



ASIAN POWERLIFTING FEDERATION

AFFILIATED TO: INTERNATIONAL POWERLIFTING FEDERATION

CERTIFICATE

No:1633/2022

This is to certify that
ALMAS SHAIK SADIYA

of the nation

INDIA

has secured **FIRST** Place

in **57KG - JUNIOR**

in the

**ASIAN WOMEN'S EQUIPPED
POWERLIFTING CHAMPIONSHIPS**

2022

held at : **COIMBATORE, INDIA**

during **17 - 21 JUNE 2022**

SQUAT[PL] : 185.0 KG [1]

BENCH PRESS[PL] : 72.5 KG [3]

DEADLIFT[PL] : 162.5 KG [2]

TOTAL : 420.0 KG

Farshid Soltani
President - APF

Rajesh Tiwari
Secretary General - APF