

21th Men & 20th Women Asian Powerlifting Championships

02.05.2009 Udaipur, India



Women 44-56kg

Lot No.	Class	Age Cat.	Family name / 1st name	Nation	Birth Year	Body Weight	Squat			Benchpress			Sub Total	Deadlift			Total	Place	Formula Point
							1	2	3	1	2	3		1	2	3			
3	44	Jr	Gogi Minu	India	1987	43.62	100.0	110.0	115.0	45.0	50.0	52.5	167.5	125.0	135.0	140.0	307.5	1	435.6045
4	48	S-Jr	Abdullin Zharkyn	Kazakhstan	1994	47.72	105.0	110.0	120.0	55.0	60x	60.0	180.0	105.0	112.5	120.0	300.0	1	399.15
16	48	Open	Chou Yi-Ju	C.Taipei	1980	47.98	135.0	145.0	150.0	60.0	67.5	72.5	222.5	160.0	167.5	172.5	395.0	1	523.9675
6	48	Open	Kolesnikova Anastassiya	Kazakhstan	1987	47.64	120.0	130.0	137.5	55x	60.0	62.5	200.0	135.0	140x	140.0	340.0	2	453.084
5	48	Open	Kumari Sudha	India	1987	48.00	115.0	125.0	135x	65.0	72.5	75x	197.5	115.0	125.0	132.5x	322.5	3	427.119
7	48	Open	Movlamova Sahragul	Turkmenistan	1978	47.80	110x	110.0	115x	67.5	70x	70x	177.5	110.0	122.5x	122.5x	287.5	4	381.9438
13	52	S-Jr	Somova Alyona	Uzbekistan	1992	51.98	80.0	100.0	125x	40.0	45.0	50.0	150.0	105.0	115.0	130.0	280.0	1	349.58
15	52	Jr	Biji K.	India	1989	51.26	105.0	117.5	127.5x	55.0	62.5	65.0	182.5	115.0	127.5	140x	310.0	1	391.096
14	52	Jr	Yakupova Venera	Kazakhstan	1986	51.34	130.0	140x	145.0	80x	80x	80x		130.0	140x	140x			
17	52	Open	Mohanta Mandakini	India	1978	49.88	112.5	117.5	125.0	62.5	67.5	70.0	195.0	145.0	155x	155x	340.0	1	438.09
18	52	Open	Rajni Bala	India	1982	50.84	112.5	120.0	125.0	42.5	47.5	50.0	175.0	135.0	145.0	152.5	327.5	2	415.663
8	52	Open	Vasina Anna	Uzbekistan	1985	49.80	90.0	100.0	120x	40.0	45x	45x	140.0	90.0	105.0	112.5	252.5	3	325.3463
19	56	S-Jr	Burik Marina	Kazakhstan	1993	55.34	145x	150.0	160x	60.0	67.5	72.5	222.5	140.0	145.0	151.0	373.5	1	443.8301
20	56	S-Jr	Romina Ngangbam	India	1995	52.90	145.0	150x	155.0	55.0	62.5	65.0	220.0	120.0	130.0	145.0	365.0	2	449.023
21	56	Jr	Acharya Rekha	India	1987	55.44	130.0	142.5	147.5	60.0	67.5	72.5x	215.0	130.0	140.0	147.5	362.5	1	430.1425
22	56	Jr	Panina Irina	Kazakhstan	1990	55.36	125.0	135x	135x	60.0	65x	65x	185.0	125.0	130x	130x	310.0	2	368.373
23	56	M1	Medina Merlina	Philippines	1968	54.32	130x	130.0	143.5x	82.5	93.5	95.0	225.0	90.0	115.0	125x	340.0	1	409.836
24	56	M1	Yanagisawa Yukiko	Japan	1967	55.10	105.0	115x	115.0	52.5	57.5x	57.5	172.5	105.0	110x	110.0	282.5	2	336.627
25	56	Open	Lee Chia-Yu	C.Taipei	1987	52.68	135.0	145x	145x	80.0	85.0	90.0	225.0	120.0	155.0	172.5	397.5	1	491.151

21th Men & 20th Women Asian Powerlifting Championships

03.05.2009 Udaipur, India



Women 60-67.5kg

Lot No.	Class	Age Cat.	Family name / 1st name	Nation	Birth Year	Body Weight	Squat			Benchpress			Sub Total	Deadlift			Total	Place	Formula Point
							1	2	3	1	2	3		1	2	3			
4	60	S-Jr	Tuylieva Djerem	Turkmenistan	1991	59.88	140.0	155x	155.0	55.0	62.5x	62.5x	210.0	120.0	130.0	-	340.0	1	380.052
3	60	S-Jr	Vyas Rekha	India	1992	58.84	90.0	100.0	110.0	40.0	47.5	52.5	162.5	100.0	115.0	120.0	282.5	2	319.9313
5	60	Jr	Gusseva Anastassiya	Kazakhstan	1989	59.50	150.0	165.0	172.5	100.0	113.5x	113.5x	272.5	130.0	160.0	175x	432.5	1	485.3083
6	60	M1	Ip Wing Yuk	Hong Kong	1961	59.54	105.0	125x	125x	62.5	72.5x	72.5x	167.5	125.0	137.5	150x	305.0	1	342.2405
7	60	M1	Gogoi Rekha	India	1963	58.10	50.0	67.5	75.0	30.0	35.0	40x	110.0	80.0	90.0	95x	200.0	2	228.64
8	60	Open	Chou Chien-Yu	C.Taipei	1982	58.62	170.0	180.0	190.0	90.0	100.0	105.0	295.0	180.0	190.0	200.0	495.0	1	562.0725
9	60	Open	Malyugina Nadejda	Uzbekistan	1979	59.68	160.0	180.0	190.0	100.0	110.0	115x	300.0	160.0	187.5x	190.0	490.0	2	549.143
10	60	Open	Naidu B. Tejeswini	India	1979	59.32	140.0	150.0	157.5x	70.0	77.5	82.5x	227.5	140.0	155.0	162.5	390.0	3	438.789
15	67.5	S-Jr	Prebha G. Suria	India	1991	63.80	130.0	140.0	150x	65.0	70.0	75x	210.0	130.0	135.0	145x	345.0	1	367.011
17	67.5	Jr	Djumaniyazova Mahriban	Turkmenistan	1988	66.40	140x	140x	140.0	65.0	75.0	77.5	217.5	110.0	120.0	130x	337.5	1	348.57
21	67.5	M1	Bhagwati Devi	India	1969	67.48	110.0	120.0	130x	45.0	50.0	55.0	175.0	110.0	125.0	135.0	310.0	1	316.727
18	67.5	M2	Beena Golap	India	1958	66.40	60.0	70.0	80.0	30.0	40.0	45x	120.0	80.0	95.0	102.5	222.5	1	229.798
19	67.5	Open	Hsu Hsiao-Li	C.Taipei	1981	66.02	170.0	180.0	185.0	100.0	110.0	115x	295.0	180.0	192.5	202.5x	487.5	1	505.7325
20	67.5	Open	Kryukova Yekaterina	Kazakhstan	1985	66.90	170.0	182.5	187.5	100.0	112.5	117.5	305.0	172.5	180x	-	477.5	2	490.488

21th Men & 20th Women Asian Powerlifting Championships

03.05.2009 Udaipur, India



Women 75–82.5kg

Lot No.	Class	Age Cat.	Family name / 1st name	Nation	Birth Year	Body Weight	Squat			Benchpress			Sub Total	Deadlift			Total	Place	Formula Point
							1	2	3	1	2	3		1	2	3			
3	75 Jr		Mahodik Dhanasri	India	1988	72.94	130.0	145.0	152.5	50.0	60x	60x	202.5	130.0	145.0	155x	347.5	1	336.4148
4	75 Jr		Yadav Deepika	India	1988	70.92	115.0	125x	125.0	50.0	55.0	57.5x	180.0	115.0	122.5x	122.5x	295.0	2	290.929
5	75 M1		Valsalak	India	1967	68.00	50.0	60.0	65x	25.0	30.0	35x	90.0	70.0	80x	90.0	180.0	1	182.754
6	75 M2		Chaudhary Ratanmani	India	1955	72.16	100.0	110.0	120.0	50.0	57.5	65.0	185.0	100.0	110.0	120.0	305.0	1	297.4055
8	75 Open		Tseng Wei-Jung	C.Taipei	1985	71.86	170.0	185.0	195.0	80.0	92.5	97.5	292.5	175.0	190.0	202.5	495.0	1	484.0605
2	75 Open		Sangita Singh	India	1988	74.98	160x	160.0	170x	70.0	77.5	82.5	242.5	120.0	135.0	150x	377.5	2	359.1535
15	82.5 Jr		Yastrebova Mariya	Kazakhstan	1988	75.94	160x	165.0	175.0	100.0	107.5x	107.5x	275.0	150.0	160.0	162.5x	435.0	1	410.466
16	82.5 Jr		Raj Amruitha	India	1988	81.34	125.0	135.0	140.0	50.0	55x	-	190.0	145.0	157.5	162.5	352.5	2	319.7175
17	82.5 Jr		Yadav Priyanka	India	1988	77.88	100x	100.0	110.0	52.5	57.5	60x	167.5	115.0	125.0	130x	292.5	3	271.9373
7	82.5 M2		Kargaokar Leela S.	India	1953	75.12	70.0	80.0	90.0	45.0	50x	50.0	140.0	70.0	80.0	85.0	225.0	1	213.705
							M2 Asian record			M2 Asian & Single BP M2 Asian record				M2 Asian record					
18	82.5 Open		Hung Min-Chu	C.Taipei	1983	82.10	170.0	182.5	195.0	125.0	150.0	161x	345.0	140.0	157.5	165.0	510.0	1	460.173
19	82.5 Open		Thomas Anumol	India	1987	82.28	140.0	150.0	162.5	80.0	87.5	95.0	257.5	130.0	145.0	155.0	412.5	2	371.9513

21th Men & 20th Women Asian Powerlifting Championships

06.05.2009 Udaipur, India



Women 90-90+kg

Lot No.	Class	Age Cat.	Family name / 1st name	Nation	Birth Year	Body Weight	Squat			Benchpress			Sub Total	Deadlift			Total	Place	Formula Point
							1	2	3	1	2	3		1	2	3			
3	90 Jr		Vig Prachi	India	1990	82.86	105.0	120.0	130.0	40.0	45.0	47.5	177.5	100.0	110.0	122.5	300.0	1	269.49
4	90 M1		Pecante Erlina	Philippines	1964	82.56	170.0	200.0	218.5x	100.0	115.0	122.5	322.5	160.0	185.0	203.5x	507.5	1	456.75
Open Asian record																			
6	90 Open		Chang Ya-Wen	C.Taipei	1984	87.92	240.0	250.0	252.5x	115.0	125.0	127.5x	375.0	205.0	225x	226.0	601.0	1	524.6129
7	90 Open		Kaur Manjeet	India	1988	89.66	150.0	160x	160.0	105.0	115x	115x	265.0	120.0	130.0	140.0	405.0	2	350.6085
5	90 Open		Kulkarni Deepali	India	1979	85.50	120.0	130.0	140.0	50.0	60.0	62.5	202.5	120.0	132.5	142.5	345.0	3	305.0145
S-Jr Asian record																			
13	90+ S-Jr		Fu Chuen-Yi	C.Taipei	1991	120.12	150x	150.0	170.0	100.0	112.5	117.5	287.5	150.0	191.0	195x	478.5	1	382.5608
14	90+ S-Jr		Bhattacharya Ranjeeta	India	1992	93.66	97.5x	107.5	120x	55.0	62.5	65.0	172.5	110.0	130.0	140x	302.5	2	257.3973
16	90+ Jr		Udhyam Athi	India	1990	92.62	150.0	160x	160x	40.0	45.0	50x	195.0	120.0	130.0	135x	325.0	1	277.6475
15	90+ Jr		Pukon Kakoli	India	1987	99.50	175x	175x	175x	50.0	55.0	60.0		140.0	150.0	160.0			
17	90+ Open		Guha Sampa	India	1967	90.12	170.0	197.5x	197.5x	85.0	97.5	100x	267.5	140.0	155.0	165x	422.5	1	364.9133
18	90+ Open		Rani Seema	India	1987	96.92	125.0	140.0	150x	45.0	50.0	55x	190.0	110.0	125.0	135x	315.0	2	264.8205

21th Men & 20th Women Asian Powerlifting Championships

03.05.2009 Udaipur, India



Men 67.5kg

Lot No.	Class	Age Cat.	Family name / 1st name	Nation	Birth Year	Body Weight	Squat			Benchpress			Sub Total	Deadlift			Total	Place	Formula Point
							1	2	3	1	2	3		1	2	3			
3	67.5	S-Jr	Kolotvinov Dmitriy	Uzbekistan	1991	65.10	190.0	210.0	220x	110.0	120.0	130.0	340.0	170.0	200.0	-	540.0	1	428.868
4	67.5	S-Jr	Kurbanov Ahmed	Turkmenistan	1992	63.70	140x	140x	140.0	75.0	90.0	95x	230.0	170x	175x	175.0	405.0	2	327.6045
7	67.5	Jr	Marda Pavel	Kazakhstan	1990	66.20	230.0	240.0	245.0	145.0	152.5	157.5x	397.5	230.0	240x	240.0	637.5	1	499.29
5	67.5	Jr	Tsai Chin Kuo	C. Taipei	1987	67.00	230.0	237.5	245.0	130.0	140.0	142.5x	385.0	250.0	260x	260x	635.0	2	492.506
6	67.5	Jr	Sanas Kiran Devidas	India	1987	66.90	200.0	215.0	225.0	120.0	127.5x	-	345.0	210.0	240.0	245x	585.0	3	454.311
8	67.5	M2	Hara Yoshinori	Japan	1958	66.70	160.0	170.0	180.0	85.0	90.0	95.0	275.0	220.0	230x	230x	495.0	1	385.3575
9	67.5	M2	Sawant Vijay	India	1958	63.80	140.0	160.0	175.0	80.0	90.0	92.5x	265.0	150.0	170.0	182.5x	435.0	2	351.393
10	67.5	M2	Abdollah Zadeh	Iran	1955	66.90	150.0	162.5	170x	50x	50.0	-	212.5	120.0	162.5	172.5x	375.0	3	291.225
15	67.5	M1	Niwa Hironori	Japan	1961	67.00	200x	200.0	210x	120x	120.0	125.0	325.0	215.0	222.5	235x	547.5	1	424.641
16	67.5	M1	Terakado Hiroyuki	Japan	1960	67.00	190.0	205.0	210x	130.0	140.0	142.5x	345.0	190.0	212.5x	215x	535.0	2	414.946
17	67.5	M1	Viswakarma Ashok	India	1963	66.80	160.0	175x	175.0	110.0	120.0	125x	295.0	180.0	195x	195x	475.0	3	369.3125
18	67.5	Open	Lin Ming-Hui	C. Taipei	1983	67.00	240.0	250.0	255.0	180.0	185x	185.0	440.0	235.0	245.0	250x	685.0	1	531.286
19	67.5	Open	Su Chih-Lun	C. Taipei	1984	67.10	215.0	227.5	235.0	175.0	177.5	180x	412.5	220.0	235.0	247.5	660.0	2	511.302
23	67.5	Open	V.R. Srikumar	India	1968	67.50	240.0	247.5	257.5x	150.0	157.5	162.5	410.0	240.0	252.5x	252.5x	650.0	3	501.15
21	67.5	Open	Singh Dharmender	India	1984	66.80	245.0	252.5x	252.5x	135.0	140x	140x	380.0	260.0	280x	280x	640.0	4	497.6
22	67.5	Open	Saleh Nasser Al tamimi	Oman	1985	66.50	190.0	200.0	210x	115x	115.0	120.0	320.0	200.0	220x	-	520.0	5	405.808
20	67.5	Open	Gadyrmammedov Eldar	Turkmenistan	1982	67.10	190.0	210.0	215x	120.0	130.0	132.5x	340.0	242.5x	245x	252.5x			

21th Men & 20th Women Asian Powerlifting Championships

04.05.2009 Udaipur, India



Men 75kg

Lot No.	Class	Age Cat.	Family name / 1st name	Nation	Birth Year	Body Weight	Squat			Benchpress			Sub Total	Deadlift			Total	Place	Formula Point
							1	2	3	1	2	3		1	2	3			
36	75	M1	Rahimov Alymbek	Kyrgyzstan	1966	73.74	215.0	220.0	225.0	130.0	155.0	160x	380.0	220.0	230.0	240.0	620.0	1	447.268
25	75	M1	Taniguchi Koichi	Japan	1960	73.92	205x	205.0	215.0	150x	150.0	157.5	372.5	220.0	230.0	245x	602.5	2	433.8
24	75	M1	Reza Jafari	Iran	1960	75.00	210.0	220.0	230.0	135.0	140.0	145x	370.0	190.0	200.0	210.0	580.0	3	413.308
23	75	M1	Usrethe Sanat Kumar	India	1963	73.40	200.0	215.0	225.0	105.0	115.0	120x	340.0	200.0	220.0	230x	560.0	4	405.16
26	75	M1	Najmidinov Vakhiddin	Uzbekistan	1963	73.22	150.0	170.0	-	100.0	110x	115x	270.0	150.0	210x	-	420.0	5	304.458
27	75	Open	Huang,Lung-Hsin	C. Taipei	1981	74.10	260.0	270.0	275.0	200x	200.0	205.0	480.0	290.0	295.0	305.0	785.0	1	564.101
							Jr Asian record							Jr Asian record					
29	75	Open	Ivkov Denis	Kazakhstan	1988	74.02	290.0	300.0	307.5	175.0	185.0	190x	492.5	260.0	272.5	285.0	777.5	2	559.2558
30	75	Open	Hadi Farshbaf Ebrahemi Hadi	Iran	1985	74.10	285.0	295x	300.0	140x	170.0	175x	470.0	255.0	265.0	275x	735.0	3	528.171
32	75	Open	Kumar Praveen	India	1990	74.20	260.0	275.0	285.0	160.0	170.0	177.5	462.5	260.0	280x	280x	722.5	4	518.6828
31	75	Open	Kuan Yi- Hsin	C. Taipei	1982	73.90	255.0	265.0	270.0	155.0	160.0	165.0	435.0	280x	280.0	285.0	720.0	5	518.4
35	75	Open	Mativanan S.	India	1985	74.82	240.0	255.0	262.5x	125x	125.0	132.5	387.5	240.0	250.0	-	637.5	6	455.1113
34	75	Open	Yousuf Said Al- Hasni	Oman	1984	74.60	220.0	240.0	245x	130x	130.0	140.0	380.0	230.0	240x	240.0	620.0	7	443.424
33	75	Open	Nursahedov Merdan	Turkmenistan	1976	71.38	200.0	-	-	180.0	190.0	200x	390.0	200.0	-	-	590.0	8	436.01

21th Men & 20th Women Asian Powerlifting Championships

04.05.2009 Udaipur, India



Men 82.5kg

Lot No.	Class	Age Cat.	Family name / 1st name	Nation	Birth Year	Body Weight	Squat			Benchpress			Sub Total	Deadlift			Total	Place	Formula Point
							1	2	3	1	2	3		1	2	3			
23	82.5	S-Jr	Mehdi Tahmasebi	Iran	1991	79.42	230.0	250x	250.0	185.0	195.0	202.5	452.5	235.0	240.0	250.0	702.5	1	481.915
37	82.5	S-Jr	Pankaj Singh	India	1991	80.96	240.0	245x	245.0	115.0	125.0	132.5x	370.0	250.0	270.0	285x	640.0	2	433.856
24	82.5	S-Jr	Teotia Kapil	India	1992	81.76	230.0	240x	245.0	150.0	157.5	160.0	405.0	245x	245x	245x			
26	82.5	Jr	Amin Dehbozorgi	Iran	1987	82.42	245.0	260.0	275.0	150.0	165.0	172.5	447.5	250x	250x	250.0	697.5	1	467.604
25	82.5	Jr	Radchuk Dmitriy	Kazakhstan	1987	81.18	250x	250.0	260.0	160.0	170.0	175x	430.0	250.0	260.0	267.5x	690.0	2	467.061
27	82.5	Jr	Sadegh Salehi	Iran	1986	82.46	245.0	260.0	265.0	150.0	157.5x	157.5	422.5	250.0	260.0	267.5	690.0	3	462.576
35	82.5	Jr	Vincent Melvin	India	1987	82.14	250.0	260.0	270x	120.0	127.5	-	387.5	260.0	280x	280.0	667.5	4	448.4933
29	82.5	Jr	Khan Monish	India	1990	80.34	250.0	260.0	270x	125.0	135.0	145x	395.0	240.0	255.0	260x	650.0	5	442.715
28	82.5	Jr	Issa Mubarak Al-Hasni	Oman	1988	81.78	225.0	240.0	245x	152.5	157.5	165x	397.5	225.0	235.0	242.5x	632.5	6	426.2418
30	82.5	Jr	Jian Ming-You	C. Taipei	1986	81.12	170x	170.0	185.0	100.0	110x	110.0	295.0	180.0	205.0	217.5	512.5	7	346.9113
														Jr Asian record					
32	82.5	Open	Pavlenko Kirill	Kazakhstan	1988	80.34	310.0	325x	325.0	180x	180.0	185.0	510.0	290.0	300.0	322.5	832.5	1	567.0158
36	82.5	Open	Karagar Hamed	Iran	1981	82.44	270x	290.0	305.0	165.0	175.0	180.0	485.0	280.0	300.0	315x	785.0	2	526.264
31	82.5	Open	Awari Sandeep	India	1984	82.00	290.0	305.0	315.0	170.0	177.5x	177.5	492.5	290x	290.0	305x	782.5	3	526.153
33	82.5	Open	Kumar Ramesh	India	1973	80.28	250.0	265.0	272.5	165.0	175.0	180.0	452.5	250.0	270x	-	702.5	4	478.824
34	82.5	Open	Woo Wai Shun	Hong Kong	1973	80.56	180.0	190.0	202.5	120.0	130.0	135x	332.5	190.0	205.0	212.5	545.0	5	370.6

21th Men & 20th Women Asian Powerlifting Championships

05.05.2009 Udaipur, India



Men 90kg

Lot No.	Class	Age Cat.	Family name / 1st name	Nation	Birth Year	Body Weight	Squat			Benchpress			Sub Total	Deadlift			Total	Place	Formula Point
							1	2	3	1	2	3		1	2	3			
3	90	S-Jr	Mostafa Ranjbar	Iran	1991	89.26	250.0	275.0	290.0	140.0	150.0	-	440.0	240.0	255.0	270.0	710.0	1	455.323
4	90	S-Jr	Wu Hao-Wei	C. Taipei	1991	85.36	190.0	210.0	220.0	110.0	122.5	130x	342.5	200.0	240.0	255x	582.5	2	382.7025
6	90	M1	Khardin Konstantin	Uzbekistan	1968	85.68	240.0	255.0	265.0	140.0	155.0	-	420.0	240.0	260.0	-	680.0	1	445.876
8	90	M1	Cabalza Dominic	Philippines	1967	89.15	202.5	222.5	227.5	152.5	162.5	172.5	400.0	210.0	227.5	237.5	637.5	2	409.0838
7	90	M1	M. Reza Khosravi	Iran	1969	87.92	200.0	220x	225.0	160.0	170.0	180.0	405.0	220.0	230.0	237.5x	635.0	3	410.4005
10	90	M1	Panduranga Sanjay	India	1964	82.52	170.0	180x	180.0	100.0	110.0	112.5x	290.0	180.0	195.0	200x	485.0	4	324.9015
11	90	M2	Jose P.A.	India	1956	82.60	160.0	175.0	187.5	95.0	102.5	107.5	295.0	180.0	192.5	202.5	497.5	1	333.0265
12	90	M2	Waghmare S.R.	India	1956	83.90	170x	170.0	190.0	95.0	105.0	107.5	297.5	180.0	195.0	202.5x	492.5	2	326.6753
13	90	M2	Jamsran Ravdandorj	Mongolia	1959	83.10	130x	130.0	140x	80.0	100x	100x	210.0	110x	110.0	140.0	350.0	3	233.45
14	90	M3	Maheswariah M.	India	1947	89.08	170.0	190.0	205.0	75.0	80.0	85.0	290.0	210.0	225.0	235.0	525.0	1	337.1025
15	90	M3	Rao Dr. GSV Prasad	India	1948	85.50	120.0	130.0	135x	87.5	97.5	102.5x	227.5	150.0	160.0	165x	387.5	2	254.2775
16	90	M3	Ghafour Farjad Bastani	Iran	1948	83.00	60.0	80.0	100x	70.0	85.0	90.0	170.0	80.0	110.0	120.0	290.0	3	193.575

21th Men & 20th Women Asian Powerlifting Championships

05.05.2009 Udaipur, India



Men 90kg

Lot No.	Class	Age Cat.	Family name / 1st name	Nation	Birth Year	Body Weight	Squat			Benchpress			Sub Total	Deadlift			Total	Place	Formula Point
							1	2	3	1	2	3		1	2	3			
24	90	Jr	Hossein Allafbehbahani	Iran	1989	89.42	280.0	290x	290x	160.0	167.5	172.5	452.5	280.0	300.0	-	752.5	1	482.0515
26	90	Jr	Singh Sandeep	India	1990	87.16	255x	255.0	270.0	137.5	150.0	157.5x	420.0	275.0	295.0	300.0	720.0	2	467.64
23	90	Jr	Gass Sergey	Uzbekistan	1987	89.32	240.0	270x	280.0	150.0	160x	162.5x	430.0	260.0	285.0	300x	715.0	3	458.315
22	90	Jr	Mohit Kumar	India	1989	89.16	270x	270.0	275x	175.0	182.5	187.5x	452.5	240.0	255x	255.0	707.5	4	454.0028
29	90	Open	Kuvambayev Zalim	Kazakhstan	1986	89.88	300.0	315.0	320.0	205.0	210.0	215.0	535.0	305.0	317.5	332.5x	852.5	1	544.8328
32	90	Open	Hassan Sobhemofarah	Iran	1971	90.00	300x	310.0	315.0	200.0	205.0	210.0	525.0	250.0	270.0	290x	795.0	2	507.528
33	90	Open	Davaatseren Munkh-Erdene	Mongolia	1975	89.02	245.0	260.0	270.0	190.0	200.0	210.0	480.0	240.0	260x	260x	720.0	3	462.312
34	90	Open	Masahito Kitsui	Hong Kong	1978	89.44	180.0	222.5	-	200x	200.0	212.5x	422.5	200.0	232.5	240.0	662.5	4	424.3975
30	90	Open	Kadam Premnath	India	1976	87.44	220x	220.0	230.0	135.0	142.5	150.0	380.0	220x	200.0	240.0	620.0	5	401.946
28	90	Open	Balinder Singh	India	1987	83.54	305x	305x	315x	190.0	200x	-	-	305.0	-	-	-		
36	90	Open	Khumuugul Battumur	Mongolia	1974	89.60	200.0	220.0	-	185x	190x	190x	-	180.0	-	-	-		
31	90	Open	Fairushin Konstantin	Kazakhstan	1985	87.10	305.0	317.5	325.0	200x	200.0	207.5	532.5	307.5	320.0	335x			0
			Fairusin Konstantin was disqualified by Positive result of Drug test.																

21th Men & 20th Women Asian Powerlifting Championships

05.05.2009 Udaipur, India



Men 110kg

Lot No.	Class	Age Cat.	Family name / 1st name	Nation	Birth Year	Body Weight	Squat			Benchpress			Sub Total	Deadlift			Total	Place	Formula Point
							1	2	3	1	2	3		1	2	3			
5	110	S-Jr	Teotia Deepak	India	1991	100.30	210.0	220.0	230.0	145x	145.0	155.0	385.0	210.0	225.0	235.0	620.0	1	376.898
3	110	S-Jr	Singh Balvinder	India	1992	106.04	190.0	210.0	230.0	110.0	125.0	130x	355.0	170.0	190x	200.0	555.0	2	330.558
4	110	S-Jr	Akpalenov Mars	Kazakhstan	1991	107.18	220x	220.0	232.5	100.0	110x	110x	332.5	190.0	205x	205x	522.5	3	310.1038
1	110	Jr	Omid Setayoshpoor	Iran	1988	100.46	290.0	300x	300x	175.0	182.5	187.5x	472.5	290.0	300.0	310x	772.5	1	469.371
6	110	Jr	D. Venkatesh	India	1990	108.08	210.0	235.0	250.0	140.0	145.0	150.0	400.0	210.0	230.0	240.0	640.0	2	378.816
13	110	M2	Yondon Khureltsooj	Mongolia	1957	106.68	170.0	190.0	200.0	95.0	105.0	115.0	315.0	170.0	190.0	210x	505.0	1	300.2225
17	110	M2	S.Majdo Ddin Nirodmard	Iran	1954	101.32	120.0	180x	180x	80.0	100.0	110x	220.0	110.0	130.0	145.0	365.0	2	221.0075
							M1 Asian record							M1 Asian record					
10	110	M1	Torres Peter Edward	Philippines	1965	100.06	280x	280.0	305.0	165.0	175.0	180.0	485.0	250.0	277.5	301x	762.5	1	464.0575
8	110	M1	Seyedmahmood Dehghanian	Iran	1965	109.64	230.0	240.0	255.0	165.0	180.0	187.5x	435.0	220.0	235.0	240.0	675.0	2	397.71
9	110	M1	Mohammadreza Emamifar	Iran	1968	100.22	200.0	220x	220.0	170.0	185.0	192.5	412.5	170.0	200.0	235.0	647.5	3	393.7448
11	110	M1	Thomas James	India	1962	100.64	160.0	175.0	182.5x	120.0	130x	130x	295.0	170.0	180.0	190.0	485.0	4	294.4435
15	110	Open	Ahmadreza Homayoon	Iran	1974	108.92	335x	335.0	350.0	210.0	220.0	225.0	575.0	260.0	285.0	295.0	870.0	1	513.561
14	110	Open	Majid Talkhabi	Iran	1979	105.40	310.0	315x	320x	190.0	205x	205x	500.0	160.0	262.5	297.5	797.5	2	475.948
16	110	Open	Chen Ching-Chung	C. Taipei	1978	105.50	300.0	320x	320x	100.0	-	-	400.0	75x	75.0	-	475.0	3	283.385

21th Men & 20th Women Asian Powerlifting Championships

06.05.2009 Udaipur, India



Men 125kg

Lot No.	Class	Age Cat.	Family name / 1st name	Nation	Birth Year	Body Weight	Squat			Benchpress			Sub Total	Deadlift			Total	Place	Formula Point
							1	2	3	1	2	3		1	2	3			
3	125	S-Jr	Markov Stanislav	Kazakhstan	1994	117.08	160.0	175.0	185.0	100.0	110x	110.0	295.0	160.0	175x	-	455.0	1	263.2175
4	125	Jr	Majid Delir	Iran	1987	111.06	250.0	320.0	340.0	180.0	225.0	235x	565.0	250.0	280.0	300.0	865.0	1	507.6685
5	125	Jr	Asad Said Al-saadi	Oman	1986	119.72	275.0	290x	290.0	110.0	130.0	140x	420.0	210.0	225x	-	630.0	2	362.439
6	125	M1	Abbas Golestani	Iran	1967	113.02	250.0	280.0	301x	140.0	185x	185.0	465.0	250.0	270.0	282.5	747.5	1	436.4653
7	125	M1	Tosare Manik	India	1963	113.74	190.0	210.0	230.0	120.0	135.0	150.0	380.0	200.0	220.0	232.5	612.5	2	356.965
8	125	M1	M. Asadi Fard	Iran	1964	110.60	160.0	190.0	220.0	90.0	100.0	110x	320.0	160.0	210.0	230x	530.0	3	311.375
9	125	M2	Prakash Satya	India	1958	110.12	150x	150.0	-	100.0	-	-	250.0	150.0	-	-	400.0	1	235.32
11	125	Open	Hossein Shirvani	Iran	1981	124.06	320.0	330.0	345.0	225x	225.0	232.5	577.5	310x	315.0	341.0	918.5	1	524.2798
10	125	Open	Gayanov Radik	Kazakhstan	1973	112.60	320.0	330.0	-	240.0	250x	260.0	590.0	280.0	300.0	325x	890.0	2	520.116
15	125	Open	Munaf Abdul	India	1982	123.16	325.0	340.0	350.0	175.0	180.0	185.0	535.0	242.5	257.5	272.5	807.5	3	461.6478
14	125	Open	Amanmuradov Byashim	Turkmenistan	1973	116.76	300.0	310x	310x	200.0	222.5	225.0	525.0	250.0	255.0	-	780.0	4	451.464
13	125	Open	Rashid Juma Al-Hasni	Oman	1983	122.96	330.0	340x	340x	115.0	125.0	135.0	465.0	210.0	252.5	255x	717.5	5	410.3383
16	125	Open	Atanazarov Dovlet	Turkmenistan	1984	118.08	160.0	200.0	230x	180x	190.0	202.5x	390.0	160.0	200.0	220.0	610.0	6	352.092

21th Men & 20th Women Asian Powerlifting Championships

06.05.2009 Udaipur, India



Men 125+kg

Lot No.	Class	Age Cat.	Family name / 1st name	Nation	Birth Year	Body Weight	Squat			Benchpress			Sub Total	Deadlift			Total	Place	Formula Point
							1	2	3	1	2	3		1	2	3			
24	125+	S-Jr	Hemdan Khaled Al-seuabe	Oman	1991	127.38	200.0	220.0	230.0	80.0	95.0	100.0	330.0	192.5	210.0	222.5	552.5	1	313.7095
23	125+	S-Jr	Ghosh Abhishek	India	1991	125.08	190.0	210x	220x	120.0	130x	130x	310.0	200.0	220x	232.5x	510.0	2	290.598
25	125+	S-Jr	Sharma Vaibhav	India	1992	129.46	130.0	150.0	155.0	90.0	100.0	102.5	257.5	130.0	150.0	160x	407.5	3	230.6858
26	125+	Jr	Keyhan Khorshidi	Iran	1990	135.54	180.0	255.0	280.0	150.0	210x	220x	430.0	170x	170x	170.0	600.0	1	336.96
28	125+	M1	Mohsen Estakhr	Iran	1969	130.38	250.0	285.0	325.0	140.0	180.0	225x	505.0	220.0	240.0	255.0	760.0	1	429.704
12	125+	Open	Saeid Hamidi	Iran	1982	125.02	340x	340.0	345x	205.0	220x	220x	545.0	315.0	325.0	340.0	885.0	1	504.273
							M1 Asian record							M1 Asian record					
29	125+	Open	Chao Chien-Hsiung	C. Taipei	1969	138.66	300.0	317.5	340.0	220x	220.0	225x	560.0	280.0	310.0	325.0	885.0	2	495.3345
31	125+	Open	Almandhari Aidh Ali	Oman	1985	133.30	290.0	305.0	317.5	160.0	170.0	175x	487.5	230.0	250.0	270x	737.5	3	415.2863
30	125+	Open	Ataev Ruslan	Turkmenistan	1979	144.46	180.0	-	-	225.0	240.0	255.0	435.0	200.0	250.0	272.5	707.5	4	393.5823
27	125+	Open	Mohammadreza Behbood	Iran	1971	125.78	150.0	-	-	160.0	210.0	230x	360.0	140.0	-	-	500.0	5	284.6

Men 's Team awards of Asian Powerlifting Championships 2009

Sub-Jr

PL		52	56	60	67.5	75	82.5	90	100	110	125	125+	Total points	
1	India	12					9 8		12 8	12 9		9 8	63	9 lifters
2	Iran			12		9 8	12	12	9				62	6 lifters
3	Kazakhstan	9				12			7	8	12		48	5 lifters
4	Oman			9								12	21	2 lifters
5	Chinese Taipei					7		9					16	2 lifters
6	Uzbekistan				12								12	1 lifter
7	Turkmenistan				9								9	1 lifter

Jr

PL		52	56	60	67.5	75	82.5	90	100	110	125	125+	Total points	
1	Iran						12 8	12	12 8	12	12	12	72	8 lifters
2	India	12	12		8		7 6	9 7	9 7	9			59	10 lifters
3	Oman			12		9	5				9		35	4 lifters
4	Kazakhstan				12	12	9						33	3 lifters
5	Chinese Taipei				9		4						13	2 lifters
6	Uzbekistan							8					8	1 lifter

Senior

PL			56	60	67.5	75	82.5	90	100	110	125	125+	Total points	
1	Iran					8	9	9	12 7	12 9	12	12 6	66	10 lifters
2	Chinese Taipei			12	12 9	12 6				8		9	62	7 lifters
3	Kazakhstan					9	12	0 12	9		9		51	6 lifters
4	India			9	8 7	7 5	8 7	6 0	8		8		48	11 lifters
5	Turkmenistan				5	2			6		7 5	7	32	6 lifters
6	Oman				6	3			5		6	8	28	5 lifters
7	Hong Kong			8			6	7					21	3 lifters
8	Philippines		12										12	1 lifter
9	Mongolia							8 0					8	2 lifters
10	Kyrgyzstan					4							4	1 lifter

Men 's Team awards of Asian Powerlifting Championships 2009

Best lifters of Asian Powerlifting Championships 2009

Women Best lifters

Age Category	PL	Name	Nation	Formula Points
Sub-Jr	1	Romina Ngangbam	India	449.0
	2	Burik Marina	Kazakhstan	443.8
	3	Abdullin Zharkyn	Kazakhstan	399.2
Junior	1	Gusseva Anastassiya	Kazakhstan	485.3
	2	Gogi Minu	India	435.6
	3	Acharya Rekha	India	430.1
Senior	1	Chou Chien-Yu	C.Taipei	562.1
	2	Malyugina Nadejda	Uzbekistan	549.1
	3	Chang Ya-Wen	C.Taipei	524.6
Master 1	1	Pecante Erlina	Philippines	456.8
	2	Medina Merlina	Philippines	409.8
	3	Ip Wing Yuk	Hong Kong	342.2
Master 2	1	Chaudhary Ratanmani	India	297.4
	2	Beena Golap	India	229.8
	3	Kargaokar Leela S.	India	213.7
Master 3	1			
	2			
	3			

Men Best lifters

Age Category	PL	Name	Nation	Formula Points
Sub-Jr	1	Mehdi Tahmasebi	Iran	481.9
	2	Borodkin Grigoriy	Kazakhstan	469.3
	3	Ali Nizam	India	456.6
Junior	1	Prokopenko Andrey	Kazakhstan	539.5
	2	Majid Delir	Iran	507.7
	3	Mostafa Yazdanikajoe	Iran	505.4
Senior	1	Hsieh Tsung-Ting	C. Taipei	605.3
	2	Pavlenko Kirill	Kazakhstan	567.0
	3	Huang,Lung-Hsin	C. Taipei	564.1
Master 1	1	Shkirman Vladimir	Kazakhstan	467.1
	2	Torres Peter Edward	Philippines	464.1
	3	Yamaguchi Makoto	Japan	461.3
Master 2	1	Hara Yoshinori	Japan	385.4
	2	Rangan K. Vijaya	India	363.2
	3	Sawant Vijay	India	351.4
Master 3	1	Iwakami Katsuo	Japan	351.9
	2	Osawa Mitsuru	Japan	342.1
	3	Maheswariah M.	India	337.1
Master 4	1	Mohammadhassan Daneshvar	Iran	195.0
	2			
	3			