# 17th Men & 16th Women Asian Powerlifting Championships

**30.04.2005 Alleppey, India**

**Women 44-48kg**

| Lot No. | Family name / 1st name | Nation | Birth Year | Body Weight | Squat | | | | Benchpress | | | | Sub Total | Deadlift | | | | Total | Place | Formula Point |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | | 1 | 2 | 3 | 4 | | | |
| **44kg class** | | | | | | | | | | | | | | | | | | | | |
| | **Sub-Jr** | | | | | Asian S-Jr record | | | | | | | | Asian S-Jr record | | | | Asian S-Jr record | | |
| 1 | Li Chia Yu | C. Taipei | 1987 | 43.50 | 100.0 | 110.0 | 115.0x | | 55.0 | 60.0 | 60.0 | | 170.0 | 130.0 | 140.0x | 148.0 | | 317.5 | 1 | **450.469** |
| | | | | | | | | | | | | | | | | World S-Jr record | | | | |
| | **Jr** | | | | | | | | | | | | | | | | | | | |
| 4 | Santoshi Majhi | India | 1982 | 43.70 | 125.0 | 130.0x | 130.0x | | 50.0 | 52.5 | 55.0x | | 177.5 | 135.0 | 140.0 | 142.5 | | 320.0 | 1 | **452.64** |
| 5 | Rekha B.S. | India | 1983 | 43.10 | 115.0x | 115.0x | 115.0x | | 45.0 | 50.0x | 50.0x | | | 120.0 | - | - | | - | | |
| | | | | | | | | | | | | | | | | | | | | |
| | **Senior** | | | | | | | | | | | | | | | | | | | |
| 6 | Pushpamma Joseph | India | 1969 | 44.00 | 110.0 | 117.5 | 122.5 | | 50.0 | 57.5 | 60.0 | | 182.5 | 110.0 | 120.0 | 127.5 | | 310.0 | 1 | **436.511** |
| | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | |
| **48kg class** | | | | | | | | | | | | | | | | | | | | |
| | **Jr** | | | | | | | | | | | | | | | | | | | |
| 8 | Lin Yi Ting | C. Taipei | 1986 | 47.20 | 110.0 | 120.0 | 130.0 | | 55.0 | 62.5x | 65.0 | | 195.0 | 110.0 | 125.0 | 130.0x | | 320.0 | 1 | **429.056** |
| 10 | N.B. Jyothi | India | 1982 | 47.20 | 110.0 | 115.0 | - | | 50.0 | 57.5 | 60.0x | | 172.5 | 115.0 | 125.0x | - | | 287.5 | 2 | **385.48** |
| | | | | | | | | | | | | | | | | | | | | |
| | **Senior** | | | | | | | | | | | | | | | | | | | |
| 12 | Mandakini Mohanta | India | 1978 | 47.90 | 125.0 | 132.5 | 137.5x | | 70.0 | 75.0x | 75.0x | | 202.5 | 152.5 | 160.0 | 165.0x | | 362.5 | 1 | **480.8563** |
| 11 | Sudha Prabhu | India | 1968 | 47.95 | 130.0x | 130.0 | 140.0x | | 75.0 | 82.5x | 82.5x | | 205.0 | 130.0 | 140.0x | 140.0x | | 335.0 | 2 | **444.3775** |
| | | | | | | | | | | | | | | | | | | | | |
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# 17th Men & 16th Women Asian Powerlifting Championships

**30.04.2005 Alleppey, India**

**Women 52-56kg**

| Lot No. | Family name / 1st name | Nation | Birth Year | Body Weight | Squat | | | | Benchpress | | | | Sub Total | Deadlift | | | | Total | Place | Formula Point |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | | 1 | 2 | 3 | 4 | | | |
| **52kg class** | | | | | | | | | | | | | | | | | | | | |
| | **S-Jr** | | | | | | | | | | | | | | | | | | | |
| 4 | Sneha Ashok Karpe | India | 1987 | 49.05 | 80.0 | 92.5 | 100.0 | | 30.0 | 37.5 | 42.5 | | 142.5 | 80.0 | 90.0 | 100.0 | | 242.5 | 1 | **316.2928** |
| | | | | | | | | | | | | | | | | | | | | |
| | **Jr** | | | | | | | | | | | | | | | | | | | |
| 2 | Wang Yi Ting | C. Taipei | 1986 | 51.70 | 100.0 | 110.0x | 110.0 | | 55.0 | 62.5 | 67.5 | | 177.5 | 130.0 | 137.5 | 142.5 | | 320.0 | 1 | **400.704** |
| 1 | Vasina Anna | Uzbekistan | 1985 | 50.70 | 80.0 | 100.0 | 120.0 | | 45.0 | 52.5 | 57.5x | | 172.5 | 105.0 | 130.0 | 142.5x | | 302.5 | 2 | **384.5078** |
| | | | | | | | | | | | | | | | | | | | | |
| | **Senior** | | | | | | | | | | | | | | | | | | | |
| 5 | Sena S | India | 1976 | 52.00 | 132.5 | 152.5 | 165.0 | 173.5x | 60.0 | 75.0 | 77.5 | | 242.5 | 160.0 | 172.5 | 180.0x | | 415.0 | 1 | **517.339** |
| 3 | Sundetova Aikerim | Kazakhstan | 1975 | 50.70 | 100.0 | 110.0 | 120.0 | | 60.0 | 67.5 | 72.5x | | 187.5 | 110.0 | 125.0 | 132.5 | | 320.0 | 2 | **406.752** |
| | | | | | | | | | | | | | | | | | | | | |
| **56kg class** | | | | | | | | | | | | | | | | | | | | |
| | **S-Jr** | | | | | | Asian S-Jr record | | | | | | | | | Asian S-Jr record | | | | |
| 8 | Manisha Panwar | India | 1987 | 56.00 | 130.0 | 137.5 | 147.5 | | 55.0 | 65.0 | 67.5x | | 212.5 | 140.0 | 150.0x | 150.0 | | 362.5 | 1 | **426.5175** |
| 7 | Priyanka Ramesh Swant | India | 1987 | 55.80 | 135.0 | 142.5 | 147.5x | | 65.0 | 70.0 | 72.5 | | 215.0 | 90.0 | 110.0x | - | | 305.0 | 2 | **359.8695** |
| | | | | | | | | | | | | | | | | | | | | |
| | **Jr** | | | | | | | | | | | | | | | | | | | |
| 14 | Sunita Toppo | India | 1983 | 55.90 | 125.0 | 135.0 | 142.5 | | 55.0 | 60.0 | 62.5 | | 205.0 | 130.0 | 140.0 | 150.0 | | 355.0 | 1 | **418.2965** |
| | | | | | | | | | | | | | | | | | | | | |
| | **Senior** | | | | | | | | | | | | | | | | | | | |
| 6 | Krotkova Irina | Kazakhstan | 1973 | 55.50 | 150.0 | 160.0 | 170.0 | | 80.0 | 90.0 | 97.5 | | 267.5 | 150.0 | 162.5 | 175.0 | | 442.5 | 1 | **524.3183** |
| | | | | | | | | | | | | | | | | | | | | |
| | **Master 1** | | | | | | | | | | | | | | | | | | | |
| 9 | Rekha Gogoi | India | 1963 | 55.75 | 60.0x | 60.0 | 72.5 | | 30.0 | 35.0 | 37.5x | | 107.5 | 70.0 | 80.0 | 87.5 | | 195.0 | 1 | **230.412** |
| | | | | | | | | | | | | | | | | | | | | |
| | **Master 2** | | | | | | | | | | | | | | | | | | | |
| 10 | Yoshida Hisako | Japan | 1951 | 54.90 | 115.0 | 125.0 | 135.0 | | 85.0 | 90.0 | 92.5 | | 227.5 | 115.0 | 120.0x | 120.0x | | 342.5 | 1 | **409.2875** |
| | | | | | | | | | | | M2 World record | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | | |
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# 17th Men & 16th Women Asian Powerlifting Championships

**01.05.2005 Alleppey, India**

**Women 67.5- 75 kg**

| Lot No. | Family name / 1st name | Nation | Birth Year | Body Weight | Squat | | | | Benchpress | | | | Sub Total | Deadlift | | | | Total | Place | Formula Point |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | | 1 | 2 | 3 | 4 | | | |
| **67.5kg class** | | | | | | | | | | | | | | | | | | | | |
| | **Sub-Jr** | | | | | | | | | | | | | | | | | | | |
| 3 | Ryagova Yekaterina | Uzbekistan | 1990 | 65.10 | 130.0x | 130.0 | 140.0 | | 60.0 | 65.0 | 67.5 | | 207.5 | 130.0 | 140.0 | 150.0x | | 347.5 | 1 | **364.1453** |
| 2 | Liu Ai Ling | C. Taipei | 1987 | 63.30 | 95.0 | 105.0 | 107.5x | | 55.0 | 62.5 | 65.0x | | 167.5 | 110.0 | 120.0 | 135.0 | | 302.5 | 2 | **323.7053** |
| 1 | Joseph Janis | India | 1987 | 67.35 | 115.0 | 122.5 | 127.5x | | 45.0 | 47.5 | 60.0x | | 170.0 | 125.0 | 130.0 | 135.0x | | 300.0 | 3 | **306.84** |
| | | | | | | | | | | | | | | | | | | | | |
| | **Jr** | | | | | Asian Jr record | | | | | | | | | | | | | | |
| 4 | Tseng Chien Iun | C. Taipei | 1983 | 65.85 | 180.0x | 180.0 | 195.0 | | 90.0 | 97.5 | 100.0x | | 292.5 | 160.0 | 165.0x | 165.0x | | 452.5 | 1 | **470.4643** |
| 5 | Ranu Mohanty | India | 1982 | 65.10 | 170.0 | 192.5x | 192.5x | | 70.0 | 80.0 | 85.0x | | 250.0 | 170.0 | 182.5 | 187.5 | | 437.5 | 2 | **458.4563** |
| | | | | | | | | | | | | | | | | | | | | |
| | **Senior** | | | | | | | | | | | | | | | | | Asian record | | |
| 8 | Malyugina Nadejda | Uzbekistan | 1979 | 62.50 | 180.0 | 200.0 | 205.0x | | 105.0 | 115.0x | 115.0 | | 315.0 | 180.0 | 200.0 | 210.0 | | 525.0 | 1 | **567.2625** |
| 6 | Kryukova Yekaterina | Kazakhstan | 1985 | 65.20 | 130.0 | 140.0 | 150.0 | | 70.0 | 80.0 | 85.0 | | 235.0 | 135.0 | 145.0 | 150.0 | | 385.0 | 2 | **402.9795** |
| | | | | | | | | | | | | | | | | | | | | |
| | **Master 1** | | | | | | | | | | | | | | | | | | | |
| 9 | Balwinder Kaur | India | 1959 | 67.25 | 100.0 | 110.0 | 117.5 | | 60.0 | 70.0 | 72.5 | | 190.0 | 100.0 | 112.5 | 120.0x | | 302.5 | 1 | **309.7298** |
| | | | | | | | | | | | | | | | | | | | | |
| **75kg class** | | | | | | | | | | | | | | | | | | | | |
| | **Sub-Jr** | | | | | | | | | | | | | | | | | | | |
| 10 | Chung Pei Hsuan | C. Taipei | 1988 | 71.35 | 135.0x | 135.0 | 150.0 | | 55.0 | 60.0x | 60.0x | | 205.0 | 150.0 | 160.0 | 167.5x | | 365.0 | 1 | **358.576** |
| | | | | | | | | | | | | | | | | | | | | |
| | **Jr** | | | | | | | | | | | | | | | | | | | |
| 11 | Lo Hsiu Jung | C. Taipei | 1984 | 67.55 | 160.0 | 172.5 | 180.0 | | 100.0 | 107.5 | 110.0 | | 290.0 | 155.0 | 167.5 | 175.0x | | 457.5 | 1 | **466.9245** |
| 12 | Shikhare Subhaswa | India | 1984 | 74.95 | 175.0x | 175.0 | 185.0x | | 70.0 | 77.5 | 80.0x | | 252.5 | 170.0 | 177.5x | 177.5x | | 422.5 | 2 | **401.9665** |
| | | | | | | | | | | | | | | | | | | | | |
| | **Senior** | | | | | Asian record | | | | | | | | | | | | | | |
| 14 | G. Raja Rajeswari | India | 1975 | 69.55 | 202.5 | 220.0 | 225.5 | | 115.0 | 122.5 | 127.5 | | 353.0 | 172.5 | 180.0 | 182.5 | | 535.0 | 1 | **534.893** |
| 7 | Burlakova Natalya | Kazakhstan | 1984 | 67.70 | 175.0 | 185.0 | 190.0 | | 110.0 | 117.5 | 120.0x | | 307.5 | 157.5 | 167.5 | 175.0 | | 482.5 | 2 | **491.4263** |
| 13 | Fitts Tatyana | Uzbekistan | 1980 | 68.75 | 170.0 | 190.0 | 200.0 | | 90.0 | 100.0 | 107.5x | | 300.0 | 160.0x | 160.0 | - | | 460.0 | 3 | **463.634** |
| | | | | | | | | | | | | | | | | | | | | |
| | **Master 2** | | | | | | | | | | | | | | | | | | | |
| 15 | Ratanmani Roy Chaudhuri | India | 1955 | 67.85 | 90.0 | 100.0 | 110.0 | | 40.0 | 50.0 | 52.5 | | 162.5 | 90.0 | 102.5 | 112.5 | | 275.0 | 1 | **279.785** |
| | | | | | | | | | | | | | | | | | | | | |

# 17th Men & 16th Women Asian Powerlifting Championships

**02.05.2005 Alleppey, India**

**Women 82.5 - 90+ kg**

| Lot No. | Family name / 1st name | Nation | Birth Year | Body Weight | Squat | | | | Benchpress | | | | Sub Total | Deadlift | | | | Total | Place | Formula Point |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | | 1 | 2 | 3 | 4 | | | |
| **82.5kg class** | | | | | | | | | | | | | | | | | | | | |
| | **Sub-Jr** | | | | | | | | | | | | | | | | | | | |
| 1 | Sandeep Kaur | India | 1987 | 77.70 | 140.0x | 140.0 | 150.0x | | 45.0 | 50.0 | 55.0 | | 195.0 | 110.0 | 120.0 | 127.5 | | 322.5 | 1 | **300.054** |
| 3 | Athi Udha Yan | India | 1990 | 77.85 | 115.0x | 115.0 | 125.0 | | 30.0x | 30.0 | 40.0 | | 165.0 | 105.0 | 115.0 | 125.0 | | 290.0 | 2 | **269.613** |
| 2 | Hsu Pei Yin | C. Taipei | 1987 | 77.40 | 100.0x | 100.0 | 110.0x | | 45.0x | 45.0 | 50.0 | | 150.0 | 120.0x | 120.0 | 140.0x | | 270.0 | 3 | **251.802** |
| | **Jr** | | | | | | | | | | | | | | | | | | | |
| 4 | Chang Ya Wen | C. Taipei | 1984 | 80.50 | 200.0 | 212.5x | 212.5x | | 100.0 | 110.0 | 120.0x | | 310.0 | 170.0 | 187.5 | 192.5 | | 502.5 | 1 | **458.2298** |
| 6 | T. Narayanamma | India | 1984 | 81.05 | 170.0 | 177.5 | 180.0 | | 62.5x | 62.5 | 67.5x | | 242.5 | 175.0 | 180.0 | 182.5 | | 425.0 | 2 | **386.24** |
| 5 | Tindu Thomas | India | 1983 | 77.20 | 165.0 | 175.0 | 180.0x | | 60.0 | 65.0x | 65.0 | | 240.0 | 165.0 | 177.5x | 177.5x | | 405.0 | 3 | **378.27** |
| | **Senior** | | | | | | | | | | | | | | | | | | | |
| 7 | Blessy Job | India | 1975 | 79.55 | 160.0 | 180.0 | 200.0 | | 65.0 | 75.0 | 80.0 | | 280.0 | 160.0 | 185.0 | 200.0 | | 480.0 | 1 | **440.736** |
| | **Master 1** | | | | | | | | | | | | | | | | | | | |
| 0 | Sandhya Khude | India | 1958 | 75.60 | 50.0 | 60.0 | 70.0 | | 25.0x | 25.0 | 30.0 | | 100.0 | 80.0 | 90.0 | 100.0 | | 200.0 | 1 | **189.18** |
| | | | | | | | | | | | | | | | | | | | | |
| **90kg class** | | | | | | | | | | | | | | | | | | | | |
| | **Sub-Jr** | | | | | | | | | | | | | | | | | | | |
| 8 | Randeep Sharma | India | 1987 | 84.85 | 125.0 | 135.0 | 145.0 | | 40.0 | 45.0 | 50.0 | | 195.0 | 105.0 | 110.0 | 120.0 | | 315.0 | 1 | **279.594** |
| | **Jr** | | | | | Asian Jr record | | | | | | | | | | | | | | |
| 9 | Stesenko Yulia | Uzbekistan | 1984 | 87.75 | 180.0 | 200.0 | 225.0 | | 100.0 | 115.0 | 122.5x | | 340.0 | 170.0 | 190.0 | 200.0 | | 540.0 | 1 | **471.798** |
| 10 | T. Sajitha Raj | India | 1983 | 87.65 | 170.0 | 180.0 | - | | 75.0 | 80.0x | 80.0 | | 260.0 | 180.0 | 190.0x | 190.0x | | 440.0 | 2 | **384.648** |
| | **Senior** | | | | | | | | | | | | | | | | | | | |
| 12 | Neelima Saraf | India | 1976 | 89.15 | 160.0x | 160.0 | 180.0 | | 75.0 | 85.0 | 95.0 | | 275.0 | 150.0 | 160.0 | 170.0 | | 445.0 | 1 | **386.1265** |
| | | | | | | | | | | | | | | | | | | | | |
| **90+kg class** | | | | | | | | | | | | | | | | | | | | |
| | **Jr** | | | | | | | | | | | | | | | | | | | |
| 14 | Ambili G | India | 1984 | 93.35 | 165.0 | 185.0 | 200.0 | | 60.0 | 70.0 | 72.5 | | 272.5 | 170.0 | 202.5 | 210.0 | | 482.5 | 1 | **411.0418** |
| | **Senior** | | | | | | | | | | | | | | | | | | | |
| 15 | Mallika Sharma | India | 1978 | 107.65 | 230.0 | 240.0x | 240.0x | | 67.5 | 72.5 | 75.0 | | 305.0 | 165.0 | 180.0 | 187.5 | | 492.5 | 1 | **402.3725** |
| 16 | Sampa Guha | India | 1967 | 94.60 | 192.5 | 207.5 | 212.5x | | 92.5 | 102.5x | 102.5x | | 300.0 | 70.0 | 182.5 | 187.5x | | 482.5 | 2 | **409.0153** |
| | | | | | | | | | | | | | | | | | | | | |
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