Hong Kong Weightlifting and Powerlifting Association
Hong Kong Powerlifting Championships 2023 (Men Classic), Hong Kong (Hong Kong), 01.04.2023
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																					
-59kg																					
1	Au Yeung Tsun Sang	21.07.86	Raw Power	56.98	0.1686	4	175.0	185.0	-195.0	1	-85.0	85.0	-95.0	1	175.0	190.0	195.0	1	465.0	78.40	12
-66kg																					
1	Leung Tsz Lik	27.09.99	Non	63.96	0.1585	10	170.0	185.0	190.5	1	115.0	125.0	127.5	1	190.0	217.5	-230.0	1	535.5	84.88	12
2	Leung Chin Ho	02.04.95	Non	64.03	0.1584	12	140.0	150.0	157.5	2	97.5	105.0	110.0	3	180.0	192.5	200.0	2	467.5	74.06	9
3	Wong Clarence	12.02.89	Non	62.75	0.1601	11	60.0	80.0	90.0	3	110.0	115.0	117.5	2	130.0	140.0	160.0	3	367.5	58.84	8
-74kg																					
1	Wong Hiu Leung	28.05.95	Raw Power	70.65	0.1504	14	190.0	200.0	X	3	110.0	120.0	130.0	2	-220.0	220.0	235.0	1	565.0	84.97	12
2	Lau Cheuk Nang	13.05.98	Raw Power	72.26	0.1486	15	210.0	-220.0	220.0	1	115.0	117.5	122.5	3	205.0	215.0	220.0	2	562.5	83.61	9
3	Yuen Ka Tsun	11.05.90	Raw Power	71.86	0.1491	17	195.0	205.0	-210.0	2	105.0	115.0	-122.5	4	205.0	215.0	-222.5	3	535.0	79.75	8
4	Wong Kwok Sing	19.11.91	Non	68.76	0.1526	16	160.0	170.0	-175.0	4	130.0	135.0	137.5	1	170.0	185.0	192.5	4	500.0	76.28	7
5	Chau Chun Yin	27.01.98	SCAA	66.37	0.1554	18	100.0	-130.0	130.0	5	90.0	-105.0	-105.0	5	100.0	140.0	150.0	5	370.0	57.51	6
-83kg																					
1	Acton Mckenley	08.05.89	Non	81.81	0.1394	21	235.0	247.5	255.0	1	130.0	137.5	140.0	1	260.0	270.0	280.0	1	675.0	94.12	12
2	Cheung Mete Lok Hang Ertas	21.01.00	Non	81.76	0.1395	22	190.0	202.5	210.0	2	-112.5	115.0	X	2	220.0	-232.5	232.5	2	557.5	77.76	9
-93kg																					
1	Lou Tsz Ho	17.08.97	Raw Power	84.39	0.1373	26	170.0	180.0	185.0	1	90.0	100.0	105.0	1	220.0	230.0	235.0	1	525.0	72.07	12
-120kg																					
1	Lee Ho Sang	19.09.93	Raw Power	117.96	0.1171	28	255.0	-280.0	280.0	1	150.0	160.0	165.0	1	-280.0	280.0	300.0	1	745.0	87.26	12

Team(IPF GL Points)

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Acton Mckenley	None	81.81	675.0	94.1234	1
2.	Lee Ho Sang	Raw Power	117.96	745.0	87.2566	1
3.	Wong Hiu Leung	Raw Power	70.65	565.0	84.9700	1

Sub-Juniors

-59kg																					
1	Kang Hyeon Woo	20.06.07	Non	56.77	0.1689	3	85.0	105.0	-110.0	1	62.5	70.0	-72.5	1	90.0	107.5	115.0	1	290.0	48.99	12
-66kg																					
1	Cheung King Ki	07.01.05	Non	64.63	0.1576	9	155.0	170.0	175.0	1	80.0	87.5	90.0	1	195.0	210.5	-220.0	1	475.5	74.95	12
2	Brooks Phoenix Akira	04.07.07	Non	64.32	0.1580	7	100.0	110.0	-115.0	2	65.0	72.5	75.0	2	140.0	150.0	-160.0	2	335.0	52.94	9
3	Shi You Xu	17.01.07	SCAA	64.80	0.1574	8	65.0	80.0	95.0	3	40.0	-55.0	-55.0	3	90.0	110.0	120.0	3	255.0	40.14	8
-74kg																					
1	Diao Hai Bin	19.08.07	SCAA	71.54	0.1494	13	-50.0	55.0	65.0	1	30.0	-40.0	-42.5	1	60.0	80.0	95.0	1	190.0	28.39	12
-93kg																					
1	Yap Shao Feng	09.06.05	Non	88.82	0.1338	25	130.0	145.0	160.0	1	90.0	95.0	100.0	1	170.0	190.0	-220.0	1	450.0	60.22	12
2	Shi Ching Wing	28.05.07	SCAA	90.42	0.1326	24	110.0	125.0	-140.0	2	-60.0	65.0	-72.5	2	100.0	125.0	140.0	2	330.0	43.77	9

Team(IPF GL Points)

Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Cheung King Ki	None	64.63	475.5	74.9512	1
2.	Yap Shao Feng	None	88.82	450.0	60.2154	1
3.	Brooks Phoenix Akira	None	64.32	335.0	52.9397	2

Juniors

-59kg																				
1	Li Yuk Lam	01.06.01	Raw Power	58.24	0.1666	2	200.0	~~220.0~~	~~220.0~~	1	90.0	~~100.0~~	105.0	1	210.0	220.0	~~230.0~~	1	525.0	87.48	12
-66kg																				
1	Li Kin Hei William	17.10.02	Raw Power	64.81	0.1574	6	185.0	~~205.0~~	~~205.0~~	1	100.0	105.0	~~110.0~~	1	200.0	220.0	230.0	1	520.0	81.84	12
-83kg																				
1	Cheung Chin Lam	16.11.01	Raw Power	77.76	0.1431	20	225.0	245.0	~~255.0~~	1	120.0	127.5	132.5	1	235.0	255.0	~~270.0~~	1	632.5	90.51	12
2	Tsoi Kin Ho Jesse	24.12.02	SCAA	80.75	0.1404	19	160.0	~~180.0~~	~~182.5~~	2	80.0	~~85.0~~	85.0	2	160.0	185.0	205.0	2	450.0	63.17	9
-93kg																				
1	Wong Hon Cheung	04.03.04	Raw Power	87.57	0.1348	23	180.0	~~200.0~~	~~200.0~~	1	110.0	120.0	~~125.0~~	1	190.0	210.0	~~220.0~~	1	510.0	68.73	12
-105kg																				
1	Lui Kwok Hei	13.01.02	Raw Power	94.48	0.1298	27	220.0	240.0	260.0	1	~~130.0~~	130.0	140.0	1	220.0	250.0	~~260.0~~	1	650.0	84.38	12

Team(IPF GL Points)

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Cheung Chin Lam	Raw Power	77.76	632.5	90.5120	1
2.	Li Yuk Lam	Raw Power	58.24	525.0	87.4787	1
3.	Lui Kwok Hei	Raw Power	94.48	650.0	84.3830	1

Masters 1

-59kg																				
1	Lin Yiu Fai	07.04.76	Non	58.38	0.1664	1	140.0	145.0	150.0	1	95.0	~~100.0~~	100.0	1	170.0	~~180.0~~	~~180.0~~	1	420.0	69.89	12
-66kg																				
1	Tin Hin Tat	18.04.82	Non	65.11	0.1570	5	170.0	175.5	~~177.5~~	1	95.0	100.0	X	1	180.0	185.0	190.0	1	465.5	73.09	12

Team(IPF GL Points)

Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Tin Hin Tat	None	65.11	465.5	73.0877	1
2.	Lin Yiu Fai	None	58.38	420.0	69.8930	1

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.

Non = None
Raw Power = Raw Power
SCAA = South China Athletic Association

Xiao Tian Yu was disqualified as he has competed in IPL and USAPL China in past 12 months.
肖天宇因過去12個月內曾參加由 IPL 和 USAPL China 舉辦的賽事而被取消資格。