

INTERNATIONAL POWERLIFTING FEDERATION

67th Festival of Sport - Hong Kong Powerlifting Championships 2024 (Equipped), Hong Kong (Hong Kong), 15.06.2024

DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	IPF GL	Cf.	Lot	All Squat			All Bench Press			All Deadlift			Total	IPF GL	Pts
-74kg																			
1	Wong Kwok Sing	20.11.91	None	70.16	0.1509		1	190.0	210.5	210.5	140.0	162.5	165.0	195.0	220.0	225.0	595.5	89.89	12

Team (points)

Best Lifters of Open by IPF GL Formula

R	Lifter	Team	Bwt	Total	IPF GL	Pts	C.Rnk
1.	Wong Kwok Sing	None	70.16	595.5	89.89	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.

None = None