

Asian Women's Equipped 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	45.0
3.	Mali Pooja	1997	India	40.0
-52kg				
1.	Orazbekova Assiya	1987	Kazakhstan	105.0
-57kg				
1.	Rashidova Yekaterina	2001	Kazakhstan	100.0
2.	Cheremissina Olga	1988	Kazakhstan	90.0
3.	Bhariti Sapna	2000	India	50.0
-63kg				
1.	Railyan Nadezhda	1997	Kazakhstan	95.0
2.	K Aishwarya	1992	India	65.0
-84kg				
1.	Bermukhambetova Zhadyra	1986	Kazakhstan	170.0
2.	Reboton Joyce Gail	1992	Philippines	117.5
3.	Teotia Geeta	1990	India	50.0
84+kg				
1.	Abduraimova Aziza	1989	Kazakhstan	150.0
2.	Janjir Hemlata	1984	India	60.0
3.	Prajapat Manisha	1992	India	60.0
4.	M Ashwini	1995	India	60.0
-76kg				
1.	Grechikhina Olesya	1992	Kazakhstan	150.0

In Division there are 17 Lifters

Division «Subjuniors»

#	Name	Born	Team	BP
-69kg				
1.	Nuridin Aiken	2007	Kazakhstan	90.0
-76kg				
1.	Jumabayeva Barno	2007	Kazakhstan	120.0

In Division there are 2 Lifters

Division «Juniors»

#	Name	Born	Team	BP
-57kg				
1.	Harshitha K L	1998	India	50.0
-63kg				
1.	Aitasova Sara	2001	Kazakhstan	70.0
-84kg				

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1. Korniyenko Tomiris	1998 Kazakhstan	120.0
2. Abdyrova Iroda	2001 Kazakhstan	120.0
3. Nikolayeva Alevtina	1998 Kazakhstan	120.0

84+kg

1. Puthran Deepthika J	2002 India	100.0
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-69kg

1. Annie Carlo Venizela	2000 India	100.0
2. Abdyrova Nigara	2002 Kazakhstan	100.0

-76kg

1. Abhirami Ajit	1999 India	50.0
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In Division there are 9 Lifters

Division «Masters I»

#	Name	Born	Team	BP
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-63kg

1. Sharma Meena	1974 India	55.0
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-76kg

1. K S Deepa	1978 India	60.0
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In Division there are 2 Lifters

Division «Masters II»

#	Name	Born	Team	BP
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-57kg

1. K L Nicey	1968 India	30.0
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In Total there are 31 Lifters