

Hong Kong Weightlifting and Powerlifting Association
20th Hong Kong Bench Press Championships 2021(Equipped), Hong Kong (Hong Kong), 04.09.2021

DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	GL Coef	Lot	All Squat			All Bench Press			All Deadlift			Total	GL Pts	Pts	
Open																			
-57kg																			
1	Luk Ching Yu(F 57kg)	14.12.93	None	56.96	0.6459	4	-	-	-	70.0	72.5	72.5	72.5	-	-	-	1	46.831	?
-63kg																			
1	So Wai Ching(F 63kg)	27.07.82	None	61.60	0.4679	9	-	-	-	45.0	47.5	50.0	50	-	-	-	1	30.609	?
-69kg																			
1	Chan So Yin(F 69kg)	10.07.91	None	67.31	0.4253	8	-	-	-	105.0	110.0	112.5	112.5	-	-	-	1	65.264	?

Team(IPF GL Points)

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	GL Points	C.Rnk
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Masters 1

-63kg																			
1	Vanina Revuelta Brown	15.12.77	None	62.37	0.6073	5	-	-	-	75.0	80.0	80.0	80	-	-	-	1	48.586	?
-69kg																			
2	Ng Wing Sze(F 69kg)	04.12.80	None	63.81	0.5987	7	-	-	-	50.0	52.5	55.0	55	-	-	-	2	33.025	?
1	Ho Wing Nga(F 69kg)	24.03.73	None	67.69	0.4229	6	-	-	-	70.0	72.5	75.0	75	-	-	-	1	43.371	?

Team(IPF GL Points)

Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	GL Points	C.Rnk
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Masters 2

-47kg																			
1	Siu Luen Yee	28.12.68	HKMA	43.72	0.8132	2	-	-	-	40.0	42.5	45.0	42.5	-	-	-	1	34.563	?
-57kg																			
1	Lee Lai Ling	23.04.63	None	52.01	0.6929	3	-	-	-	62.5	65.0	67.5	67.5	-	-	-	1	46.769	?

Team(IPF GL Points)

Best Lifters of Masters 2 by IPF GL Formula

