

INTERNATIONAL POWERLIFTING FEDERATION
Africa Powerlifting Bench Women equipped, pocth (SA), 02-05.10.2019
SCORESHEET

Rnk	Lifters	d.o.b.	Team	BWT	Lot	1 Att.	2 Att.	3 Att.	Result	IPF Pts	Pts
Open											
-84kg											
1	Green Nicola	29.09.83	RSA	83,95	2	105.0	110.0	125.0	125.0	589,72	12
84+kg											
1	De Jager Christi	10.01.86	RSA	100,00	4	445.0	145.0	450.0	145.0	609,47	12
2	Rees Jacqui	25.03.80	RSA	95,30	5	105.0	112.5	120.0	120.0	553,45	9

Nation (points)

1 South Africa 33 [12+12+9] 1752.64 IPF Pts

Best Lifters of Open by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	De Jager Christi	South Africa	100,00	145.0	609.4676	1
2.	Green Nicola	South Africa	83,95	125.0	589.7246	1
3.	Rees Jacqui	South Africa	95,30	120.0	553.4494	2

Juniors

-63kg											
1	Leighton Megan	15.01.96	RSA	61,55	1	105.0	408.0	408.0	105.0	595,78	12

Nation (points)

1 South Africa 12 [12] 595.78 IPF Pts

Best Lifters of Juniors by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Leighton Megan	South Africa	61,55	105.0	595.7837	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.
 RSA = South Africa