

Asian Women's Equipped Powerlifting Championships**Alappuzha / India, 2 – 6 May, 2023****Division «Open»**

#	Name	Born	Team	SQ	BP	DL	Total
-47kg							
1.	Ashimol Ashimol	1997	India	150.0	82.5	152.5	385.0
-52kg							
1.	Lisnichenko Anastasiya	1999	Kazakhstan	160.0	110.0	160.0	430.0
2.	Liu Mei-Xiang	1983	Chinese Taipei	160.0	70.0	160.0	390.0
3.	Orazbekova Assiya	1987	Kazakhstan	160.0	90.0	130.0	380.0
-57kg							
1.	Sawant Sonal Sunil	1998	India	182.5	120.0	165.0	467.5
2.	Harinipriya D	2004	India	192.5	87.5	172.5	452.5
3.	Lin Zi-Xuan	1991	Chinese Taipei	140.0	90.0	160.0	390.0
-63kg							
1.	Samruddhi Deolekar	2001	India	207.5	100.0	192.5	500.0
2.	Bakhtygaliyeva Olga	2001	Kazakhstan	180.0	110.0	180.0	470.0
-84kg							
1.	Shovita Shovita	1997	India	250.0	160.0	180.0	590.0
2.	Kalinkina Olessya	1985	Kazakhstan	200.0	130.0	200.0	530.0
84+kg							
1.	Anjana A V	1999	India	205.0	100.0	140.0	445.0
2.	Okatenko Xeniya	1994	Kazakhstan	170.0	100.0	170.0	440.0
3.	Tugade Charlene Raye	1998	Philippines	160.0	77.5	177.5	415.0
-69kg							
1.	Shedge Akshaya Ajit	1995	India	212.5	117.5	205.0	535.0
2.	Nurkenova Asel	2000	Kazakhstan	190.0	150.0	190.0	530.0
3.	Alejandro Christine Erine	1992	Philippines	135.0	72.5	172.5	370.0
-76kg							
1.	Reboton Joyce Gail	1992	Philippines	242.5	150.0	212.5	602.5
2.	Seera Chandra Kala	1992	India	205.0	110.0	180.0	495.0
3.	Saul Rikki Diane	1997	Philippines	120.0	65.0	172.5	357.5

In Division there are 20 Lifters**Division «Subjuniors»**

#	Name	Born	Team	SQ	BP	DL	Total
-43kg							
1.	Akshaya P	2006	India	105.0	40.0	110.0	255.0
-47kg							
1.	Gu Dong-Le	2007	Chinese Taipei	112.5	60.0	117.5	290.0
2.	Smolina Angelina	2006	Kazakhstan	90.0	60.0	90.0	240.0
-52kg							
1.	A Jyoshna	2006	India	120.0	65.0	135.0	320.0
2.	Jiang Jing-Yi	2007	Chinese Taipei	127.5	55.0	115.0	297.5
-57kg							
1.	Ablayeva Ninel	2005	Kazakhstan	150.0	60.0	150.0	360.0
-63kg							
1.	Kao Yu-Chen	2005	Chinese Taipei	170.0	75.0	155.0	400.0
2.	Qiu Zi-En	2006	Chinese Taipei	167.5	77.5	145.0	390.0

-84kg

1.	Shaik Shabeena	2005	India	172.5	67.5	160.0	400.0
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84+kg

1.	Gu Sin-Wei	2006	Chinese Taipei	215.0	70.0	185.0	450.0
2.	Gnana Divya Nagam	2005	India	160.0	70.0	150.0	380.0

-69kg

1.	Ivanova Leyla	2006	Uzbekistan	110.0	65.0	120.0	295.0
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-76kg

1.	Sneha Gharami	2006	India	182.5	87.5	160.0	430.0
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In Division there are 13 Lifters**Division «Juniors»**

#	Name	Born	Team	SQ	BP	DL	Total
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-43kg

1.	Ompod Veronica	2000	Philippines	145.0	67.5	152.5	365.0
2.	Tychkova Karina	2004	Kazakhstan	100.0	45.0	110.0	255.0

-47kg

1.	Tabuan Jessa Mae	2002	Philippines	140.0	80.0	150.0	370.0
2.	Aleena Joseph	2001	India	157.5	65.0	130.0	352.5

-52kg

1.	Zhilyayeva Olesya	2004	Kazakhstan	140.0	90.0	140.0	370.0
2.	Aishwarya Aishwarya	2001	India	122.5	47.5	132.5	302.5

-57kg

1.	Almas Shaik Sadiya	2002	India	195.0	77.5	182.5	455.0
2.	Makwana Sejal	2001	India	177.5	102.5	162.5	442.5
3.	Erasmus Jane	2003	Philippines	130.0	90.0	150.0	370.0

-63kg

1.	K V Nandana	2003	India	180.0	87.5	180.0	447.5
2.	Aitassova Sara	2001	Kazakhstan	170.0	100.0	160.0	430.0

-84kg

1.	Pratheeksha G Naik	2000	India	192.5	107.5	165.0	465.0
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84+kg

1.	Elakeya J	2000	India	220.0	120.0	177.5	517.5
2.	Nishanthi Palanisamy	2001	India	217.5	82.5	205.0	505.0
3.	Malykhina Diana	2003	Kazakhstan	200.0	120.0	180.0	500.0
4.	Onufrak Polina	2002	Kazakhstan	200.0	140.0	160.0	500.0

-69kg

1.	Gaas Regina	2004	Kazakhstan	165.0	95.0	170.0	430.0
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-76kg

1.	Janhvi Savardekar	2001	India	180.0	110.0	170.0	460.0
2.	Baklaga Kamila	2003	Kazakhstan	130.0	70.0	130.0	330.0

In Division there are 19 Lifters**Division «Masters I»**

#	Name	Born	Team	SQ	BP	DL	Total
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-52kg

1.	Jyoti Kandhare	1980	India	120.0	77.5	135.0	332.5
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-57kg

1.	Moniya Moniya	1980	India	90.0	45.0	120.0	255.0
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-63kg

1.	Lakhi Rajkhowa	1976	India	150.0	67.5	162.5	380.0
2.	Sharma Meena	1974	India	150.0	85.0	137.5	372.5
3.	Malyugina Nadejda	1979	Uzbekistan	135.0	85.0	150.0	370.0
84+kg							
1.	Vaishali Tandel	1982	India	130.0	55.0	120.0	305.0
-69kg							
1.	Salma Shaikh	1978	India	130.0	75.0	150.0	355.0
2.	Dutta Chatterjee Sima	1977	India	137.5	80.0	130.0	347.5
-76kg							
1.	Alifiya Vagh	1976	India	147.5	65.0	147.5	360.0
In Division there are 9 Lifters							

Division «Masters II»

#	Name	Born	Team	SQ	BP	DL	Total
-63kg							
1.	Yu Yi-Chen	1973	Chinese Taipei	140.0	60.0	130.0	330.0
2.	Dimple Kasana	1967	India	120.0	47.5	110.0	277.5
-84kg							
1.	Khardina Elena	1971	Uzbekistan	120.0	50.0	120.0	290.0
-69kg							
1.	Shobha Mathur	1972	India	100.0	40.0	100.0	240.0
In Division there are 4 Lifters							

Division «Masters III»

#	Name	Born	Team	SQ	BP	DL	Total
-63kg							
1.	Ip Wing-Yuk	1961	Hong Kong, China	65.0	55.0	85.0	205.0
-69kg							
1.	Reeni Tharakan	1960	India	40.0	35.0	100.0	145.0
In Total there are 67 Lifters							