


Women	Asian Powerlifting Championships 2010																		Age category		Place
	Name	Age	M F	Body Wt.	Class	Wilks Coeff	Lot #	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Dead lift 1	Dead lift 2	Dead lift 3	PL Total	Wilks Point	Team	Open Div	
Omori Seiko	59	F	47.5	48	1.3346	8	130	140	140	62.5	65	70	110	120	130	330.0	440.42	Japan	O		1
Evangelista Leslie	29	F	47.6	48	1.3326	9	132.5	132.5	132.5	55	60	60	115	122.5	132.5	0.0	0.00	Philippines	O		x
Somova Alyona	18	F	48	48	1.3244	3	100	110	110	40	45	47.5	110	120	127.5	272.5	360.90	Uzbekistan		T	1
Fujiwara Nodoka	18	F	47.8	48	1.3285	4	100	110	115	55	55	57.5	90	100	105	270.0	358.69	Japan		T	2
Yanagisawa Yukiko	43	F	47.9	48	1.3265	7	100	110	115	45	50	52.5	95	105	110	277.5	368.09	Japan		M1	1
Chou Yi-Ju	30	F	50.1	52	1.2827	31	160	165	165	70	72.5	75	170	180	195	430.0	551.56	C.Taipei	O		1
Abdullin Zharkyn	16	F	51.8	52	1.2504	33	130	142.5	155	70	77.5	82.5	135	145	145	377.5	472.01	Kazakhstan	O		2
Mohanta Mandakini	34	F	51.15	52	1.2626	34	110	115	120	65	65	70	135	145	150	335.0	422.96	India	O		3
Kolesnikova Victoriya	16	F	51.85	52	1.2494	32	135	135	145	65	72.5	72.5	120	130	132.5	330.0	412.31	Kazakhstan	O		4
Tanaka Shoko	46	F	49.9	52	1.2866	12	115	125	130	70	75	75	115	122.5	122.5	320.0	411.71	Japan	O		5
Dashzeveg Oyunjargal	33	F	52	52	1.2466	35	80	80	80	40	40	50	65	80	90	0.0	0.00	Mongolia	O		x
Huang Yen-Tzu	18	F	51.8	52	1.2504	23	120	135	140	70	77.5	82.5	130	142.5	150	365.0	456.38	C.Taipei		T	1
Chiang Chia-Jung	17	F	51.3	52	1.2597	24	130	135	140	60	60	65	130	142.5	142.5	335.0	422.01	C.Taipei		T	2
Sushipra Akaoijam	14	F	52	52	1.2466	5	60	75	75	35	42.5	42.5	80	95	100	210.0	261.79	India		T	3
Lee Chia-Yu	23	F	51.8	52	1.2504	25	140	150	155	87.5	92.5	100	165	175	180	435.0	543.90	C.Taipei		JR	1
Zhukova Tatyana	23	F	51.9	52	1.2485	26	110	117.5	120	70	80	85	110	120	125	315.0	393.27	Kazakhstan		JR	2
Batii Jazyei	43	F	48.35	52	1.3173	27	80	90	90	50	55	55	70	80	90	220.0	289.81	Mongolia		M1	1
Koykka Anita	50	F	51.6	52	1.2541	29	135	145	160.5	80	80	80	125	152.5	152.5	365.5	458.37	Philippines		M2	1
Hirano Toyomi	60	F	51.75	52	1.2513	30	80	85	85	45	47.5	50	80	90	100	230.0	287.80	Japan		M3	1
Krotkova Irina	37	F	55.9	56	1.1783	7	155	162.5	167.5	80	85	90	160	167.5	-170	425.0	500.76	Kazakhstan	O		1
Naidu Tejeswini	31	F	55.9	56	1.1783	8	140	150	155	75	80	82.5	150	160	x	395.0	465.41	India	O		2
DEVI NOREM SHUSHILA	35	F	54	56	1.2106	1	80	95	95	40	45	45	80	95	100	235.0	284.49	India	O		3
Khungaa Uuganbayar	33	F	54.05	56	1.2097	9	60	70	75	40	45	45	70	85	97.5	205.0	247.99	Mongolia	O		4
V Ankhzaya	18	F	54.55	56	1.2010	6	95	102.5	102.5	40	47.5	47.5	100	110	110	242.5	291.25	Mongolia		T	1
Cheng Chih-Hsin	19	F	53.85	56	1.2132	3	125	140	150	70	77.5	82.5	130	140	150	382.5	464.06	C.Taipei		JR	1
Ramalakshmi J.	21	F	52.05	56	1.2457	4	120	135	142.5	70	77.5	80	130	140	145	365.0	454.68	India		JR	2
Erdenebat Erdenetuya	21	F	55.2	56	1.1900	5	130	140	150	55	60	65	115	132.5	x	315.0	374.83	Mongolia		JR	3
LAM YIM-CHING	41	F	52.05	56	1.2457	2	50	57.5	62.5	27.5	30	32.5	50	60	70	165.0	205.54	Hong Kong		M1	1
Chou Chien-Yu	28	F	58.5	60	1.1371	16	150	165	175	80	92.5	97.5	170	185	200	472.5	537.26	C.Taipei	O		1
Namkhaidorj Bayarmaa	32	F	59.7	60	1.1192	17	160	175	185	90	95	97.5	150	160	x	430.0	481.27	Mongolia	O		2
Bizhanova Gulnur	18	F	59.9	60	1.1163	10	135	135	145	70	80	90	140	155	165	390.0	435.37	Kazakhstan		T	1
Gongor Otgontuya	19	F	59.4	60	1.1236	12	145	155	155	60	70	75	135	142.5	145	370.0	415.74	Mongolia		JR	1
Bordeos Betina	20	F	59.15	60	1.1273	13	120	120	137.5	67.5	70	75	112.5	127.5	132.5	327.5	369.19	Philippines		JR	2
Ramileva Elmira	20	F	56.8	60	1.1636	14	110	120	132.5	55	62.5	67.5	110	125	130	325.0	378.17	Uzbekistan		JR	3

Women		Asian Powerlifting Championships 2010																Age category			
Name	Age	M F	Body Wt.	Class	Wilks Coeff	Lot #	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Dead lift 1	Dead lift 2	Dead lift 3	PL Total	Wilks Point	Team	Open Div	Age Div	Place
Gusseva Anastsssiya	21	F	62.15	67.5	1.0851	28	160	172.5	180	105	115	122.5	150	162.5	170	472.5	512.71	Kazakhstan	O		1
Ip Wing Yuk	49	F	61.5	67.5	1.0939	15	110	117.5	122.5	67.5	70	70	120	132.5	145	337.5	369.18	Hong Kong	O		2
Tseetya Gerelmaa	31	F	62.2	67.5	1.0844	30	120	130	130	65	70	70	130	140	147.5	330.0	357.86	Mongolia	O		3
S. Nadar Archana	34	F	65.6	67.5	1.0420	29	135	135	140	67.5	72.5	72.5	130	140	152.5	0.0	0.00	India	O		x
Llena Patricia	16	F	64.6	67.5	1.0539	23	180.5	190	195.5	80	90	95	170	176	180	460.0	484.80	Philippines		T	1
Darkhanbaatar Ichinnorov	21	F	67	67.5	1.0261	24	175	185	192.5	75	82.5	87.5	150	160	160	425.0	436.09	Mongolia		JR	1
Swati K.	21	F	64.95	67.5	1.0497	25	140	155	165	60	67.5	72.5	160	175	195	412.5	433.00	India		JR	2
Devi Bhagwati	40	F	67.5	67.5	1.0206	27	140	120	120	42.5	52.5	55	100	122.5	137.5	312.5	318.94	India		M1	1
Iskandarova Valida	36	F	71.55	75	0.9801	4	200	220	x	135	142.5	146	185	195	202.5	557.5	546.43	Kazakhstan	O		1
Ho Wing Nga	37	F	68.15	75	1.0137	5	-80	80	92.5	60	65	67.5	95	102.5	-107.5	262.5	266.09	Hong Kong	O		2
Bazarsad Dulmaa	23	F	71.4	75	0.9815	3	140	140	155	80	87.5	90	175	185	190	427.5	419.60	Mongolia		JR	1
Barik Samita	32	F	81.85	82.5	0.9037	7	130	140	150	80	80	85	130	140	150	385.0	347.93	India	O		1
Singh Sangeeta	22	F	78.3	82.5	0.9263	6	160	160	170	75	80	82.5	130	140	145	385.0	356.61	India		JR	1
Hung Min-Chu	27	F	85.7	90	0.8831	11	170	185	195	150	150	172.5	125	150	167.5	512.5	452.58	C.Taipei	O		1
Sukhbaatar Sarantsetse	30	F	84	90	0.8917	12	155	165	175	85	95	95	155	165	x	415.0	370.07	Mongolia	O		2
Su Fang-Yun	18	F	87.9	90	0.8729	8	165	175	182.5	65	75	85	135	155	167.5	435.0	379.70	C.Taipei		T	1
Byambadorj Uranchimeg	22	F	83.2	90	0.8961	9	135	150	160	60	65	70	130	140	150	365.0	327.06	Mongolia		JR	1
Pecante Erlina	46	F	85.55	90	0.8838	10	170	192.5	200	105	115	122.5	170	185	192.5	507.5	448.54	Philippines		M1	1
Guha Sampa	43	F	90.3	90+	0.8629	15	170	185	195	107.5	117.5	120	150	157.5	162.5	465.0	401.24	India	O		1
Tsend Ayush Ariunjargal	31	F	105.6	90+	0.8207	14	175	185	192.5	85	92.5	92.5	150	160	165	442.5	363.15	Mongolia	O		2
Devadoss Dhivya	18	F	91.5	90+	0.8583	13	40	45	45	25	30	35	50	60	90	165.0	141.62	India		T	1


T = Teen ...S-Jr


 : M2 World record


 : Open Asian record

 : S-Jr Asian record

 : Jr Asian record

 : M1 Asian record

 : M2 Asian record

 : M3 Asian record

Men	Asian Powerlifting Championships 2010																		Age category		Place
	Name	Age	M F	Body Wt.	Class	Wilks Coeff	Lot #	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Dead lift 1	Dead lift 2	Dead lift 3	PL Total	Wilks Point	Team	Open Div	
Terakado Ryuta	17	M	51.8	52	0.9853	3	127.5	137.5	142.5	70	87.5	87.5	125	137.5	145	352.5	347.30	Japan		T	1
Ali Nijam	22	M	51.55	52	0.9903	4	150	160	175	75	85	90	165	175	185	450.0	445.63	India		JR	1
Dilmuratov Ulugbek	20	M	52	52	0.9813	5	70	110	130	75	87.5	95	130	140	157.5	382.5	375.34	Uzbekistan		JR	2
Gansukh Ayurbold	19	M	51.65	52	0.9883	6	100	120	120	80	85	92.5	145	155	155	340.0	336.01	Mongolia		JR	3
Wang Chun Lin	20	M	55.7	56	0.9152	26	200	210	225	115	120	125	200	212.5	220	555.0	507.91	C.Taipei	O		1
Buriev Ilykhom	28	M	54.5	56	0.9352	28	175	185	190	110	117.5	120	175	187.5	195	505.0	472.26	Uzbekistan	O		2
Surenjav Bayarbat	24	M	55.55	56	0.9176	30	155	162.5	170	80	90	92.5	160	175	190	437.5	401.44	Mongolia B	O		3
Imangalyev Aiblat	17	M	55.65	56	0.9160	8	180	180	200	100	112.5	112.5	165	172.5	192.5	452.5	414.47	Kazakhstan		T	1
Al-Buthabhak Hussein	23	M	55.2	56	0.9233	9	175	175	185	115	125	130	170	185	185	480.0	443.20	Iraq		JR	1
Santosh Kumar	23	M	55.9	56	0.9119	14	160	170	185	80	90	90	180	180	190	440.0	401.25	India		JR	2
Byambaa Ganbold	47	M	53.45	56	0.9538	22	90	95	100	65	70	75	100	120		275.0	262.28	Mongolia		M1	1
Taguibao Antonio	52	M	54.9	56	0.9283	20	165	175	175	77.5	82.5	82.5	165	175	177.5	417.5	387.59	Philippines		M2	1
Wong Kun Him	63	M	50.5	56	1.0122	23	100	102.5	105	80	85	85	105	110	115	305.0	308.73	Hong Kong		M3	1
Pok Kim Won	70	M	52.25	56	0.9764	25	110	120	120	70	75	77.5	125	135	145	330.0	322.20	Hong Kong		M4	1
Hsieh Tsung Ting	28	M	59.4	60	0.8608	23	250	265	272.5	180	190	192.5	260	270	282.5	732.5	630.52	C.Taipei	O		1
Vanchigdash Myagmarpuri	24	M	59.55	60	0.8588	24	140	155	165	110	125	125	160	177.5	185	475.0	407.92	Mongolia A	O		2
Billore Sanjay	43	M	56.75	60	0.8987	18	135	150	162.5	97.5	105	105	167.5	172.5	177.5	437.5	393.16	India	O		3
Yip Siu Leung	28	M	59.1	60	0.8648	26	130	142.5	147.5	110	115	120	160	170	182.5	427.5	369.71	Hong Kong	O		4
Amirov Danis	17	M	59.9	60	0.8542	3	180	190	197.5	112.5	120	127.5	182.5	192.5	195	520.0	444.17	Kazakhstan		T	1
Jigmedsercin Saruul Erdene	18	M	58.95	60	0.8669	5	160	175	185	90	100	100	180	190	192.5	465.0	403.09	Mongolia		T	2
Emeelsuren Erdenemunkh	19	M	59.9	60	0.8542	9	200	210	210	200	100	110	180	192.5	192.5	490.0	418.55	Mongolia		JR	1
Bidika P.C.	53	M	56.6	60	0.9010	19	130	140	145	50	60	60	140	150	155	350.0	315.34	India		M2	1
Marumoto Hidetoshi	63	M	59.25	60	0.8628	20	180	195.5	195.5	90	102.5	110.5	180	190	195.5	480.5	414.57	Japan		M3	1
Ayush Duulga	60	M	59.1	60	0.8648	21	120	130	140	70	80	85	130	150	165	375.0	324.31	Mongolia		M3	2
Lin Ming-Hui	27	M	67.3	67.5	0.7729	37	250	265	272.5	180	190	195	250	265	270	737.5	569.98	C. Taipei	O		1
Saginov Rustem	21	M	66.7	67.5	0.7785	36	240	260	270	250	150	165	250	265	270	700.0	544.92	Kazakhstan	O		2
Gansukh Dorj	30	M	67.3	67.5	0.7729	40	200	210	212.5	160	170	175	210	220	230	602.5	465.64	Mongolia A	O		3
Lin Yi-Hsiang	18	M	64.8	67.5	0.7973	4	200	200	210	120	135	135	200	215	220	555.0	442.48	C. Taipei		T	1
Ali Chalak	18	M	67	67.5	0.7756	5	200	210	215	115	125	125	200	215	222.5	555.0	430.48	Iraq		T	2
Sharavdorj Altanbagana	18	M	66.75	67.5	0.7780	7	190	205	210	115	122.5	127.5	215	225	225	552.5	429.84	Mongolia		T	3
Rentsentsedev Shinebayar	18	M	67.05	67.5	0.7752	8	100			125	130	137.5	190			420.0	325.57	Mongolia		T	4
Mohammadparast Pouria	14	M	66.7	67.5	0.7785	6	100	120	125	30	50	52.5	110	125	130	305.0	237.43	Iran		T	5

Men		Asian Powerlifting Championships 2010																	Age category		
Name	Age	M F	Body Wt.	Class	Wilks Coeff	Lot #	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Dead lift 1	Dead lift 2	Dead lift 3	PL Total	Wilks Point	Team	Open Div	Age Div	Place
Takita Satoru	63	M	74.53	75	0.7157	2	215	215	220	110	110	115	195	200	205	525.0	375.74	Japan		M3	1
Tseveendorj Maamchuluu	64	M	73.85	75	0.7204	3	155	160	165	100	110	110	170	180	185	455.0	327.76	Mongolia		M3	2
Kinoshita Tetsuya	68	M	74.15	75	0.7183	4	150	160	170	70	85		160	175	182.5	415.0	298.09	Japan		M3	3
Raghuwanshi Ram Narayan	60	M	69.95	75	0.7498	5	90	105	105	60	60	70	100	120	132.5	307.5	230.56	India		M3	4
Esmaeel Gharaei	81	M	72.85	75	0.7274	7	65	75	85	60	70	80	90	102.5	115	270.0	196.41	Iran		M4	1
Turakhanov Davranbek	36	M	80.3	82.5	0.6811	31	310	320	330	195	205	210	300	310	310	850.0	578.93	Kazakhstan	O		1
Khoshnood Amin	30	M	82.1	82.5	0.6719	32	300	320	330	185	190	195	280	292.5	302.5	827.5	555.97	Iran	O		2
Huang Lung-Hsin	27	M	77.25	82.5	0.6984	33	290	300	310	200	210	215	290	300	302.5	815.0	569.16	C. Taipei	O		3
Baasandorj Munkhbaatar	29	M	81.75	82.5	0.6736	36	210	230	240	150	160	160	230	240	250	640.0	431.11	Mongolia A	O		4
G. Lobo Roshan	26	M	78.35	82.5	0.6919	37	175	190	210	80	90	95	210	230	235	535.0	370.16	India	O		5
Kitano Toshio	64	M	82.25	82.5	0.6711	34	230	230	250							0.0	0.00	Japan	O		x
Dorofeyev Yevgeniy	18	M	81.6	82.5	0.6744	3	275	291	303	155	160	170	270	291	302	752.0	507.12	Kazakhstan		T	1
Batsukh Batdelger	18	M	81.75	82.5	0.6736	5	200	210	220	105	112.5	120	220	235	235	552.5	372.17	Mongolia		T	2
Miwa Takuo	18	M	82.2	82.5	0.6714	4	200	200	215	120	127.5	135	160	172.5	185	500.0	335.69	Japan		T	3
Mohammadali Rajabzadeh	18	M	81	82.5	0.6774	7	140	160	170	110	117.5	120	150	165	182.5	460.0	311.62	Iran		T	4
Bahram Zadfallah	22	M	81.85	82.5	0.6731	11	270	280	290	185	192.5	197.5	230	242.5	250	730.0	491.37	Iran		JR	1
Mahmood Rajabi	22	M	75.9	82.5	0.7067	12	225	235	245	140	150	150	230	245	255	640.0	452.30	Iran		JR	2
Taivant Umur Amarzaya	23	M	81	82.5	0.6774	8	210	225	240	160	170	180	210	225	240	635.0	430.17	Mongolia		JR	3
Nyamjav Munkh Erdene	22	M	81.35	82.5	0.6756	10	190	205	220	130	142.5	152.5	240	247.5	257.5	620.0	418.89	Mongolia		JR	4
Yokoi Keiichi	42	M	80.5	82.5	0.6800	17	240	250	250	170	175	175	240	250		660.0	448.82	Japan		M1	1
Kudalkar Nitin M.	45	M	82.2	82.5	0.6714	19	165	180	192.5	80	90	95	160	190	212.5	500.0	335.69	India		M1	2
Magma Erdenebayar	42	M	81.4	82.5	0.6754	18	190	190	192.5	135	145	150	200	215	252.5	0.0	0.00	Mongolia		M1	x
Jafari Reza	50	M	77	82.5	0.6999	22	210	230	240	125	135	135	180	190	205	570.0	398.93	Iran		M2	1
Waghmare Sudesgwaer Rao	54	M	82	82.5	0.6724	26	160	180	190	90	100	105	180	195	202.5	487.5	327.78	India		M2	2
Jamsran Ravdandorj	51	M	81.25	82.5	0.6761	24	160	175	175	110	122.5	122.5	160	170	192.5	455.0	307.64	Mongolia		M2	3
Chiu Valiant	56	M	81.4	82.5	0.6754	25	110	120	130	115	117.5	127.5	145	155	162.5	397.5	268.46	Hong Kong		M2	4
Rathore Jagdish Chandra	60	M	75.2	82.5	0.7112	28	120	130	130	65	75	80	125	135	145	345.0	245.38	India		M3	1
Vanchin Baljinnyam	67	M	81.2	82.5	0.6764	27	150	150	150	70	80	82.5	145	160	170	0.0	0.00	Mongolia		M3	x
Byambaa Tsegmed	70	M	75.2	82.5	0.7112	15	130	150	150	62.5	62.5	62.5	132.5	145	155	347.5	247.16	Mongolia		M4	1
Jyvanbayev Zalim	24	M	89.65	90	0.6397	23	330	344	350	205	212.5	217.5	320	332.5	344	900.0	575.70	Kazakhstan	O		1
Tahmasebimehdi	35	M	89.5	90	0.6402	24	280	280	310	170	210	222.5	250	275	295	797.5	510.57	Iran	O		2
DavaataserenMunkh Erdens	35	M	89.3	90	0.6410	25	270	290	290	205	215	222.5	260	270	275	755.0	483.92	Mongolia A	O		3
Kitsui Masahito	32	M	89.2	90	0.6413	28	225	237.5		205	205	210	220	242.5	252.5	690.0	442.51	Hong Kong	O		4

Men		Asian Powerlifting Championships 2010																	Age category		
Name	Age	M F	Body Wt.	Class	Wilks Coeff	Lot #	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Dead lift 1	Dead lift 2	Dead lift 3	PL Total	Wilks Point	Team	Open Div	Age Div	Place
Nasiri Sadegh	28	M	109	110	0.5902	24	350	365	365	230	240	247.5	305	307.5	315	927.5	547.38	Iran	O		1
Golubvev Vladimir	24	M	109.2	110	0.5899	29	371	380	390	225	225	227.5	310	317.5	322.5	917.5	541.24	Kazakhstan	O		2
Homayoon Ahmadreza	36	M	109.7	110	0.5890	25	350	350	350	220	230	240	290	295	302.5	875.0	515.36	Iran	O		3
Dash Battulga	33	M	109	110	0.5902	26	300	310	320	200	200	240	260	275	285	805.0	475.08	Mongolia A	O		4
Yanahashi Shuhei	27	M	108.7	110	0.5907	28	275	275		235	235	242.5	240			0.0	0.00	Japan	O		x
Gharbawee Aqeel	18	M	106.9	110	0.5939	21	180	200	240	110	125	132.5	200	220	240	572.5	340.01	Iraq		T	1
Bazarov Maruf	18	M	108.3	110	0.5915	22	75	152.5	182.5	110	125	132.5	140	185	202.5	517.5	306.08	Uzbekistan		T	2
Afshin Nasiri	22	M	100.7	110	0.6069	23	150	250	300	100	170		150	230	232.5	650.0	394.49	Iran		JR	1
Damdinsuren Enkhjargal	44	M	107.9	110	0.5921	4	232.5	252.5	265	205	215	220	232.5	252.5	252.5	732.5	433.70	Mongolia		M1	1
Nakashima Yusei	47	M	100.4	110	0.6076	3	230	250	265	180	195	205	230	250	257.5	727.5	442.05	Japan		M1	2
Asadifard Mehran	46	M	108.8	110	0.5905	6	200	215	260	100	140	147.5	180	240	240	602.5	355.78	Iran		M1	3
Lkhajav Unurbat	54	M	103.5	110	0.6006	7	190	205	210	140	152.5	162.5	170	182.5	192.5	565.0	339.36	Mongolia		M2	1
Fazlollah Bakhshi	53	M	100.6	110	0.6071	2	180	195	205	140	150	160	170	180	187.5	542.5	329.38	Iran		M2	2
Niroomandhosseini Seyedma Jdodin	56	M	102.4	110	0.6030	8	150	190	205	80	100	110	150	170	190	490.0	295.48	Iran		M2	3
Maghsood Saffarzadeh	68	M	102.7	110	0.6024	1	150	180	200	95	110	130	150	170	190	520.0	313.23	Iran		M3	1
Markov Stanislav	16	M	124	125	0.5708	3	235	250	263	135	140	147.5	210	220	230	640.5	365.59	Kazakhstan		T	1
Tsogbadrakh Zol Erdene	18	M	120.7	125	0.5742	33	150	170	190	80	80	90	160	190	210	450.0	258.37	Mongolia		T	2
Nasrollahzadeh Rasool	22	M	115	125	0.5811	4	270	300	312.5	150	190	205	260	275	295	800.0	464.89	Iran		JR	1
Akpalenov Mars		M	114.3	125	0.5820	6	250	260	270	140	150	155	210	220	222.5	647.5	376.85	Kazakhstan		JR	2
Nimbalkar Amit	20	M	113.7	125	0.5828	5	190	207.5	215	100	112.5	117.5	190	212.5	220	545.0	317.65	India		JR	3
Momeni Mohammad	40	M	120.4	125	0.5745	7	240	255	262.5	110	140	155	240	257.5	275	692.5	397.83	Iran		M1	1
Park Seung Whan		M	117.1	125	0.5783	8	230	250	270	160	170	180	200	220	240	670.0	387.48	Korea		M1	2
Massood Bakhtiari		M	111.7	125	0.5858	10	150	170	180	100	140	145	160	180	200	495.0	289.97	Iran		M2	1
Abdul Hussein Majeed	57	M	119.3	125	0.5757	9	80			50			100			230.0	132.41	Iraq		M2	2
Hamidi Saeed		M	124.6	125	0.5702	22	335	350	365	210	220	225	315	325	342.5	932.5	531.73	Iran	O		1
Yevdokimov Yevgeniy	30	M	122.8	125	0.5720	23	345	355	355	215	225	230	300	312.5	317.5	897.5	513.34	Kazakhstan	O		2
Delir Majid		M	114.7	125	0.5815	21	340	360	360	230	240	247.5	300	307.5	312.5	895.0	520.47	Iran	O		3
Zakhrov Yuriy	38	M	117.5	125	0.5778	2	300	320	335	215	230	240	290	302.5	312.5	877.5	507.05	Kazakhstan	O		4
Bujinlkham Altangerel	34	M	121.1	125	0.5737	24	300	320	340	260	270	275	230			820.0	470.45	Mongolia A	O		5
Mirwais Rafizada	26	M	124.1	125	0.5707	26	290	320	320	220	230	242.5	240	260	275	780.0	445.14	Afghanistan	O		6
Purev Boldbaatar	38	M	124.5	125	0.5703	44	230			235	242.5	245	230			702.5	400.64	Mongolia A	O		7

Men	Asian Powerlifting Championships 2010																	Age category			
Name	Age	M F	Body Wt.	Class	Wilks Coeff	Lot #	Squat 1	Squat 2	Squat 3	Bench 1	Bench 2	Bench 3	Dead lift 1	Dead lift 2	Dead lift 3	PL Total	Wilks Point	Team	Open Div	Age Div	Place
Hamid Abbasshahri	22	M	129.3	125+	0.5661	36	320	335	350	170	180	190	300	320	336	866.0	490.28	Iran		JR	1
Chiu Chung-Yi	19	M	154.9	125+	0.5508	34	300	315	320	180	190	192.5	220	230	240	747.5	411.73	C. Taipei		JR	2
Kumaran Muthu	22	M	125.1	125+	0.5698	35	160	175	180	75	85	95	160	180	200	470.0	267.78	India		JR	3
Mohammadparast Samad	41	M	127.7	125+	0.5675	37	270	290	305	130	130	150	270	290	312.5	745.0	422.76	Iran		M1	1
Semenets Sergey	33	M	137.8	125+	0.5602	39	355	365	365	240	247.5	247.5	330	345	345	940.0	526.54	Kazakhstan	O		1
Chao Chien-Hsiung	41	M	145	125+	0.5560	43	320	320	342.5	200	220	232.5	300	327.5	332.5	907.5	504.53	C. Taipei	O		2
Zare Jafar	37	M	126.7	125+	0.5683	42	325	330	335	230	237.5	247.5	320	335	335	902.5	512.91	Iran	O		3
Maleki Mojtaba	27	M	133.6	125+	0.5629	46	360	370	380	255	255	255	330			0.0	0.00	Iran	O		x

T = Teen ...S-Jr

- : Open Asian record
- : M1 Asian record
- : S-Jr Asian record
- : M2 Asian record
- : Jr Asian record
- : M3 Asian record
- : M4 Asian record

Men

Sub-Jr

PL		Total points	
1	Kazakhstan	57	5 lifters
2	Mongolia	54	6 lifters
3	Iraq	33	3 lifters
4	Japan	20	2 lifters
5	Iran	13	2 lifters
6	Chinese Taipei	12	1 lifter
7	India	12	1 lifter
8	Uzbekistan	9	1 lifter

Jr

PL		Total points	
1	Iran	69	10 lifters
2	Mongolia	56	11 lifters
3	India	37	4 lifters
4	Kazakhstan	30	3 lifters
5	Uzbekistan	25	3 lifters
6	Japan	19	2 lifters
7	Chinese Taipei	17	2 lifters
8	Iraq	12	1 lifter
9	Afghanistan	7	2 lifters

Master 1

PL		Total points	
1	Mongolia	59	10 lifters
2	Japan	45	4 lifters
3	India	41	5 lifters
4	Iran	40	4 lifters
5	Korea	18	2 lifters
6	Philippines	12	1 lifter

Master 2

PL		Total points	
1	Iran	62	6 lifters
2	India	49	5 lifters
3	Mongolia	45	5 lifters
4	Japan	33	3 lifters
5	Hong Kong	15	2 lifters
6	Philippines	12	1 lifter
7	Iraq	9	1 lifter

Master 3

PL		Total points	
1	Mongolia	51	6 lifters
2	Iran	45	4 lifters
3	Japan	44	4 lifters
4	Hong Kong	24	2 lifters
5	India	19	2 lifters
6	Korea	12	1 lifter
7	Kazakhstan	0	1 lifter

Open

PL		Total points	
1	Kazakhstan	66	9 lifters
2	Iran	58	9 lifters
3	Chinese Taipei	53	5 lifters
4	Mongolia	48	9 lifters
5	Uzbekistan	21	2 lifters
6	India	14	2 lifters
7	Hong Kong	14	2 lifters
8	Afghanistan	5	2 lifters
9	Japan	0	2 lifters

If Team points are same, higher Wilks points team win. (1 lifter's case only)

Master 4 is included Master 3.

Men

Sub-Jr

PL		Total points	
1	Kazakhstan	57	5 lifters
2	Mongolia	54	6 lifters
3	Iraq	33	3 lifters
4	Japan	20	2 lifters
5	Iran	13	2 lifters
6	Chinese Taipei	12	1 lifter
7	India	12	1 lifter
8	Uzbekistan	9	1 lifter

Jr

PL		Total points	
1	Iran	69	10 lifters
2	Mongolia	56	11 lifters
3	India	37	4 lifters
4	Kazakhstan	30	3 lifters
5	Uzbekistan	25	3 lifters
6	Japan	19	2 lifters
7	Chinese Taipei	17	2 lifters
8	Iraq	12	1 lifter
9	Afghanistan	7	2 lifters

Master 1

PL		Total points	
1	Mongolia	59	10 lifters
2	Japan	45	4 lifters
3	India	41	5 lifters
4	Iran	40	4 lifters
5	Korea	18	2 lifters
6	Philippines	12	1 lifter

Master 2

PL		Total points	
1	Iran	62	6 lifters
2	India	49	5 lifters
3	Mongolia	45	5 lifters
4	Japan	33	3 lifters
5	Hong Kong	15	2 lifters
6	Philippines	12	1 lifter
7	Iraq	9	1 lifter

Master 3

PL		Total points	
1	Mongolia	51	6 lifters
2	Iran	45	4 lifters
3	Japan	44	4 lifters
4	Hong Kong	24	2 lifters
5	India	19	2 lifters
6	Korea	12	1 lifter
7	Kazakhstan	0	1 lifter

Open

PL		Total points	
1	Kazakhstan	66	9 lifters
2	Iran	58	9 lifters
3	Chinese Taipei	53	5 lifters
4	Mongolia	48	9 lifters
5	Uzbekistan	21	2 lifters
6	India	14	2 lifters
7	Hong Kong	14	2 lifters
8	Afghanistan	5	2 lifters
9	Japan	0	2 lifters

If Team points are same, higher Wilks points team win. (1 lifter's case only)

Master 4 is included Master 3.

Best lifters of Asian Powerlifting Championships 2010

Women Best lifters

Age Category	PL	Name	Nation	Formula Points
Sub-Jr	1	Llena Patricia	Philippines	484.80
	2	Huang Yen-Tzu	C.Taipei	456.38
	3	Bizhanova Gulnur	Kazakhstan	435.37
Junior	1	Lee Chia-Yu	C.Taipei	543.90
	2	Cheng Chih-Hsin	C.Taipei	464.06
	3	Ramalakshmi J.	India	454.68
Master 1	1	Pecante Erlina	Philippines	448.54
	2	Yanagisawa Yukiko	Japan	368.09
	3	Devi Bhagwati	India	318.94
Master 2	1	Koykka Anita	Philippines	458.37
	2			
	3			
Master 3	1	Hirano Toyomi	Japan	287.80
	2			
	3			
Open	1	Chou Yi-Ju	C.Taipei	551.56
	2	Iskandarova Valida	Kazakhstan	546.43
	3	Chou Chien-Yu	C.Taipei	537.26

Men Best lifters

Age Category	PL	Name	Nation	Formula Points
Sub-Jr	1	Dorofeyev Yevgeniy	Kazakhstan	507.12
	2	Amirov Danis	Kazakhstan	444.17
	3	Lin Yi-Hsiang	C. Taipei	442.48
Junior	1	Ashihra Toru	Japan	532.61
	2	Homayoon Mehdi	Iran	495.46
	3	Borogkin Grigoriy	Kazakhstan	493.58
Master 1	1	Yokoi Keiichi	Japan	448.82
	2	Nakashima Yusei	Japan	442.05
	3	Yamaguchi Makoto	Japan	440.24
Master 2	1	Terakado Hiroyuki	Japan	417.66
	2	Jafari Reza	Iran	398.93
	3	Jena Kartikeshwar	India	390.41
Master 3	1	Marumoto Hidetoshi	Japan	414.57
	2	Takita Satoru	Japan	375.74
	3	Akbar bahmanyar	Iran	350.86
Master 4	1	Pok Kim Won	Hong Kong	322.20
	2	Hur Kyung Bub	Korea	262.60
	3	Byambaa Tsegmed	Mongolia	247.16
Open	1	Hsieh Tsung Ting	C.Taipei	630.52
	2	Turakhanov Davranbek	Kazakhstan	578.93
	3	Jyvanbayev Zalim	Kazakhstan	575.70