

INTERNATIONAL POWERLIFTING FEDERATION
Hong Kong Bench Press Championships 2026 (Men Equipped), Hong Kong, 08.08.2026
SCORESHEET

Rnk	Lifters	d.o.b.	Team	BWT	IPF GL Cf.	Lot	1 Att.	2 Att.	3 Att.	Result	IPF GL	Pts
Open												
-74kg												
1	Wong Kwok Sing	20.11.91	Ind.	71.70	0.5424	13	155.0	160.0	170.0	160.0	86.78	12
-105kg												
1	Ko Ka Chun	27.02.97	Ind.	96.00	0.4672	15	130.0	140.0	145.0	145.0	47.11	12
2	Yip Yat King	15.06.88	Raw P	96.00	0.4672	12	110.0	120.0	130.0	120.0	38.99	9

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.

Ind. = Individual

Raw P = Raw Power