

INTERNATIONAL POWERLIFTING FEDERATION
Hong Kong Bench Press Championships 2026 (Women 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												
-63kg												
1	Luk Ching Yu	14.12.93	Raw P	60.20	0.8573	9	407.5	107.5	110.0	107.5	66.81	12
Masters 2												
-76kg												
1	Ho Wing Nga	24.03.73	Ind.	72.76	0.7802	14	70.0	72.5	72.5	72.5	40.35	12

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