INTERNATIONAL POWERLIFTING FEDERATION

Hong Kong Bench Press Championships 2025 (Women 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												
-69kg												
1	Wong Ying Chi	16.04.95	Indiv.	65.27	0.5707	2	57.5	60.0	65.0	65.0	37.09	12
84+kg												
1	Chan Sze Hei	20.06.93	Indiv.	86.28	0.4925	3	80.0	~~90.0~~	~~90.0~~	80.0	39.40	12

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Chan Sze Hei	Individual	86.28	80.0	39.4	1
2.	Wong Ying Chi	Individual	65.27	65.0	37.09	2

Masters 3

-47kg												
1	Wong Wai Yu	03.01.60	Indiv.	46.42	0.6909	1	52.5	55.0	57.0	57.0	39.38	12

Best Lifters of Masters 3 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Wong Wai Yu	Individual	46.42	57.0	39.3821	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