

# 2019 Pacific Games Powerlifting, Apia (Samoa), 18.07-19.07.2019

## DETAILED SCORESHEET - WOMEN

Rnk	Name	D.O.B	Nation	Bwt	Lot	Squat			Bench Press			Deadlift			Total	IPF Pts	Team Pts
<b>-47kg</b>																	
1	BENSON, Newille	06.02.93	PNG	47	2	<b>90</b>	<b>90</b>	90	45	<b>50</b>	<b>50</b>	100	105	107.5	242.5	475.5	12
2	DETABOUW, Ashly	13.02.02	NRU	46.85	14	85	90	92.5	35	<b>40</b>	<b>40</b>	90	100	105	232.5	454.57	9
3	DIA, Lucy Konio	12.05.03	PNG	46.7	3	90	95	<b>97.5</b>	30	35	<b>37.5</b>	95	<b>97.5</b>	97.5	227.5	444.44	8
<b>-52kg</b>																	
1	MOREA, Dobi Koino	15.03.91	PNG	50.3	6	137.5	145	<b>150</b>	60	<b>65</b>	<b>65</b>	130	135	140	345	670.77	12
2	GWARE, Samantha	20.07.95	PNG	51.1	7	115	<b>120</b>	120	40	45	<b>50</b>	160	165	<b>170</b>	330	634.22	9
3	OLSSON, Verana	06.12.93	NRU	51.05	1	95	100	105	40	47.5	<b>50</b>	90	105	<b>110</b>	257.5	486.44	8
4	NAICKER, Sanjini Devi	22.03.90	FIJ	50.75	5	70	<b>90</b>	90	30	35	40	90	110	<b>117.5</b>	240	452	7
5	SABERI, Laetitia	26.05.92	NCL	51.65	4	75	<b>80</b>	80	32.5	35	<b>37.5</b>	<b>110</b>	<b>120</b>	120	235	438	6
<b>-57kg</b>																	
1	UMANG, Belinda	28.08.93	PNG	56.95	11	<b>150</b>	<b>150</b>	150	65	70	77.5	150	160	165	392.5	717.51	12
2	PRATZ, Pratz	20.10.89	TAH	56	9	80	90	92.5	60	62.5	<b>65</b>	130	137.5	142.5	297.5	541.78	9
3	MABOUMDA, Shannon	18.06.94	NCL	55.75	13	95	102.5	105	45	50	52.5	115	120	125	282.5	514.12	8
4	TEEKANA, Ueentarawa	09.08.01	KIR	55.45	8	<b>120</b>	120	<b>125</b>	<b>35</b>	35	42.5	105	107.5	<b>117.5</b>	270	491.35	7
5	DEIRANAUW, Syvillia	02.05.00	NRU	54.45	10	<b>90</b>	90	100	65	70	72.5	80	90	<b>95</b>	262.5	481.04	6
6	ANISI, Evia Martha	23.02.03	SOL	56.15	12	<b>75</b>	77.5	<b>82.5</b>	35	<b>37.5</b>	37.5	100	102.5	105	220	392.7	5
<b>-63kg</b>																	
1	IGO, Dika Gahutu	20.12.98	PNG	58.5	16	140	<b>150</b>	150	60	65	67.5	150	160	165	382.5	688.84	12
2	SAO YAO, Heilani	29.12.80	TAH	61.45	15	115	120	<b>122.5</b>	<b>65</b>	65	70	110	120	130	320	559.01	9
3	ABARIGA, Sainimere Likuselala	22.11.95	FIJ	61.1	18	95	105	<b>112.5</b>	50	65	70	100	135	140	315	551.45	8
4	LAL, Areesha	06.06.93	FIJ	61.35	19	85	<b>100</b>	<b>102.5</b>	40	<b>50</b>	50	110	<b>120</b>	120	255	441.88	7
<b>-72kg</b>																	
1	PULSAN, Linda	16.06.71	PNG	70.6	20	150	<b>160</b>	160	85	90	95	165	170	175	430	708.32	12
2	FRITZ, Jovina	04.04.75	NRU	70.9	24	90	100	<b>110</b>	65	70	<b>72.5</b>	140	150	<b>152.5</b>	320	524.48	9
3	KIRATA, Junior Erisabeth	12.11.00	KIR	68.05	23	120	125	135	50	<b>60</b>	<b>60</b>	110	122.5	<b>137.5</b>	307.5	512.56	8
—	FANAGALO, Annette	01.01.86	SOL	68.85	25	<b>150</b>	<b>150</b>	<b>150</b>	<b>65</b>	65	<b>67.5</b>	150	152.5	165	DSQ	—	—
<b>-84kg</b>																	
1	NIUSILA OPELOGE, Fausitina	02.10.04	SAM	81.1	21	140	155	<b>170</b>	65	<b>72.5</b>	72.5	145	160	<b>165</b>	387.5	600.78	12
2	WAK, Meteng	01.01.75	PNG	82.45	30	140	<b>150</b>	<b>150</b>	72.5	<b>77.5</b>	<b>77.5</b>	155	157.5	162.5	375	577.67	9
3	FRITZ, Perina	17.08.83	NRU	82.5	26	145	150	157.5	<b>65</b>	65	<b>67.5</b>	140	150	<b>155</b>	372.5	573.71	8

4	SHAM KOUA, Olga Vaitiare	15.10.84	TAH	79.3	31	130	140	<b>150</b>	55	60	<b>62.5</b>	155	165	<b>172.5</b>	365	571.31	7	
5	KIRAUUA, Ruitia Mamare	02.09.98	KIR	75.8	27	130	<b>140</b>	<b>140</b>	72.5	<b>83</b>	<b>83</b>	110	120	<b>132.5</b>	322.5	514.21	6	
6	AVEAU, Amrene	23.06.01	SAM	83.85	29	120	<b>130</b>	<b>130</b>	35	42.5	<b>47.5</b>	130	<b>140</b>	<b>140</b>	292.5	448.95	5	

### 84+kg

1	KEPAE, Yurika	02.10.95	NRU	136.05	33	215	220	<b>230</b>	100	110	<b>115</b>	165	175	<b>180</b>	505	642.77	12	
2	KEPAE, Giovika	23.02.94	NRU	102.5	22	205	210	<b>215</b>	85	90	<b>95</b>	170	180	<b>185</b>	480	676.18	9	
3	BOB SOOALO-TOAI, Moala Rachael	15.11.99	SAM	102.5	32	170	185	<b>195</b>	55	65	72.5	160	170	<b>180</b>	427.5	604.27	8	
4	ESPINOZA, Martha	04.12.89	ASM	116.15	28	140	<b>160</b>	<b>160</b>	85	<b>90</b>	<b>90</b>	<b>160</b>	160	190	415	562.06	7	
5	SITAGATA, Matile	17.08.92	SAM	107.65	34	140	<b>155</b>	155	50	60	65	160	175	190	410	570.27	6	
—	TOLUGU, Daisy	06.07.73	SOL	99.8	37	<b>145</b>	<b>145</b>	<b>145</b>	50	<b>55</b>	<b>60</b>	167.5	172.5	180	DSQ	—	—	
—	EDWARDS, Maxine Loine Lyniza-Ann Kose	29.06.01	NIU	138.75	36	160	167.5	<b>175</b>	67.5	<b>75</b>	<b>75</b>	<b>160</b>	<b>160</b>	<b>160</b>	DSQ	—	—	

### Best Lifters by IPF Points System

Rnk	Lifter	Nation	Bwt	Total	IPF Points
1	UMANG, Belinda	Papua New Guinea	56.95	392.5	717.5054
2	PULSAN, Linda	Papua New Guinea	70.6	430	708.3234
3	IGO, Dika Gahutu	Papua New Guinea	58.5	382.5	688.8447

#### Abbreviations:

ASM = American Samoa	NIU = Niue	SOL = Solomon Islands
FIJ = Fiji	NRU = Nauru	TAH = Tahiti
KIR = Kiribati	PNG = Papua New Guinea	
NCL = New Caledonia	SAM = Samoa	