



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.	Klass
					1.	2.	3.	Rec	1.	2.	3.	Rec		1.	2.	3.	Rec				
Class - Women 44 KG																					
Sub-Jr																					
	Nekrasova T	KAZ	1988	43.9	85	95	-105.5	0	60	65	70.5	0	165.5	90	-112.5	112.5	0	278	392.0356	12	Sub-Jr
Senior																					
	Yolanda Mendigoria	PIL	0	43.95	90	-110	-110	0	30	-40	40	0	130	85	105	-107.5	0	235	330.9035	12	Senior
Class - Women 48 KG																					
Sub-Jr																					
	Nasirova N	UZB	1989	47.1	55	75	-85	0	25	35	-40	0	110	60	75	90	0	200	268.56	12	Sub-Jr
Senior																					
	Sundetova A	KAZ	1975	47.2	100	110	-120	0	62.5	-67.5	-67.5	0	172.5	120	125	-127.5	0	297.5	398.888	12	Senior
	Alieva M	UZB	1973	48	-95	-95	-95	0	45	0	0	0	45	100	0	0	0	145	192.038	Disq	Senior
Class - Women 52 KG																					
Class 52																					
Sub-Jr																					
	Zhukova	KAZ	1987	50.9	80.0	90.0	100.0	0.0	50.0	55.0	-60.5	0.0	155.0	100.0	110.0	120.0	0.0	275.0	348.5	12	
Jr																					
	Vasina A	UZB	1985	50.3	110.0	120.0	-130.0	0.0	45.0	50.0	55.0	0.0	175.0	105.0	115.0	-122.5	0.0	290.0	361.5	12	
	Geeta Yadav	IND	0	51.8	-95.0	95.0	105.0	0.0	42.5	47.5	-50.0	0.0	152.5	95.0	110.0	115.0	0.0	267.5	333.5	9	
Senior																					
	Fedoseeva V	KAZ	1960	51.7	115.0	120.0	-125.0	0.0	60.0	65.0	70.0	0.0	190.0	130.0	140.0	150.0	0.0	340.0	423.8	12	
Class - Women 56 KG																					
Sub-Jr																					
	Davudova N	KAZ	1987	53.3	120.0	127.5	135.5	0.0	70.0	75.0	77.5	0.0	213.0	120.0	125.0	-130.0	0.0	338.0	416.8	12	
	Ryabova K	UZB	1990	56.0	110.0	120.0	-130.0	0.0	45.0	50.0	-52.5	0.0	170.0	110.0	115.0	-120.0	0.0	285.0	335.3	9	
	Priyanka Sawant	IND	0	53.3	-95.0	95.0	-105.0	0.0	40.0	52.5	-57.5	0.0	147.5	85.0	100.0	-107.5	0.0	247.5	291.2	8	
Jr																					
	Shagnetrdinova L	KAZ	1983	53.9	100.0	112.5	122.5	0.0	55.0	60.0	62.5	0.0	185.0	115.0	125.0	130.0	0.0	315.0	381.9	12	
Senior																					
	Krotkova I	KAZ	1973	55.2	140.0	150.0	155.0	0.0	75.0	80.0	85.0	0.0	240.0	140.0	150.0	165.0	0.0	405.0	476.5	12	
	Jadan I	UZB	1976	55.0	125.0	135.0	150.0	0.0	50.0	57.5	-62.5	0.0	207.5	140.0	150.0	-165.0	0.0	357.5	426.6	9	
	Wing-Yuk Ip	HOG	1961	54.8	90.0	102.5	-107.5	0.0	60.0	-67.5	-70.0	0.0	162.5	100.0	110.0	-120.0	0.0	272.5	326.1	8	
Class - Women 60 KG																					
Sub-Jr																					
	Duzgunbaeva I	KAZ	1987	56.6	-75.0	75.0	95.0	0.0	30.0	35.0	40.0	0.0	135.0	80.0	100.0	120.0	0.0	255.0	297.5	12	
	Zaharova L	UZB	1987	57.1	-130.0	-130.0	-130.0	0.0	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
Senior																					
	Malygina N	UZB	1979	59.8	185.0	195.0	202.5	0.0	105.0	112.5	-115.0	0.0	315.0	180.0	200.0	202.5	0.0	517.5	578.5	12	
	Iskandarova V	KAZ	1974	58.25	130.0	140.0	150.0	0.0	80.0	-85.0	85.0	0.0	235.0	140.0	150.0	155.0	0.0	390.0	440.5	9	
	Nasretidinova M	KAZ	1974	58.4	130.0	140.0	-142.5	0.0	85.0	-95.0	95.0	0.0	235.0	125.0	137.5	-140.0	0.0	372.5	424.1	8	



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					1.	2.	3.	Rec	1.	2.	3.	Rec		1.	2.	3.	Rec				
Sub-Jr																					
	Trifonova N	KAZ	1987	63.2	100.0	-110.0	-110.0	0.0	50.0	55.0	57.5	0.0	157.5	110.0	-120.0	-120.0	0.0	267.5	273.0	12	
	Magzumova A	KAZ	1987	60.5	50.0	55.0	60.0	0.0	25.0	-30.0	30.0	0.0	90.0	60.0	70.0	80.0	0.0	170.0	188.3	9	
Jr																					
	Gafurova E	KAZ	1983	67.1	125.0	135.0	-142.5	0.0	70.0	75.0	-77.5	0.0	210.0	110.0	122.5	130.0	0.0	340.0	348.5	12	
Senior																					
	Gaifullina A	KAZ	1980	61.1	170.0	177.5	182.5	0.0	102.5	107.5	110.0	0.0	292.5	200.0	-207.5	0.0	0.0	492.5	541.5	12	
	Iskandarova A	UZB	1974	64.2	160.0	170.0	177.5	0.0	90.0	95.0	97.5	0.0	275.0	165.0	175.0	182.5	0.0	457.5	484.4	9	
	Lagaeva Sh	UZB	1966	66.4	110.0	120.0	125.0	0.0	62.5	-67.5	67.5	0.0	192.5	-110.0	110.0	120.0	0.0	312.5	322.8	8	
Class - Women 75 KG																					
Sub-Jr																					
	Lonkina K	KAZ	1988	74.9	85.0	105.0	-125.0	0.0	40.0	-47.5	-47.5	0.0	145.0	75.0	90.0	-100.0	0.0	235.0	223.6	12	
Jr																					
	Beskakova N	KAZ	1981	71.8	130.0	140.0	145.0	0.0	75.0	82.5	85.0	0.0	230.0	140.0	155.0	-165.0	0.0	385.0	376.5	12	
	N. Pushpa	IND	0	75	70.0	100.0	120.0	0.0	65.0	75.0	-82.5	0.0	195.0	100.0	110.0	120.0	0.0	315.0	299.4	9	
Senior																					
	Fitc T	UZB	1980	69.9	160.0	165.0	172.5	0.0	80.0	85.0	90.0	0.0	262.5	140.0	152.5	160.0	0.0	422.5	420.7	12	
	Blessy Job	IND	0	74.55	140.0	160.0	-170.0	0.0	60.0	-70.0	75.0	0.0	235.0	150.0	180.0	-190.0	0.0	415.0	394.5	9	
Class - Women 82,5 KG																					
Jr																					
	Subhasha	IND	0	75.4	120.0	130.0	-137.5	0.0	-35.0	35.0	40.0	0.0	170.0	120.0	135.0	140.0	0.0	310.0	293.7	12	
Senior																					
	Kudravnseva T	KAZ	1982	80.3	200.0	215.0	230.0	0.0	140.0	150.0	155.0	0.0	385.0	180.0	200.0	220.0	0.0	605.0	552.4	12	
	Rajabova V	UZB	1980	81.6	185.0	-200.0	-200.0	0.0	90.0	100.0	110.0	0.0	295.0	175.0	185.0	190.0	0.0	485.0	436.5	9	
Class - Women 90 KG																					
Jr																					
	Stesenko Y	UZB	1984	88.8	190.0	210.0	223.0	0.0	105.0	115.0	117.5	0.0	340.5	185.0	202.5	207.5	0.0	548.0	473.5	12	
Senior																					
	Nilima Sheroff	IND	0	84.3	165.0	175.0	180.0	0.0	-65.0	65.0	75.0	0.0	255.0	120.0	135.0	140.0	0.0	395.0	341.3	12	
Class - Women 90+ KG																					
Jr																					
	Nilofer Chouhan	IND	0	91.95	110	120	-130	0	35	45	-52.5	0	165	110	120	130	0	295	253.759	12	
Senior																					
	Sampa Guha	IND	0	96	170	195	205	0	85	102.5	105	0	310	140	160	-190	0	470	391.698	12	