

**INTERNATIONAL POWERLIFTING FEDERATION**  
**World Women's Classic Bench Press Championships, Almaty (Kazakhstan), 21-29.05.2022**  
**SCORESHEET**

Rnk	Lifters	d.o.b.	Team	BWT	IPF GL Cf.	Lot	1 Att.	2 Att.	3 Att.	Result	IPF GL	Pts
<b>Open</b>												
<b>-47kg</b>												
1	Cheremenko Nataliia	2001	UKR	46,88	1.0629	4	85.0	90.0	92.5-wj	92.5	98,32	12
2	Zhurbina Anastasiya	1999	KAZ	46,46	1.0740	1	85.0	90.0-wj	95.0	90.0	96,66	9
3	Tsoy Kristina	1991	KAZ	45,82	1.0917	3	65.0	72.5	72.5	65.0	70,96	8
<b>-52kg</b>												
1	Ramberg Selma	2001	NOR	51,32	0.9688	8	105.0	110.0	114.0-w	114.0	110,44	12
2	Huet Alison	1996	FRA	51,88	0.9593	6	92.5	97.5	100.0	100.0	95,93	9
3	Nyers Monika	1978	HUN	51,00	0.9744	5	97.5	102.5	102.5	97.5	95,00	8
4	Balbiani Lorraine	1995	FRA	51,20	0.9709	9	85.0	87.5	92.5	87.5	84,95	7
5	Kikuchi Miyabi	1998	JPN	51,22	0.9705	11	80.0	87.5	97.5	87.5	84,92	6
6	Wagner Isabel	1994	GER	50,54	0.9828	7	65.0	70.0	72.5	70.0	68,79	5
7	Poojarthi Akshatha	1987	IND	51,96	0.9579	10	65.0	67.5	70.0	70.0	67,06	4
<b>-57kg</b>												
1	Rykun Anna	1998	UKR	56,60	0.8939	15	115.0	120.0	122.0-w	122.0	109,05	12
2	Ishibashi Akane	1993	JPN	55,30	0.9096	12	107.5	107.5	122.5	107.5	97,78	9
3	Buturlym Hanna	1997	UKR	56,30	0.8974	16	100.0	105.0	110.0	105.0	94,22	8
4	Ramberg Storstad Mia Margrethe	1999	NOR	56,18	0.8988	13	92.5	97.5	105.0	97.5	87,63	7
5	Kaye Sheina	1997	GBR	54,68	0.9176	14	75.0	77.5	77.5	75.0	68,82	6
<b>-63kg</b>												
1	Hexter Melissa	1994	GBR	60,70	0.8529	1	102.5	107.5	110.0	110.0	93,82	12
2	Kryukova Ekaterina	1985	KAZ	62,75	0.8363	3	105.0	110.0	112.5	110.0	92,00	9
3	Rosenborg Elise	1993	NOR	61,85	0.8433	4	102.5	107.5	112.5	102.5	86,44	8
4	Bakhtygaliyeva Olga	2001	KAZ	61,65	0.8449	2	90.0	95.0	102.5	95.0	80,27	7
<b>-69kg</b>												
1	Nurkenova Asel	2000	KAZ	67,35	0.8063	13	115.0	120.0	125.0	120.0	96,75	12
2	Wikner Moa	1995	GBR	68,25	0.8013	14	100.0	105.0	107.5	107.5	86,14	9
3	Kadatska Hanna	1977	UKR	64,85	0.8215	16	92.5	100.0	102.5	100.0	82,15	8
4	Kvantchiani Sopiko	1998	GEO	64,45	0.8242	15	90.0	97.5	100.0	90.0	74,18	7
5	Kaneko Shiori	1991	JPN	63,60	0.8301	17	70.0	80.0	80.0	70.0	58,11	6
<b>-76kg</b>												
1	Khan Xeniya	1987	KAZ	75,60	0.7695	19	115.0	120.0	125.0	125.0	96,18	12
2	Lawniczak Daria	1995	POL	75,80	0.7688	18	95.0	100.0	100.0	95.0	73,03	9
3	Khurtsilava Khatia	1994	GEO	70,30	0.7910	20	65.0	70.0	75.0	75.0	59,33	8
<b>-84kg</b>												
1	Salo Emmeth	1998	FIN	82,25	0.7501	5	120.0	130.0	130.0	130.0	97,51	12
2	Bermukhambetova Zhadyra	1986	KAZ	83,00	0.7483	6	125.0	132.5	132.5	125.0	93,54	9
3	Tchrikishvili Nino	1991	GEO	83,60	0.7470	8	100.0	100.0	100.0	100.0	74,70	8
—	Franch Guerra Julie	1990	FRA	82,45	0.7496	7	115.0	115.0	115.0	DSQ	—	—
<b>84+kg</b>												
1	Szabo Agnes	1988	HUN	109,50	0.7148	12	142.5	145.0	153.5	145.0	103,65	12
2	Okatenko Xeniya	1994	KAZ	117,70	0.7107	10	120.0	125.0	132.5	132.5	94,17	9
3	Laitinen Johanna	1986	FIN	111,75	0.7135	11	130.0	135.0	135.0	130.0	92,76	8
4	Coggie Rebecca	1983	GBR	133,70	0.7062	9	115.0	122.5	130.0	122.5	86,51	7

**Team (points)**

1	Kazakhstan	51	[12+12+9+9+9]	477,30	IPF GL
2	Ukraine	40	[12+12+8+8]	383,74	IPF GL
3	Great Britain	34	[12+9+7+6]	335,29	IPF GL
4	Norway	27	[12+8+7]	284,51	IPF GL
5	Georgia	23	[8+8+7]	208,20	IPF GL
6	Japan	21	[9+6+6]	240,81	IPF GL
7	Hungary	20	[12+8]	198,65	IPF GL
8	Finland	20	[12+8]	190,27	IPF GL
9	France	16	[9+7]	180,88	IPF GL
10	Poland	9	[9]	73,03	IPF GL
11	Germany	5	[5]	68,79	IPF GL
12	India	4	[4]	67,06	IPF GL

**Best Lifters of Open by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Ramberg Selma	Norway	51,32	114.0	110.4385	1
2.	Rykun Anna	Ukraine	56,60	122.0	109.0515	1
3.	Szabo Agnes	Hungary	109,50	145.0	103.6489	1

**Sub-Juniors**

<b>-43kg</b>												
1	Manokhina Darya	2007	KAZ	42,48	1.2060	1	45.0	50.0	55.0	45.0	54,27	12
<b>-47kg</b>												
1	Smolina Angelina	2006	KAZ	45,22	1.1094	2	45.0	52.5	57.5	52.5	58,24	12
<b>-52kg</b>												
1	Hevko Yevheniia	2006	UKR	51,34	0.9684	3	65.0	70.0	75.0	70.0	67,79	12
2	Zhilyayeva Olesya	2004	KAZ	51,16	0.9716	4	50.0	60.0	62.5	60.0	58,29	9
<b>-57kg</b>												
1	Karimova Amina	2005	KAZ	56,24	0.8981	5	65.0	72.5	72.5	72.5	65,11	12
2	Kohalmi Virag	2006	HUN	56,42	0.8960	6	47.5	52.5	55.0	55.0	49,28	9

<b>-63kg</b>	1 Larkina Alyona	2004	KAZ	61,90	0.8429	7	45.0	55.0	60.0	60.0	50,57	12
<b>-69kg</b>	1 Yunussaliyeva Shirin	2004	KAZ	63,40	0.8315	11	40.0	47.5	50.0	50.0	41,58	12
<b>-76kg</b>	1 Jumabayeva Barno	2007	KAZ	75,10	0.7712	12	112.5-ws	120.0-ws	<del>130.0</del>	120.0	92,55	12
<b>-84kg</b>	1 Shestakova Yekaterina	2007	KAZ	82,00	0.7507	8	<del>55.0</del>	60.0	65.0	65.0	48,80	12
	2 Besant Gracie	2007	GBR	77,40	0.7635	9	50.0	55.0	<del>65.0</del>	55.0	41,99	9
<b>84+kg</b>	1 Nasiriddiona Sarvinoz	2006	KAZ	108,75	0.7153	10	60.0	70.0	<del>75.0</del>	70.0	50,07	12

#### Team (points)

1 Kazakhstan	60	[12+12+12+12+12]	320,75	IPF GL
2 Ukraine	12	[12]	67,79	IPF GL
3 Hungary	9	[9]	49,28	IPF GL
4 Great Britain	9	[9]	41,99	IPF GL

#### Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Jumabayeva Barno	Kazakhstan	75,10	120.0	92.5471	1
2.	Hevko Yevheniia	Ukraine	51,34	70.0	67.7888	1
3.	Karimova Amina	Kazakhstan	56,24	72.5	65.1099	1

#### Juniors

<b>-43kg</b>	1 Seitmullina Sara	2002	KAZ	42,10	1.2219	1	30.0	<del>35.0</del>	35.0	35.0	42,77	12
<b>-52kg</b>	1 Gladkova Alena	2001	KAZ	51,26	0.9698	4	75.0	80.0	85.0	85.0	82,43	12
	2 Gviniashvili Tiko	1999	GEO	51,76	0.9613	5	70.0	<del>75.0</del>	<del>82.5</del>	70.0	67,29	9
	3 Shetty Siya Sharath	2003	IND	51,48	0.9660	3	42.5	47.5	<del>52.5</del>	47.5	45,88	8
<b>-57kg</b>	1 Butenko Anastassiya	2003	KAZ	56,44	0.8957	7	65.0	70.0	75.0	75.0	67,18	12
	2 Nuriddinova Diana	2001	KAZ	52,56	0.9483	6	45.0	55.0	<del>60.0</del>	55.0	52,16	9
<b>-63kg</b>	1 Gudnyjardottir Alexandra Ran	1999	ISL	61,60	0.8453	3	95.0	100.0	102.5	102.5	86,65	12
	2 Dyachenko Taissiya	2000	KAZ	62,50	0.8382	1	<del>92.5</del>	92.5	<del>105.0</del>	92.5	77,54	9
	3 Sumners Chanice	1999	GBR	62,15	0.8409	4	<del>72.5</del>	72.5	<del>75.0</del>	72.5	60,97	8
	4 Matthews Natalie	2000	GBR	61,95	0.8425	2	65.0	67.5	<del>72.5</del>	67.5	56,87	7
<b>-69kg</b>	1 Myhr Marthine	1999	NOR	68,85	0.7982	8	102.5	107.5	<del>110.0</del>	107.5	85,80	12
	2 Abdyrova Nigara	2002	KAZ	67,00	0.8082	10	90.0	100.0	<del>107.5</del>	100.0	80,82	9
	3 Carlo Venizeia Annie	2000	IND	68,00	0.8027	9	70.0	<del>80.0</del>	80.0	80.0	64,21	8
<b>-76kg</b>	1 Mautalen Laura	2000	FRA	75,05	0.7714	12	130.0-wj	137.5-wj	141.5	141.5	109,15	12
	2 Shatko Diana	2002	KAZ	74,00	0.7753	11	<del>105.0</del>	105.0	107.5	107.5	83,34	9
<b>-84kg</b>	1 Oskarsdottir Matthildur	1999	ISL	82,05	0.7506	6	115.0	120.0	125.0	125.0	93,82	12
	2 Irawo Melina	2000	GBR	81,35	0.7523	5	105.0	107.5	110.0	110.0	82,76	9
<b>84+kg</b>	1 Meier Regina	1999	KAZ	126,95	0.7077	7	90.0	100.0	107.5	107.5	76,08	12

#### Team (points)

1 Kazakhstan	57	[12+12+12+12+9]	351,80	IPF GL
2 Iceland	24	[12+12]	180,47	IPF GL
3 Great Britain	24	[9+8+7]	200,59	IPF GL
4 India	16	[8+8]	110,10	IPF GL
5 France	12	[12]	109,15	IPF GL
6 Norway	12	[12]	85,80	IPF GL
7 Georgia	9	[9]	67,29	IPF GL

#### Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Mautalen Laura	France	75,05	141.5	109.1539	1
2.	Oskarsdottir Matthildur	Iceland	82,05	125.0	93.8233	1
3.	Gudnyjardottir Alexandra Ran	Iceland	61,60	102.5	86.6466	1

#### Masters 1

<b>-47kg</b>	1 Tskhay Natalya	1975	KAZ	45,90	1.0894	1	45.0	50.0	<del>55.0</del>	50.0	54,47	12
	2 Dak Inna	1980	KAZ	46,84	1.0639	2	37.5	40.0	<del>42.5</del>	40.0	42,56	9
<b>-52kg</b>	1 Goryaeva Alexandra	1981	KAZ	47,56	1.0459	7	32.5	35.0	37.5	37.5	39,22	12
<b>-57kg</b>	1 Iwamoto Sachiko	1973	JPN	54,94	0.9142	11	<del>90.0</del>	90.0	103.0	103.0	94,16	12
	2 Clough Faith	1982	USA	56,62	0.8936	12	55.0	<del>65.0</del>	65.0	65.0	58,09	9
<b>-63kg</b>	1 Malyugina Nadejda	1979	UZB	59,68	0.8620	19	75.0	80.0	85.0	85.0	73,27	12
	2 Koninki Niina	1981	FIN	60,35	0.8559	18	85.0	<del>87.5</del>	<del>87.5</del>	85.0	72,76	9
	3 Possehl Zaneta	1977	GER	62,35	0.8394	17	70.0	72.5	<del>75.0</del>	72.5	60,85	8
	4 Meunier Melisa	1975	FRA	60,10	0.8582	20	65.0	67.5	<del>70.0</del>	67.5	57,93	7

<b>-69kg</b>												
1	Suomela Pauliina	1976	FIN	67,00	0.8082	14	90.0	92.5	97.5	92.5	74,76	12
2	Ruuhivirta Nina	1977	FIN	68,05	0.8024	15	90.0	92.5	97.5	92.5	74,22	9
3	Lessing Vanessa	1978	RSA	66,30	0.8124	13	65.0	67.5	70.0	70.0	56,87	8
4	Zhumasheva Svetlana	1981	KAZ	69,00	0.7974	12	50.0	55.0	70.0	55.0	43,86	7
<b>-76kg</b>												
1	Costa Iolanda	1977	BRA	75,45	0.7700	19	110.0	115.0	117.5	115.0	88,55	12
2	Pollen Eilen	1981	NOR	74,60	0.7730	18	100.0	105.0	107.5	105.0	81,17	9
3	Kilyabayeva Nurgul	1981	KAZ	73,90	0.7757	20	50.0	55.0	57.5	55.0	42,66	8
<b>-84kg</b>												
1	Voho Tiina	1973	FIN	77,15	0.7643	3	95.0	100.0	107.5	100.0	76,43	12
2	Hyde Lucy	1979	GBR	82,20	0.7502	4	80.0	85.0	87.5	87.5	65,64	9
3	Kissykova Aigul	1982	KAZ	81,75	0.7513	2	35.0	42.5	47.5	42.5	31,93	8
<b>84+kg</b>												
1	Altaibaeva Marina	1973	KAZ	116,20	0.7114	7	50.0	55.0	55.0	50.0	35,57	12

#### Team (points)

1	Kazakhstan	53	[12+12+12+9+8]	214,48	IPF GL
2	Finland	42	[12+12+9+9]	298,17	IPF GL
3	Japan	12	[12]	94,16	IPF GL
4	Brazil	12	[12]	88,55	IPF GL
5	Uzbekistan	12	[12]	73,27	IPF GL
6	Norway	9	[9]	81,17	IPF GL
7	Great Britain	9	[9]	65,64	IPF GL
8	U.S.America	9	[9]	58,09	IPF GL
9	Germany	8	[8]	60,85	IPF GL
10	South Africa	8	[8]	56,87	IPF GL
11	France	7	[7]	57,93	IPF GL

#### Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Iwamoto Sachiko	Japan	54,94	103.0	94.1644	1
2.	Costa Iolanda	Brazil	75,45	115.0	88.5484	1
3.	Pollen Eilen	Norway	74,60	105.0	81.1694	2

#### Masters 2

<b>-52kg</b>												
1	K L Nicey	1968	IND	50,50	0.9835	6	25.0	30.0	32.5	30.0	29,51	12
<b>-57kg</b>												
1	Takemoto Sae	1969	JPN	54,02	0.9266	10	70.0	75.0	77.5	77.5	71,81	12
2	Cabos Marie	1967	FRA	56,24	0.8981	9	70.0	75.0	77.5	70.0	62,86	9
<b>-63kg</b>												
1	Oksanen Sanna	1971	FIN	61,80	0.8437	14	72.5	77.5	77.5	77.5	65,39	12
2	Gordon Maureen	1964	GBR	61,70	0.8445	15	65.0	67.5	72.5	72.5	61,23	9
3	Shergold Rita	1965	GBR	59,92	0.8598	16	57.5	62.5	62.5	62.5	53,74	8
<b>-69kg</b>												
1	Leccese Florence	1969	FRA	63,30	0.8322	11	67.5	72.5	75.0	72.5	60,34	12
2	Uotila Tiina	1972	FIN	65,50	0.8173	10	60.0	65.0	70.0	65.0	53,13	9
3	Kalathil Sreeja	1968	IND	66,55	0.8109	9	30.0	35.0	37.5	37.5	30,41	8
<b>-76kg</b>												
1	Kalinina Alexandra	1968	KAZ	72,50	0.7813	16	102.5	108.0-w2	115.0	108.0	84,38	12
2	Tokutake Megumi	1964	JPN	74,40	0.7738	17	97.5	105.0	108.5	97.5	75,44	9
<b>-84kg</b>												
1	Mueller-Freye Karina	1970	GER	82,75	0.7489	1	70.0	75.0	77.5	75.0	56,17	12
<b>84+kg</b>												
1	Whiteley Joanne	1970	GBR	123,35	0.7087	6	85.0	90.0	92.5	92.5	65,56	12

#### Team (points)

1	Great Britain	29	[12+9+8]	180,52	IPF GL
2	Japan	21	[12+9]	147,26	IPF GL
3	France	21	[12+9]	123,20	IPF GL
4	Finland	21	[12+9]	118,51	IPF GL
5	India	20	[12+8]	59,91	IPF GL
6	Kazakhstan	12	[12]	84,38	IPF GL
7	Germany	12	[12]	56,17	IPF GL

#### Best Lifters of Masters 2 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Kalinina Alexandra	Kazakhstan	72,50	108.0	84.3759	1
2.	Tokutake Megumi	Japan	74,40	97.5	75.4438	2
3.	Takemoto Sae	Japan	54,02	77.5	71.8148	1

#### Masters 3

<b>-52kg</b>												
1	Schraft Heidi	1961	CAN	49,16	1.0099	5	42.5	47.5	52.5	47.5	47,97	12
<b>-57kg</b>												
1	Koshanova Bakhytgul	1960	KAZ	56,34	0.8969	8	35.0	40.0	45.0	45.0	40,36	12
<b>-63kg</b>												
1	Herbin Evelyne	1956	FRA	62,50	0.8382	13	62.5	67.5	70.0	67.5	56,58	12
<b>-69kg</b>												
1	Maciejewski Patricia	1961	FRA	68,05	0.8024	8	75.0	80.0-w3	81.0-w3	81.0	64,99	12

**Team (points)**

1	France	24	[12+12]	121,57	IPF GL
2	Canada	12	[12]	47,97	IPF GL
3	Kazakhstan	12	[12]	40,36	IPF GL

**Best Lifters of Masters 3 by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Maciejewski Patricia	France	68,05	81.0	64.9932	1
2.	Herbin Evelyne	France	62,50	67.5	56.5800	1
3.	Schraft Heidi	Canada	49,16	47.5	47.9721	1

**Masters 4**

<b>-52kg</b>												
1	Heligon Françoise	1943	FRA	47,38	1.0503	3	35.0	37.5	40.0	40.0	42,01	12
2	McGauley Judith	1948	GBR	49,66	0.9997	4	30.0	32.5	35.0	35.0	34,99	9

**Team (points)**

1	France	12	[12]	42,01	IPF GL
2	Great Britain	9	[9]	34,99	IPF GL

**Best Lifters of Masters 4 by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Heligon Françoise	France	47,38	40.0	42.0125	1
2.	McGauley Judith	Great Britain	49,66	35.0	34.9899	2

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record;  
 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.  
 DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

BRA = Brazil  
 CAN = Canada  
 FIN = Finland  
 FRA = France  
 GBR = Great Britain  
 GEO = Georgia  
 GER = Germany

HUN = Hungary  
 IND = India  
 ISL = Iceland  
 JPN = Japan  
 KAZ = Kazakhstan  
 NOR = Norway  
 POL = Poland

RSA = South Africa  
 UKR = Ukraine  
 USA = U.S.America  
 UZB = Uzbekistan