

Hong Kong Weightlifting and Powerlifting Association Limited
Hong Kong Additional Benchpress Championship 2021, Hong Kong (Hong Kong), 18.12.2021

DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	GL Coef	Lot	All Squat				All Bench Press				All Deadlift			Total	GL Pts	Pts	
Open																					
-52kg																					
1	Ling Lai Sum	18.11.85	HKG	49.55	0.2636	2	-	-	-	?	40.0	45.0	50.0	1	-	-	-	?	45.0	11.86	12
-57kg																					
1	Jen Mccombe	02.01.82	HKG	54.59	0.2425	3	-	-	-	?	67.5	72.5	77.0	1	-	-	-	?	72.5	17.58	12
-63kg																					
1	Luk Ho Yee	07.02.95	HKG	60.00	0.2260	5	-	-	-	?	55.0	60.0	65.0	1	-	-	-	?	65.0	14.69	12
2	Choi Ngai Lam	17.07.97	HKG	60.92	0.1627	7	-	-	-	?	55.0	60.0	62.5	2	-	-	-	?	60.0	9.76	9
-76kg																					
1	Chan So Yin	10.07.91	HKG	69.06	0.2071	6	-	-	-	?	80.0	85.0	85.0	1	-	-	-	?	80.0	16.57	12

Team (points)

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL Points	C.Rnk
1.	Jen Mccombe	Hong Kong	54.59	72.5	17.5813	1
2.	Chan So Yin	Hong Kong	69.06	80.0	16.5680	1
3.	Luk Ho Yee	Hong Kong	60.00	65.0	14.6900	1

Masters 1

-52kg																					
1	Lin Susanna	31.01.72	HKG	48.67	0.2680	1	-	-	-	?	30.0	32.5	35.0	1	-	-	-	?	32.5	8.71	12

Team (points)

Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL Points	C.Rnk
1.	Lin Susanna	Hong Kong	48.67	32.5	8.7100	1

Masters 3

-63kg

1	Lee Yuk Lan	11.12.60	HKG	59.79	0.2266	4	-	-	-	?	30.0	35.0	37.5	1	-	-	-	?	37.5	8.50	12
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Team (points)

Best Lifters of Masters 3 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	GL Points	C.Rnk
1.	Lee Yuk Lan	Hong Kong	59.79	37.5	8.4975	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.

HKG = Hong Kong