

**INTERNATIONAL POWERLIFTING FEDERATION**  
**Hong Kong Bench Press Championships (Equipped) 2024, Hong Kong (Hong Kong), 05.10.2024**  
**SCORESHEET**

Rnk	Lifters	d.o.b.	Team	BWT	IPF GL Cf.	Lot	1 Att.	2 Att.	3 Att.	Result	IPF GL	Pts
<b>-59kg</b>												
1	Chow Jar Yue	17.06.92	None	59.00	0.4928	-10	135.0	140.0	140.0	140.0	68.99	12

**Team(IPF GL Points)**

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

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Chow Jar Yue	None	59.00	140.0	68.9889	0

**Abbreviations:**

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

None = None