg											
1	Kam Chi Leung	18.03.89	Raw Power	83.02	16	205.0	215.0	X	215.0	648.78	12

Nation (points)

Best Lifters of Open by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Treshunkin Sergey	NONE	82.25	230.0	687.6397	1
2.	Mow Ka Ho	Y Blood	58.22	150.0	652.7170	1
3.	Kam Chi Leung	Raw Power	83.02	215.0	648.7779	1

Sub-Juniors

-74kg											
1	Yeung Wai Ho	22.04.03	Raw Power	69.91	6	90.0	103.0	105.0	105.0	439.96	12

Nation (points)

Best Lifters of Subjuniors by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Yeung Wai Ho	Raw Power	69.91	105.0	439.9609	1

Juniors

-66kg											
?	Yeung Zi Ngai	25.03.97	NON	61.56	3	95.0	95.0	95.0	DSQ	?	?
-83kg											
1	Chang Jia Lun	12.05.97	NON	77.53	10	145.0	150.0	155.0	155.0	533.52	12

Nation (points)

Best Lifters of Juniors by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Chang Jia Lun	NONE	77.53	155.0	533.5202	1

Masters 1

1	Lai Sze Wing, Terry	24.05.76	Raw Power	82.52	9	150.0	160.0	170.0	170.0	547.19	12
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Nation (points)

Best Lifters of Masters 1 by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Lai Sze Wing, Terry	Raw Power	82.52	170.0	547.1937	1

Masters 2

-93kg											
1	Chan Shun Wai, Ray	22.03.63	NON	86.02	15	132.5	137.5	137.5	137.5	460.41	12

Nation (points)

Best Lifters of Masters 2 by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Chan Shun Wai, Ray	NONE	86.02	137.5	460.4078	1

Masters 3**-66kg**

1	Lau Wai Tong	03.11.59	NON	60.57	2	70.0	75.0	77.5	75.0	397.04	12
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Nation (points)**Best Lifters of Masters 3 by IPF Points System**

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Lau Wai Tong	NONE	60.57	75.0	397.0397	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.

HKMA = HKMA

Raw Power = Raw Power

NON = NONE

Y Blood = Y Blood