



1st. ASIAN POWERLIFTING CHAMPIONSHIP
KEJUARAAN ANGKAT BERAT ASIA I
Bandung, 19 - 22 July 1984

SECRETARIAT : KOMI PROP. JABAR - JL. PAJAJARAN - BANDUNG - INDONESIA



RESULTS OF THE FIRST ASIAN POWERLIFTING CHAMPIONSHIPS

BANDUNG-INDONESIA 19-22 JULY 1984

PLACE	N A M E	COUNTRY	B.B.	SQUAT	BENCH PRESS	DEAD LIFT	TOTAL
52 kg. Class :							
1.	Yesodhara	Ind	51.9	180	✓105	✓197.5	✓472.5
2.	H.Marumoto	Jpn	51.7	✓180	100	190	460
3.	Cik Yan	Ina	51.1	150	90	190	430
56 kg. Class :							
1.	H.Inaba	Jpn	54.5	✓235	✓115	✓240	✓580
2.	Nanda T.	Ina	55.2	180	102.5	217.5	500
60 kg. Class :							
1.	Darma	Ina	59.7	✓200	✓125	✓212.5	✓537.5
2.	S.Sudhakara	Ind	59.2	190	120	210	525
67.5 kg. Class :							
1.	Yosso H.	Ina	65.5	217.5	135	210	562.5
2.	Venkateswamy	Ind	67.4	205	127.5	220	552.5
3.	K.Mazundar	Ind	66.5	215	122.5	200	532.5
4.	Irwan Sani	Ina					
75 kg. Class :							
1.	Eiji Maeda	Jpn	73.7	230	160	235	625
2.	Indragit S.	Ind	73.3	205	150	240	595
3.	Ronny T.	Ina	74.6	240	125	200	565
82.5 kg. Class :							
1.	T.Nakao	Jpn	80.9	275	182.5	272.5	730
2.	KC Singh	Ind	82.4	230	142.5	235	607.5
3.	Yanto Arifin	Ina	77.9	230	100	260	590
4.	T.T. Ming	Mal	80.3	187.5	95	200	482.5
5.	Tan Kim Sun	Mal	80.3	160	105	170	435
90 kg. Class :							
1.	T.Maeda	Jpn	89.2	325	170	310	805
2.	Hengky Unsu	Ina	84	200	140	190	530
3.	Justin P.	Mal	88.7	190	100	200	490



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100 kg. Class :

1.	Jaswindar	Ind	92	260	145	255	660
2.	Takao Higa	Jpn	93.4	240	145	220	605
3.	Suardi	Ina	95	190	135	205	535
4.	S.Tengko(GL)	Ina	92.3	150	130	210	490

110 kg. Class :

1.	Jagraj S.M.	Ind	100.4	232.5	147.5	255	635
2.	Honggono	Ina	100.4	210	140	190	540

125 kg. Class :

1.	B.Bhusan	Ind	110.7	250	150	252.5	652.5
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+125 kg. Class :

1.	Golam Khan	Ind	135.6	235	152.5	200	587.5
2.	Suparno	Ina	137.5	237.5	140	190	567.5

Number in Italic letter indicates ASIAN RECORDS !!

MEDAL WINNERS : (EACH LIFT WAS AWARDED MEDAL)

C O U N T R Y :	G O L D :	S I L V E R :	B R O N Z E :
1. INDIA	19	11	6
2. JAPAN	15	8	1
3. INDONESIA	9	17	13

BEST LIFTER : HIDEAKI INABA (JAPAN) : 522.988 POINTS
(SCHWARZ FORMULA)

TEAM CHAMPION : 1. INDIA - 104 POINTS) POINTS
2. INDONESIA - 80 POINTS) BASED ON TOTAL LIFT
3. JAPAN - 66 POINTS)

REPORT BY : TONI SUNDJAJA (A.P.F. Technical Committee)

Bandung-Indonesia, July 1984.