



16th Men & 15th Women Asian Powerlifting Championship

28.04-02.05 2004 Zarafshan

| NR | NAME | Country | B.D. | BDW. | SQUAT | | | | BENCHPRESS | | | | SUB. | DEADLIFT | | | | TOT. | WIIk's | PL. | | |
|--------------------------|-------------------|---------|------|-------|--------|--------|--------|--------|------------|--------|--------|-----|-------|----------|-------|--------|-----|-------|--------|------|--|--|
| | | | | | 1. | 2. | 3. | Rec | 1. | 2. | 3. | Rec | | 1. | 2. | 3. | Rec | | | | | |
| Class - Men 52 KG | | | | | | | | | | | | | | | | | | | | | | |
| Sub-Jr | | | | | | | | | | | | | | | | | | | | | | |
| | Kozba D | KAZ | 1986 | 50.5 | 120.0 | 130.0 | 140.0 | 0.0 | 75.0 | -80.0 | 80.0 | 0.0 | 220.0 | 120.0 | 130 | 140.0 | 0.0 | 360.0 | 364.4 | 12 | | |
| | Sultanov B | UZB | 1987 | 51.85 | 130.0 | 140.0 | -145.0 | 0.0 | 50.0 | -60.0 | -60.0 | 0.0 | 190.0 | 130.0 | 150 | 162.5 | 0.0 | 352.5 | 345.9 | 9 | | |
| | Yildashev A | UZB | 1989 | 50.5 | 70.0 | 90.0 | -102.5 | 0.0 | 45.0 | 52.5 | 55.0 | 0.0 | 145.0 | 70.0 | 100 | 115.0 | 0.0 | 260.0 | 263.2 | 8 | | |
| Jr | | | | | | | | | | | | | | | | | | | | | | |
| | Buriev I | UZB | 1982 | 51.8 | 155.0 | 170.0 | 180.0 | 0.0 | 100.0 | 110.0 | 115.0 | 0.0 | 295.0 | 160.0 | 175 | 187.5 | 0.0 | 482.5 | 475.4 | 12 | | |
| | Mokshin R | KAZ | 1985 | 50.75 | 140.0 | -147.5 | -147.5 | 0.0 | 95.0 | -100.0 | 100.0 | 0.0 | 240.0 | 165.0 | -175 | -175.0 | 0.0 | 405.0 | 397.4 | 9 | | |
| Senior | | | | | | | | | | | | | | | | | | | | | | |
| | Hodiev Z | UZB | 1979 | 51.8 | 140.0 | 160.0 | -175.0 | 0.0 | 80.0 | 90.0 | 100.0 | 0.0 | 260.0 | 170.0 | 200 | -205.0 | 0.0 | 460.0 | 453.2 | 12 | | |
| | Karabekhan A | UZB | 1969 | 50.65 | 115.0 | -125.0 | 125.0 | 0.0 | 70.0 | 77.5 | -82.5 | 0.0 | 202.5 | -130.0 | 130 | 150.0 | 0.0 | 352.5 | 345.9 | 9 | | |
| Master 3 | | | | | | | | | | | | | | | | | | | | | | |
| | Kim-Won Pok | HOG | 0 | 50.8 | 90.0 | 105.0 | -115.0 | 0.0 | 45.0 | 55.0 | 60.0 | 0.0 | 165.0 | 100.0 | 120 | 130.0 | 0.0 | 295.0 | 296.7 | 12 | | |
| Class - Men 56 KG | | | | | | | | | | | | | | | | | | | | | | |
| Sub-Jr | | | | | | | | | | | | | | | | | | | | | | |
| | Kuramshin A | KAZ | 1986 | 54.3 | 160.0 | 170.0 | 180.0 | -190.5 | 105.0 | -110.0 | -110.0 | 0.0 | 285.0 | 170.0 | 182.5 | 192.5 | 0.0 | 477.5 | 434.7 | 12 | | |
| | Kim A | UZB | 1987 | 54.3 | 150.0 | -165.0 | 165.0 | 0.0 | 70.0 | 85.0 | -90.0 | 0.0 | 250.0 | 140.0 | 175 | -185.0 | 0.0 | 425.0 | 398.9 | 9 | | |
| Jr | | | | | | | | | | | | | | | | | | | | | | |
| | Dzhumandaliyev Z | KAZ | 1982 | 55.8 | 170.0 | -185.0 | -195.0 | 0.0 | 85.0 | 95.0 | 100.0 | 0.0 | 270.0 | 160.0 | 182.5 | -190.0 | 0.0 | 452.5 | 411.9 | 12 | | |
| | Khojiboev Kh | TAD | 0 | 55.8 | 80.0 | 100.0 | 120.0 | 0.0 | 50.0 | 80.0 | -92.5 | 0.0 | 200.0 | 80.0 | 120 | 135.0 | 0.0 | 335.0 | 305.0 | 9 | | |
| Senior | | | | | | | | | | | | | | | | | | | | | | |
| | Rakhmankulov A | UZB | 1976 | 55.7 | 185.0 | 210.0 | 220.0 | 0.0 | 110.0 | 117.5 | 120.0 | 0.0 | 340.0 | 220.0 | 225 | 235.0 | 0.0 | 575.0 | 526.2 | 12 | | |
| | Santosh Bandre | IND | 0 | 56.0 | -215.0 | 215.0 | -220.0 | 0.0 | 110.0 | -117.5 | -117.5 | 0.0 | 325.0 | 220.0 | 230 | -247.5 | 0.0 | 555.0 | 505.2 | 9 | | |
| | Suluhmi Harefa | INY | 1967 | 55.8 | -215.0 | -215.0 | -215.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | 0 | 0.0 | 0.0 | 0.0 | 0.0 | Disq | | |
| Master 1 | | | | | | | | | | | | | | | | | | | | | | |
| | Mohan Krishna | IND | 0 | 54.6 | -165.0 | 165.0 | 175.0 | 0.0 | 70.0 | 77.5 | 80.0 | 0.0 | 255.0 | 170.0 | 180 | 187.5 | 0.0 | 442.5 | 413.0 | 12 | | |
| Class - Men 60 KG | | | | | | | | | | | | | | | | | | | | | | |
| Sub-Jr | | | | | | | | | | | | | | | | | | | | | | |
| | Hakimdjanov T | UZB | 1987 | 60.0 | 190.0 | 210.0 | 218.0 | 0.0 | 90.0 | 105.0 | 110.0 | 0.0 | 328.0 | 160.0 | 182.5 | 195.0 | 0.0 | 523.0 | 446.1 | 12 | | |
| Jr | | | | | | | | | | | | | | | | | | | | | | |
| | Palvinder Singh | IND | 0 | 59.8 | 200.0 | -210.0 | 210.0 | 0.0 | 120.0 | -130.0 | 130.0 | 0.0 | 340.0 | 200.0 | -210 | 0.0 | 0.0 | 540.0 | 460.6 | 12 | | |
| | Kim A | KAZ | 0 | 58.4 | 155.0 | 165.0 | -175.0 | 0.0 | 90.0 | 97.5 | -105.0 | 0.0 | 262.5 | 150.0 | 160 | 170.0 | 0.0 | 432.5 | 378.2 | 9 | | |
| | Hrushceev D | UZB | 1983 | 56.3 | 70.0 | 90.0 | 105.0 | 0.0 | 65.0 | 75.0 | -77.5 | 0.0 | 180.0 | 70.0 | 100 | -120.0 | 0.0 | 280.0 | 253.6 | 8 | | |
| Senior | | | | | | | | | | | | | | | | | | | | | | |
| | Nasirov R | UZB | 1981 | 59.4 | 170.0 | 185.0 | 195.0 | 0.0 | 100.0 | 110.0 | 112.5 | 0.0 | 307.5 | 170.0 | 190 | 200.0 | 0.0 | 507.5 | 436.9 | 12 | | |
| | Safin R | UZB | 1970 | 59.5 | 140.0 | 150.0 | -165.0 | 0.0 | 70.0 | -85.0 | -92.5 | 0.0 | 220.0 | 160.0 | 170 | -180.0 | 0.0 | 390.0 | 335.2 | 9 | | |
| Master 2 | | | | | | | | | | | | | | | | | | | | | | |
| | Heeralal Jariwala | IND | 0 | 59.2 | 120.0 | 135.0 | 150.0 | 0.0 | 90.0 | 105.0 | 112.5 | 0.0 | 262.5 | 130.0 | 145 | 155.0 | 0.0 | 417.5 | 360.5 | 12 | | |
| Master 3 | | | | | | | | | | | | | | | | | | | | | | |
| | Izmailov H | UZB | 1939 | 59.2 | 60.0 | 80.0 | -95.0 | 0.0 | 50.0 | 65.0 | -70.0 | 0.0 | 145.0 | 110.0 | 130 | 150.0 | 0.0 | 295.0 | 252.0 | 12 | | |
| | Dilmuradov | UZB | 0 | 59.9 | 80.0 | 90.0 | 95.0 | 0.0 | 40.0 | 50.0 | -55.0 | 0.0 | 145.0 | 100.0 | 110 | 115.0 | 0.0 | 260.0 | 222.1 | 9 | | |



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|----------------------------|-----------------|---------|------|------|--------|--------|--------|-----|------------|--------|--------|-----|-------|----------|--------|--------|-----|-------|--------|-----|--|--|--|
| | | | | | 1. | 2. | 3. | Rec | 1. | 2. | 3. | Rec | | 1. | 2. | 3. | Rec | | | | | | |
| Class - Men 67,5 KG | | | | | | | | | | | | | | | | | | | | | | | |
| Sub-Jr | | | | | | | | | | | | | | | | | | | | | | | |
| | Safin A | UZB | 1988 | 63.9 | 165.0 | 175.0 | 185.0 | 0.0 | -90.0 | 90.0 | 95.0 | 0.0 | 280.0 | 160.0 | 180 | 185.0 | 0.0 | 465.0 | 375.1 | 12 | | | |
| | Ramilev I | UZB | 1989 | 66.0 | 80.0 | 105.0 | 120.0 | 0.0 | 50.0 | 60.0 | -65.0 | 0.0 | 180.0 | 110.0 | 140 | -182.5 | 0.0 | 320.0 | 251.3 | 9 | | | |
| Jr | | | | | | | | | | | | | | | | | | | | | | | |
| | Lapicov D | KAZ | 1982 | 66.7 | -230.0 | 230.0 | 235.0 | 0.0 | 120.0 | -130.0 | -130.0 | 0.0 | 355.0 | 220.0 | 240 | -250.0 | 0.0 | 595.0 | 463.2 | 12 | | | |
| | Rahmanov B | UZB | 1985 | 67.2 | 180.0 | 200.0 | 205.0 | 0.0 | 100.0 | 115.0 | -117.5 | 0.0 | 320.0 | 180.0 | 200 | -207.5 | 0.0 | 520.0 | 402.4 | 9 | | | |
| Senior | | | | | | | | | | | | | | | | | | | | | | | |
| | Urazbayev A | KAZ | 0 | 66.8 | 260.0 | -270.0 | -275.0 | 0.0 | 145.0 | -150.0 | 150.0 | 0.0 | 410.0 | 280.0 | 290 | -300.0 | 0.0 | 700.0 | 539.7 | 12 | | | |
| | Adeel Rana | PAK | 1980 | 67.2 | 240.0 | -250.0 | -250.0 | 0.0 | 155.0 | 162.5 | -170.0 | 0.0 | 402.5 | 250.0 | -270 | 0.0 | 0.0 | 652.5 | 503.1 | 9 | | | |
| Master 1 | | | | | | | | | | | | | | | | | | | | | | | |
| | Najmidinov V | UZB | 1966 | 67.4 | 115.0 | 135.0 | -152.5 | 0.0 | 80.0 | -105.0 | -105.0 | 0.0 | 215.0 | 100.0 | -180 | 0.0 | 0.0 | 315.0 | 243.1 | 12 | | | |
| Master 2 | | | | | | | | | | | | | | | | | | | | | | | |
| | Tsoi Y | UZB | 1952 | 66.7 | 140.0 | 150.0 | 160.0 | 0.0 | 105.0 | 115.0 | 120.0 | 0.0 | 280.0 | 170.0 | 185 | 195.0 | 0.0 | 475.0 | 369.8 | 12 | | | |
| | Mukul Vyas | IND | 0 | 63.5 | 140.0 | 150.0 | 157.5 | 0.0 | -110.0 | 110.0 | -125.0 | 0.0 | 267.5 | 150.0 | 165 | 175.0 | 0.0 | 442.5 | 358.9 | 9 | | | |
| Master 3 | | | | | | | | | | | | | | | | | | | | | | | |
| | Abdurakhmanov R | KAZ | 1939 | 66.6 | 110.0 | -120.0 | -120.0 | 0.0 | 70.0 | 75.0 | 80.0 | 0.0 | 190.0 | 165.0 | 170 | 185.0 | 0.0 | 375.0 | 292.3 | 12 | | | |
| | Petrosov G | UZB | 1934 | 66.3 | 100.0 | 115.0 | 120.0 | 0.0 | -65.0 | 65.0 | -72.5 | 0.0 | 185.0 | 105.0 | 125 | 0.0 | 0.0 | 310.0 | 242.5 | 9 | | | |
| Class - Men 75 KG | | | | | | | | | | | | | | | | | | | | | | | |
| Sub-Jr | | | | | | | | | | | | | | | | | | | | | | | |
| | Magomadov D | KAZ | 1986 | 72.6 | 210.0 | 220.0 | 227.5 | 0.0 | 130.0 | 137.0 | 142.5 | 0.0 | 370.0 | 220.0 | 235 | 247.5 | 0.0 | 617.5 | 450.34 | 12 | | | |
| | Imran Haider | PAK | 1986 | 68.3 | 190.0 | 200.0 | 205.0 | 0.0 | 95.0 | 100.0 | 105.0 | 0.0 | 310.0 | 200.0 | 210 | 220.0 | 0.0 | 530.0 | 404.81 | 9 | | | |
| | Gass S | UZB | 1987 | 74.0 | 180.0 | 190.0 | 200.0 | 0.0 | 90.0 | 95.0 | -97.5 | 0.0 | 295.0 | 190.0 | 210 | -222.5 | 0.0 | 505.0 | 363.25 | 8 | | | |
| Jr | | | | | | | | | | | | | | | | | | | | | | | |
| | Fairyshin K | KAZ | 1985 | 74.3 | 240.0 | 255.0 | 265.0 | 0.0 | 137.5 | -145.0 | 145.0 | 0.0 | 410.0 | 260.0 | -275 | -275.0 | 0.0 | 670.0 | 480.59 | 12 | | | |
| | Jubanaev D | UZB | 1983 | 74.3 | 210.0 | 220.0 | -230.0 | 0.0 | 140.0 | 147.5 | 150.0 | 0.0 | 370.0 | 200.0 | 215 | 227.5 | 0.0 | 597.5 | 428.59 | 9 | | | |
| | Abdulloev F | TAD | 0 | 72.2 | 180.0 | 190.0 | 192.5 | 0.0 | 125.0 | -135.0 | 135.0 | 0.0 | 327.5 | 220.0 | 225 | 230.0 | 0.0 | 557.5 | 397.27 | 8 | | | |
| | Klimov V | UZB | 1981 | 72.4 | 200.0 | 207.5 | 220.0 | 0.0 | 130.0 | 140.0 | -142.5 | 0.0 | 360.0 | 190.0 | -212.5 | -212.5 | 0.0 | 550.0 | 391.93 | 7 | | | |
| Senior | | | | | | | | | | | | | | | | | | | | | | | |
| | Turakhanov D | KAZ | 1974 | 74.8 | 280.0 | 292.5 | 302.5 | 0.0 | 160.0 | 170.0 | -175.0 | 0.0 | 472.5 | 280.0 | 290 | 300.0 | 0.0 | 772.5 | 550.48 | 12 | | | |
| | V. George | IND | 0 | 72.9 | 250.0 | -270.0 | -270.0 | 0.0 | 140.0 | 150.0 | -152.5 | 0.0 | 400.0 | 250.0 | 265 | 275.0 | 0.0 | 675.0 | 490.79 | 9 | | | |
| | Olla A | UZB | 1974 | 73.5 | 240.0 | -262.5 | 262.5 | 0.0 | 145.0 | 155.0 | 160.0 | 0.0 | 422.5 | 225.0 | 242.5 | -247.5 | 0.0 | 665.0 | 480.66 | 8 | | | |
| | Enrique Rosales | PIL | 1976 | 73.9 | 205.0 | -225.0 | 225.0 | 0.0 | -180.0 | 180.0 | 185.0 | 0.0 | 410.0 | 200.0 | 240 | 247.5 | 0.0 | 657.5 | 468.53 | 7 | | | |
| Master 1 | | | | | | | | | | | | | | | | | | | | | | | |
| | Kadzhiyev G | KAZ | 1957 | 74.3 | 220.0 | 230.0 | -235.0 | 0.0 | 130.0 | 140.0 | 145.0 | 0.0 | 375.0 | 215.0 | 225 | 230.0 | 0.0 | 605.0 | 431.12 | 12 | | | |
| | Lee Yong Soo | KOR | 0 | 74.0 | 210.0 | 222.5 | 232.5 | 0.0 | 120.0 | 137.5 | 142.5 | 0.0 | 375.0 | 200.0 | 210 | 215.0 | 0.0 | 590.0 | 424.39 | 9 | | | |
| | Reza Jafari | IRN | 1960 | 74.8 | 205.0 | 222.5 | 230.0 | 0.0 | 120.0 | 135.0 | -137.5 | 0.0 | 365.0 | 195.0 | 205 | -217.5 | 0.0 | 570.0 | 406.18 | 8 | | | |
| | Kodirov H | UZB | 1955 | 72.8 | 150.0 | 170.0 | 200.0 | 0.0 | 120.0 | 130.0 | -135.0 | 0.0 | 330.0 | 180.0 | 192.5 | 205.0 | 0.0 | 535.0 | 381.24 | 7 | | | |
| Master 2 | | | | | | | | | | | | | | | | | | | | | | | |
| | Bhawan Bhai | IND | 0 | 71.7 | 115.0 | 130.0 | 140.0 | 0.0 | 85.0 | 95.0 | 105.0 | 0.0 | 245.0 | 150.0 | 175 | 190.0 | 0.0 | 435.0 | 320.16 | 12 | | | |
| Master 3 | | | | | | | | | | | | | | | | | | | | | | | |
| | Alzhanov T | KAZ | 1942 | 73.9 | 140.0 | 150.0 | -165.0 | 0.0 | 90.0 | 100.0 | -102.5 | 0.0 | 250.0 | 160.0 | 170 | 187.5 | 0.0 | 437.5 | 315.00 | 12 | | | |



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|----------------------------|--------------------------|---------|------|-------|--------|--------|--------|-----|------------|--------|--------|-----|-------|----------|-------|--------|------|-------|---------|-----|--|
| | | | | | 1. | 2. | 3. | Rec | 1. | 2. | 3. | Rec | | 1. | 2. | 3. | Rec | | | | |
| Class - Men 82,5 KG | | | | | | | | | | | | | | | | | | | | | |
| Sub-Jr | | | | | | | | | | | | | | | | | | | | | |
| | Kydryavtsev M | KAZ | 1986 | 82.50 | 275.0 | 290.0 | -295.0 | 0.0 | -145.0 | 145.0 | -150.0 | 0.0 | 435.0 | -260.0 | -260 | 260.0 | 0.0 | 695.0 | 486.4 | 12 | |
| | Nechaev S | UZB | 1987 | 81.55 | 200.0 | -220.0 | 220.0 | 0.0 | -110.0 | 110.0 | 125.0 | 0.0 | 345.0 | 200.0 | 215 | 225.0 | 0.0 | 570.0 | 398.9 | 9 | |
| | Muhammad Kashif Iqbal | PAK | 1986 | 76.50 | 150.0 | 170.0 | 195.0 | 0.0 | -120.0 | 120.0 | -132.5 | 0.0 | 315.0 | 200.0 | 220 | 230.0 | 0.0 | 545.0 | 383.1 | 8 | |
| Jr | | | | | | | | | | | | | | | | | | | | | |
| | Zinoviyev D | KAZ | 1984 | 81.65 | 250.0 | 262.5 | 267.5 | 0.0 | 162.5 | 172.5 | 177.5 | 0.0 | 445.0 | 260.0 | 282.5 | -287.5 | 0.0 | 727.5 | 509.2 | 12 | |
| | Brindin P | UZB | 1981 | 81.90 | 270.0 | 290.0 | 295.0 | 0.0 | 155.0 | 167.5 | 170.0 | 0.0 | 465.0 | 250.0 | 262.5 | -270.0 | 0.0 | 727.5 | 489.5 | 9 | |
| | S. Suryanarayana | IND | 0 | 80.40 | 240.0 | 247.5 | -255.0 | 0.0 | 117.5 | -125.0 | 125.0 | 0.0 | 372.5 | -290.0 | 290 | 305.0 | -313 | 677.5 | 461.1 | 8 | |
| | Ftemov I | UZB | 1981 | 81.35 | 220.0 | 240.0 | -247.5 | 0.0 | 135.0 | 145.0 | 150.0 | 0.0 | 390.0 | 240.0 | -250 | -250.0 | 0.0 | 630.0 | 440.9 | 7 | |
| | Mukesh Pal | IND | 0 | 81.85 | 225.0 | 232.5 | -240.0 | 0.0 | 140.0 | -145.0 | -145.0 | 0.0 | 372.5 | 250.0 | -260 | -260.0 | 0.0 | 622.5 | 435.7 | 6 | |
| | Kadirov A | TAD | 0 | 79.80 | 130.0 | 145.0 | -160.0 | 0.0 | 100.0 | -115.0 | -120.0 | 0.0 | 245.0 | 160.0 | 180 | 200.0 | 0.0 | 445.0 | 304.3 | 5 | |
| Senior | | | | | | | | | | | | | | | | | | | | | |
| | Farshid Soltani | IRN | 1969 | 81.20 | 280.0 | -292.5 | -295.0 | 0.0 | 180.0 | -187.5 | 187.5 | 0.0 | 467.5 | 270.0 | 280 | 287.5 | 0.0 | 755.0 | 510.7 | 12 | |
| | Adjiasmanov R | UZB | 1976 | 81.40 | 265.0 | 282.5 | 290.0 | 0.0 | 170.0 | 185.0 | -192.5 | 0.0 | 475.0 | 250.0 | 270 | -277.5 | 0.0 | 745.0 | 503.2 | 9 | |
| | Nikitin A | KAZ | 1980 | 81.70 | 270.0 | 280.0 | -290.0 | 0.0 | 160.0 | -170.0 | -170.0 | 0.0 | 440.0 | 280.0 | 295 | -307.5 | 0.0 | 735.0 | 495.3 | 8 | |
| | Bajanov | KAZ | 0 | 81.90 | 255.0 | -265.0 | -265.0 | 0.0 | 162.5 | -170.0 | -172.5 | 0.0 | 417.5 | 280.0 | -290 | 290.0 | 0.0 | 707.5 | 476.1 | 7 | |
| | Davaatseren Munkh-Erdene | MON | 1975 | 82.25 | 240.0 | -250.0 | -250.0 | 0.0 | 170.0 | 177.5 | -182.5 | 0.0 | 417.5 | 220.0 | 230 | -235.0 | 0.0 | 647.5 | 453.2 | 6 | |
| | Hussain Lal | IND | 0 | 79.90 | -250.0 | 250.0 | -260.0 | 0.0 | -145.0 | 145.0 | -150.0 | 0.0 | 395.0 | 250.0 | 260 | -270.0 | 0.0 | 655.0 | 447.5 | 5 | |
| | Nabiev D | TAD | 0 | 79.60 | 130.0 | 145.0 | 162.5 | 0.0 | 110.0 | 125.0 | 130.0 | 0.0 | 292.5 | 130.0 | 170 | 180.0 | 0.0 | 472.5 | 323.6 | 4 | |
| Master 1 | | | | | | | | | | | | | | | | | | | | | |
| | Eliseyev M | KAZ | 1956 | 79.20 | 205.0 | 215.0 | -225.0 | 0.0 | 140.0 | -150.0 | 150.0 | 0.0 | 365.0 | 230.0 | -245 | 245.0 | 0.0 | 610.0 | 419.1 | 12 | |
| | T.K. Vikas | IND | 0 | 82.40 | 210.0 | 230.0 | -240.0 | 0.0 | 140.0 | 145.0 | -150.0 | 0.0 | 375.0 | 220.0 | 235 | -245.0 | 0.0 | 610.0 | 408.9 | 9 | |
| Master 3 | | | | | | | | | | | | | | | | | | | | | |
| | Volkov A | KAZ | 1939 | 80.70 | 145.0 | 155.0 | 165.0 | 0.0 | 75.0 | -80.0 | 80.0 | 0.0 | 245.0 | 155.0 | 170 | 190.0 | 0.0 | 435.0 | 295.4 | 12 | |
| Class - Men 90 KG | | | | | | | | | | | | | | | | | | | | | |
| Sub-Jr | | | | | | | | | | | | | | | | | | | | | |
| | Prokopenko I | KAZ | 1986 | 82.75 | 240.0 | 252.5 | 260.0 | 0.0 | 140.0 | 147.5 | -150.0 | 0.0 | 407.5 | -250.0 | 250 | -265.0 | 0.0 | 657.5 | 438.9 | 12 | |
| | Nitin Sharma | IND | 0 | 83.40 | 190.0 | 200.0 | 207.5 | 0.0 | 125.0 | 135.0 | -142.5 | 0.0 | 342.5 | 200.0 | 210 | 217.5 | 0.0 | 560.0 | 372.7 | 9 | |
| Jr | | | | | | | | | | | | | | | | | | | | | |
| | Vedzizhev U | KAZ | 1982 | 87.85 | 280.0 | 290.0 | 300.0 | 0.0 | 210.0 | -220.0 | -220.0 | 0.0 | 510.0 | 270.0 | -280 | 280.0 | 0.0 | 790.0 | 504.3 | 12 | |
| | Melnikov D | UZB | 1984 | 89.00 | 260.0 | 275.0 | -280.0 | 0.0 | 160.0 | 167.5 | 172.5 | 0.0 | 447.5 | 290.0 | 300 | 312.5 | 0.0 | 760.0 | 488.0 | 9 | |
| | Baubekov M | KAZ | 1982 | 88.10 | 280.0 | -295.0 | -300.0 | 0.0 | -160.0 | 170.0 | -177.5 | 0.0 | 450.0 | 280.0 | 300 | 307.5 | 0.0 | 757.5 | 489.0 | 8 | |
| | Christopher Uichanco | PIL | 0 | 87.60 | 210.0 | 245.0 | 250.0 | 0.0 | 145.0 | 160.0 | 167.5 | 0.0 | 417.5 | 210.0 | 240 | -270.0 | 0.0 | 657.5 | 425.7 | 7 | |
| | Yunusov G | TAD | 0 | 88.70 | 130.0 | 160.0 | -170.0 | 0.0 | -120.0 | 135.0 | -145.0 | 0.0 | 295.0 | 140.0 | 170 | 0.0 | 0.0 | 465.0 | 299.1 | 6 | |
| Senior | | | | | | | | | | | | | | | | | | | | | |
| | Vorona D | KAZ | 1983 | 89.00 | 310.0 | 330.0 | 338.0 | 0.0 | 180.0 | -190.0 | -190.0 | 0.0 | 518.0 | 300.0 | 320 | -336.5 | 0.0 | 838.0 | 538.1 | 12 | |
| | Koteshwar Rao | IND | 0 | 89.00 | 290.0 | -305.0 | -305.0 | 0.0 | 140.0 | -152.5 | 152.5 | 0.0 | 442.5 | 310.0 | 330 | 336.0 | 0.0 | 778.5 | 499.9 | 9 | |
| | Hardin K | UZB | 1967 | 88.00 | 260.0 | 290.0 | -305.0 | 0.0 | 145.0 | 160.0 | 165.0 | 0.0 | 455.0 | 280.0 | 310 | 322.5 | 0.0 | 777.5 | 502.2 | 8 | |
| | Anuj Vashist | IND | 0 | 84.90 | -250.0 | 250.0 | -270.0 | 0.0 | 150.0 | 160.0 | -165.0 | 0.0 | 410.0 | 252.5 | -260 | -260.0 | 0.0 | 662.5 | 436.5 | 7 | |
| Master 1 | | | | | | | | | | | | | | | | | | | | | |
| | Shkirman V | KAZ | 1964 | 82.55 | 200.0 | 220.0 | -230.0 | 0.0 | 130.0 | 140.0 | -145.0 | 0.0 | 360.0 | 240.0 | 260 | 280.0 | 0.0 | 640.0 | 408.6 | 12 | |
| | Lybakin G | UZB | 1960 | 83.50 | 190.0 | 200.0 | 210.0 | 0.0 | 140.0 | 145.0 | -147.5 | 0.0 | 355.0 | 180.0 | 200 | 210.0 | 0.0 | 565.0 | 375.8 | 9 | |
| | Ermetov U | KAZ | 1959 | 88.50 | 150.0 | 170.0 | 185.0 | 0.0 | -140.0 | 140.0 | -145.0 | 0.0 | 325.0 | 160.0 | 180 | -200.0 | 0.0 | 505.0 | 325.2 | 8 | |
| Master 2 | | | | | | | | | | | | | | | | | | | | | |
| | Sunfav Khukhuu | MNG | 1948 | 89.00 | 140.0 | 155.0 | 165.0 | 0.0 | 105.0 | 110.0 | 115.0 | 0.0 | 280.0 | 180.0 | 190 | -200.0 | 0.0 | 470.0 | 301.8 | 12 | |
| | Groisman M | UZB | 1946 | 86.90 | 130.0 | 145.0 | 150.0 | 0.0 | 90.0 | -105.0 | 105.0 | 0.0 | 255.0 | 145.0 | 155 | 160.0 | 0.0 | 415.0 | 269.9 | 9 | |
| Master 3 | | | | | | | | | | | | | | | | | | | | | |
| | Skril E | KAZ | 1941 | 87.80 | 150.0 | -180.0 | 180.0 | 0.0 | 80.0 | -95.0 | 95.0 | 0.0 | 275.0 | 140.0 | 160 | 0.0 | 0.0 | 435.0 | 281.3 | 12 | |



16th Men & 15th Women Asian Powerlifting Championship

28.04-02.05 2004 Zarafshan

| NR | NAME | Country | B.D. | BDW. | SQUAT | | | | BENCHPRESS | | | | SUB. | DEADLIFT | | | | TOT. | Willk's | PL. | | |
|---------------------------|-----------------------|---------|------|--------|--------|--------|--------|--------|------------|--------|--------|-------|-------|----------|--------|--------|-----|--------|---------|-----|--|--|
| | | | | | 1. | 2. | 3. | Rec | 1. | 2. | 3. | Rec | | 1. | 2. | 3. | Rec | | | | | |
| Class - Men 100 KG | | | | | | | | | | | | | | | | | | | | | | |
| Sub-Jr | | | | | | | | | | | | | | | | | | | | | | |
| | Naniev E | UZB | 1988 | 90.30 | 210.0 | 220.0 | 230.0 | 0.0 | 115.0 | -120.0 | 120.0 | 0.0 | 350.0 | 220.0 | 235 | 245.0 | 0.0 | 595.0 | 379.2 | 12 | | |
| | Ionin A | KAZ | 1988 | 91.30 | 220.0 | 235.0 | 242.5 | 0.0 | 110.0 | 117.5 | -120.0 | 0.0 | 360.0 | 210.0 | 225 | -235.0 | 0.0 | 585.0 | 370.8 | 9 | | |
| Jr | | | | | | | | | | | | | | | | | | | | | | |
| | Pradeep Tenden | IND | 0 | 99.10 | 260.0 | -285.0 | 290.0 | 0.0 | 180.0 | 200.0 | -210.0 | 0.0 | 490.0 | 230.0 | 245 | 250.0 | 0.0 | 740.0 | 452.0 | 12 | | |
| | Nuraev R | UZB | 1981 | 90.30 | 240.0 | 260.0 | -272.5 | 0.0 | 140.0 | 160.0 | -167.5 | 0.0 | 420.0 | 270.0 | 300 | -302.5 | 0.0 | 720.0 | 458.9 | 9 | | |
| | Titayev A | KAZ | 1985 | 96.80 | 225.0 | 245.0 | -252.5 | 0.0 | 130.0 | 145.0 | 150.0 | 0.0 | 395.0 | 225.0 | 240 | -250.0 | 0.0 | 635.0 | 391.7 | 8 | | |
| Senior | | | | | | | | | | | | | | | | | | | | | | |
| | Panfilov D | KAZ | 1974 | 99.60 | 310.0 | 320.0 | 330.0 | 0.0 | 235.0 | 242.5 | 247.5 | 248.0 | 578.0 | 300.0 | -310 | -310.0 | 0.0 | 877.50 | 535.2 | 12 | | |
| | Hossein Fatemi | IRN | 1980 | 96.40 | 300.0 | 317.5 | 325.0 | 0.0 | 210.0 | 222.5 | 227.5 | 0.0 | 552.5 | 290.0 | 307.5 | 312.5 | 0.0 | 865.0 | 534.6 | 9 | | |
| | Djioev A | UZB | 1974 | 97.90 | 305.0 | 315.0 | -320.0 | 0.0 | 220.0 | 230.0 | 235.0 | 0.0 | 550.0 | 300.0 | -315 | -327.5 | 0.0 | 850.0 | 521.8 | 8 | | |
| | Muhammad Imran Khalid | PAK | 1980 | 96.25 | 320.0 | -340.0 | -340.0 | -340.0 | 200.0 | -212.5 | -212.5 | 0.0 | 520.0 | 290.0 | 310 | 315.0 | 0.0 | 835.0 | 508.2 | 7 | | |
| | Lilavin A | KAZ | 1969 | 93.70 | 290.0 | 300.0 | 305.0 | 0.0 | 185.0 | -190.0 | -190.0 | 0.0 | 490.0 | 300.0 | 320 | -325.0 | 0.0 | 810.0 | 507.1 | 6 | | |
| | S. Nagrajan | IND | 0 | 99.60 | -310.0 | 310.0 | -322.5 | 0.0 | 172.5 | 180.0 | 185.0 | 0.0 | 495.0 | 300.0 | 310 | -315.0 | 0.0 | 805.0 | 490.7 | 5 | | |
| Master 1 | | | | | | | | | | | | | | | | | | | | | | |
| | Luzanov A | UZB | 1954 | 93.70 | 260.0 | 280.0 | 290.0 | 0.0 | 180.0 | 200.0 | 210.0 | 0.0 | 500.0 | 270.0 | 300 | 310.0 | 0.0 | 810.0 | 507.1 | 12 | | |
| | Md. Arif | IND | 0 | 99.80 | -220.0 | 220.0 | 230.0 | 0.0 | 150.0 | 160.0 | 165.0 | 0.0 | 395.0 | 190.0 | 200 | -210.0 | 0.0 | 595.0 | 362.4 | 8 | | |
| Master 3 | | | | | | | | | | | | | | | | | | | | | | |
| | Novik V | KAZ | 1942 | 95.00 | 160.0 | 190.0 | -205.0 | 0.0 | -115.0 | 115.0 | 120.0 | 0.0 | 310.0 | 170.0 | 200 | 205.0 | 0.0 | 515.0 | 320.3 | 12 | | |
| Class - Men 110 KG | | | | | | | | | | | | | | | | | | | | | | |
| Jr | | | | | | | | | | | | | | | | | | | | | | |
| | Kolodin V | KAZ | 1982 | 102.80 | 220.0 | 240.0 | 250.0 | 0.0 | 190.0 | 202.5 | -210.0 | 0.0 | 452.5 | 220.0 | 235.0 | 245.0 | 0.0 | 697.5 | 420.0 | 12 | | |
| | Rahul Kumar Shukla | IND | 0 | 106.00 | -240.0 | 240.0 | 255.0 | 0.0 | 125.0 | 132.5 | -140.0 | 0.0 | 380.0 | 235.0 | 245.0 | 250.0 | 0.0 | 637.5 | 375.2 | 9 | | |
| | Kudaikulov M | KAZ | 1983 | 106.00 | -225.0 | 235.0 | 255.0 | 0.0 | 120.0 | -140.0 | 0.0 | 0.0 | 375.0 | 210.0 | 230.0 | -237.5 | 0.0 | 605.0 | 360.3 | 8 | | |
| | Lotov O | UZB | 0 | 100.95 | 120.0 | 150.0 | -175.0 | 0.0 | 100.0 | 122.5 | 132.5 | 0.0 | 282.5 | 120.0 | 170.0 | 187.5 | 0.0 | 470.0 | 276.6 | 7 | | |
| Senior | | | | | | | | | | | | | | | | | | | | | | |
| | Fateyev D | KAZ | 1980 | 103.75 | 320.0 | 335.0 | 342.5 | 0.0 | 200.0 | 212.5 | 217.5 | 0.0 | 560.0 | 320.0 | 330.0 | -332.5 | 0.0 | 890.0 | 523.8 | 12 | | |
| | Majid Talkhabi | IRN | 1979 | 107.20 | 325.0 | 340.0 | 345.0 | 0.0 | 190.0 | 207.5 | 215.0 | 0.0 | 560.0 | 300.0 | 325.0 | -332.5 | 0.0 | 885.0 | 525.1 | 9 | | |
| | Makarov A | UZB | 1977 | 106.00 | 280.0 | 300.0 | 310.0 | 0.0 | 160.0 | -180.0 | 190.0 | 0.0 | 500.0 | 280.0 | 300.0 | 312.5 | 0.0 | 812.5 | 483.9 | 8 | | |
| | Peter Edward Torres | PIL | 0 | 100.05 | 285.0 | 310.0 | -325.0 | 0.0 | 160.0 | -170.0 | -170.0 | 0.0 | 470.0 | 282.5 | 300.0 | 312.5 | 0.0 | 782.5 | 460.5 | 7 | | |
| | Abdul Munaf | IND | 0 | 108.80 | -325.0 | 325.0 | -335.0 | 0.0 | 165.0 | 172.5 | 180.0 | 0.0 | 505.0 | 250.0 | 265.0 | 275.0 | 0.0 | 780.0 | 460.6 | 6 | | |
| | Bujinlham Altangerel | MNG | 1976 | 109.30 | 240.0 | 260.0 | -275.0 | 0.0 | 170.0 | -200.0 | 205.0 | 0.0 | 465.0 | 230.0 | 240.0 | -250.0 | 0.0 | 705.0 | 415.7 | 5 | | |
| | Chaudhry Abdul Aziz | PAK | 1976 | 101.25 | 230.0 | -245.0 | 245.0 | 0.0 | 125.0 | 140.0 | 150.0 | 0.0 | 395.0 | 230.0 | 245.0 | 250.0 | 0.0 | 645.0 | 380.7 | 4 | | |
| | Rakesh Kumar Sahu | IND | 0 | 100.20 | 230.0 | 240.0 | 250.0 | 0.0 | -140.0 | 145.0 | -157.5 | 0.0 | 395.0 | 220.0 | -225.0 | 0.0 | 0.0 | 615.0 | 374.0 | 3 | | |
| | Park Scung Whan | KOR | 0 | 108.35 | 230.0 | 250.0 | 260.0 | 0.0 | -150.0 | 150.0 | -170.0 | 0.0 | 410.0 | 150.0 | 0.0 | 0.0 | 0.0 | 560.0 | 329.6 | 2 | | |
| Master 1 | | | | | | | | | | | | | | | | | | | | | | |
| | Yaghoub Amirsalari | IRN | 1982 | 101.25 | 230.0 | 255.0 | 270.0 | 0.0 | 140.0 | 152.5 | 160.0 | 0.0 | 430.0 | 220.0 | 235.0 | 240.0 | 0.0 | 670.0 | 394.3 | 12 | | |
| | Jang Ju Ick | KOR | 0 | 101.40 | 200.0 | 210.0 | 220.0 | 0.0 | 120.0 | 130.0 | 140.0 | 0.0 | 360.0 | 180.0 | 200.0 | 210.0 | 0.0 | 570.0 | 345.0 | 9 | | |



16th Men & 15th Women Asian Powerlifting Championship

28.04-02.05 2004 Zarafshan

| NR | NAME | Country | B.D. | BDW. | SQUAT | | | | BENCHPRESS | | | | SUB. | DEADLIFT | | | | TOT. | Willk's | PL. | |
|----------------------------|-------------------------|---------|------|--------|---------|---------|---------|------|------------|---------|---------|-----|--------|----------|--------|---------|------|--------|---------|-----|--|
| | | | | | 1. | 2. | 3. | Rec | 1. | 2. | 3. | Rec | | 1. | 2. | 3. | Rec | | | | |
| Class - Men 125 KG | | | | | | | | | | | | | | | | | | | | | |
| Jr | | | | | | | | | | | | | | | | | | | | | |
| | Tuichiev S | UZB | 1984 | 110.95 | 230.0 | 260.0 | 285.0 | 0.0 | 130.0 | 145.0 | 157.5 | 0.0 | 442.5 | 240.0 | 307.5 | 0.0 | 0.0 | 750.0 | 427.4 | 12 | |
| Senior | | | | | | | | | | | | | | | | | | | | | |
| | Ali Dadashi | IRN | 1974 | 119.60 | 320.0 | 340.0 | 345.0 | 0.0 | 225.0 | 240.0 | 247.5 | 0.0 | 592.5 | 290.0 | 305.0 | 312.5 | 0.0 | 905.0 | 520.7 | 12 | |
| | Gayanov R | KAZ | 1973 | 110.70 | 325.0 | 342.5 | 352.5 | 0.0 | 225.0 | 235.0 | -242.5 | 0.0 | 587.5 | 290.0 | 300.0 | 312.5 | 0.0 | 900.0 | 528.7 | 9 | |
| | Shahanavas | IND | 0 | 110.50 | 340.0 | 355.0 | 365.0 | 0.0 | 175.0 | 185.0 | -190.0 | 0.0 | 550.0 | 320.0 | 340.0 | -355.0 | 0.0 | 890.0 | 523.1 | 8 | |
| | Semenez S | KAZ | 1977 | 124.30 | -320.0 | 320.0 | -325.0 | 0.0 | 215.0 | 222.5 | 227.5 | 0.0 | 547.5 | 320.0 | -335.0 | 335.0 | 0.0 | 882.5 | 503.5 | 7 | |
| | Rizwan Ullah Khan Lodhi | PAK | 1974 | 122.40 | 350.0 | 365.0 | 375.0 | 0.0 | 150.0 | 165.0 | -177.5 | 0.0 | 540.0 | 310.0 | 330.0 | -342.5 | 0.0 | 870.0 | 498.0 | 6 | |
| | Mohsen Estakhr | IRN | 1969 | 124.00 | -325.0 | -325.0 | 325.0 | 0.0 | -240.0 | -245.0 | 245.0 | 0.0 | 570.0 | 275.0 | 0.0 | 0.0 | 0.0 | 845.0 | 482.3 | 5 | |
| Master 1 | | | | | | | | | | | | | | | | | | | | | |
| | Bibartsev | UZB | 0 | 110.70 | 230.0 | -240.0 | 240.0 | 0.0 | 120.0 | 130.0 | 140.0 | 0.0 | 380.0 | 220.0 | 230.0 | 240.0 | 0.0 | 620.0 | 364.2 | 12 | |
| Master 3 | | | | | | | | | | | | | | | | | | | | | |
| | Bernvald R | KAZ | 1934 | 112.50 | 140.0 | 180.0 | -200.0 | 0.0 | 120.0 | 140.0 | 145.0 | 0.0 | 325.0 | 150.0 | 185.0 | 200.0 | 0.0 | 525.0 | 306.9 | 12 | |
| Class - Men 125+ KG | | | | | | | | | | | | | | | | | | | | | |
| Jr | | | | | | | | | | | | | | | | | | | | | |
| | Mogatoba Maleki | IRN | 1983 | 126.50 | 320.00 | 335.00 | 340.00 | 0.00 | 230.00 | 245.00 | 252.50 | 0.0 | 592.50 | 300.00 | 320.00 | 335.00 | 0.00 | 927.50 | 527.28 | 12 | |
| Senior | | | | | | | | | | | | | | | | | | | | | |
| | Mehrab Fatemi | IRN | 1975 | 130.10 | 350.00 | 370.00 | -380.00 | 0.00 | 250.00 | 267.50 | 275.00 | 0.0 | 645.00 | 320.00 | 340.00 | -350.00 | 0.00 | 985.00 | 557.02 | 12 | |
| | Yakovlev S | KAZ | 1972 | 161.30 | 335.00 | -350.00 | 350.00 | 0.00 | 220.00 | 230.00 | -240.00 | 0.0 | 580.00 | 330.00 | 350.00 | 360.00 | 0.00 | 940.00 | 534.77 | 9 | |
| | Ali Aliakbar | IRN | 1976 | 139.40 | 320.00 | 335.00 | -340.00 | 0.00 | -240.00 | 240.00 | 245.00 | 0.0 | 580.00 | 280.00 | 300.00 | -310.00 | 0.00 | 880.00 | 492.10 | 8 | |
| | Harjinder Kumar | IND | 0 | 143.20 | -360.00 | 360.00 | -380.00 | 0.00 | 220.00 | -230.00 | -230.00 | 0.0 | 580.00 | 250.00 | 0.00 | 0.00 | 0.00 | 830.00 | 462.31 | 7 | |
| | Trubitsin S | UZB | 1976 | 129.40 | 300.00 | 0.00 | 0.00 | 0.00 | 210.00 | 220.00 | 222.50 | 0.0 | 522.50 | 255.00 | 280.00 | 290.00 | 0.00 | 812.50 | 459.96 | 6 | |