

**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**

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 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	1	515.0	65.35	12

**Team(IPF GL Points)**

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

Rnk	Lifter	Team	Bwt	Total	GL Points	C.Rnk
1.	Lau Ka Ho Jordan	Hong Kong	71.40	515.0	65.3535	0

**Masters 1**

<b>-83kg</b>																					
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	200.0	1	410.0	50.39	12

**Team(IPF GL Points)**

**Best Lifters of Masters 1 by 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