

INTERNATIONAL POWERLIFTING FEDERATION
Hong Kong Bench Press Championships 2024 (Equipped), Hong Kong \ Hong Kong, 05.10.2024
SCORESHEET

| Rnk | Lifters | d.o.b. | Team | BWT | IPF GL Cf. | Lot | 1 Att. | 2 Att. | 3 Att. | Result | IPF GL | Pts |
|------------------|-------------|----------|------|-------|------------|-----|--------|--------|--------|--------|--------|-----|
| Masters 3 | | | | | | | | | | | | |
| -47kg | | | | | | | | | | | | |
| 1 | Wong Wai Yu | 03.01.60 | None | 46.76 | 0.7610 | 1 | 52.5 | 55.0 | 57.0 | 57 | 53.73 | 12 |

Team(IPF GL Points)

Best Lifters of Masters 3 by IPF GL Formula

| Rnk | Lifter | Team | Bwt | Result | IPF GL Points | C.Rnk |
|-----|-------------|------|-------|--------|---------------|-------|
| 1. | Wong Wai Yu | None | 46.76 | 114.0 | 86.7530 | 1 |

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; wg - W
 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.

None = None