The Hong Kong Weightlifting and Powerlifting Association Limite Additional Hong Kong Powerlifting Championships 2022 (Men Equipped), Hong Kong (Hong Kong), 08.10.2022 **DETAILED SCORESHEET**

Name	d.o.b.	Team	Bwt	GL Coef	Lot		All Squat		All Bend	ch Press		All Deadlift	To	al GL Pt	s Pts
S															
₋au Ka Ho Jordan	31.01.00	HKG	71.40	0.1269	1	155.0	165.0 175.0	1 80	0.0 85.0	90.0 1	231.0	245.5 250.0	1 515	.0 65.35	12
(IPF GL Points)															
ifters of Juniors by IPF GL	_ Formula														
Lifter	Team					Bwt	Total	GL Poin	ts C.Rr	nk					
₋au Ka Ho Jordan	Hong Kon	g			7	1.40	515.0	65.353	5 0						
rs 1															
Yu Shui Lun	21.09.80	HKG	74.92	0.1229	2	115.0	125.0 140.0	1 70	0.0 85.0	90.0 1	125.0	180.0 200.0	1 410	.0 50.39	12
(IPF GL Points)															
	Name s Lau Ka Ho Jordan (IPF GL Points) Lifters of Juniors by IPF GL Lifter Lau Ka Ho Jordan rs 1 Yu Shui Lun (IPF GL Points)	Lau Ka Ho Jordan 31.01.00 (IPF GL Points) Lifters of Juniors by IPF GL Formula Lifter Team Lau Ka Ho Jordan Hong Kon rs 1 Yu Shui Lun 21.09.80	Lau Ka Ho Jordan 31.01.00 HKG (IPF GL Points) Lifters of Juniors by IPF GL Formula Lifter Team Lau Ka Ho Jordan Hong Kong rs 1 Yu Shui Lun 21.09.80 HKG	(IPF GL Points) Lifters of Juniors by IPF GL Formula Lifter Team Lau Ka Ho Jordan Hong Kong rs 1 Yu Shui Lun 21.09.80 HKG 74.92	(IPF GL Points) Lifters of Juniors by IPF GL Formula Lifter Team Lau Ka Ho Jordan Hong Kong rs 1 Yu Shui Lun 21.09.80 HKG 74.92 0.1229	Lau Ka Ho Jordan 31.01.00 HKG 71.40 0.1269 1 (IPF GL Points) Lifters of Juniors by IPF GL Formula Lifter Team I Lau Ka Ho Jordan Hong Kong 7 rs 1 Yu Shui Lun 21.09.80 HKG 74.92 0.1229 2	S	Cau Ka Ho Jordan 31.01.00 HKG 71.40 0.1269 1 155.0 165.0 175.0	S Lau Ka Ho Jordan 31.01.00 HKG 71.40 0.1269 1 155.0 165.0 175.0 1 80 80 80 80 80 80 80	S	Lau Ka Ho Jordan 31.01.00 HKG 71.40 0.1269 1 155.0 165.0 175.0 1 80.0 85.0 90.0 1 (IPF GL Points) Lifters of Juniors by IPF GL Formula Lifter Team Bwt Total GL Points C.Rnk Lau Ka Ho Jordan Hong Kong 71.40 515.0 65.3535 0 rs 1 Yu Shui Lun 21.09.80 HKG 74.92 0.1229 2 115.0 125.0 140.0 1 70.0 85.0 90.0 1	Lau Ka Ho Jordan 31.01.00 HKG 71.40 0.1269 1 155.0 165.0 175.0 1 80.0 85.0 90.0 1 231.0 (IPF GL Points) Lifters of Juniors by IPF GL Formula Lifter Team Bwt Total GL Points C.Rnk Lau Ka Ho Jordan Hong Kong 71.40 515.0 65.3535 0 rs 1 Yu Shui Lun 21.09.80 HKG 74.92 0.1229 2 115.0 125.0 140.0 1 70.0 85.0 90.0 1 125.0	Lau Ka Ho Jordan 31.01.00 HKG 71.40 0.1269 1 155.0 165.0 175.0 1 80.0 85.0 90.0 1 231.0 245.5 250.0 (IPF GL Points) Lifters of Juniors by IPF GL Formula Lifter Team Bwt Total GL Points C.Rnk Lau Ka Ho Jordan Hong Kong 71.40 515.0 65.3535 0 rs 1 Yu Shui Lun 21.09.80 HKG 74.92 0.1229 2 115.0 125.0 140.0 1 70.0 85.0 90.0 1 125.0 180.0 290.0	Lifters of Juniors by IPF GL Formula Lifter Team Bwt Total GL Points C.Rnk Lau Ka Ho Jordan Hong Kong 71.40 0.1229 2 115.0 125.0 140.0 1 70.0 85.0 90.0 1 125.0 180.0 299.0 1 410	Lifters of Juniors by IPF GL Formula Lifter Team Bwt Total GL Points C.Rnk Lau Ka Ho Jordan Bwt A Folia GL School Control Street School Control Control School Control Control School Control

Best Lifters of Masters 1 b	y IPF GL Formula			
Rnk Lifter	Team	Bwt	Total	GL Points C.Rnk
1. Yu Shui Lun	Hong Kong	74.92	410.0	50.3890 0

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