

Hong Kong Weightlifting and Powerlifting Association
Hong Kong Powerlifting Championships 2016, Hong Kong (Hong Kong), 02.04.2016
DETAILED SCORESHEET

PL.	Lifters	B.Date	Team	Weight	WF	Lot	All Squat				All Bench Press				All Deadlift			TOTAL	W.pts.	Pts.	
Open																					
-59kg																					
1	黃家勇	23.06.91	Lion	58.96	0.8667	25	140.0	175.0	185.0	1	110.0	125.0	X	1	150.0	175.5	176.0	1	461.0	399.55	12
2	黃銘傳	12.02.88	Lion	53.97	0.9444	26	85.0	95.0	100.0	2	95.0	100.0	105.0	2	100.0	120.0	150.0	2	355.0	335.26	9
-66kg																					
1	張浩文	21.11.86	TF	64.03	0.8054	34	170.0	170.0	200.0	1	140.0	152.5	160.0	1	170.0	200.0	200.0	1	522.5	420.82	12
2	孫文浩	17.10.90	Lion	64.16	0.8040	33	60.0	65.0	70.0	2	55.0	60.0	65.0	2	70.0	90.0	X	2	205.0	164.82	9
-74kg																					
1	洪榮輝	07.08.80	Lion	69.46	0.7539	43	165.0	180.0	195.0	3	157.5	165.0	172.5	1	190.0	216.0	216.0	4	535.0	403.34	12
2	Xu Jia Zhou	21.09.91	None	69.29	0.7553	71	170.0	180.0	185.0	1	120.0	127.5	132.5	2	180.0	195.0	217.5	3	512.5	387.09	9
3	黃鎮熙	29.03.90	None	71.37	0.7385	41	165.0	175.0	180.0	4	92.5	100.0	100.0	6	215.5	215.5	225.5	1	493.0	364.08	8
4	尚正熹	06.09.90	番禺	72.90	0.7271	47	185.0	195.0	X	2	97.5	107.5	X	4	200.0	210.0	210.0	2	492.5	358.10	7
5	黃昊	27.10.78	None	70.71	0.7437	45	127.5	135.0	135.0	5	97.5	102.5	107.5	3	160.0	170.0	182.5	5	425.0	316.07	6
6	賴穎生	25.05.84	None	71.59	0.7368	42	100.0	120.0	130.0	6	80.0	90.0	100.0	5	120.0	160.0	165.0	6	385.0	283.67	5
-83kg																					
1	甘志良	18.03.88	None	78.75	0.6896	63	230.0	240.0	245.0	1	130.0	180.0	195.0	2	240.0	260.0	272.5	1	712.5	491.34	12
2	Treshunkin Sergey	01.01.00	None	81.35	0.6756	44	200.0	220.0	235.0	2	220.0	230.0	237.5	1	230.0	245.0	255.0	2	710.0	479.68	9
3	劉鐘陽	09.09.91	Solar	74.45	0.7162	54	170.0	185.0	200.0	3	110.0	120.0	122.5	3	180.0	200.0	205.0	3	510.0	365.26	8
4	陳家明	27.09.87	Lion	79.30	0.6865	53	130.0	140.0	150.0	4	80.0	85.0	90.0	4	160.0	170.0	175.0	4	400.0	274.60	7
-93kg																					
1	Mok Hou Fung Sebastian	12.12.90	None	83.84	0.6636	72	200.0	220.0	235.0	1	115.0	120.0	130.0	2	230.0	245.0	260.0	2	595.0	394.84	12
2	鄒剛	08.03.86	番禺	83.83	0.6636	62	210.0	215.0	230.0	2	110.0	120.0	120.0	5	240.0	250.0	255.0	1	575.0	381.57	9
3	鍾培德	19.03.90	None	87.85	0.6465	65	160.0	172.5	187.5	3	102.5	112.5	120.0	4	160.0	172.5	190.0	4	475.0	307.09	8
4	陳俊宏	30.01.88	HKMA	88.66	0.6434	60	140.0	150.0	157.5	4	115.0	120.0	125.0	3	140.0	150.0	155.0	5	437.5	281.49	7
?	Masahito Kitsui	03.04.78	Lion	91.04	0.6347	61	245.0	245.0	245.0	?	250.0	272.5	280.0	1	210.0	230.0	240.0	3	DSQ	?	?
-105kg																					
1	陳裕達	26.10.88	澳門	93.70	0.6260	67	185.0	200.0	207.5	1	100.0	105.0	115.0	1	185.0	200.0	205.0	1	527.5	330.21	12
120+kg																					
1	方齊智	01.12.82	Lion	136.00	0.5613	70	250.0	270.0	X	1	215.0	225.0	235.0	1	205.0	225.0	240.0	1	725.0	406.94	12

Nation (points)

? HK Medical Assn	?
? Lion	?
? None	?
? Solar Energy	?
? TF Gym	?

Best Lifters of Open

Rnk	Lifter	Nation	B.Weight	WF	Total	W.Points	C.Rnk.
1	甘志良	None	78.75	0.6896	712.5	491.34	1
2	Treshunkin Sergey	None	81.35	0.6756	710.0	479.68	2
3	張浩文	TF Gym	64.03	0.8054	522.5	420.82	1

Sub-Juniors

-74kg																					
1	鄭樂文	02.03.01	None	72.37	0.7310	40	80.0	90.0	95.0	1	45.0	55.0	65.0	1	90.0	105.0	115.0	1	265.0	193.72	12

-83kg																					
?	Natthawat Kasamvilas	02.04.01	None	78.96	0.6884	52	90.0	95.0	105.0	1	50.0	55.0	55.0	?	110.0	120.0	120.0	?	DSQ	?	?

Nation (points)

? None ?
 ? Poweresthetics ?

Best Lifters of Subjuniors

Rnk	Lifter	Nation	B.Weight	WF	Total	W.Points	C.Rnk.
1	鄭樂文	None	72.37	0.7310	265.0	193.72	1

Juniors

-66kg																					
1	李方圓	08.02.94	番禺	63.01	0.8165	32	180.0	190.0	200.0	1	110.0	115.0	120.0	1	150.0	160.0	X	1	475.0	387.84	12
-74kg																					
1	文家俊	31.07.94	Power	72.62	0.7291	38	170.0	190.5	190.5	1	115.0	125.0	130.0	1	170.0	185.0	200.0	1	480.0	349.97	12
2	李永峯	19.06.94	Power	69.77	0.7513	39	130.0	145.0	155.0	2	80.0	85.0	85.0	2	145.0	155.0	170.0	2	405.0	304.28	9
-83kg																					
1	文世東	18.01.94	Power	75.34	0.7103	58	150.0	160.0	170.0	1	125.0	130.0	135.0	1	185.0	200.0	210.0	1	490.0	348.05	12
2	譚嘉朗	30.11.94	Power	80.91	0.6779	51	130.0	145.0	155.0	2	90.0	100.0	105.0	2	180.0	190.0	200.0	2	455.0	308.44	9
-93kg																					
1	馬家智	12.08.94	None	84.47	0.6607	56	170.0	182.5	190.0	1	105.0	115.0	120.0	1	190.0	207.5	217.5	1	522.5	345.22	12
2	盧文釗	11.11.94	None	89.31	0.6409	57	142.5	162.5	180.0	2	90.0	97.5	102.5	2	142.5	165.0	180.0	2	457.5	293.21	9

Nation (points)

? None ?
 ? Poweresthetics ?

Best Lifters of Juniors

Rnk	Lifter	Nation	B.Weight	WF	Total	W.Points	C.Rnk.
1	李方圓	番禺	63.01	0.8165	475.0	387.84	1
2	文家俊	Poweresthetics	72.62	0.7291	480.0	349.97	1
3	文世東	Poweresthetics	75.34	0.7103	490.0	348.05	1

Masters 1

-66kg																					
1	Alexander Hose	07.02.74	None	63.96	0.8061	31	140.0	150.0	162.5	1	85.0	95.0	102.5	1	160.0	180.0	190.0	1	447.5	360.73	12
-74kg																					
1	蔡凌峯	13.01.64	Lion	70.44	0.7458	37	120.0	140.0	162.5	1	100.0	120.0	132.5	1	160.0	180.0	180.0	1	422.5	315.10	12
-83kg																					
1	黎詩榮	24.05.74	None	80.75	0.6787	48	180.0	200.0	205.0	1	167.5	170.0	X	1	150.0	180.0	200.0	2	552.5	374.98	12
2	Christopher Paul Folino	03.12.74	None	76.07	0.7056	50	125.0	130.0	135.0	2	125.0	130.0	130.0	2	195.0	195.0	200.0	1	455.0	321.05	9
3	Wong Sunny	24.01.74	Lion	74.63	0.7150	46	90.0	100.0	110.0	3	70.0	72.5	75.0	3	120.0	120.0	120.0	3	292.5	209.14	8
-93kg																					
1	梁凱	23.02.64	None	92.41	0.6301	55	165.0	180.0	190.0	1	125.0	135.0	140.0	1	195.0	210.0	225.0	1	555.0	349.71	12
-105kg																					
?	Niklas Hageback	24.08.64	Lion	100.74	0.6068	66	160.0	165.0	165.0	?	X	X	X	?	X	X	X	?	DSQ	?	?

Nation (points)

? Lion ?
 ? None ?

Best Lifters of Masters 1

Rnk	Lifter	Nation	B.Weight	WF	Total	W.Points	C.Rnk.
1	黎詩榮	None	80.75	0.6787	552.5	374.98	1
2	Alexander Hose	None	63.96	0.8061	447.5	360.73	1
3	梁凱	None	92.41	0.6301	555.0	349.71	1

Masters 2**-66kg**

1	黃宜偉	01.04.16	TF	62.38	0.8237	30	100.0	110.0	120.0	1	90.0	92.5	X	1	120.0	130.0	140.0	1	350.0	288.30	12
2	蘇信堅	13.05.62	None	63.19	0.8145	29	90.0	100.0	102.5	2	70.0	80.0	82.5	2	110.0	127.5	130.0	2	307.5	250.46	9

-74kg

1	盧志昌	03.03.62	TF	69.96	0.7497	36	150.0	150.0	161.0	1	105.0	110.0	X	1	165.0	184.0	X	1	431.0	323.12	12
2	游坤偉	06.04.57	Lion	64.37	0.8017	35	35.0	40.0	45.0	2	37.5	40.0	40.0	2	40.0	50.0	60.0	2	145.0	116.25	9

-83kg

1	戴偉洪	24.02.66	TF	75.90	0.7067	49	175.0	200.0	205.0	1	105.0	112.5	117.5	1	190.0	207.5	215.0	1	530.0	374.55	12
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-120kg

1	Larry Ching	15.01.59	Lion	116.89	0.5786	69	170.0	185.0	200.0	1	160.0	170.0	X	1	170.0	185.0	X	1	530.0	306.66	12
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Nation (points)

? Lion	?
? None	?
? TF Gym	?

Best Lifters of Masters 2

Rnk	Lifter	Nation	B.Weight	WF	Total	W.Points	C.Rnk.
1	戴偉洪	TF Gym	75.90	0.7067	530.0	374.55	1
2	盧志昌	TF Gym	69.96	0.7497	431.0	323.12	1
3	Larry Ching	Lion	116.89	0.5786	530.0	306.66	1

Masters 3**-66kg**

1	Mui Kong Hoi	19.08.54	Lion	62.00	0.8281	27	105.0	110.0	115.0	1	75.0	77.5	80.0	1	120.0	130.0	140.0	1	335.0	277.41	12
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Nation (points)

? Lion	?
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Best Lifters of Masters 3

Rnk	Lifter	Nation	B.Weight	WF	Total	W.Points	C.Rnk.
1	梅港海	Lion	62.00	0.8281	335.0	277.41	1

Masters 4**-59kg**

1	扶熾彰	30.12.46	Lion	58.67	0.8707	24	30.0	35.0	40.0	1	30.0	32.5	35.0	1	30.0	35.0	40.0	1	115.0	100.13	12
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Nation (points)

? Lion	?
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Best Lifters of Masters 4

Rnk	Lifter	Nation	B.Weight	WF	Total	W.Points	C.Rnk.
1	Fu Chi Cheung Peter	Lion	58.67	0.8707	115.0	100.13	1

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;

1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

HKMA = HK Medical Assn

Power = Poweresthetics

Lion = Lion

Solar = Solar Energy

None = None

TF = TF Gym