

**2025 African Men's Equipped Bench Press Championships**

Tunis / Tunisia, 24 – 28 November, 2025

**Division «Open»**

#	Name	Born	Team	BP
<b>-66kg</b>				
<sup>R</sup> 1.	Elouaflin Michael	1989	Ivory Coast	125.0
<b>-83kg</b>				
1.	Techap Fongang	1989	Cameroon	180.0
<b>-105kg</b>				
1.	Moluh Inoussa	1992	Cameroon	200.0
<b>-120kg</b>				
1.	Naoussi Nembot Ano	1992	Cameroon	200.0
2.	Niagne Franck	1991	Ivory Coast	195.0
<b>120+kg</b>				
1.	Ngon Anong	1987	Cameroon	220.0

**In Division there are 6 Lifters ( In Teams:5 In Reserve:1 )****Division «Subjuniors»**

#	Name	Born	Team	BP
<b>-53kg</b>				
1.	Tingounzeu Daren	2010	Cameroon	95.0
<b>-59kg</b>				
1.	Ondoua Ntonga Hugue	2009	Cameroon	100.0

**In Division there are 2 Lifters****Division «Masters I»**

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

**In Total there are 9 Lifters ( In Teams:8 In Reserve:1 )**