

## Asian Open Women's Equipped Records

Last update: 29 Jun 2024, 22:11 UTC

w.class	name	nation	born	bwt	result	date	location	state
<b>SQUAT</b>								
-47kg	Chen Wei-Ling	Chinese Taipei	1982	46.75	<b>210.0</b>	14.11.2016	Orlando / U.S.America	
-52kg	Su Yi-Jie	Chinese Taipei	1995	49.10	<b>190.0</b>	13.11.2023	Druskininkai / Lithuania	
-57kg	Hartati Sri	Indonesia	1984	56.15	<b>225.0</b>	06.11.2018	Halmstad / Sweden	
-63kg	Hung Hsiu-Ching	Chinese Taipei	1995	62.30	<b>232.5</b>	15.11.2023	Druskininkai / Lithuania	
-69kg	Shedje Akshaya Ajit	India	1995	68.10	<b>232.5</b>	20.06.2022	Coimbatore / India	
-76kg	Reboton Joyce Gail	Philippines	1992	75.50	<b>242.5</b>	09.07.2022	Birmingham / U.S.America	
-84kg	Rahayu Sri	Indonesia	1992	82.98	<b>268.0</b>	24.07.2015	Hong Kong / Hong Kong	
84+kg	Su Fang-Yun	Chinese Taipei	1992	121.07	<b>297.5</b>	17.11.2017	Pilsen / Czechia	
<b>BENCH PRESS</b>								
-47kg	Widari Widari	Indonesia	1991	46.55	<b>141.0</b>	05.11.2018	Halmstad / Sweden	
-52kg	Huang Yen-Tzu	Chinese Taipei	1992	51.10	<b>125.0</b>	05.11.2018	Halmstad / Sweden	
-57kg	Huang Yen-Tzu	Chinese Taipei	1992	56.48	<b>155.0</b>	06.05.2024	Hong Kong / Hong Kong	
-63kg	Kitamura Mayumi	Japan	1967	62.85	<b>173.0</b>	16.11.2016	Orlando / U.S.America	
-69kg	Kitamura Mayumi	Japan	1967	66.60	<b>157.5</b>	16.11.2023	Druskininkai / Lithuania	
-76kg	Reboton Joyce Gail	Philippines	1992	75.50	<b>147.5</b>	09.07.2022	Birmingham / U.S.America	
-84kg	Hung Min-Chu	Chinese Taipei	1983	83.50	<b>181.5</b>	07.11.2014	Aurora / U.S.America	
84+kg	Okatenko Xeniya	Kazakhstan	1994	104.49	<b>185.0</b>	17.11.2017	Pilsen / Czechia	
<b>DEADLIFT</b>								
-47kg	Chen Wei-Ling	Chinese Taipei	1982	45.60	<b>186.0</b>	04.11.2014	Aurora / U.S.America	
-52kg	Chou Yi-Ju	Chinese Taipei	1980	49.78	<b>192.5</b>	04.11.2014	Aurora / U.S.America	
-57kg	Hung Hsiu-Ching	Chinese Taipei	1995	56.50	<b>210.5</b>	19.11.2019	Dubai / United Arab Emirates	
-63kg	Sari Noviana	Indonesia	1984	60.40	<b>225.0</b>	31.10.2012	Aguadilla / Puerto Rico	
-69kg	Shedje Akshaya Ajit	India	1995	67.94	<b>212.5</b>	04.05.2023	Alappuzha / India	
-76kg	Lin Li-Chen	Chinese Taipei	1990	75.45	<b>217.5</b>	17.11.2023	Druskininkai / Lithuania	
-84kg	Rahayu Sri	Indonesia	1992	82.98	<b>206.0</b>	24.07.2015	Hong Kong / Hong Kong	
84+kg	Chang Ya-Wen	Chinese Taipei	1984	88.17	<b>235.0</b>	02.11.2012	Aguadilla / Puerto Rico	
<b>TOTAL</b>								
-47kg	Chen Wei-Ling	Chinese Taipei	1982	46.75	<b>500.0</b>	14.11.2016	Orlando / U.S.America	
-52kg	Huang Yen-Tzu	Chinese Taipei	1992	51.70	<b>470.0</b>	13.11.2017	Pilsen / Czechia	
-57kg	Hartati Sri	Indonesia	1984	56.15	<b>565.0</b>	06.11.2018	Halmstad / Sweden	
-63kg	Sari Noviana	Indonesia	1984	60.40	<b>587.5</b>	31.10.2012	Aguadilla / Puerto Rico	
-69kg	Nurkenova Asel	Kazakhstan	2000	67.94	<b>545.0</b>	07.05.2024	Hong Kong / Hong Kong	
-76kg	Reboton Joyce Gail	Philippines	1992	75.50	<b>602.5</b>	09.07.2022	Birmingham / U.S.America	
-84kg	Shovita Shovita	India	1997	82.95	<b>620.0</b>	24.07.2015	Coimbatore / India	
84+kg	Okatenko Xeniya	Kazakhstan	1994	104.49	<b>670.0</b>	17.11.2017	Pilsen / Czechia	
<b>BENCH PRESS (SINGLE LIFT)</b>								
-47kg	Widari Widari	Indonesia	1991	46.55	<b>141.0</b>	05.11.2018	Halmstad / Sweden	
-52kg	Kikuchi Miyabi	Japan	1998	51.80	<b>132.5</b>	29.05.2024	Austin, TX / U.S.America	
-57kg	Huang Yen-Tzu	Chinese Taipei	1992	56.48	<b>155.0</b>	06.05.2024	Hong Kong / Hong Kong	
-63kg	Kitamura Mayumi	Japan	1967	62.85	<b>173.0</b>	16.11.2016	Orlando / U.S.America	
-69kg	Mizoguchi Kumi	Japan	1988	68.75	<b>165.0</b>	31.05.2024	Austin, TX / U.S.America	
-76kg	Khan Xeniya	Kazakhstan	1987	75.45	<b>187.5</b>	01.06.2024	Austin, TX / U.S.America	
-84kg	Bermukhambetova Zhadyra	Kazakhstan	1986	83.55	<b>185.0</b>	01.06.2024	Austin, TX / U.S.America	
84+kg	Okatenko Xeniya	Kazakhstan	1994	114.04	<b>187.5</b>	25.05.2019	Tokyo / Japan	

Abbreviation: \* – Pending Approval