



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



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.

WPPD 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.

*Obligatoire

What is your name? *

3
information you
need

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

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

What is your name?	What is your country?	How much weight did you lift? (KG)	What item did you lift?	What is your gender?	AH Formula Score	Ranking	Item	Animal	
Osman, Sherif	EGY	205	Eleiko bar	Male	230.98	1	5000 golf balls	Galapagos tortoise	
Osman, Sherif	EGY	211	Eleiko bar	Male	228.55	2	5000 golf balls	Galapagos tortoise	
Kehinde, Paul	NGR	221	Eleiko bar	Male	228.49	3	Elite trampoline	15 Ocelot (Leopardus Pardalis)	
Farzin, Majid	IRI	240	Eleiko bar	Male	225.54	4	Elite trampoline	15 Ocelot (Leopardus Pardalis)	
Rostami, Roohallah	IRI	229	Eleiko bar	Male	224.69	5	Elite trampoline	15 Ocelot (Leopardus Pardalis)	
Le, Van Cong	VIE	183.5	Eleiko bar	Male	219.63	6	The Heart of a Blue Whale	Newborn orca	

**Are you ready for the
Challenge?**

