Fan Challenge activity: Bring The Kilos Alive!

May 2020
How much can you lift?

Submit how many kilos you can lift and see how you match up with elite para powerlifters with the AH Formula*

*AH score is the result of a statistical coefficient and is used to equalise and compare athletes’ performances between different body weights

Information you need

Number of kilos you usually lift;
Item you usually lift;
Your bodyweight

FAN Challenge: Bring The Kilos Alive!

Submit how many kilos you can lift! See how you match up with the top Para powerlifting athletes in the world, and compare your strength to the weight of different items and animals!

By completing this questionnaire you acknowledge and agree that:
- Personal data will be temporarily stored for registration and purposes of the challenge.
- Personal data such as the athlete’s name, submitted bodyweight and lift attempts will be listed publicly on the Results List.

WPPO uses the AH Formula which is the result of a statistical coefficient used to equalise and compare athletes’ performances between different body weights. Did you know? The AH formula is issued to award medals in the Parapan American Games and Commonwealth Games!

The link to the results will be available once you have completed all questions.

Challenge link

https://forms.gle/3uqdET9i5owUADr27

1 min

Ranking list

https://urlz.fr/cFde
Find out your rank!

Did you know?
We use the AH Formula score to rank our elite athletes in Parapan American Games and Commonwealth Games

What's on the Ranking list?
- Your Rank
- Item that has a similar weight to what you lifted
- Animal that has a similar body weight to what you lifted

<table>
<thead>
<tr>
<th>What is your name?</th>
<th>What is your country?</th>
<th>How much weight did you lift? (KG)</th>
<th>What item did you lift?</th>
<th>What is your gender?</th>
<th>AH Formula Score</th>
<th>Ranking</th>
<th>Item</th>
<th>Animal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Osman, Sherif</td>
<td>EGY</td>
<td>206</td>
<td>Eleko bar</td>
<td>Male</td>
<td>230.96</td>
<td>1</td>
<td>5000 golf balls</td>
<td>Galapagos tortoise</td>
</tr>
<tr>
<td>Osman, Sherif</td>
<td>EGY</td>
<td>211</td>
<td>Eleko bar</td>
<td>Male</td>
<td>228.55</td>
<td>2</td>
<td>5000 golf balls</td>
<td>Galapagos tortoise</td>
</tr>
<tr>
<td>Kohinde, Paul</td>
<td>NGR</td>
<td>221</td>
<td>Eleko bar</td>
<td>Male</td>
<td>228.49</td>
<td>3</td>
<td>Elite trampoline</td>
<td>15 Ocelot (Leopardus Pardalis)</td>
</tr>
<tr>
<td>Farzin, Majid</td>
<td>IRI</td>
<td>240</td>
<td>Eleko bar</td>
<td>Male</td>
<td>225.54</td>
<td>4</td>
<td>Elite trampoline</td>
<td>15 Ocelot (Leopardus Pardalis)</td>
</tr>
<tr>
<td>Rostami, Roozehan</td>
<td>IRI</td>
<td>220</td>
<td>Eleko bar</td>
<td>Male</td>
<td>224.69</td>
<td>5</td>
<td>Elite trampoline</td>
<td>15 Ocelot (Leopardus Pardalis)</td>
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<tr>
<td>Le, Van Cong</td>
<td>VIE</td>
<td>183.5</td>
<td>Eleko bar</td>
<td>Male</td>
<td>219.63</td>
<td>6</td>
<td>The Heart of a Blue Whale</td>
<td>Neoaborn orca</td>
</tr>
</tbody>
</table>
Are you ready for the Challenge?