

INTERNATIONAL POWERLIFTING FEDERATION
Hong Kong Bench Press Championships 2023 (Women Equipped), Hong Kong (Hong Kong), 18.02.2023

DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	IPF GL	Cf.	Lot	All Squat	All Bench Press	All Deadlift	Total	IPF GL	Pts
Open													
-47kg													
1	Wong Wai Yu	03.01.60	HKMA	46.25	0.7690	1	-	-	50.0 55.0 56.5	1	-	-	56.5 43.45 12

Team(IPF GL Points)

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	F GL Poin	C.Rnk
1.	Wong Wai Yu	Hong Kong Medical Association	46.25	56.5	43.4471	0

Masters 3

-47kg													
1	Wong Wai Yu	03.01.60	HKMA	46.25	0.7690	2	-	-	50.0 55.0 56.5	1	-	-	56.5 43.45 12

Team(IPF GL Points)

Best Lifters of Masters 3 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	F GL Poin	C.Rnk
1.	Wong Wai Yu	Hong Kong Medical Association	46.25	56.5	43.4471	0

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.

HKMA = Hong Kong Medical Association