

INTERNATIONAL POWERLIFTING FEDERATION
World Women's Juniors and Sub-Juniors Equipped Championships, Istanbul (Turkiye), 27.08-04.09.2022
DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	IPF GL Cf.	Lot	All Squat				All Bench Press				All Deadlift				Total	IPF GL	Pts
Sub-Juniors																					
-43kg																					
1.	Nyman Saleen	2004	USA	42,90	0,2355	3	97,5	105,0	110,0	1	45,0	52,5	55,0	1	105,0	112,5	115,0	1	272,5	64,17	12
2.	Zaiets Yelyzaveta	2004	UKR	42,80	0,2359	4	90,0	97,5	100,0	2	40,0	45,0	47,5	3	85,0	97,5	110,0	2	237,5	56,04	9
3.	Znojek Zuzanna	2008	POL	42,95	0,2353	5	60,0	70,0	77,5	3	40,0	42,5	45,0	2	70,0	80,0	87,5	3	200,0	47,05	8
-47kg																					
1.	Cheremie Lola	2004	USA	45,80	0,2235	10	115,0	122,5	130,0	1	57,5	62,5	65,0	1	115,0	115,0	115,0	2	310,0	69,29	12
2.	Owsiany Marcelina	2004	POL	46,65	0,2204	9	105,0	112,5	112,5	3	60,0	60,0	65,0	2	115,0	125,0	142,5	1	295,0	65,01	9
3.	Rajewska Natasza	2006	POL	46,65	0,2204	11	110,0	115,0	117,5	2	50,0	57,5	57,5	3	110,0	115,0	115,0	3	287,5	63,36	8
4.	Zakhvatoshina Snezhana	2007	KAZ	47,00	0,2191	8	60,0	X	X	4	40,0	42,5	52,5	4	70,0	X	X	4	170,0	37,25	7
-52kg																					
1.	Cichocka Wiktoria	2004	POL	50,75	0,2071	7	145,0	155,0	165,0	1	72,5	77,5	77,5	1	135,0	147,5	152,5	1	385,0	79,75	12
2.	Ablayeva Ninel	2005	KAZ	51,90	0,2039	5	120,0	130,0	140,0	2	55,0	60,0	65,0	3	120,0	130,0	135,0	3	330,0	67,30	9
3.	Milatova Karolina	2006	SVK	50,10	0,2090	6	120,0	120,0	130,0	3	55,0	60,0	65,0	2	120,0	130,0	135,0	2	310,0	64,81	8
-57kg																					
1.	Karimova Amina	2005	KAZ	56,55	0,1926	15	145,0	155,0	155,0	1	75,0	82,5	87,5	1	120,0	130,0	135,0	2	377,5	72,72	12
2.	Amacker Sarah	2004	USA	55,95	0,1940	13	127,5	135,0	142,5	2	75,0	80,0	85,0	2	127,5	135,0	150,0	1	362,5	70,31	9
-63kg																					
1.	de Wet Mijuane	2006	RSA	62,70	0,1810	11	165,0	175,0	177,5	1	80,0	85,0	87,5	3	150,0	160,0	170,0	1	435,0	78,75	12
2.	Kozyr Mariia	2004	UKR	62,60	0,1812	10	130,0	142,5	152,5	3	95,0	102,5	102,5	1	130,0	137,5	142,5	3	392,5	71,12	9
3.	Zbandut Mariia	2008	UKR	60,80	0,1843	9	160,0	175,0	175,0	2	85,0	85,0	90,0	4	125,0	135,0	140,0	4	380,0	70,03	8
4.	Olivarez Isabel	2005	USA	61,60	0,1829	8	137,5	145,0	150,0	4	95,0	97,5	97,5	2	137,5	147,5	147,5	2	380,0	69,49	7
-69kg																					
1.	Sketoe Kasee	2004	USA	67,75	0,1735	15	152,5	157,5	165,0	1	100,0	110,0	115,0	1	145,0	157,5	180,0	1	437,5	75,92	12
2.	Gaas Regina	2004	KAZ	64,40	0,1783	16	145,0	155,0	160,0	2	85,0	90,0	90,0	2	145,0	157,5	157,5	2	395,0	70,44	9
3.	Groenewald Heike	2004	RSA	67,45	0,1739	18	120,0	127,5	135,0	4	57,5	62,5	65,0	3	125,0	130,0	137,5	3	337,5	58,70	8
4.	Sudolska Nadia	2004	POL	68,15	0,1730	17	120,0	130,0	137,5	3	60,0	60,0	65,0	4	110,0	120,0	125,0	4	317,5	54,93	7
-76kg																					
1.	Lupo Haileigh	2004	USA	74,95	0,1651	22	160,0	167,5	167,5	1	112,5	112,5	112,5	1	125,0	135,0	142,5	3	422,5	69,77	12
2.	Holinei Ivanna	2007	UKR	74,80	0,1653	21	155,0	170,0	180,0	3	80,0	90,0	95,0	2	125,0	135,0	147,5	1	397,5	65,70	9
3.	Tomczak Magdalena	2004	POL	74,75	0,1653	18	160,0	170,0	170,0	2	65,0	65,0	70,0	4	140,0	145,0	150,0	2	375,0	62,00	8
4.	Chuluunbat Khaliunaa	2005	MGL	74,95	0,1651	20	125,0	140,0	157,5	4	85,0	92,5	97,5	3	100,0	120,0	125,0	5	357,5	59,03	7
5.	Maree Anika	2006	RSA	74,30	0,1658	19	122,5	127,5	132,5	5	55,0	60,0	60,0	5	125,0	132,5	137,5	4	325,0	53,88	6
-84kg																					
1.	Salas Alejandra	2004	USA	83,95	0,1573	6	160,0	172,5	177,5	1	75,0	82,5	85,0	1	160,0	165,0	177,5	2	427,5	67,25	12
2.	Tossavainen Siiri	2004	FIN	82,00	0,1588	5	130,0	130,0	150,0	2	65,0	65,0	72,5	2	155,0	170,0	177,5	1	400,0	63,52	9
3.	Mirza Virginia	2005	ROU	77,55	0,1626	7	120,0	130,0	135,0	3	50,0	60,0	60,0	3	100,0	120,0	130,0	3	305,0	49,59	8
84+kg																					
1.	Oliver Karson	2005	USA	127,55	0,1396	14	205,0	212,5	225,0	1	122,5	125,0	127,5	1	162,5	167,5	167,5	1	515,0	71,92	12
2.	Gelhaar Arabella	2005	USA	105,30	0,1459	12	177,5	187,5	187,5	2	100,0	102,5	112,5	2	152,5	160,0	167,5	2	450,0	65,64	9
3.	Lampela Rosanna	2004	FIN	88,45	0,1542	13	165,0	170,0	170,0	3	92,5	97,5	102,5	3	140,0	X	X	3	412,5	63,61	8

Team (points)

1.	U.S.America	60	[12+12+12+12+12]	354,13	IPF GL
2.	Poland	45	[12+9+8+8+8]	317,17	IPF GL
3.	Kazakhstan	37	[12+9+9+7]	247,71	IPF GL
4.	Ukraine	35	[9+9+9+8]	262,88	IPF GL
5.	South Africa	26	[12+8+6]	191,33	IPF GL
6.	Finland	17	[9+8]	127,13	IPF GL
7.	Slovakia	8	[8]	64,81	IPF GL
8.	Romania	8	[8]	49,59	IPF GL
9.	Mongolia	7	[7]	59,03	IPF GL

Best Lifters of Subjuniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Cichocka Wiktoria	Poland	50.75	385,0	79,7504	1
2.	de Wet Mijuane	South Africa	62.70	435,0	78,7463	1
3.	Sketoe Kasee	U.S.America	67.75	437,5	75,9194	1

Juniors**-43kg**

1. Holovko Dariia	2000	UKR	42,30	0,2382	2	110,0	115,0	120,0	1	52,5	52,5	55,0	2	102,5	105,0	110,0	1	277,5	66,11	12
2. Sukhodieieva Oksana	2001	UKR	42,65	0,2366	1	105,0	115,0	115,0	2	62,5	65,0	67,5	1	95,0	102,5	107,5	2	272,5	64,48	9

-47kg

1. Satova Elvira	2003	KAZ	45,50	0,2247	7	50,0	57,5	62,5	1	27,5	30,0	32,5	1	60,0	65,0	70,0	1	165,0	37,07	12
— Zhydkova Tetiana	2002	UKR	46,55	0,2207	6	130,0	130,0	132,5	—	47,5	X	X	—	85,0	87,5	87,5	—	DD	—	—

-52kg

1. Kula Zuzanna	1999	POL	51,90	0,2039	2	195,0	202,5-wj	205,0-wj	1	120,0	127,5	132,5-cj	1	157,5	167,5	172,5	1	505,0 -wj	102,98	12
2. Glionna Giulia	1999	ITA	51,00	0,2064	1	125,0	132,5	140,0	4	77,5	82,5	85,0	2	145,0	155,0	162,5	2	387,5	79,99	9
3. Singh Bipasha	2003	IND	50,70	0,2073	4	150,0	160,0	165,0	2	70,0	70,0	70,0	4	150,0	150,0	160,0	3	380,0	78,77	8
4. Turkova Denisa	2003	CZE	51,90	0,2039	3	137,5	147,5	152,5	3	70,0	80,0	82,5	3	122,5	127,5	127,5	4	355,0	72,39	7

-57kg

1. Finnern Emily	2000	GER	56,60	0,1925	12	195,0	205,0	215,0	1	140,0	140,0	153,0	1	150,0	162,5	170,0	2	517,5	99,64	12
2. Almas Shaik Sadiya	2002	IND	56,00	0,1939	9	170,0	170,0	175,0	3	70,0	75,0	77,5	4	150,0	160,0	167,5	1	412,5	79,96	9
3. Fitch Madeline	1999	USA	55,45	0,1951	11	155,0	162,5	170,0	2	77,5	80,0	82,5	3	145,0	152,5	157,5	3	410,0	79,99	8
4. Makwana Sejal	2001	IND	55,75	0,1944	10	150,0	157,5	157,5	5	80,0	80,0	85,0	2	140,0	147,5	152,5	4	382,5	74,36	7
5. Cazacu Alexandra	2003	ROU	56,30	0,1932	8	152,5	162,5	162,5	4	50,0	57,5	62,5	5	125,0	132,5	142,5	5	342,5	66,17	6

-63kg

1. Tjelta Marthe	1999	NOR	62,70	0,1810	5	190,0	197,5	205,0	1	117,5	117,5	125,0	1	172,5	182,5	190,0	1	520,0	94,13	12
2. Bordiuh Veronika	2003	UKR	62,35	0,1816	3	172,5	182,5	192,5	2	100,0	100,0	110,0	3	132,5	145,0	157,5	3	460,0	83,54	9
3. Holubova Adriana	2001	CZE	62,20	0,1819	2	142,5	150,0	155,0	5	110,0	110,0	110,0	2	142,5	150,0	155,0	4	420,0	76,38	8
4. Swistara Natalia	1999	POL	62,00	0,1822	7	155,0	165,0	165,0	4	85,0	90,0	90,0	5	150,0	162,5	167,5	2	402,5	73,33	7
5. Basanjav Batkhisig	2000	MGL	62,60	0,1812	1	157,5	157,5	167,5	3	80,0	87,5	92,5	4	152,5	162,5	172,5	5	402,5	72,93	6
6. Daffue Janel	1999	RSA	61,40	0,1832	6	120,0	127,5	132,5	7	60,0	62,5	65,0	6	125,0	132,5	137,5	6	332,5	60,92	5
— Bialecka Paulina	2002	POL	62,25	0,1818	4	130,0	140,0	147,5	6	75,0	75,0	75,0	—	125,0	140,0	140,0	7	DSQ	—	—

-69kg

1. Krueger Sonja Stefanie	1999	GER	68,95	0,1720	14	260,0-w	275,5	275,5	1	170,0	177,5	183,0	1	185,0	200,5-wj	205,5-wj	1	635,5 -w	109,28	12
2. Slettnes Juliane	2001	NOR	68,65	0,1723	13	205,0	217,5	222,5	2	122,5	130,0	135,0	2	182,5	193,5-wj	201,0-wj	2	558,5	96,26	9
3. Bilicka Julia	2002	POL	68,40	0,1727	12	165,0	175,0	180,0	3	65,0	82,5	87,5	3	170,0	180,0	190,0	3	457,5	79,00	8

-76kg

1. Pontoni Eleonora	2003	ITA	74,55	0,1655	16	195,0	202,5	210,0	1	142,5	150,0	157,5	1	172,5	182,5	200,0	2	567,5	93,94	12
2. Mikomagi Elise	2003	EST	75,00	0,1651	17	185,0	195,0	200,0	2	105,0	110,0	115,0	2	200,0	210,0	210,0	1	510,0	84,19	9
3. Lapsanska Olivia	2003	SVK	69,90	0,1708	15	155,0	165,0	172,5	3	75,0	80,0	82,5	3	140,0	147,5	150,0	3	405,0	69,16	8

-84kg

1. Chavez Alexandra	1999	USA	83,25	0,1578	3	195,0	205,0	205,0	2	125,0	135,0	140,0	1	162,5	172,5	177,5	1	517,5	81,68	12
2. Borshchevska Alona	1999	UKR	78,00	0,1622	2	180,0	195,0	205,0	1	112,5	120,0	125,0	2	147,5	160,0	172,5	2	490,0	79,47	9
3. Slizova Patricia	2001	SVK	82,30	0,1586	4	150,0	165,0	175,0	3	100,0	107,5	112,5	3	130,0	140,0	150,0	3	437,5	69,37	8
4. Burduf Maria	2000	ROU	80,65	0,1599	1	142,5	152,5	165,0	4	82,5	82,5	90,0	4	130,0	142,5	147,5	4	382,5	61,16	7

84+kg

1. Meier Regina	1999	KAZ	123,45	0,1405	9	200,0	225,0	240,0	1	137,5	150,0	162,5	2	142,5	157,5	170,0	3	547,5	76,93	12
2. Kostiuik Viktoriia	2000	UKR	94,10	0,1509	10	190,0	207,5	210,0	3	90,0	100,0	110,0	3	140,0	155,0	167,5	1	477,5	72,06	9
3. Kolata Karolina	1999	POL	102,35	0,1470	11	100,0	205,0	205,0	4	160,0	160,0	165,0	1	150,0	160,0	170,0	2	420,0	61,76	8
— Onufrak Polina	2002	KAZ	111,00	0,1439	8	200,0	215,0	230,0	2	140,0	140,0	140,0	—	140,0	145,0	150,0	4	DSQ	—	—

Team (points)

1. Ukraine	48	[12+9+9+9+9]	365,67	IPF	GL
2. Poland	35	[12+8+8+7]	317,07	IPF	GL
3. Germany	24	[12+12]	208,92	IPF	GL
4. Kazakhstan	24	[12+12]	114,00	IPF	GL
5. India	24	[9+8+7]	233,09	IPF	GL
6. Norway	21	[12+9]	190,39	IPF	GL
7. Italy	21	[12+9]	173,93	IPF	GL
8. U.S.America	20	[12+8]	161,66	IPF	GL
9. Slovakia	16	[8+8]	138,53	IPF	GL
10. Czechia	15	[8+7]	148,77	IPF	GL
11. Romania	13	[7+6]	127,32	IPF	GL
12. Estonia	9	[9]	84,19	IPF	GL
13. Mongolia	6	[6]	72,93	IPF	GL
14. South Africa	5	[5]	60,92	IPF	GL

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Krueger Sonja Stefanie	Germany	68.95	635,5	109,2819	1
2.	Kula Zuzanna	Poland	51.90	505,0	102,9826	1
3.	Finnern Emily	Germany	56.60	517,5	99,6374	1

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; wg - World Games 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.

CZE = Czechia
EST = Estonia
FIN = Finland
GER = Germany
IND = India
ITA = Italy

KAZ = Kazakhstan
MGL = Mongolia
NOR = Norway
POL = Poland
ROU = Romania
RSA = South Africa

SVK = Slovakia
UKR = Ukraine
USA = U.S.America