

Your Federation/Club

2011 ASIAN POWERLIFTING CHAMPIONSHIPS(OPEN-WOMEN), JAPAN, KOBE, 05-09.12.2011

DETAILED SCORESHEET

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat	All Bench press				All Dead lift				TOTAL	W.pts.	Pts.			
- 47 kg							M1 World record & M1, M1 S-BP World record								M1 World record						
1	fukushima yukako	1970	JPN	46.20	1.3615	23	165.0	175.0	180.0	1	115.0	120.0	123.0	1	150.0	160.0	162.5	1	463.0	630.37	12
2	movlamova sahragul	1978	TKM	44.60	1.3953	4	105.0	140.0	110.0	3	75.0	80.0	85.0	2	115.0	120.0	120.0	4	305.0	425.56	9
3	tanaka shoko	1964	JPN	46.85	1.3480	29	107.5	117.5	122.5	2	57.5	62.5	65.0	4	105.0	115.0	120.0	3	300.0	404.40	8
—	evangelista leslie	1981	PHI	46.50	1.3553	32	120.0	120.0	120.0	Disq.	60.0	62.5	62.5	3	117.5	122.5	135.0	2	Out	—	—
—	nurmetova iroda	1990	UZB	0.00	2.3336	22	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—	—
- 52 kg							M2 World record														
1	chou yi-ju	1980	TPE	51.10	1.2635	20	160.0	165.0	172.5	1	70.0	77.5	82.5	3	170.0	180.0	185.0	1	440.0	555.94	12
2	kumari sudha	1979	IND	51.85	1.2494	30	137.5	152.5	160.0	2	85.0	92.5	95.0	1	125.0	135.0	142.5	4	387.5	484.16	9
3	koykka anita	1960	PHI	51.60	1.2541	17	145.0	162.5	162.5	3	82.5	87.5	87.5	4	150.0	165.0	165.0	2	377.5	473.42	8
4	teramura mika	1962	JPN	51.25	1.2607	6	132.5	142.5	142.5	4	87.5	90.0	90.0	2	132.5	142.5	147.5	3	365.0	460.13	7
—	khungaa uugahbayar	1977	MGL	0.00	2.3336	7	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—	—
- 57 kg							Open World record				Open World record				Open World record						
1	hartati sri	1984	INA	56.30	1.1717	11	200.0	210.0	215.0	1	130.0	135.0	140.0	1	180.0	190.0	195.0	1	550.0	644.43	12
2	chou chien-yu	1982	TPE	56.60	1.1668	13	155.0	165.0	172.5	3	90.0	97.5	97.5	3	180.0	192.5	197.5	2	455.0	530.89	9
3	naidu badeti tejaswini	1979	IND	56.90	1.1620	1	160.0	172.5	180.0	2	77.5	85.0	90.0	4	165.0	175.0	197.5	4	440.0	511.28	8
4	ikeya ayako	1969	JPN	56.55	1.1676	26	155.0	165.0	165.0	4	100.0	105.0	110.0	2	160.0	170.0	170.0	5	435.0	507.90	7
5	kimura hatsuko	1951	JPN	53.40	1.2212	10	140.0	155.0	155.0	5	55.0	70.0	80.0	5	165.0	175.0	182.5	3	400.0	488.48	6
- 63 kg							M3 World record								M3 World record						
1	noviana sari	1984	INA	61.40	1.0952	31	200.0	240.0	220.0	1	125.0	135.0	140.0	1	210.0	220.0	230.0	1	575.0	629.74	12
2	kryukova yekaterina	1985	KAZ	62.45	1.0812	24	160.0	160.0	180.0	3	105.0	115.0	115.0	2	160.0	167.5	172.5	2	437.5	473.00	9
3	logeswari s	1989	IND	61.65	1.0918	8	170.0	175.0	175.0	2	55.0	62.5	67.5	4	145.0	155.0	160.0	3	397.5	433.99	8
4	ip wing-yuk	1961	HKG	62.20	1.0844	25	115.0	122.5	#	4	72.5	75.0	82.5	3	110.0	130.0	145.0	4	327.5	355.14	7
- 72 kg							M1, M1 S-BP World record														
1	kitamura mayumi	1967	JPN	65.55	1.0426	18	185.0	200.0	205.0	1	145.0	152.5	157.5	1	180.0	192.5	202.5	1	555.0	578.64	12
2	kholyavko olga	1989	KAZ	71.05	0.9848	33	170.0	185.0	190.0	3	100.0	105.0	110.0	2	165.0	175.0	182.5	2	462.5	455.44	9
3	bykova yelena	1986	KAZ	68.05	1.0148	12	175.0	185.0	192.5	2	90.0	97.5	105.0	4	167.5	167.5	177.5	3	460.0	466.78	8
4	cruz michelle	1972	PHI	67.70	1.0185	28	165.0	165.0	185.0	4	100.0	102.5	105.0	3	155.0	175.0	185.0	4	442.5	450.68	7
- 84 kg																					
1	hung min-chu	1983	TPE	83.50	0.8944	27	190.0	200.0	210.0	1	130.0	150.0	160.0	1	140.0	150.0	160.0	3	530.0	474.03	12
2	shevchenko valeriya	1990	KAZ	75.45	0.9471	15	170.0	180.0	187.5	3	92.5	100.0	102.5	2	182.5	192.5	200.0	1	482.5	456.97	9
3	ghate aparna	1983	IND	79.60	0.9176	9	175.0	185.0	195.0	2	80.0	95.0	100.0	3	160.0	172.5	197.5	2	452.5	415.21	8
—	singh gurmukh	1987	IND	0.00	3.0554	3	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—	—
—	tserentogtoh uransuren	1975	MGL	0.00	2.3336	16	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—	—
—	telichko yelena	1992	KAZ	0.00	2.3336	2	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—	—

84+ kg

1	chang ya-wen	1984	TPE	86.00	0.8816	5	245.0	245.0	260.0	1	120.0	125.0	130.0	1	200.0	215.0	225.0	1	590.0	520.14	12
2	kato midori	1971	JPN	90.45	0.8623	19	175.0	175.0	190.0	2	90.0	100.0	102.5	3	155.0	165.0	170.0	2	462.5	398.81	9
3	guha sampa	1967	IND	88.40	0.8707	21	172.5	182.5	182.5	3	102.5	117.5	117.5	2	140.0	155.0	167.5	3	457.5	398.34	8
—	more pratibha bapu	1973	IND	84.05	0.8915	14	95.0	95.0	95.0	Disq.	45.0	52.5	52.5	4	90.0	102.5	#	Disq.	Out	—	—

Nation (points)

1	Japan	48	[12+12+9+8+7]
2	Taiwan(Chainese Taipei:CTP)	45	[12+12+12+9]
3	India	41	[9+8+8+8+8]
4	Kazakhstan	35	[9+9+9+8]
5	Indonesia	24	[12+12]
6	philippines	15	[8+7]
7	Turkmenistan	9	[9]
8	Hong Kong	7	[7]
—	Uzbekistan	—	—
—	Mongolia	—	—

Best Lifters

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	hartati sri	Indonesia	56.30	1.1717	550.0	644.43
2	fukushima yukako	Japan	46.20	1.3615	463.0	630.37
3	noviana sari	Indonesia	61.40	1.0952	575.0	629.74

Abbreviations:

HKG = Hong Kong
INA = Indonesia
IND = India
JPN = Japan

KAZ = Kazakhstan
MGL = Mongolia
PHI = philippines
TKM = Turkmenistan

TPE = Taiwan(Chainese Taipei:CTP)
UZB = Uzbekistan

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DETAILED SCORESHEET

PL.	Lifters	BY	Nation	Weight	WF	Lot	All Squat			All Bench press				All Dead lift			TOTAL	W.pts.		
- 59 kg																		M2 World record		
1	sasakura michifumi	1978	JPN	58.50	0.8731	46	215.0	230.0	242.5	2	170.0	180.0	182.5	1	220.0	232.5	235.0	2	660.0	576.24
2	wang chun-lin	1990	TPE	58.70	0.8703	22	240.0	250.0	255.0	1	140.0	147.5	150.0	3	230.0	245.0	255.0	1	650.0	565.69
3	isagawa hiroyuki	1953	JPN	58.15	0.8780	25	210.0	222.5	227.5	3	175.0	175.0	177.5	2	210.0	220.0	225.0	3	622.5	546.55
4	buriev ilkhomidin	1982	UZB	56.10	0.9088	19	190.0	215.0	222.5	4	135.0	140.0	142.5	4	195.0	210.0	220.0	4	560.0	508.92
5	idrishev dastan	1986	KAZ	56.75	0.8986	26	180.0	192.5	200.0	5	100.0	105.0	110.0	5	170.0	180.0	185.0	5	487.5	438.09
—	narantsetseg tuwshinbayar	1987	MGL	0.00	3.0554	65	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—
—	n.t uwshinbayar	1987	MGL	0.00	3.0554	62	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—
- 66 kg																				
1	hsieh tung-ting	1982	TPE	63.80	0.8078	16	270.0	282.5	290.0	1	190.0	197.5	205.0	1	270.0	285.0	#	1	780.0	630.08
2	suyanto robi	1985	INA	65.30	0.7922	47	270.0	285.0	287.5	2	175.0	175.0	185.0	2	240.0	255.0	270.0	2	730.0	578.30
3	gadyrmamedov elbar	1982	TKM	65.40	0.7911	34	200.0	210.0	227.5	4	125.0	135.0	135.0	3	240.0	260.0	267.5	3	585.0	462.79
4	gurbanov yusup	1992	TKM	65.40	0.7911	9	220.0	225.0	225.0	3	110.0	115.0	127.5	4	170.0	170.0	185.0	4	520.0	411.37
—	choi chun-sing	1987	HKG	65.50	0.7901	38	100.0	115.0	125.0	5	115.0	115.0	115.0	Disq.	160.0	177.5	177.5	5	Out	—
—	vimalraja s	1984	IND	0.00	3.0554	43	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—
- 74 kg																				
1	huang lung-hsin	1983	TPE	73.55	0.7225	31	275.0	287.5	295.0	2	195.0	207.5	212.5	1	280.0	292.5	295.0	1	802.5	579.76
2	koiwai masaharu	1976	JPN	73.70	0.7214	18	255.0	270.0	277.5	5	190.0	197.5	197.5	4	255.0	275.0	290.0	3	757.5	546.46
3	otani norihiro	1980	JPN	73.45	0.7231	63	295.0	295.0	300.0	1	190.0	200.0	205.0	3	240.0	255.0	262.5	5	755.0	545.97
4	prokopenko andrey	1988	KAZ	73.00	0.7264	21	275.0	285.0	292.5	3	170.0	180.0	185.0	5	265.0	275.0	282.5	4	752.5	546.61
5	nanda n.	1978	IND	73.10	0.7256	27	250.0	252.5	275.0	4	130.0	140.0	145.0	6	260.0	280.0	292.5	2	712.5	516.99
6	nursahedov merdan	1976	TKM	73.80	0.7207	49	220.0	240.0	240.0	7	202.5	207.5	210.0	2	200.0	220.0	230.0	6	680.0	490.07
—	ebrahim parvizpoor	1987	IRI	73.10	0.7256	45	240.0	240.0	250.0	6	145.0	150.0	155.0	6	200.0	220.0	#	Disq.	Out	—
—	saydaliev eldor	1989	UZB	0.00	3.0554	61	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—
—	munkhbayar batsaikhan	1986	MGL	0.00	3.0554	33	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—
—	gurbanov ahmet	1992	TKM	0.00	3.0554	12	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—
- 83 kg																				
1	turakhanov davranbek	1974	KAZ	79.15	0.6874	3	275.0	300.0	315.0	2	197.5	207.5	212.5	2	275.0	300.0	310.0	1	837.5	575.65
2	pavlenko kirill	1988	KAZ	82.05	0.6722	32	300.0	310.0	320.0	1	190.0	197.5	202.5	3	300.0	310.0	322.5	2	817.5	549.48
3	mori masahiro	1972	JPN	82.55	0.6697	37	275.0	285.0	292.5	3	215.0	222.5	225.0	1	260.0	270.0	275.0	3	782.5	524.00
4	madhu s	1986	IND	78.95	0.6885	59	260.0	270.0	287.5	4	140.0	145.0	150.0	6	240.0	262.5	275.0	4	677.5	466.45
5	shahnifeiz mohsen	1979	IRI	82.90	0.6680	24	265.0	265.0	275.0	5	165.0	170.0	170.0	4	240.0	255.0	255.0	5	675.0	450.90
6	moon ji hoon	1980	KOR	81.45	0.6752	10	200.0	200.0	210.0	6	150.0	160.0	170.0	5	215.0	225.0	235.0	6	605.0	408.46
—	khakimov daniyor	1989	UZB	0.00	3.0554	35	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—
—	sharawdori ariubaatar	1982	MGL	0.00	3.0554	40	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—
—	soltani farshid	1969	IRI	0.00	3.0554	4	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—

- 93 kg

1	mohammadidinani mohammadali	1984	IRI	92.85	0.6286	8	310.0	322.5	332.5	1	195.0	202.5	202.5	5	320.0	335.0	350.0	1	852.5	535.92
2	arakawa daisuke	1978	JPN	89.35	0.6408	7	290.0	305.0	315.0	2	230.0	230.0	230.0	1	275.0	290.0	307.5	3	835.0	535.06
3	starkov vyacheslav	1987	KAZ	89.25	0.6411	23	290.0	300.0	305.0	4	190.0	200.0	202.5	4	290.0	305.0	315.0	2	820.0	525.74
4	kholiya bhagwant	1985	IND	91.00	0.6349	28	290.0	300.0	315.0	3	195.0	205.0	212.5	3	270.0	285.0	292.5	4	790.0	501.57
5	sharapatov askar	1981	KAZ	87.20	0.6491	55	270.0	280.0	285.0	6	190.0	195.0	195.0	6	240.0	250.0	255.0	5	720.0	467.35
6	al hasni issa	1978	OMA	92.75	0.6290	15	260.0	280.0	295.0	7	155.0	170.0	180.0	7	225.0	240.0	255.0	6	700.0	440.30
7	kitsui masahito	1979	HKG	89.70	0.6395	39	220.0	220.0	222.5	8	240.0	210.0	212.5	2	200.0	230.0	252.5	7	662.5	423.66
—	dawaatseren munkh erdene	1975	MGL	91.15	0.6343	5	290.0	300.0	302.5	5	235.0	235.0	235.0	Disq.	250.0	#	#	Disq.	Out	—
—	khardin konstantin	1968	UZB	0.00	3.0554	2	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—
—	yusuf mohammad	?	INA	0.00	3.0554	48	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—

- 105 kg

1	nasiri sadegh	?	IRI	103.30	0.6011	70	340.0	350.0	362.5	1	225.0	 235.0	240.0	4	270.0	285.0	290.0	4	875.0	525.96
2	setiawan asepe	?	INA	99.90	0.6088	42	320.0	340.0	360.0	2	210.0	 225.0	235.0	5	280.0	300.0	305.0	2	870.0	529.65
3	chida kohei	1968	JPN	99.65	0.6095	20	300.0	310.0	310.0	5	275.0	282.5	290.0	1	235.0	250.0	250.0	8	842.5	513.46
4	gass sergey	1987	UZB	96.60	0.6174	71	280.0	310.0	325.0	3	180.0	180.0	190.0	8	290.0	312.5	317.5	1	832.5	513.98
5	javadfar javad	?	IRI	104.90	0.5978	72	315.0	320.0	325.0	4	190.0	197.5	207.5	6	290.0	302.5	310.0	3	830.0	496.17
6	bataa chimedtseren	1984	MGL	104.60	0.5984	52	290.0	290.0	290.0	6	235.0	245.0	255.0	2	220.0	240.0	255.0	10	775.0	463.76
7	sattarov timur	1982	TKM	96.60	0.6174	14	240.0	250.0	260.0	9	230.0	240.0	247.5	3	220.0	240.0	250.0	7	740.0	456.87
8	yang cheng-ming	1967	TPE	94.05	0.6249	53	250.0	252.5	252.5	8	190.0	235.0	235.0	7	200.0	250.0	252.5	6	690.0	431.14
9	achuthan s	1980	IND	96.30	0.6183	13	280.0	295.0	295.0	7	130.0	145.0	145.0	10	270.0	280.0	285.0	5	680.0	420.44
10	natraj subramanya	1974	IND	104.75	0.5981	17	210.0	230.0	240.0	11	170.0	185.0	190.0	9	220.0	240.0	250.0	9	675.0	403.71
—	garayev shohrat	1980	TKM	95.25	0.6212	64	240.0	240.0	240.0	10	245.0	245.0	245.0	Disq.	200.0	#	#	Disq.	Out	—
—	arakawa takayuki	1978	JPN	0.00	3.0554	68	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—
—	sardesai sanjay	1964	IND	0.00	3.0554	54	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—
—	khvder enkhbold	1985	MGL	0.00	3.0554	41	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—

- 120 kg

1	dalir majid	1984	IRI	118.20	0.5770	44	340.0	355.0	365.0	1	240.0	250.0	252.5	1	290.0	300.0	302.5	2	917.5	529.39
2	zakharov yuriy	1972	KAZ	115.80	0.5800	11	310.0	320.0	335.0	2	230.0	240.0	250.0	2	280.0	290.0	300.0	1	885.0	513.30
3	ardani nani	1984	INA	113.75	0.5827	66	325.0	325.0	340.0	3	200.0	200.0	220.0	5	270.0	280.0	280.0	3	795.0	463.28
—	zatparvar mehdi	1986	IRI	105.01	0.5976	-10	230.0	270.0	270.0	5	210.0	225.0	232.5	3	280.0	280.0	302.5	Disq.	Out	—
—	nazemolroaya milad	1986	IRI	115.90	0.5799	1	305.0	305.0	310.0	4	195.0	202.5	202.5	4	260.0	270.0	270.0	Disq.	Out	—
—	amanmuradov bashim	1973	TKM	118.25	0.5769	57	300.0	305.0	305.0	Disq.	240.0	240.0	240.0	Disq.	240.0	240.0	#	Disq.	Out	—
—	choudhary rajeev	1977	IND	119.15	0.5758	29	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—
—	dambii ragchaa	1976	MGL	0.00	3.0554	51	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—

120+kg

1	maleki mojtaba	1983	IRI	140.15	0.5587	6	355.0	375.0	377.5	1	200.0	250.0	250.0	2	320.0	340.0	350.0	1	967.5	540.54
2	ichikawa masamitsu	1972	JPN	140.20	0.5587	50	350.0	370.0	370.0	3	230.0	240.0	250.0	3	280.0	310.0	342.5	3	910.0	508.41
3	chao chien-hsiung	1969	TPE	149.30	0.5537	36	320.0	352.5	357.5	4	220.0	235.0	235.0	4	310.0	322.5	342.5	2	877.5	485.87
4	yevdokimov yevgeniy	1980	KAZ	121.20	0.5736	56	340.0	355.0	362.5	2	220.0	227.5	230.0	5	290.0	305.0	312.5	4	872.5	500.46
5	al mandhari aidh	1985	OMA	127.85	0.5674	69	310.0	320.0	320.0	5	160.0	180.0	185.0	6	235.0	250.0	292.5	5	740.0	419.83

6	atayev ruslan	1979	TKM	149.30	0.5537	60	200.0	#	#	7	270.0	270.0	275.0	1	240.0	#	#	6	715.0	395.89
—	sumeeth badha	1987	IND	128.45	0.5668	67	240.0	250.0	260.0	6	130.0	140.0	#	7	230.0	230.0	#	Disq.	Out	—
—	byambasuren enkhbayar	1975	MGL	0.00	3.0554	30	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—
—	al hasni rashid	1984	OMA	0.00	3.0554	58	#	#	#	Disq.	#	#	#	Disq.	#	#	#	Disq.	Out	—

Nation (points)

1	Iran	54	[12+12+12+12+6]
2	Japan	47	[12+9+9+9+8]
3	Taiwan(Chainese Taipei:CTP)	44	[12+12+9+8+3]
4	Kazakhstan	38	[12+9+9+8] no referee
5	Indonesia	26	[9+9+8]
6	Turkmenistan	25	[8+7+5+5] no referee
7	India	23	[7+7+6+2+1]
8	Uzbekistan	14	[7+7]
9	Oman	11	[6+5]
10	Mongolia	5	[5] 463.76
11	Korea	5	[5] 408.46
12	Hong Kong	4	[4]

Best Lifters

PL.	Lifter	Nation	B.Weight	WF	Total	W. points
1	hsieh tung-ting	Taiwan(Chainese	63.80	0.8078	780.0	630.08
2	huang lung-hsin	Taiwan(Chainese	73.55	0.7225	802.5	579.76
3	suyanto robi	Indonesia	65.30	0.7922	730.0	578.30

Abbreviations:

HKG = Hong Kong	KAZ = Kazakhstan	TPE = Taiwan(Chainese Taipei:CTP)
INA = Indonesia	KOR = Korea	UZB = Uzbekistan
IND = India	MGL = Mongolia	
IRI = Iran	OMA = Oman	
JPN = Japan	TKM = Turkmenistan	

2011 Asian Powerlifting Championships

PI	Name	Team	Age	Div	Bwt	Coef	SQ-1	SQ-2	SQ-3	Squat Record	Best SQ	SQ PI	BP-1	BP-2	BP-3	BP Record	Best BP	BP PI	DL-1	DL-2	DL-3	Deadlift Record	Best DL	DL PI	Total	Coef x Total	Team Points
47 Kg class																											
1	YogoTerumi	JPN	1969	F-M1	46.75	1.3501	115	125	132.5		125	1	80	82.5	85		85	1	110	125	135		125	1	335	452.284	12
2	YanagisawaYukiko	JPN	1967	F-M1	46.7	1.3511	110	115	120		120	2	52.5	55	57.5		55	2	105	112.5	117.5		112.5	2	287.5	388.441	9
52 Kg class																											
1	Arai Hiroko	JPN	1963	F-M1	50.25	1.2798	110	110	125		110	1	90	100	105		105	1	115	125	135		135	1	335	428.733	12
57 Kg class																											
1	Hasegawa Maki	JPN	1965	F-M1	55.25	1.1891	115	125	130		130	1	70	75	77.5		75	1	115	125	130		130	2	335	398.349	12
2	Ishiguro Saori	JPN	1963	F-M1	54.7	1.1985	115	125	130		125	2	62.5	67.5	70		62.5	2	100	130	147.5		130	1	317.5	380.524	9
63 Kg class																											
1	Okada Misa	JPN	1968	F-M1	62.2	1.0844	130	140	145		145	1	100	105	105		100	1	140	150	152.5		150	1	400	433.760	12
2	GHOSH BELA	IND	1969	F-M1	58.95	1.1303	110	110	60		60	2	30	35	40		40	2	70	85	100		100	2	200	226.060	9
72 Kg class																											
1	Nabekura Yumiko	JPN	1962	F-M1	65.45	1.0438	115	125	132.5		125	1	65	70	72.5		72.5	1	120	130	140		140	1	337.5	352.282	12
84 Kg class																											
1	BHAKA TSUJATA	IND	1966	F-M1	74.3	0.9563	90	100	120		120	1	50	57.5	60		60	1	90	102.5	115		115	1	295	282.109	12

Best Lifters

1	YogoTerumi	JPN	1969	F-M1	46.75	1.3501	115	125	132.5		125	1	80	82.5	85		85	1	110	125	135		125	1	335	452.284	
2	OkadaMisa	JPN	1968	F-M1	62.2	1.0844	130	140	145		145	1	100	105	105		100	1	140	150	152.5		150	1	395	433.760	
3	AraiHiroko	JPN	1963	F-M1	50.25	1.2798	110	110	125		110	1	95	100	105		105	1	115	125	135		135	1	350	428.733	

Team Scores

1	JPN	60	12+12+12+12+12
2	IND	21	12+9

PI	Name	Team	Age	Div	Bwt	Coef	SQ-1	SQ-2	SQ-3	Squat Record	Best SQ	SQ PI	BP-1	BP-2	BP-3	BP Record	Best BP	BP PI	DL-1	DL-2	DL-3	Deadlift Record	Best DL	DL PI	Total	Coef x Total	Team Points
52 Kg class																											
1	Koykka Anita	PHI	1960	F-M2	51.15	1.2626	-420	135	-437.5		135	1	60	67.5	80		80	1	135	145	155		155	1	370	467.162	12
57 Kg class																											
1	Baba Mikiko	JPN	1960	F-M2	56.6	1.1668	110	-420	125		120	2	62.5	67.5	70		70	2	110	117.5	122.5		122.5	3	317.5	370.459	12
2	Oca Leonora	PHI	1956	F-M2	53.55	1.2185	-440	-440	110		110	3	67.5	70	-75		70	1	120	127.5	-432.5		127.5	2	307.5	374.689	9
63 Kg class																											
1	Ip Wing-Yuk	HKG	1961	F-M2	61.55	1.0932	-440	115	0		115	2	55	-57.5	0		55	2	120	-445			120	2	290	317.028	12
84 Kg class																											
1	NAR VIJAYA BABAJI	IND	1957	F-M2	77.25	0.9336	50	60	70		70	1	25	27.5	30		30	1	60	70	80		80	1	180	168.048	12

Best lifters

1	Koykka Anita	PHI	1960	F-M2	51.15	1.2626	-420	135	-437.5		135	1	60	67.5	80		80	1	135	145	155		155	1	370	467.162	12
2	Oca Leonora	PHI	1956	F-M2	53.55	1.2185	-440	-440	110		110	3	67.5	70	-75		70	1	120	127.5	-432.5		127.5	2	307.5	374.689	9
3	Baba Mikiko	JPN	1960	F-M2	56.6	1.1668	110	-420	125		120	2	62.5	67.5	70		70	2	110	117.5	122.5		122.5	3	317.5	370.459	12

Team Scores

1	JPN	60	12+12+12+12+12	
2	PHI	21	12+9	
3	TPE	12	12	416.48
4	HKG	12	12	317.03
5	IND	12	12	168.05

M2 Team awards include M3.

PI	Name	Team	Age	Div	Bwt	Coef	SQ-1	SQ-2	SQ-3	Squat Record	Best SQ	SQ PI	BP-1	BP-2	BP-3	BP Record	Best BP	BP PI	DL-1	DL-2	DL-3	Deadlift Record	Best DL	DL PI	Total	Coef x Total	Team Points
52 Kg class							M3 World record									M3 World record						M3 World record			0		
1	Kikuiiri Hiroko	JPN	1949	F-M2	48.8	1.3083	120	130	-135		130	2	65	70	-75		70	2	140	150	-155		150	2	350	457.905	12
57 Kg class																									0		
1	LinA-Yun	TPE	1945	F-M2	54.7	1.1985	120	-130	137.5		137.5	1	60	65	-70		65	3	125	135	145		145	1	347.5	416.479	12
2	HiranoToyomi	JPN	1950	F-M2	54.65	1.1993	100	-105	105		105	4	50	-55	-55		50	4	100	105	-110		105	4	260	311.818	9
63 Kg class																									0		
1	Hayashi Hisako	JPN	1951	F-M2	58.2	1.1416	125	132.5	137.5		137.5	1	77.5	80	82.5		82.5	1	130	140	142.5		142.5	1	362.5	413.830	12
Best lifters																											
1	Kikuiiri Hiroko	JPN	1949	F-M2	48.8	1.3083	120	130	-135		130	2	65	70	-75		70	2	140	150	-155		150	2	350	457.905	12
2	LinA-Yun	TPE	1945	F-M2	54.7	1.1985	120	-130	137.5		137.5	1	60	65	-70		65	3	125	135	145		145	1	347.5	416.479	12
3	Hayashi Hisako	JPN	1951	F-M2	58.2	1.1416	125	132.5	137.5		137.5	1	77.5	80	82.5		82.5	1	130	140	142.5		142.5	1	362.5	413.830	12

M3 Team awards are included M2.

PI	Name	Team	Age	Div	Bwt	Coef	SQ-1	SQ-2	SQ-3	Squat Record	Best SQ	SQ PI	BP-1	BP-2	BP-3	BP Record	Best BP	BP PI	DL-1	DL-2	DL-3	Deadlift Record	Best DL	DL PI	Total	Coef x Total	Team Points
59 Kg class																											
1	Taguibao Antonio	PHI	1958	M-M2	56.65	0.9002	165	-475	-475		165	1	60	72.5	82.5		82.5	3	165	175	187.5		187.5	1	435	391.587	12
2	Urano Masahiko	JPN	1959	M-M2	58.75	0.8696	145	-455	157.5		157.5	2	102.5	107.5	-440		102.5	1	155	-465	170		170	2	435	378.276	9
3	Shimizu Hiroshi	JPN	1958	M-M2	54.7	0.9317	150	-460	-460		150	3	90	95	100		100	2	135	-450	-455		135	3	385	358.704	8
66 Kg class																											
1	Niwa Hironori	JPN	1961	M-M2	65.55	0.7896	-240	210	-220		210	1	120	125	130		130	1	200	220	-230		220	1	560	442.176	12
2	Yoshida Masami	JPN	1957	M-M2	63.5	0.8111	150	160	165		165	2	105	110	115		115	2	175	185	192.5		192.5	2	472.5	383.245	9
3	Satyprakash Sigh	IND	1958	M-M2	65	0.7952	150	160	-465		160	3	85	90	-92.5		90	3	150	160	-465		160	3	410	326.032	8
4	Srivasta Sailen KR.	IND	1956	M-M2	63.3	0.8133	120	135	0		135	4	70	80	0		80	4	120	135	0		135	4	350	284.655	7
74 Kg class																											
1	Takahashi Masayuki	JPN	1960	M-M2	71.65	0.7364	230	240	245		245	1	180	-195	195		195	1	175	195	210		210	1	650	478.660	12
2	Wang Ka Po, Gable	HKG	1959	M-M2	71	0.7414	110	120	125		125	2	-95	95	100		100	2	160	165	0		165	2	390	289.146	9
83 Kg class																											
1	Harada Seiji	JPN	1961	M-M2	82.35	0.6706	215	-225	225		225	1	160	165	-472.5		165	1	235	245	-250		245	1	635	425.831	12
2	Jamsran Rawdandorj	MNG	1959	M-M2	82.75	0.6687	175	-185	-185		175	2	110	-120	-120		110	3	160	172.5	-180		172.5	2	457.5	305.930	9
3	ZATPARVAR MAJID	IRN	1957	M-M2	79.15	0.6874	140	155	160		160	3	-400	100	110		110	2	150	160	-472.5		160	3	430	295.582	8
93 Kg class																											
1	Asama Shigetoshi	JPN	1959	M-M2	93	0.6282	275	290	302.5		302.5	1	185	190	-495		190	1	240	250	257.5		257.5	1	750	471.150	12
2	Watanabe Kazutoshi	JPN	1952	M-M2	86.8	0.6507	210	-220	-225		210	2	162.5	170	-475		170	2	190	210	220		220	2	600	390.420	9
3	BALA PRASADE.	IND	1957	M-M2	87.9	0.6463	120	150	170		170	3	80	90	100		100	3	150	170			170	3	440	284.372	8
105 Kg class																											
1	Ermetov Ulukbek	KAZ	1959	M-M2	99.7	0.6093	170	190	200		200	2	160	172.5	182.5		182.5	1	150	170	175		175	2	557.5	339.685	12
2	MAHADEO BHOIR PF	IND	1960	M-M2	94.15	0.6246	120	140	150		150	3	80	90	95		95	2	120	150	180		180	1	425	265.455	9
120 Kg class																											
1	MIRSEKARI HOSSE	IRN	1955	M-M2	109	0.5902	200	-240	220		220	1	160	165			165	1	180	-485	185		185	1	570	336.414	12
2	PRAKASH SATHYA	IND	1958	M-M2	120	0.5748	180	-200			180	1	100	110			110	1	160				160	1	450	258.660	9
120+ Kg class																											
1	AzeezKadhim	IRQ	1957	M-M2	121.35	0.5735	80	100			100	2	50	60			60	2	90	115	120		120	2	280	160.580	12
Best Lifters																											
1	Takahashi Masayuki	JPN	1960	M-M2	71.65	0.7364	230	240	245		245	1	180	-495	195		195	1	175	195	210		210	1	650	478.660	12
2	Asama Shigetoshi	JPN	1959	M-M2	93	0.6282	275	290	302.5		302.5	1	185	190	-495		190	1	240	250	257.5		257.5	1	750	471.150	12
3	Niwa Hironori	JPN	1961	M-M2	65.55	0.7896	-240	210	-220		210	1	120	125	130		130	1	200	220	-230		220	1	560	442.176	12
Team Scores																											
1	JPN	57	12+12+12+12+9																								
2	IND	41	9+9+8+8+7																								
3	IRN	20	12+8																								
4	PHI	12	12	391.59																							
5	KAZ	12	12	339.69																							
6	IRQ	12	12	160.58																							
7	MNG	9	9	305.93																							
8	HKG	9	9	289.14																							

PI	Name	Team	Age	Div	Bwt	Coef	SQ-1	SQ-2	SQ-3	Squat Record	Best SQ	SQ PI	BP-1	BP-2	BP-3	BP Record	Best BP	BP PI	DL-1	DL-2	DL-3	Deadlift Record	Best DL	DL PI	Total	Coef x Total	Team Points
59 Kg class																											
1	Uchiyama Shintaro	JPN	1947	M-M3	58.45	0.8738	155	165	-470		165	1	95	-400	-400		95	2	160	170	-475		170	1	430	375.734	12
2	Wong Kung-Him	HKG	1947	M-M3	51.8	0.9853	115	-447.5	-447.5		115	2	92.5	97.5	97.5		97.5	1	130	140	-442.5		140	3	352.5	347.318	9
0	Oshiro Shinjun	JPN	1943	M-M3	58.05	0.8794	-470	-470	-470		0	0	80	90	0		90	3	160	-470	-475		160	2	0	0.000	0
66 Kg class																											
1	Ito Chokichi	JPN	1950	M-M3	65.5	0.7901	180	200	-205		200	1	110	117.5	120		120	2	190	205	-242.5		205	1	525	414.802	12
2	Guru Charan	IND	1951	M-M3	62.1	0.827	-440	-440	140		140	3	90	-400	100		100	3	100	130	-445		130	4	370	305.990	8
0	Marumoto Hidetoshi	JPN	1947	M-M3	63.35	0.8127	-205.5	-205.5	-205.5		0	0	-440	-440	120		120	1	190	-205	-205		190	2	0	0.000	0
74 Kg class																											
1	Okiura Katsuji	JPN	1945	M-M3	71.3	0.739	175	185	202.5		202.5	1	85	90	-95		90	2	200	210	-220		210	1	502.5	371.348	12
0	Takita Satoru	JPN	1947	M-M3	73.45	0.7232	-240	-240	-240		0	0	-445	115	-420		115	1	200	0	0		200	2	0	0.000	0
83 Kg class																											
1	Kitano Toshio	JPN	1946	M-M3	82.75	0.6687	180	200	-225		200	1	140	-450			140	1	200	230	-247.5		230	1	570	381.159	12
2	Kinoshita Tetsuya	JPN	1942	M-M3	75.15	0.7116	155	165	175		175	2	80	85	90		90	2	155	165	175		175	2	440	313.104	9
93 Kg class																											
1	MOHESHWARIYA M.	IND	1947	M-M3	89.9	0.6388	160	180	200		200	1	70	80	85		85	2	200	210	-225		210	1	495	316.206	12
2	Aliasghar B.	IRN	1942	M-M3	92.75	0.629	90	100	110		110	2	-90	-400	100		100	1	110	115	120		120	2	330	207.570	9
0	SAMSAMI ALIREZA	IRN	1951	M-M3	89.3	0.641	-70	-70	-70		0	0	40	60	-70		60	3	80	90	100		100	3	0	0.000	0
105 Kg class																											
1	sattarzadeh maghsouci	IRN	1942	M-M3	102.55	0.6027	160	-490	190		190	1	-440	110	120		120	1	160	180	200		200	1	510	307.377	12
2	KADYANPURAN SINC	IND	1951	M-M3	95.85	0.6196	140	150	155		155	2	110	120	122.5		122.5	1	150	165	175		175	2	452.5	280.369	9
3	SedqiqiK Farid Ahmad	AFG	1949	M-M3	95.8	0.6197	140	-455	-455		140	4	105	115	-430		115	2	150	160	180		180	1	435	269.570	8
120 Kg class																											
1	Abdlollah	IRN	1949	M-M3	105.55	0.5965	-400	100			100	1	100	-435	-435		100	1	100				100	1	300	178.950	12

Best Lifters

1	Ito Chokichi	JPN	1950	M-M3	65.5	0.7901	180	200	-205		200	1	110	117.5	120		120	2	190	205	-242.5		205	1	525	414.802	12
2	Kitano Toshio	JPN	1946	M-M3	82.75	0.6687	180	200	-225		200	1	140	-450			140	1	200	230	-247.5		230	1	570	381.159	12
3	Uchiyama Shintaro	JPN	1947	M-M3	58.45	0.8738	155	165	-470		165	1	95	-400	-400		95	2	160	170	-475		170	1	430	375.734	12

Team Scores

1	JPN	60	12+12+12+12+12
2	IRN	33	12+12+9+0
3	IND	30	12+9+9
4	HKG	21	12+9
5	AFG	8	8

M3 Team awards include M4.

PI	Name	Team	Age	Div	Bwt	Coef	SQ-1	SQ-2	SQ-3	Squat Record	Best SQ	SQ PI	BP-1	BP-2	BP-3	BP Record	Best BP	BP PI	DL-1	DL-2	DL-3	Deadlift Record	Best DL	DL PI	Total	Coef x Total	Team Points	
59 Kg class																												
1	Pok Kim-Won	HKG	1940	M-M3	52.2	0.9773	105	0	0		105	3	67.5	72.5	-77.5		72.5	4	125	-132.5	-132.5		125	4	302.5	295.633	12	
66 Kg class																												
1	Suzuki Hiroaki	JPN	1936	M-M3	65.6	0.7891	-170	170	182.5		182.5	2	80	85	87.5		87.5	4	165	172.5	-177.5		172.5	3	442.5	349.177	12	
74 Kg class																												
1	Osawa Mitsuru	JPN	1941	M-M3	73.2	0.7249	180	-200	202.5		202.5	1	110	115	-117.5		115	1	165	182.5	-190		182.5	3	500	362.450	12	
83 Kg class																												
1	Itagaki Hiroshi	JPN	1941	M-M4	80.65	0.6792	120	-125	125		125	1	90	95	-97.5		95	1	120	125	130		130	1	350	237.720	12	
Best Lifters																												
1	Osawa Mitsuru	JPN	1941	M-M3	73.2	0.7249	180	-200	202.5		202.5	1	110	115	-117.5		115	1	165	182.5	-190		182.5	3	500	362.450	12	
2	Suzuki Hiroaki	JPN	1936	M-M3	65.6	0.7891	-170	170	182.5		182.5	2	80	85	87.5		87.5	4	165	172.5	-177.5		172.5	3	442.5	349.177	12	
3	Pok Kim-Won	HKG	1940	M-M3	52.2	0.9773	105	0	0		105	3	67.5	72.5	-77.5		72.5	4	125	-132.5	-132.5		125	4	302.5	295.633	12	

M4 Team awards are included M3.

2011 Asian Powerlifting Championships

PI	Name	Team	Age	Div	Bwt	Coef	SQ-1	SQ-2	SQ-3	Squat Record	Best SQ	SQ PI	BP-1	BP-2	BP-3	BP Record	Best BP	BP PI	DL-1	DL-2	DL-3	Deadlift Record	Best DL	DL PI	Total	Coef x Total	Team Points
47 Kg class																											
1	KOMALASARI EKA	INA	1991	F-JR	44.95	1.3878	140	150	155	150	1	65	75	80		80	1	140	140	142.5		142.5	1	372.5	516.955	12	
2	ChenWei-Jou	TPE	1991	F-JR	44.9	1.3889	125	135	140	140	2	65	72.5	77.5		77.5	2	125	135	140		140	2	357.5	496.532	9	
52 Kg class																											
1	Sakamaki Yoriko	JPN	1900	F-JR	50.1	1.2827	120	130	130	120	1	75	80	82.5		82.5	1	120	125	130		130	1	332.5	426.498	12	
2	MAILAKANA VINUTHA	IND	1992	F-JR	51.8	1.2504	100	110	110	100	3	40	47.5	52.5		52.5	2	100	117.5	130		117.5	2	270	337.608	9	
3	NURMETOVAI RODA	UZB	1990	F-JR	48.2	1.3204	80	100	115	115	2	35	45	50		45	3	80	107.5	117.5		107.5	3	267.5	353.207	8	
57 Kg class																											
1	BordeosMa. Betina	PHI	1990	F-JR	56.5	1.1684	130	140	147.5	140	2	75	77.5	85		85	1	140	152.5	165		165	1	390	455.676	12	
2	SUGANDHIDEVANAT	IND	1990	F-JR	55.35	1.1874	145	152.5	152.5	145	1	62.5	67.5	67.5		62.5	3	125	130	130		125	3	332.5	394.810	9	
3	NITHYAS.	IND	1989	F-JR	56.9	1.162	120	130	130	130	4	45	50	55		55	4	130	137.5	150		137.5	2	322.5	374.745	8	
4	Ban Shiori	JPN	1991	F-JR	56	1.1766	125	135	137.5	137.5	3	60	65	67.5		67.5	2	110	115	117.5		115	4	320	376.512	7	
63 Kg class																											
1	Suzuki Mikiko	JPN	1990	F-JR	61.25	1.0973	140	150	160	160	1	80	90	92.5		90	1	140	150	160		150	1	400	438.920	12	
2	MALAK.	IND	1991	F-JR	60.25	1.1113	90	97.5	102.5	102.5	2	35	40	42.5		40	2	95	107.5	117.5		117.5	2	260	288.938	9	
3	PRIYA SARAVANA	IND	1991	F-JR	62.35	1.0824	70	70	70	70	3	30	35	37.5		35	3	80	90	100		100	3	205	221.892	8	
72 Kg class																											
1	EKA MELA	INA	1990	F-JR	66.9	1.0272	190	205	205	205	1	70	72.5	82.5		82.5	1	170	180	190		190	1	477.5	490.488	12	
2	Shimonaka Chika	JPN	1989	F-JR	63.75	1.0644	125	140	150	125	2	70	75	80		80	2	115	127.5	140		127.5	3	347.5	369.879	9	
0	TakeuchiAi	JPN	1989	F-JR	63.25	1.0707	160	160	160	0	0	70	75	80		75	3	125	132.5	140		140	2	0	0.000	0	
84 Kg class																											
1	RAHAYUSRI	INA	1992	F-JR	82.95	0.8974	190	210	240	210	1	110	120			120	1	170	190	200		200	1	530	475.622	12	
84+ Kg class																											
1	ChenJie-Wen	TPE	1990	F-JR	120.4	0.7992	240	240	250	250	1	130	137.5	142.5		137.5	1	155	165	170		170	1	557.5	445.554	12	
2	Mizuno Ayano	JPN	1990	F-JR	100.4	0.8316	180	200	210	200	2	80	140	142.5		80	2	110	120	130		120	2	400	332.640	9	
3	DHIVYAD.	IND	1992	F-JR	98	0.8377	80	80	90	90	3	30	35	40		40	3	80	95	105		105	3	235	196.860	8	
Best Lifters																											
1	KOMALASARI EKA	INA	1991	F-JR	44.95	1.3878	140	150	155	150	1	65	75	80		80	1	140	140	142.5		142.5	1	372.5	516.955	12	
2	ChenWei-Jou	TPE	1991	F-JR	44.9	1.3889	125	135	140	140	2	65	72.5	77.5		77.5	2	125	135	140		140	2	357.5	496.532	9	
3	EKA MELA	INA	1990	F-JR	66.9	1.0272	190	205	205	205	1	70	72.5	82.5		82.5	1	170	180	190		190	1	477.5	8.000	12	
Team Scores																											
1	JPN	49	12+12+9+9+7																								
2	IND	43	9+9+9+8+8																								
3	INA	36	12+12+12																								
4	TPE	21	12+9																								
5	PHI	12	12																								
6	UZB	8	8																								

