

## ASIAN / PACIFIC / AFRICAN POWERLIFTING FEDERATION

## Asian / Pacific / African Women's Equipped Powerlifting Championships, Potchefstroom (South Africa), 06-13.07.2024

## DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	IPF GL Cf.	Lot	All Squat			All Bench Press			All Deadlift			Total	IPF GL	Pts		
<b>Open</b>																				
<b>-52kg</b>																				
1.	Sohail Sybil	12.04.91	PAK	51,00	0,2064	3 80,0	90,0	92,5	1	35,0	40,0	40,0	1	75,0	85,0	90,0	1	220,0	45,41	12
<b>-57kg</b>																				
1.	Lin Zi-Xuan	24.10.91	TPE	55,65	0,1946	6 170,0	180,0	185,0	1	85,0	92,5	97,5	1	155,0	160,0	167,5	1	440,0	85,64	12
<b>-84kg</b>																				
1.	Sohail Twinkle	03.03.96	PAK	76,10	0,1640	8 95,0	100,0	102,5	1	50,0	55,0	57,5	1	105,0	110,0	112,5	1	267,5	43,87	12
<b>84+kg</b>																				
1.	Shen Ti-Ni	25.05.06	TPE	94,30	0,1508	10 180,0	200,0	210,0	1	90,0	105,0	112,5	1	160,0	180,0	200,0	1	502,5	75,78	12

## Team (points)

1.	Chinese Taipei	24	[12+12]	161,42	IPF GL
2.	Pakistan	24	[12+12]	89,28	IPF GL

## Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Lin Zi-Xuan	Chinese Taipei	55.65	440,0	85,6390	1
2.	Shen Ti-Ni	Chinese Taipei	94.30	502,5	75,7805	1
3.	Sohail Sybil	Pakistan	51.00	220,0	45,4142	1

## Sub-Juniors

<b>-47kg</b>																				
1.	Gu Dong-Le	15.11.07	TPE	46,20	0,2220	2 110,0	115,0	115,0	1	65,0	75,0	82,5	1	115,0	130,0	135,0	1	325,0	72,15	12
<b>-69kg</b>																				
1.	Mulder Chante	14.11.06	RSA	67,75	0,1735	11 140,0	145,0	145,0	1	85,0	90,0	92,5	1	135,0	140,0	142,5	1	380,0	65,94	12
<b>-76kg</b>																				
1.	Maree Anika	12.07.06	RSA	74,75	0,1653	12 135,0	140,0	145,0	1	72,5	75,0	77,5	1	105,0	110,0	115,0	1	337,5	55,80	12
<b>84+kg</b>																				
1.	Gu Sin-Wei	20.06.06	TPE	120,55	0,1412	9 235,0	255,0	267,5	1	95,0	95,0	95,0	1	150,0	165,0	175,0	1	537,5	75,89	12

## Team (points)

1.	Chinese Taipei	24	[12+12]	148,05	IPF GL
2.	South Africa	24	[12+12]	121,74	IPF GL

## Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Gu Sin-Wei	Chinese Taipei	120.55	537,5	75,8945	1
2.	Gu Dong-Le	Chinese Taipei	46.20	325,0	72,1529	1
3.	Mulder Chante	South Africa	67.75	380,0	65,9414	1

## Juniors

**-47kg**

1.	D Bhagat Amruta	03.10.01	IND	46,75	0,2200	1	112,5	117,5	122,5	1	55,0	62,5	67,5	1	117,5	127,5	132,5	1	322,5	70,95	12
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**-57kg**

1.	Sohail Veronika	01.07.02	PAK	52,05	0,2035	5	75,0	80,0	82,5	1	30,0	35,0	37,5	1	90,0	100,0	105,0	1	217,5	44,27	12
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**Team (points)**

1.	India	12	[12]	70,95	IPF GL
2.	Pakistan	12	[12]	44,27	IPF GL

**Best Lifters of Juniors by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	D Bhagat Amruta	India	46.75	322,5	70,9519	1
2.	Sohail Veronika	Pakistan	52.05	217,5	44,2656	1

**Masters 2**

1.	Anthony Carol	02.05.66	RSA	55,10	0,1959	4	110,0	117,5	117,5	1	50,0	52,5	55,0	1	110,0	120,0	125,0	1	297,5	58,28	12
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**-63kg**

1.	van Linge Marieke	12.12.72	RSA	62,70	0,1810	7	112,5	122,5	125,0	1	47,5	52,5	52,5	1	120,0	135,0	140,0	1	312,5	56,57	12
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**Team (points)**

1.	South Africa	24	[12+12]	114,85	IPF GL
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**Best Lifters of Masters 2 by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Anthony Carol	South Africa	55.10	297,5	58,2782	1
2.	van Linge Marieke	South Africa	62.70	312,5	56,5706	1

**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 = India

PAK = Pakistan

RSA = South Africa

TPE = Chinese Taipei