

IPF Arab Cup Women's Classic Powerlifting Championships 2023

Beirut / Lebanon, 18 – 22 July, 2023

Division «Open»

#	Name	Born	Team	SQ	BP	DL	Total
-47kg							
1.	Fadlallah Amal	1994	Lebanon	100.0	50.0	120.0	270.0
2.	Deeb Amany	1989	Lebanon	80.0	50.0	80.0	210.0
-52kg							
1.	Ballout Nourhane	1999	Lebanon	130.0	67.5	160.0	357.5
2.	Wahidi Sara	1996	Lebanon	120.0	80.0	140.0	340.0
-57kg							
1.	El Lakkis Naya	1997	Lebanon	145.0	70.0	155.0	370.0
2.	Azar Jana	1999	Lebanon	130.0	57.5	150.0	337.5
3.	Ourouk Rama	1997	Syria	85.0	45.0	110.0	240.0
-63kg							
1.	Daoud Nour	1999	Lebanon	130.0	72.5	152.5	355.0
2.	Almasri Esraa	1996	Syria	130.0	60.0	155.0	345.0
3.	Nawfal Rebecca	1999	Lebanon	80.0	55.0	110.0	245.0
-84kg							
1.	Zeaiter Christina	1999	Lebanon	160.0	80.0	200.0	440.0
84+kg							
1.	Zaghlout Dayana	1997	Lebanon	190.0	115.0	190.0	495.0
2.	Mohamed Nour	1989	Egypt	150.0	80.0	170.0	400.0
3.	Saja Hana	1993	Syria	140.0	75.0	150.0	365.0
4.	Hannoun Myriam	1991	Syria	110.0	55.0	120.0	285.0
-69kg							
1.	Yassine Angelica	1985	United Arab Emirates	143.0	72.5	167.5	383.0
2.	Zein Layan	1997	Lebanon	120.0	80.0	130.0	330.0
3.	Demerjian Maguy	1986	Lebanon	110.0	50.0	115.0	275.0
-76kg							
1.	Hanen Saeb	1993	Syria	105.0	45.0	145.0	295.0
2.	Hanna Rita	1997	Lebanon	100.0	55.0	140.0	295.0
3.	Zammar Inas	1988	Lebanon	100.0	50.0	120.0	270.0

In Division there are 21 Lifters

Division «Subjuniors»

#	Name	Born	Team	SQ	BP	DL	Total
-47kg							
1.	Alloush Riam	2006	Syria	75.0	40.0	105.0	220.0
-52kg							
1.	Takla Solaf	2005	Syria	90.0	50.0	120.0	260.0
2.	Tahhan Maraya	2009	Syria	80.0	40.0	100.0	220.0
-57kg							
1.	Al Houshan Haya	2006	Syria	90.0	60.0	112.5	262.5
2.	Khalifa Sedra	2007	Syria	60.0	35.0	90.0	185.0
-63kg							
1.	Damiati Roaa	2007	Syria	80.0	55.0	130.0	265.0
2.	Hassan Loujin	2007	Syria	75.0	40.0	120.0	235.0
-69kg							

1. Chedid Taline 2006 Lebanon 110.0 62.5 120.0 292.5

In Division there are 8 Lifters

Division «Juniors»

#	Name	Born	Team	SQ	BP	DL	Total
-43kg							
1.	Issa Merna	2003	Syria	60.0	35.0	90.0	185.0
-57kg							
1.	Khairallah Joya	2001	Lebanon	152.5	100.0	187.5	440.0
-63kg							
1.	Azzi Julie	2003	Lebanon	140.0	60.0	130.0	330.0
2.	Zen Aldeen Raghad	2004	Syria	90.0	45.0	110.0	245.0
-84kg							
1.	Abu Alresh Taghreed	2000	Syria	110.0	65.0	135.0	310.0
-69kg							
1.	Yazbeck Gaelle	2001	Lebanon	165.0	95.0	200.0	460.0
2.	Sulaiman Maya	2004	Syria	80.0	35.0	100.0	215.0
-76kg							
1.	Awwad Tatiana	2001	Lebanon	125.0	55.0	145.0	325.0

In Division there are 8 Lifters

Division «Masters I»

#	Name	Born	Team	SQ	BP	DL	Total
-63kg							
1.	Fatemah Abu Jubarah	1981	Kuwait	80.0	50.0	80.0	210.0
-84kg							
1.	Kazi Gulshan Banu	1978	United Arab Emirates	140.0	67.5	187.5	395.0
84+kg							
1.	Allouch Shouq	1981	Syria	100.0	100.0	150.0	350.0
2.	Haddad Amal	1976	Syria	95.0	70.0	105.0	270.0

In Total there are 41 Lifters