

INTERNATIONAL POWERLIFTING FEDERATION
World Women's Equipped 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
Open												
-47kg												
1	Zhurбина Anastassiya	1999	KAZ	46,72	0.7616	3	95.0	100.0	102.5	102.5	78,06	12
2	Motrunchyk Oksana	1992	UKR	46,58	0.7638	2	90.0	95.0	100.0	100.0	76,38	9
3	Tsoy Kristina	1991	KAZ	45,65	0.7787	4	70.0	75.0	95.0	75.0	58,41	8
4	Mali Pooja	1997	IND	46,68	0.7622	1	55.0	57.5	60.0	57.5	43,83	7
-52kg												
1	Vedmid Oksana	1991	UKR	51,50	0.6985	5	135.0	135.0	145.0	135.0	94,30	12
2	Poojarthi Akshatha	1987	IND	51,90	0.6941	7	75.0	75.0	80.0	75.0	52,06	9
—	Kikuchi Miyabi	1998	JPN	51,48	0.6988	6	120.0	125.0	125.0	DSQ	—	—
-57kg												
1	Ishibashi Akane	1993	JPN	55,42	0.6591	9	125.0	130.0	135.0	130.0	85,69	12
2	Shuttleworth Maura	1976	USA	56,84	0.6469	11	112.5	117.5	132.5	117.5	76,01	9
3	Orazbekova Assiya	1987	KAZ	53,84	0.6739	8	100.0	105.0	107.5	107.5	72,45	8
4	Sandvik Marcela	1974	FIN	54,70	0.6657	10	105.0	107.5	110.0	107.5	71,56	7
-63kg												
1	Rames Maj	1989	DEN	62,30	0.6078	13	145.0	150.0	155.0	155.0	94,20	12
2	Kabiyeva Zhadyra	1992	KAZ	62,55	0.6062	12	137.5	147.5	152.5	137.5	83,35	9
-69kg												
1	Nurkenova Asel	2000	KAZ	66,60	0.5836	19	130.0	140.0	150.0	140.0	81,71	12
2	Kaneko Shiori	1991	JPN	63,10	0.6029	20	70.0	130.0	140.0	70.0	42,20	9
-76kg												
1	Mizoguchi Kumi	1988	JPN	75,55	0.5464	21	170.0	170.0	177.5	177.5	96,99	12
2	Khan Xeniya	1987	KAZ	75,50	0.5466	23	175.0	180.0	180.0	175.0	95,66	9
3	Pretzmann Annemia	1992	DEN	75,20	0.5476	22	140.0	170.0	170.0	140.0	76,67	8
-84kg												
1	Bermukhambetova Zhadyra	1986	KAZ	83,65	0.5229	15	170.0	175.0	185.0	185.0	96,75	12
2	Lawniczak Daria	1995	POL	77,50	0.5401	14	135.0	140.0	140.0	135.0	72,91	9
3	Borshchevska Alona	1999	UKR	76,20	0.5442	16	105.0	112.5	135.0	112.5	61,23	8
84+kg												
1	Abduraimova Aziza	1989	KAZ	91,55	0.5062	17	170.0	175.0	175.0	170.0	86,05	12
—	Bilousova Tetiana	1975	UKR	106,60	0.4849	18	170.0	170.0	172.5	DSQ	—	—
Team (points)												
1	Kazakhstan	57	[12+12+12+12+9]			438,23	IPF GL					
2	Japan	33	[12+12+9]			224,88	IPF GL					
3	Ukraine	29	[12+9+8]			231,91	IPF GL					
4	Denmark	20	[12+8]			170,87	IPF GL					
5	India	16	[9+7]			95,88	IPF GL					
6	U.S.America	9	[9]			76,01	IPF GL					
7	Poland	9	[9]			72,91	IPF GL					
8	Finland	7	[7]			71,56	IPF GL					
Best Lifters of Open by IPF GL Formula												
Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk						
1.	Mizoguchi Kumi	Japan	75,55	177.5	96.9915	1						
2.	Bermukhambetova Zhadyra	Kazakhstan	83,65	185.0	96.7454	1						
3.	Khan Xeniya	Kazakhstan	75,50	175.0	95.6552	2						
Sub-Juniors												
-43kg												
1	Leonova Darya	2007	KAZ	40,92	0.8734	1	45.0	47.5	47.5	47.5	41,49	12
-52kg												
1	Zhilyayeva Olesya	2004	KAZ	51,56	0.6979	4	67.5	75.0	80.0	75.0	52,34	12
-57kg												
1	Aparina Anastassiya	2007	KAZ	54,50	0.6676	6	80.0	85.0	95.0	95.0	63,42	12
-63kg												
1	Karimova Amina	2005	KAZ	57,72	0.6398	10	82.5	90.0	100.0	100.0	63,98	12
2	Yakusheva Veronika	2005	KAZ	58,10	0.6369	9	45.0	50.0	50.0	50.0	31,84	9
-69kg												
1	Nuridin Aiken	2007	KAZ	67,05	0.5814	19	75.0	85.0	90.0	90.0	52,33	12
-76kg												
1	Yurtanova Yana	2004	KAZ	74,15	0.5513	22	75.0	82.5	85.0	85.0	46,86	12
-84kg												
1	Sidenkova Arina	2007	KAZ	81,95	0.5273	13	110.0	115.0	120.0	120.0	63,27	12
Team (points)												
1	Kazakhstan	60	[12+12+12+12+12]			295,34	IPF GL					

Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Karimova Amina	Kazakhstan	57,72	100.0	63.9828	1
2.	Aparina Anastassiya	Kazakhstan	54,50	95.0	63.4212	1
3.	Sidenkova Arina	Kazakhstan	81,95	120.0	63.2720	1

Juniors

-52kg												
1	Doskul Adelya	2003	KAZ	51,38	0.6999	2	70.0	70.0	75.0	75.0	52,49	12
2	Shetty Siya Sharath	2003	IND	51,72	0.6961	3	50.0	55.0	60.0	60.0	41,76	9
-57kg												
1	Bille Regina	2002	KAZ	56,48	0.6499	5	85.0	87.5	90.0	87.5	56,87	12
-63kg												
1	Bakhtigaliyeva Olga	2001	KAZ	62,20	0.6084	8	115.0	120.0	127.5	127.5	77,57	12
2	Gudnyjardottir Alexandra Ran	1999	ISL	62,05	0.6093	7	112.5	117.5	125.0	125.0	76,17	9
-69kg												
1	Dyachenko Taissiya	2000	KAZ	63,15	0.6026	17	135.0	142.5	142.5	135.0	81,35	12
2	Mikulasova Natalia	1999	SVK	63,45	0.6008	18	105.0	110.0	120.0	120.0	72,10	9
3	Carlo Venizela Annie	2000	IND	68,05	0.5766	16	100.0	100.0	112.5	100.0	57,66	8
-76kg												
1	Bovkun Mariya	2001	KAZ	69,45	0.5702	20	100.0	105.0	115.0	105.0	59,87	12
2	Damrina Anastassiya	2001	KAZ	74,25	0.5510	21	90.0	100.0	112.5	100.0	55,10	9
-84kg												
1	Larsen Nora Kristin	2001	NOR	79,80	0.5332	11	150.0	160.0	170.0	170.0	90,64	12
2	Abdyrova Iroda	2001	KAZ	79,40	0.5343	12	130.0	130.0	130.0	130.0	69,46	9
84+kg												
1	Onufrak Polina	2002	KAZ	106,15	0.4854	14	120.0	120.0	120.0	120.0	58,25	12
—	Meier Regina	1999	KAZ	127,70	0.4685	15	140.0	140.0	140.0	DSQ	—	—

Team (points)

1	Kazakhstan	60	[12+12+12+12+12]	333,90	IPF GL
2	India	17	[9+8]	99,42	IPF GL
3	Norway	12	[12]	90,64	IPF GL
4	Iceland	9	[9]	76,17	IPF GL
5	Slovakia	9	[9]	72,10	IPF GL

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Larsen Nora Kristin	Norway	79,80	170.0	90.6374	1
2.	Dyachenko Taissiya	Kazakhstan	63,15	135.0	81.3488	1
3.	Bakhtigaliyeva Olga	Kazakhstan	62,20	127.5	77.5683	1

Masters 1

-47kg												
1	Tskhay Natalya	1975	KAZ	45,75	0.7771	1	60.0	65.0	65.0	60.0	46,63	12
-52kg												
1	Goryaeva Alexandra	1981	KAZ	48,12	0.7410	2	40.0	45.0	50.0	45.0	33,35	12
-63kg												
1	Malyugina Nadejda	1979	UZB	60,02	0.6228	5	85.0	90.0	92.5	90.0	56,05	12
2	Sharma Meena	1974	IND	62,05	0.6093	3	75.0	82.5	90.0	90.0	54,84	9
3	Possehl Zaneta	1977	GER	62,55	0.6062	6	80.0	85.0	85.0	85.0	51,53	8
4	Meunier Melisa	1975	FRA	60,06	0.6225	4	80.0	85.0	85.0	80.0	49,80	7
-76kg												
1	Costa Iolanda	1977	BRA	74,70	0.5494	10	110.0	127.5	135.0	135.0	74,17	12
-84kg												
1	Voho Tiina	1973	FIN	77,30	0.5407	7	90.0	127.5	132.5	127.5	68,94	12
2	Kissykova Aigul	1982	KAZ	81,45	0.5286	8	42.5	42.5	47.5	42.5	22,47	9
84+kg												
1	Altaibaeva Marina	1973	KAZ	116,05	0.4762	9	50.0	57.5	62.5	57.5	27,38	12

Team (points)

1	Kazakhstan	45	[12+12+12+9]	129,82	IPF GL
2	Brazil	12	[12]	74,17	IPF GL
3	Finland	12	[12]	68,94	IPF GL
4	Uzbekistan	12	[12]	56,05	IPF GL
5	India	9	[9]	54,84	IPF GL
6	Germany	8	[8]	51,53	IPF GL
7	France	7	[7]	49,80	IPF GL

Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Costa Iolanda	Brazil	74,70	135.0	74.1659	1
2.	Voho Tiina	Finland	77,30	127.5	68.9375	1
3.	Malyugina Nadejda	Uzbekistan	60,02	90.0	56.0495	1

Masters 2

-52kg												
1	K L Nicey	1968	IND	50,82	0.7064	3	25.0	27.5	30.0	30.0	21,19	12

-57kg											
1 Cabos Marie	1967	FRA	55,86	0.6553	5	90.0	95.0	100.0	95.0	62,25	12
-63kg											
1 Gordon Maureen	1964	GBR	61,45	0.6132	9	92.5	97.5	97.5	97.5	59,78	12
2 Shergold Rita	1965	GBR	60,20	0.6215	8	80.0	90.0	90.0	80.0	49,72	9
3 Kurets Venera	1966	KAZ	61,90	0.6103	7	35.0	42.5	47.5	42.5	25,94	8
-69kg											
1 Glomstein Tone	1964	NOR	66,65	0.5834	14	82.5	87.5	97.5	97.5	56,88	12
2 Leccese Florence	1969	FRA	63,95	0.5979	12	85.0	90.0	95.0	95.0	56,80	9
3 Kalathil Sreeja	1968	IND	66,05	0.5865	13	27.5	30.0	32.5	32.5	19,06	8
-76kg											
1 Tokutake Megumi	1964	JPN	74,25	0.5510	16	110.0	120.0	138.0	138.0	76,04	12
84+kg											
1 Whiteley Joanne	1970	GBR	122,65	0.4715	10	150.0	152.5	160.0	160.0	75,44	12

Team (points)

1 Great Britain	33	[12+12+9]	184,94	IPF GL
2 France	21	[12+9]	119,05	IPF GL
3 India	20	[12+8]	40,25	IPF GL
4 Japan	12	[12]	76,04	IPF GL
5 Norway	12	[12]	56,88	IPF GL
6 Kazakhstan	8	[8]	25,94	IPF GL

Best Lifters of Masters 2 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Tokutake Megumi	Japan	74,25	138.0	76.0351	1
2.	Whiteley Joanne	Great Britain	122,65	160.0	75.4400	1
3.	Cabos Marie	France	55,86	95.0	62.2491	1

Masters 3

-52kg											
1 Schraft Heidi	1961	CAN	48,92	0.7301	2	60.0	65.0	70.0	65.0	47,46	12
-57kg											
1 Koshanova Bakhytgul	1960	KAZ	55,98	0.6542	4	42.5	47.5	50.0	50.0	32,71	12
-63kg											
1 Herbin Evelyne	1956	FRA	62,55	0.6062	6	72.5	77.5	80.0	80.0	48,50	12
-69kg											
1 Maciejewski Patricia	1961	FRA	67,85	0.5775	11	82.5	87.5	90.0	87.5	50,53	12

Team (points)

1 France	24	[12+12]	99,03	IPF GL
2 Canada	12	[12]	47,46	IPF GL
3 Kazakhstan	12	[12]	32,71	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	67,85	87.5	50.5326	1
2.	Herbin Evelyne	France	62,55	80.0	48.4970	1
3.	Schraft Heidi	Canada	48,92	65.0	47.4573	1

Masters 4

-52kg											
1 Heligon Françoise	1943	FRA	47,32	0.7525	1	45.0	47.5	50.0	47.5	35,75	12
-76kg											
1 Sawa Chiyomi	1949	JPN	75,40	0.5469	15	97.5	102.5-w4	107.5-w4	107.5	58,80	12

Team (points)

1 Japan	12	[12]	58,80	IPF GL
2 France	12	[12]	35,75	IPF GL

Best Lifters of Masters 4 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Result	IPF GL Points	C.Rnk
1.	Sawa Chiyomi	Japan	75,40	107.5	58.7964	1
2.	Heligon Françoise	France	47,32	47.5	35.7459	1

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
 DEN = Denmark
 FIN = Finland
 FRA = France
 GBR = Great Britain

GER = Germany
 IND = India
 ISL = Iceland
 JPN = Japan
 KAZ = Kazakhstan
 NOR = Norway

POL = Poland
 SVK = Slovakia
 UKR = Ukraine
 USA = U.S.America
 UZB = Uzbekistan