

Results of Asian Benchpress Championships

29-30, 08, 2004

Jamshedpur, India



Women 44-56

No.	Class	Family name / First name	Nation	Birth Year	Body Weight	Benchpress				Best	Place	Wilk's Points
						1	2	3	4			
Junior												
1	44	Shilpi Agarwal	India	1984	43.95	37.5	40.0	42.5x		40.0	1	56.4
Senior												
2	48	U. Sudha Prabhu	India	1968	48.00	70.0	75.0	77.5x		75.0	1	99.3
3	48	Sundetova Aikerim	Kazakhstan	1975	48.00	62.5	70.0	72.5x		70.0	2	92.7
Sub-Junior												
4	52	Zhukova Tatyana	Kazakhstan	1987	51.75	62.5x	62.5x	62.5x				
Senior												
5	52	Kim Marina	Kazakhstan	1977	48.30	30.0	35.0	40.0x		35.0	2	46.1
6	52	Nayana Sriyan	India	1974	48.30	55.0x	55.0	65.0		65.0	1	85.7
Sub-Junior												
8	56	Davydova Natalya	Kazakhstan	1987	55.20	75.0	80.0x	80.0x		75.0	1	89.3
Junior												
9	56	Shweta Agarwal	India	1985	52.30	40.0	45.0	50.0x		45.0	1	55.8
Senior												
10	56	Ip Wing Yuk	Hong Kong	1961	55.95	67.5x	70.0x	72.5x				0.0
Master 1												
11	56	Mridula Agarwal	India	1955	55.90	45.0	50.0	55.0x		50.0	1	58.9

Results of Asian Benchpress Championships

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Women 60-90+

No.	Class	Family name / First name	Nation	Birth Year	Body Weight	Benchpress				Best	Place	Wilk's Points
						1	2	3	4			
Sub-Junior												
20	56	Rekha Acharya	India	1987	56.65	50.0	55.0	57.5x			1	64.2
Senior												
21	60	Iskandarova Valida	Kazakhstan	1974	58.50	90.0	92.5x	92.5		92.5	1	105.2
22	60	Manjula	India	1972	58.35	60.0	65.0	67.5		67.5	2	77.0
Senior												
23	67.5	Geeta Dongre	India	1973	64.70	75.0	82.5	90.0		90.0	1	94.7
Senior												
24	75	Ritu Sharma	India	1980	71.50	55.0	62.5	70.0x		62.5	1	61.3
Junior												
25	82.5	Sampada Dopatkar	India	1981	81.95	60.0	65.0x	65.0x		60.0	1	54.2
Senior												
26	82.5	Karuna Mohan Thorat	India	1983	79.25	62.5x	62.5	67.5		67.5	1	62.1
Senior												
27	90	Ruma Pal	India	1966	84.35	72.5	80.0	82.5x		80.0	2	71.2
28	90	Nilima Saraf	India	1976	84.00	75.0x	75.0	80.0		80.0	1	71.3
Senior												
29	90+	Sampa Guha	India	1967	94.45	80.0	92.5	100.0		100.0	1	84.8