

Asian Women's Classic Bench Press Championships

Istanbul / Turkey, 24 – 30 December, 2021

Division «Open»

| # | Name | Born | Team | BP |
|--------------|-------------------------|------|-------------|-------|
| -47kg | | | | |
| 1. | Sharma Manisha | 1994 | India | 50.0 |
| 2. | Gupta Aditi | 1996 | India | 50.0 |
| 3. | Alkateeb Albouiny Tayma | 1997 | Syria | 45.0 |
| -52kg | | | | |
| 1. | Orazbekova Assiya | 1987 | Kazakhstan | 75.0 |
| 2. | Chavan Mithila | 1984 | India | 40.0 |
| -57kg | | | | |
| 1. | Rashidova Yekaterina | 2001 | Kazakhstan | 80.0 |
| 2. | Sapna Bharati | 2000 | India | 70.0 |
| 3. | Imamdar Dr Sharvari V | 1983 | India | 60.0 |
| -63kg | | | | |
| 1. | K Aishwarya | 1992 | India | 70.0 |
| 2. | Parshetty Aditi | 1997 | India | 70.0 |
| 3. | Almasri Asraa | 1996 | Syria | 60.0 |
| -84kg | | | | |
| 1. | Bermukhambetova Zhadyra | 1986 | Kazakhstan | 125.0 |
| 2. | Reboton Joyce Gail | 1992 | Philippines | 105.0 |
| 3. | Teotia Geeta | 1990 | India | 80.0 |

84+kg

| | | | | |
|----|-------------------|------|------------|-------|
| 1. | Abduraimova Aziza | 1989 | Kazakhstan | 100.0 |
| 2. | Prajapat Manisha | 1992 | India | 55.0 |

-69kg

| | | | | |
|----|------------------|------|------------|------|
| 1. | Railyan Nadezhda | 1997 | Kazakhstan | 75.0 |
|----|------------------|------|------------|------|

-69kg

| | | | | |
|----|--------------------|------|------------|------|
| 1. | Yakusheva Veronika | 2005 | Kazakhstan | 55.0 |
|----|--------------------|------|------------|------|

-76kg

| | | | | |
|----|------------------|------|------------|-------|
| 1. | Jumabayeva Barno | 2007 | Kazakhstan | 110.0 |
|----|------------------|------|------------|-------|

In Division there are 3 Lifters

Division «Juniors»

| # | Name | Born | Team | BP |
|--------------|-------------------|------|------------|------|
| -52kg | | | | |
| 1. | Gladkova Alena | 2001 | Kazakhstan | 80.0 |
| 2. | Kamzina Rushaniya | 1999 | Uzbekistan | 60.0 |

| | | |
|-------------------------|-----------------|-------|
| 3. Chamout Mona | 1999 Syria | 45.0 |
| -57kg | | |
| 1. Khairallah Joya | 2001 Lebanon | 90.0 |
| 2. Harshitha K L | 1998 India | 60.0 |
| -63kg | | |
| 1. Nuriddinova Diana | 2001 Kazakhstan | 60.0 |
| -84kg | | |
| 1. Kulakova Polina | 1998 Kazakhstan | 120.0 |
| 2. Abdyrova Iroda | 2001 Kazakhstan | 110.0 |
| 3. Korniyenko Tomiris | 1998 Kazakhstan | 70.0 |
| 84+kg | | |
| 1. Puthran Deepthika J | 2002 India | 60.0 |
| -69kg | | |
| 1. Abdyrova Nigara | 2002 Kazakhstan | 85.0 |
| 2. Carlo Venizela Annie | 2000 India | 70.0 |
| -76kg | | |
| 1. Shatko Diana | 2002 Kazakhstan | 115.0 |
| 2. Abhiram Ajith | 1997 India | 70.0 |

In Division there are 14 Lifters

Division «Masters I»

| # | Name | Born | Team | BP |
|-------|-------------------|------|------------|------|
| -52kg | | | | |
| 1. | Neeta Mehta | 1977 | India | 60.0 |
| -57kg | | | | |
| 1. | Malyugina Nadejda | 1979 | Uzbekistan | 50.0 |
| -63kg | | | | |
| 1. | Sharma Meena | 1974 | India | 50.0 |
| 84+kg | | | | |
| 1. | Altaibaeva Marina | 1973 | Kazakhstan | 60.0 |
| -76kg | | | | |
| 1. | K S Deepa | 1978 | India | 50.0 |

In Division there are 5 Lifters

Division «Masters II»

| # | Name | Born | Team | BP |
|-------|-----------|------|-------|------|
| -57kg | | | | |
| 1. | K L Nicey | 1968 | India | 30.0 |

In Total there are 40 Lifters