

**Hong Kong Weightlifting and Powerlifting Association Limited**  
**Hong Kong Additional Dead-lift 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
<b>Juniors</b>												
<b>-74kg</b>												
1	Lau Ka Ho	31.01.00	HKG	69.90	0.1287	1	- - - ?	- - - ?	200.0 220.0 240.0	1 240.0	30.89	12

**Team (points)**

**Best Lifters of Juniors by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Total	GL Point	C.Rnk
1.	Lau Ka Ho	Hong Kong	69.90	240.0	30.8880	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