

1996 Asian Powerlifting Championships

May 2-4, 1996
Almaty, kazakhstan

Wome's

44kg

1	Yang Shu Ju	C Taipei	43.4	145	67.5	125	337.5
2	J. Kitamura	Japan	44	122.5	72.5	120	315
3	Zdorenko O	Kazakhstan	43.5	107.5	57.5	122.5	287.5
4	J. Porel	India	42.9	120	45	120	285

48kg

1	Bitebaeva B	Kazakhstan	48	155	60	160	375
2	Chang Lai Hsiu	C Taipei	47.55	147.5	85	140	372.5
3	E. Suzuki	Japan	47.4	120	87.5	132.5	340
4	Bharathi	India	46.65	140	52.5	145	337.5
5	T. Watanabe	Japan	47.55	100	92.5	107.5	300

52kg

1	Lin Li Min	C. Taipei	51.5	165	95	172.5	432.5
2	Garifulina E	Kzakhstan	50.8	147.5	65	150	362.5
3	Uma Rajam J	India	49.4	120	65	132.5	317.5

56kg

1	Mir N	Kazakhstan	55.7	175	92.5	195	462.5
2	Chen Ya Ling	C. Taipei	55.72	172.5	102.5	160	435
3	K. Kobayashi	Japan	56	145	100	152.5	397.5
4	Manjula	India	54.05	125	47.5	125	297.5
5	Kamalova T	Uzbekistan	55.1	110	45	120	275

60kg

1	Nazarenko S	Kazakhstan	59.6	170	95	182.5	447.5
2	Huang Ya Ching	C. Taipei	59.6	170	92.5	180	442.5
3	Paderova T	Kazakhstan	59.5	180	82.5	167.5	430
4	Jyoti Shinde	India	58.9	150	57.5	155	362.5
5	Kozian Z	Uzbekistan	56.2	90	65	100	255

67.5 kg

1	Agustina	Indonesia	65.75	187.5	100	190	477.5
2	E Pecante	Philippines	67.05	185	80	197.5	462.5
3	Samoilova T	Kazakhstan	64.4	165	102.5	182.5	450

75kg

1	Iskandarova V	kazakhstan	69	200	107.5	192.5	500
2	ChangChing Feng	C. Taipei	68.4	180	100	170	450
3	Storozhenko N	Uzbekistan	70.95	170	102.5	165	437.5
4	PA Gladies	India	67.75	140	75	150	365
5	L Furtado	India	68.05	120	67.5	155	342.5

82.5kg

1	Fiodorova V	Kazakhstan	82.35	185	102.5	202.5	490
2	Lin Chia Chi	C. Taipei	81.85	185	112.5	190	487.5
3	Sarala S	India	77.2	195	95	185	475
4	Rukhiana	Indonesia	77.45	180	95	150	425
5	Mihailova E	Uzbekistan	80.4	130	65	135	330

90kg

1	Ku Shin Hsien	C. Taipei	89.2	205	110	187.5	460
2	Ruma Pal	India	89	160	87.5	145	392.5

90kg Over

1	Chao Chen Yen	C. Taipei	107.5	255	157.5	222.5	635
2	Lee Chia sui	C. Taipei	110.2	245	125	222.5	592.5
3	Tandra R C	India	102.1	140	60	115	315
	Hojamkulova	Tagikistan	99.72	160	87.5	195	442.5

Men's								
52kg								
1	A Taguibao	Philippines	51.75	180	80	185	445	
56kg								
1	Hu Chun hsiung	C Taipei	54.9	247.5	115	250	612.5	
2	Slal	India	54.4	195	95	225	515	
3	Ablushkourov E	Uzbekistan	54.5	110	62.5	0	0	
4	L Ecija	Philippines	55.65	0	0		0	
60kg								
1	Sutrisno	Indonesia	59.2	260	145	240	645	
2	Lee Yung Chang	C.Taipei	59.35	230	140	260	630	
3	Dada Peer	India	59.6	225	117.5	250	592.5	
4	Boukatka V	Kazakhstan	59.9	215	115	240	570	
5	Krishna S	India	59.65	220	132.5	190	542.5	
6	Jamahov R	Kirgistan	59.5	170	110	205	485	
7	Achilov N	Uzbekistan	59.4	160	107.5	210	477.5	
8	Nabiev R	Uzbekistan	57.3	130	115	125	370	
67.5kg								
1	Koujakhmetov	Kazakhstan	67	262.5	150	275	687.5	
2	Chiu Chung Liang	C Taipei	66.7	255	127.5	265	647.5	
3	T. Tada	Japan	67	232.5	170	230	632.5	
4	G Elangovan	India	66.1	242.5	110	245	597.5	
5	Chetin G	Uzbekistan	64.6	200	120	260	580	
6	B. Bat	Philippines	63.2	170	90	160	420	
75kg								
1	Smolin I	Kazakhstan	74.3	295	155	275	725	
2	J. Singh	India	74.7	257.5	145	267.5	670	
3	S. Madhav	India	72.35	245	132.5	232.5	610	
4	N. Rulloda	Philippines	72.2	202.5	125	245	572.5	
5	Kon Leorid	Uzbekistan	71.5	195	115	200	510	
82.5kg								
1	Mor	Kazakhstan	81.3	297.5	200	297.5	795	
2	Tri Harianto	Indonesia	77.5	310	195	287.5	792.5	
3	Hsie I Ching	C Taipei	76	300	160	320	780	
4	Kazakov	Kazakhstan	82.5	300	180	300	780	
5	Holnazarov T	Tadikistan	81.7	260	160	290	710	
6	Weng Chin Kuan	C. Taipei	82.4	270	170	270	710	
7	Dharam K	India	80.35	260	162.5	255	677.5	
8	K Satoh	Japan	81.8	235	190	250	675	
9	Djiiioev A	Uzbekistan	80.6	210	160	230	600	
90kg								
1	Tatarnikov A	Kazakhstan	87.8	305	195	307.5	807.5	
2	Rashidov S	Kazakhstan	88	300	170	322.5	792.5	
3	Mewa R	India	89.2	275	160	260	695	
4	Boutenko A	Turkmenistan	88.5	257.5	170	215	642.5	
5	Vishal C	India	82.7	235	137.5	267.5	640	
6	Luzanov A	Uzbekistan	84.8	240	145	250	635	
100kg								
1	Borisov G	Kazakhstan	99.5	315	210	305	830	
2	R Debuque	Philippines	99.3	260	192.5	280	732.5	
3	PE Torres	Philippines	96.5	265	140	310	715	
4	Panahov R	Uzbekistan	91.8	205	150	225	580	
110kg								
1	Nikitine A	Kazakhstan	109.2	342.5	207.5	315	865	
2	Liang Huai chin	C Taipei	110	350	205	302.5	857.5	

3	Panahov K	Uzbekistan	109.6	250	175	240	665
4	Trubitsin S	Uzbekistan	100.5	230	140	230	600
125kg							
1	Jusupov R	Kazakhstan	123.7	340	207.5	300	847.5
2	Liao Che Yi	C Taipei	110.1	330	175	290	795
125kg Over							
1	Chao Chien Hsiung	C Taipei	134.8	345	212.5	290	847.5

Best Lifter

Women	Lin Li Min	Chinese Taipei 52kg class
Men	Hu Chun Hsiung	Chinese Taipei 56kg class

Team Award

Men	1	Kazakhstan
	2	Chinese Taipei
	3	India
	4	Philippines
	5	uzbekistan
	6	Indonesia
	7	Japan
	8	Turkmenistan
	9	Tagikistan
	10	Kirgistan

Women

1	Kazakhstan
2	Chinese Taipei
3	India
4	Japan
5	Uzbekistan
6	Indonesia
7	Philippines