INTERNATIONAL POWERLIFTING FEDERATION

Hong Kong Bench Press Championships 2025 (Men Equipped), Hong Kong , 06.09.2025

SCORESHEET

Rnk	Lifters	d.o.b.	Team	BWT	IPF GL Cf.	Lot	1 Att.	2 Att.	3 Att.	Result	IPF GL	Pts
Open												
-59kg												
1	Chow Jar Yue Ernest	17.06.92	Indiv.	59.00	0.6034	4	132.5	140.0	~~145.0~~	140.0	84.48	12
-66kg												
1	Wong Kwok Sing	20.11.91	Indiv.	65.80	0.5681	7	155.0	~~170.5~~	~~170.5~~	155.0	88.06	12

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1	Wong Kwok Sing (Equipped)	Individual	65.80	155.0	88.0626	1
2	Chow Jar Yue Ernest (Equipped)	Individual	59.00	140.0	84.4768	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.

Indiv. = Individual

Raw Power = Raw Power