

The Hong Kong Weightlifting and Powerlifting Association Limited
Hong Kong Bench Press Championships 2023, Hong Kong (Hong Kong), 23.09.2023

DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	IPF GL Cf.	Lot	All Squat			All Bench Press			All Deadlift			Total	IPF GL	Pts			
Open																					
-66kg																					
1	Wong Kwok Sing	20.11.91	HKG	65.30	0.5705	2	-	-	-	?	135.0	140.5	142.5	1	-	-	-	?	140.5	80.16	12
-93kg																					
1	Wu Cheong	22.10.88	HKG	91.05	0.4794	9	-	-	-	?	150.0	155.0	157.5	1	-	-	-	?	155.0	74.31	12
2	On King	02.09.90	HKG	89.83	0.4826	8	-	-	-	?	140.0	150.0	157.5	2	-	-	-	?	150.0	72.39	9
3	Ko Man	23.10.97	HKG	92.03	0.4769	7	-	-	-	?	130.0	140.0	150.0	3	-	-	-	?	140.0	66.76	8

Team(IPF GL Points)

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	F	GL	Poir	C.Rnk
1.	Wong Kwok Sing	Hong Kong, China	65.30	140.5	80.15	81	1	
2.	Wu Cheong	Hong Kong, China	91.05	155.0	74.30	93	1	
3.	On King	Hong Kong, China	89.83	150.0	72.39	49	2	

Sub-Juniors

1	Choi Kai Nam	16.10.06	HKG	90.95	0.4797	6	-	-	-	?	70.0	80.0	90.0	1	-	-	-	?	70.0	33.58	12
---	--------------	----------	-----	-------	--------	---	---	---	---	---	------	------	------	---	---	---	---	---	------	-------	----

Team(IPF GL Points)

Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	F	GL	Poir	C.Rnk
1.	Choi Kai Nam	Hong Kong, China	90.95	70.0	33.57	73	1	

Juniors

-66kg																					
1	Chan Man Ine	05.11.04	HKG	65.19	0.5710	1	-	-	-	?	117.5	120.5	125.0	1	-	-	-	?	125.0	71.38	12
-74kg																					

1 Cheung Chun Sum 07.01.01 HKG 71.80 0.5419 4 - - - ? 110.0 125.0 130.0 1 - - - ? 125.0 67.74 12

Team(IPF GL Points)

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	F	GL	Poir	C.Rnk
1.	Chan Man Ine	Hong Kong, China	65.19	125.0	71.3809	1		
2.	Cheung Chun Sum	Hong Kong, China	71.80	125.0	67.7438	1		

Masters 1

1 Kiho Takahiro 29.06.75 HKG 72.69 0.5384 3 - - - ? 95.0 100.0 102.5 1 - - - ? 102.5 55.19 12

-83kg

1 Ma Tak Chuen 01.08.75 HKG 82.30 0.5045 5 - - - ? 100.0 110.0 115.0 1 - - - ? 110.0 55.49 12

Team(IPF GL Points)

Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	F	GL	Poir	C.Rnk
1.	Ma Tak Chuen	Hong Kong, China	82.30	110.0	55.4928	1		
2.	Kiho Takahiro	Hong Kong, China	72.69	102.5	55.1854	1		

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; wg - World Games 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, China