

2025 African Men's Equipped Bench Press Championships

Tunis / Tunisia, 24 – 28 November, 2025

Division «Open»

#	Name	Born	Team	BP
-83kg				
1.	Techap Fongang	1989	Cameroon	180.0
-105kg				
1.	Moluh Inoussa	1992	Cameroon	200.0
-120kg				
1.	Naoussi Nembot Ano	1992	Cameroon	200.0

In Division there are 3 Lifters**Division «Subjuniors»**

#	Name	Born	Team	BP
-53kg				
1.	Tingounzeu Daren	2010	Cameroon	95.0

In Division there is 1 Lifter**Division «Masters I»**

#	Name	Born	Team	BP
-120kg				
1.	Koule Nguime Victor	1977	Cameroon	190.0

In Total there are 5 Lifters