

Asian Women's Masters & Open Equipped Powerlifting Championships

Istanbul / Turkiye, 2 – 10 December, 2025

Division «Open»

#	Name	Born	Team	SQ	BP	DL	Total
-47kg							
1.	Ompod Veronica	2000	Philippines	175.0	92.5	170.0	432.5
2.	Abdullaeva Elmira	1998	Neutral Athlete	172.5	87.5	162.5	422.5
3.	Wang Chieh-Ying	1988	Chinese Taipei	145.0	72.5	145.0	362.5
-52kg							
1.	Sitdikova Aigul	1989	Neutral Athlete	175.0	160.0	165.0	500.0
2.	Bautista Jeremy Reign	1999	Philippines	170.0	115.0	175.0	460.0
3.	Cho Chia-Yu	1997	Chinese Taipei	165.0	75.0	180.0	420.0
4.	Sunil Deshmukh Sushmita	1996	India	160.0	80.0	160.0	400.0
5.	Huang Hui-Chuan	1996	Chinese Taipei	120.0	80.0	135.0	335.0
-57kg							
1.	Kolesnik Daniela	1999	Neutral Athlete	217.5	155.0	200.0	572.5
2.	Otgonbayar Urangoo	2004	Mongolia	190.0	90.0	180.0	460.0
3.	Tsarenko Yuliya	2004	Kazakhstan	160.0	95.0	140.0	395.0
4.	. Komal	2000	India	160.0	70.0	150.0	380.0
-63kg							
1.	Lomatskaia Daria	2001	Neutral Athlete	210.0	150.0	197.5	557.5
2.	Khishigjargal Tsoimongoo	2004	Mongolia	210.0	100.0	190.0	500.0
3.	Almasri Esraa	1996	Syria	135.0	75.0	160.0	370.0
-84kg							
1.	Sindikas Nadezhda	1986	Neutral Athlete	250.0	191.5	210.0	651.5
2.	Ramesh Gudekar Ashlesha	1999	India	240.0	120.0	210.0	570.0
84+kg							
1.	Efimtseva Daria	2000	Neutral Athlete	280.0	230.0	205.0	715.0
2.	Bollinadi Chandrika	1993	India	226.0	107.5	200.0	530.0
3.	Capacio Jennifer	1988	Philippines	200.0	95.0	210.5	505.5
4.	Hannoun Myriam	1991	Syria	200.0	90.0	185.0	475.0
5.	Abo Al Reesh Taghreed	2000	Syria	150.0	75.0	175.0	400.0
6.	. Jyoti	2002	India	130.0	60.0	130.0	320.0
-69kg							
1.	Filatova Olga	2003	Neutral Athlete	235.0	112.5	205.0	553.0
2.	Gaas Regina	2004	Kazakhstan	195.0	100.0	185.0	480.0
3.	Neri Maritoni Elline	2002	Philippines	177.5	95.0	170.0	442.5
4.	Alejandro Christine Erine	1992	Philippines	147.5	83.0	165.0	395.5
-76kg							
1.	Romashkina Oksana	1982	Neutral Athlete	230.0	150.0	200.0	580.0
2.	Lin Hsiang-Chu	1994	Chinese Taipei	230.0	110.0	215.0	555.0
3.	Farhat Fatima	1997	Lebanon	150.0	60.0	170.0	380.0

In Division there are 30 Lifters

Division «Masters I»

#	Name	Born	Team	SQ	BP	DL	Total
-57kg							
1.	Azzam Sahar	1976	Syria	100.0	50.0	100.0	250.0
-63kg							

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1.	Malyugina Nadejda	1979	Uzbekistan	185.0	117.5	185.0	487.5
2.	Zorig Munkhzaya	1983	Mongolia	130.0	70.0	130.0	330.0
-84kg							
1.	Jamiro Rachel Rueve Marie	1983	Philippines	132.0	61.0	148.0	341.0
84+kg							
1.	Sanjaa-Osor Ganchimeg	1982	Mongolia	130.0	70.0	130.0	330.0
2.	Haddad Amal	1976	Syria	100.0	70.0	100.0	270.0
-69kg							
1.	Suganthi B Amudha	1982	India	152.5	92.5	155.0	400.0
2.	Shaikh Salma	1978	India	140.0	80.0	150.0	370.0
-76kg							
1.	Kar Sumitra	1977	India	160.0	80.0	170.0	410.0

In Division there are 9 Lifters

Division «Masters II»

#	Name	Born	Team	SQ	BP	DL	Total
-63kg							
1.	Chi Chia-Chi	1975	Chinese Taipei	90.0	85.0	130.0	300.0
-84kg							
1.	Dulamsuren Munkhtsetseg	1975	Mongolia	160.0	85.0	140.0	385.0
-69kg							
1.	Yu Yi-Chen	1973	Chinese Taipei	180.0	80.0	160.0	420.0
-76kg							
1.	Khardina Elena	1971	Uzbekistan	75.0	65.0	90.0	230.0

In Total there are 43 Lifters