

**Hong Kong Weightlifting and Powerlifting Association**  
**20th Hong Kong Bench Press Championships 2021(Equipped), Hong Kong (Hong Kong), 04.09.2021**

**DETAILED SCORESHEET**

Rnk	Name	d.o.b.	Team	Bwt	GL Coef	Lot	All Squat			All Bench Press			All Deadlift			Total	GL Pts	Pts	
<b>Open</b>																			
<b>-66kg</b>																			
1	Mow Ka Ho	09.07.94	None	64.56	0.4441	1	-	-	-	<del>145.0</del>	145.0	<del>147.5</del>	145	-	-	-	1	64.391	?
2	Leung Chin Ho	02.04.95	Raw	65.00	0.4409	2	-	-	-	<del>115.0</del>	115.0	120.0	120	-	-	-	2	52.905	?
<b>-74kg</b>																			
1	Hung Wing Fai	07.08.80	None	72.10	0.3984	4	-	-	-	150.0	<del>175.0</del>	<del>190.0</del>	150	-	-	-	1	59.762	?
<b>-83kg</b>																			
2	Chang Jia Lun	12.05.97	None	76.58	0.3784	6	-	-	-	<del>167.5</del>	167.5	<del>172.5</del>	167.5	-	-	-	2	63.385	?
1	Yuen Pui Sing	08.02.92	None	82.41	0.3578	7	-	-	-	230.0	<del>250.0</del>	<del>250.0</del>	230	-	-	-	1	82.284	?
<b>-93kg</b>																			
1	Tan Jun Horng	30.01.89	HKMA	89.06	0.3395	8	-	-	-	135.0	145.0	150.0	150	-	-	-	1	50.932	?
<b>-105kg</b>																			
1	Kitsui Masahito	03.04.78	None	98.61	0.3202	9	-	-	-	290.0	300.0	<del>310.0</del>	300	-	-	-	1	96.074	?
<b>120+kg</b>																			
1	Fong Chai Chi	01.12.82	None	146.00	0.2785	10	-	-	-	<del>273.0</del>	273.0	<del>285.0</del>	273	-	-	-	1	76.026	?

**Team(IPF GL Points)**

**Best Lifters of Open by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Result	GL Points	C.Rnk
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**Juniors**

<b>-74kg</b>																			
1	Lee Cheuk Yin	23.09.00	Raw	71.93	0.3993	3	-	-	-	147.5	<del>155.0</del>	<del>155.0</del>	147.5	-	-	-	1	58.891	?

**Team(IPF GL Points)**

**Best Lifters of Juniors by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Result	GL Points	C.Rnk
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**Masters 1**

<b>-83kg</b>																			
1	Yu Shui Lun	21.09.80	None	77.53	0.3747	5	-	-	-	75.0	87.5	<del>102.5</del>	87.5	-	-	-	1	32.785	?

**Team(IPF GL Points)**

**Best Lifters of Masters 1 by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Result	GL Points	C.Rnk
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**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 = Raw Power

None = None