

The Hong Kong Weightlifting and Powerlifting Association Limited
Hong Kong Bench Press Championship 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												
-52kg												
1	Ma Hoi Ling	07.05.84	HKG	50.77	0.9785	1	- - -	35.0 40.0 45.0	1 - -	40.0	39.14	12
-76kg												
1	Choi Ngai Lam	17.07.97	HKG	71.27	0.7866	2	- - -	60.0 65.0 70.0	1 - -	65.0	51.13	12

Team(IPF GL Points)

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	F GL Poin	C.Rnk
1.	Choi Ngai Lam	Hong Kong, China	71.27	65.0	51.1260	0
2.	Ma Hoi Ling	Hong Kong, China	50.77	40.0	39.1414	0

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