

Asian Juniors Women's Equipped Records

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w.class	name	nation	born	bwt	result	date	location	state
SQUAT								
-43kg	Ompod Veronica	Philippines	2000	42.66	147.5	24.08.2023	Cluj Napoca / Romania	
-47kg	Tabuan Jessa Mae	Philippines	2002	46.89	160.0	06.05.2024	Hong Kong / Hong Kong	
-52kg	Suryani Iilis	Indonesia	1998	51.21	186.0	22.04.2019	Hong Kong / Hong Kong	
-57kg	Almas Shaik Sadiya	India	2002	56.06	190.0	04.05.2023	Alappuzha / India	
-63kg	Burik Marina	Kazakhstan	1993	62.30	225.0	31.08.2012	Szczyrk / Poland	
-69kg	Nurkenova Asel	Kazakhstan	2000	68.14	215.0	04.05.2023	Alappuzha / India	
-76kg	Gaas Regina	Kazakhstan	2004	73.75	215.0	07.05.2024	Hong Kong / Hong Kong	
-84kg	Rahayu Sri	Indonesia	1992	82.98	268.0	24.07.2015	Hong Kong / Hong Kong	
84+kg	Gu Sin-Wei	Chinese Taipei	2006	120.55	267.5	13.07.2024	Potchefstroom / South Africa	
BENCH PRESS								
-43kg	Ompod Veronica	Philippines	2000	42.66	70.0	24.08.2023	Cluj Napoca / Romania	
-47kg	Hayakawa Kotomi	Japan	1995	46.70	110.0	05.11.2018	Halmstad / Sweden	
-52kg	Huang Yen-Tzu	Chinese Taipei	1992	51.34	105.0	27.04.2014	Quzon / Philippines	
-57kg	Erasmus Jane	Philippines	2003	55.29	107.5	06.05.2024	Hong Kong / Hong Kong	
-63kg	Bakhtygaliyeva Olga	Kazakhstan	2001	61.40	115.0	04.05.2023	Alappuzha / India	
-69kg	Nurkenova Asel	Kazakhstan	2000	68.14	142.5	04.05.2023	Alappuzha / India	
-76kg	Janhvi Savardekar	India	2001	75.74	115.0	05.05.2023	Alappuzha / India	
-84kg	Shabeena Shaik	India	2005	80.86	160.0	11.05.2024	Hong Kong / Hong Kong	
84+kg	Okatenko Xeniya	Kazakhstan	1994	104.49	185.0	17.11.2017	Pilsen / Czechia	
DEADLIFT								
-43kg	Ompod Veronica	Philippines	2000	42.66	150.0	24.08.2023	Cluj Napoca / Romania	
-47kg	Huang Hui-Chuan	Chinese Taipei	1996	46.40	167.5	14.11.2016	Orlando / U.S.America	
-52kg	Suryani Lilis	Indonesia	1998	51.21	186.0	22.04.2019	Hong Kong / Hong Kong	
-57kg	Kartika Imas	Indonesia	1995	55.04	190.0	03.05.2017	Soreang / Indonesia	
-63kg	Burik Marina	Kazakhstan	1993	62.30	200.0	31.08.2012	Szczyrk / Poland	
-69kg	Raghav Alkha	India	2004	68.77	190.5	07.05.2024	Hong Kong / Hong Kong	
-76kg	Dwaraka S.	India	2001	75.40	205.0	20.06.2022	Coimbatore / India	
-84kg	Rahayu Sri	Indonesia	1992	82.98	206.0	24.07.2015	Hong Kong / Hong Kong	
84+kg	Shevchenko Valeriya	Kazakhstan	1990	84.30	220.0	02.09.2012	Szczyrk / Poland	
TOTAL								
-43kg	Ompod Veronica	Philippines	2000	42.66	367.5	24.08.2023	Cluj Napoca / Romania	
-47kg	Hayakawa Kotomi	Japan	1995	46.70	430.0	05.11.2018	Halmstad / Sweden	
-52kg	Suryani Lilis	Indonesia	1998	51.21	467.0	22.04.2019	Hong Kong / Hong Kong	
-57kg	Kartika Imas	Indonesia	1995	55.04	465.0	03.05.2017	Soreang / Indonesia	
-63kg	Burik Marina	Kazakhstan	1993	62.30	535.0	31.08.2012	Szczyrk / Poland	
-69kg	Nurkenova Asel	Kazakhstan	2000	68.14	542.5	04.05.2023	Alappuzha / India	
-76kg	Dwaraka S.	India	2001	75.40	500.0	20.06.2022	Coimbatore / India	
-84kg	Rahayu Sri	Indonesia	1992	82.98	619.0	24.07.2015	Hong Kong / Hong Kong	
84+kg	Gu Sin-Wei	Chinese Taipei	2006	121.14	541.0	29.06.2023	Hong Kong / China	
BENCH PRESS (SINGLE LIFT)								
-43kg	Ompod Veronica	Philippines	2000	42.66	70.0	24.08.2023	Cluj Napoca / Romania	
-47kg	Hayakawa Kotomi	Japan	1995	46.70	110.0	05.11.2018	Halmstad / Sweden	
-52kg	Tanabe Tomoko	Japan	1997	47.20	110.0	23.05.2019	Tokyo / Japan	
-57kg	Dyachenko Taissiya	Kazakhstan	2000	56.40	120.0	25.05.2017	Kaunas / Lithuania	
-63kg	Ochirbat Orkhontuul	Mongolia	1997	62.95	135.0	07.09.2019	Ulaanbaatar / Mongolia	
-69kg	Nurkenova Asel	Kazakhstan	2000	68.14	142.5	04.05.2023	Alappuzha / India	
-76kg	Sakaguchi Airi	Japan	2003	75.20	175.0	31.05.2024	Austin, TX / U.S.America	
-84kg	Shabeena Shaik	India	2005	80.86	160.0	11.05.2024	Hong Kong / Hong Kong	
84+kg	Okatenko Xeniya	Kazakhstan	1994	104.49	185.0	17.11.2017	Pilsen / Czechia	

Abbreviation: * – Pending Approval