

**The Hong Kong Weight
Hong Kong Powerlifting Champ
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PL.	Lifters	B.Date	Team	Weight	WF	Lot	All Squat		
Open									
-47kg									
1	Keung Hoi Kay, Jackie	20.08.90	N/A	46.09	1.3638	4	85.0	90.0	95.0
2	Siu Luen Yee Sylvia	28.12.68	HKMA	46.35	1.3584	3	37.5	40.0	45.0
-52kg									
1	Tang Hoi Lam	09.06.88	Mulan	47.78	1.3289	10	85.0	90.0	95.0
-57kg									
1	Liu Hui Min	11.12.92	N/A	55.55	1.1841	13	95.0	100.0	105.0
2	Law Chui Yee, Cherie	22.01.81	Power	53.02	1.2280	14	90.0	90.0	97.5
-63kg									
1	Mentu Martina	06.04.84	N/A	60.07	1.1139	17	90.0	95.0	100.0
2	Wan Zi Yu, Freda	14.05.81	N/A	60.69	1.1051	19	80.0	87.5	87.5
3	Lam Wai Cheung Open	22.01.75	HKMA	57.93	1.1458	18	60.0	67.5	72.5
-72kg									
1	Kimberley Carder	26.10.90	N/A	69.72	0.9976	23	97.5	102.5	110.5
-84kg									
1	Ho Florence	02.07.79	N/A	83.50	0.8944	24	110.0	120.0	130.0

Nation (points)

Best Lifters of Open					
Rnk	Lifter	Nation	B.Weight	WF	Total
1	Keung Hoi Kay, Jackie	None	46.09	1.3638	275.0
2	Tang Hoi Lam	Mu Lan	47.78	1.3289	260.0
3	Ho Florence	None	83.50	0.8944	355.0

Sub-Juniors									
-47kg									
1	Jian Junlin, Oscarica	29.08.01	Bar	45.81	1.3697	2	51.0	55.0	61.0

Nation (points)

Best Lifters of Subjuniors					
Rnk	Lifter	Nation	B.Weight	WF	Total
1	Jian Junlin, Oscarica	Bar	45.81	1.3697	173.0

Juniors									
-52kg									
1	Siu Yi Ying	12.03.96	Bar	51.56	1.2548	9	25.0	30.0	37.5

Nation (points)

Best Lifters of Juniors					
Rnk	Lifter	Nation	B.Weight	WF	Total
1	Siu Yi Ying	Bar	51.56	1.2548	135.0

Masters 1									
1	Yip Rebecca	29.04.76	Mulan	50.25	1.0177	8	77.5	85.0	90.0
2	Lam Wai Sze	14.06.78	Mulan	50.46	1.2757	7	65.0	70.0	75.0
-57kg									
?	Tham Trina	23.03.74	N/A	55.74	1.1809	11	75.0	78.0	78.0
-63kg									

Weightlifting and Powerlifting Association Limited
 Championships 2018, Hong Kong (Hong Kong), 14.04.2018
 UNTAILED SCORESHEET

All Bench Press				All Deadlift				TOTAL	
1	47.5	50.0	55.0	1	120.0	125.0	130.0	1	275.0
2	35.0	37.5	40.0	2	70.0	75.0	80.0	2	165.0
1	50.0	55.0	57.5	1	90.0	100.0	110.0	1	260.0
1	50.0	50.0	55.0	2	100.0	105.0	117.5	1	262.5
2	52.5	55.0	57.5	1	100.0	105.0	110.0	2	257.5
1	40.0	45.0	45.0	3	105.0	110.0	117.5	2	250.0
2	40.0	45.0	47.5	1	100.0	110.0	120.0	3	242.5
3	37.5	40.0	42.5	2	90.0	100.0	110.0	1	225.0
1	47.5	52.5	57.5	1	110.0	120.0	135.0	1	303.0
1	90.0	95.0	95.0	1	110.0	120.0	135.0	1	355.0

W.Points	C.Rnk.
375.05	1
345.51	1
317.51	1

1	30.0	36.0	36.0	1	60.0	67.5	76.0	1	173.0

W.Points	C.Rnk.
236.96	1

1	25.0	27.5	27.5	1	50.0	60.0	70.0	1	135.0

W.Points	C.Rnk.
169.40	1

1	57.5	62.5	65.0	1	90.0	100.0	110.0	1	265.0
2	50.0	52.5	55.0	2	75.0	80.0	90.0	2	220.0
?	45.0	45.0	45.0	1	100.0	105.0	110.0	1	DSQ

1	40.0	45.0	47.5	1	85.0	95.0	105.0	2	235.0
2	37.5	40.0	42.5	2	90.0	100.0	110.0	1	225.0
1	70.0	75.0	75.0	1	100.0	110.0	116.0	1	298.5

W.Points	C.Rnk.
293.55	1
280.65	2
269.69	1

1	35.0	37.5	40.0	1	70.0	75.0	80.0	1	165.0
1	62.5	67.5	70.0	1	90.0	90.0	105.0	1	267.5
2	57.5	60.0	X	2	90.0	95.0	100.0	2	245.0
1	65.0	72.5	X	1	120.0	132.5	135.0	1	334.5

W.Points	C.Rnk.
378.59	1
342.40	1
315.32	2

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W.pts.	Pts.
375.05	12
224.14	9
345.51	12
310.83	12
316.21	9
278.48	12
267.99	9
257.81	8
302.27	12
317.51	12

236.96	12
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169.40	12
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269.69	12
280.65	9
?	?

255.00	12
257.81	9
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293.55	12

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224.14	12
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342.40	12
315.31	9
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378.59	12
