

IPF Arab Cup Men's Classic Powerlifting Championships 2023

Beirut / Lebanon, 18 – 22 July, 2023

Division «Open»

#	Name	Born	Team	SQ	BP	DL	Total
-59kg							
1.	Al-Buthabhak Hussein	1987	Iraq	190.0	140.0	210.0	540.0
2.	Soueid Roni	1990	Lebanon	155.0	95.0	165.0	415.0
-66kg							
1.	Sobh Rudi	1998	Lebanon	140.0	95.0	205.0	440.0
2.	Shahet Ahmad Fouad	1998	Syria	130.0	100.0	200.0	420.0
-74kg							
1.	Aouimer Billal	1993	Algeria	240.0	140.0	300.0	680.0
2.	Jawhary Hafez	1998	Lebanon	230.0	155.0	265.0	650.0
3.	Maarabani Monzer	1987	Lebanon	225.0	145.0	230.0	600.0
4.	Alzine Omar	1999	Syria	200.0	140.0	250.0	590.0
-83kg							
1.	Toubal Fatah	1983	Algeria	280.0	180.0	290.0	750.0
2.	Al-Basseer Ali	1995	Iraq	255.0	155.0	310.0	720.0
3.	Boulos Christophe	1996	Lebanon	260.0	140.0	280.0	680.0
4.	Saab Mario	1995	Lebanon	245.0	140.0	260.0	645.0
5.	Alali Fahad	1991	Kuwait	200.0	130.0	200.0	530.0
-93kg							
1.	Kanane Amar	1987	Algeria	330.0	175.0	330.0	835.0
2.	Yousef Yaqoub	1990	Kuwait	285.0	192.5	300.0	777.5
3.	Sawalhi Kazem	1986	Lebanon	280.0	175.0	300.0	755.0
4.	El Maalouf Michel	1987	Lebanon	250.0	180.0	270.0	700.0
5.	Daraj Abdalaziz	1984	Syria	200.0	140.0	230.0	570.0
6.	Alhaj Zien Fahed	1986	Syria	185.0	120.0	200.0	505.0
-105kg							
1.	El Helwe Samir	1993	Lebanon	300.0	200.0	320.0	820.0
2.	Abdullah Ahmad	1986	Syria	290.0	180.0	300.0	770.0
3.	Gshayyish Hussein	1994	Iraq	277.5	192.5	272.5	742.5
4.	Hamed Kamel	1999	Lebanon	220.0	160.0	310.0	690.0
5.	Ali Mahran	1986	Syria	230.0	150.0	250.0	630.0
-120kg							
1.	Sahad Mohamed	1987	Algeria	360.0	215.0	335.0	910.0
2.	Hama Renwar	1991	Iraq	315.0	215.0	285.0	815.0
3.	Daou Bahaa	1998	Lebanon	260.0	180.0	290.0	730.0
120+kg							
1.	Boughalem Ilyas	1987	Algeria	360.0	290.0	320.0	970.0
2.	Al-Zaidi Mohammed	1989	Iraq	335.0	180.0	300.0	815.0
3.	Marawi Nuh	1994	Syria	200.0	130.0	200.0	530.0

In Division there are 30 Lifters**Division «Subjuniors»**

#	Name	Born	Team	SQ	BP	DL	Total
-53kg							
1.	Adnan Abdulqader	2006	Iraq	110.0	72.5	140.0	322.5
2.	Alsaadi Mustafa	2005	Iraq	105.0	70.0	145.0	320.0

3.	Zen Aldeen Mohamad	2008	Syria	80.0	40.0	100.0	220.0
-59kg							
1.	Al Dokki Majd	2006	Syria	152.5	95.0	190.0	437.5
2.	Al-Farhan Ridha	2005	Iraq	140.0	85.0	152.5	377.5
-66kg							
1.	Ghamrawe Khaled	2006	Lebanon	205.0	110.0	230.0	545.0
2.	Al-Asadi Karar	2006	Iraq	150.0	82.5	170.0	402.5
3.	Mohamed Hamza	2006	Egypt	150.0	100.0	150.0	400.0
-74kg							
1.	Al-Abboodi Hasan	2005	Iraq	130.0	117.5	225.0	472.5
2.	Al Hafi Majd	2005	Syria	150.0	100.0	180.0	430.0
-83kg							
1.	Harbieh Serge	2006	Lebanon	210.0	125.0	240.0	575.0
2.	Jaber Hussein	2006	Lebanon	180.0	105.0	220.0	505.0
3.	Katbeh Nadir	2005	Syria	105.0	105.0	190.0	400.0
4.	Al Shami Muhammad	2006	Syria	125.0	85.0	160.0	370.0
-93kg							
1.	Kassem Jawad	2005	Lebanon	200.0	125.0	220.0	545.0
2.	Seffo Ammar Mohammad	2007	Syria	185.0	105.0	195.0	485.0
3.	Adhami Adam	2008	Lebanon	155.0	85.0	180.0	420.0
-105kg							
1.	Aad Angelo	2005	Lebanon	200.0	130.0	260.0	590.0
2.	Saad Peter	2006	Lebanon	192.5	100.0	220.0	512.5
-120kg							
1.	Mezher Jad	2005	Lebanon	240.0	140.0	250.0	630.0
2.	Al-Azzawi Saif	2005	Iraq	230.0	120.0	255.0	605.0
3.	Abbas Nafea	2005	Iraq	215.0	132.5	235.0	582.5
4.	Zreik Hussein	2006	Lebanon	160.0	100.0	180.0	440.0
120+kg							
1.	Kevork George	2005	Lebanon	200.0	185.0	280.0	660.0

In Division there are 24 Lifters

Division «Juniors»

#	Name	Born	Team	SQ	BP	DL	Total
-53kg							
1.	Al-Shuwaili Hamzah	2002	Iraq	135.0	102.5	180.0	417.5
2.	Qamand Mohamad Nour	2001	Syria	100.0	90.0	160.0	350.0
-59kg							
1.	Majeed Naktal	2002	Iraq	175.0	100.0	195.0	470.0
2.	Sarray Sajjad	2002	Iraq	155.0	100.0	205.0	460.0
3.	Alqattan Mohammad	2000	Kuwait	150.0	125.0	180.0	455.0
4.	Mahmoud Haidara	2004	Syria	160.0	100.0	190.0	450.0
5.	Al Obais Firas	2002	Syria	140.0	100.0	180.0	420.0
-66kg							
1.	Khalil Jad	2002	Lebanon	200.0	140.0	240.0	580.0
2.	Alhousesni Ahmed	2001	Palestine	190.0	130.0	230.0	550.0
3.	Mohamed Youssef	2001	Egypt	180.0	120.0	240.0	540.0
4.	Suheil Khaled	2003	Lebanon	190.0	115.0	205.0	510.0
5.	Alhussain Taha	2004	Syria	160.0	105.0	190.0	455.0

-74kg

1.	Haideri Muslim	2004	Iraq	230.0	115.0	255.0	600.0
2.	Marouk Khaled	2004	Lebanon	210.0	140.0	250.0	600.0
3.	Saliba Giorgio	2004	Lebanon	200.0	150.0	235.0	585.0
4.	Naser Alkandari	2002	Kuwait	200.0	120.0	240.0	560.0

-83kg

1.	Al-Sarray Redha	2001	Iraq	260.0	140.0	277.5	677.5
2.	Jammal Ahmad	2004	Lebanon	225.0	157.5	240.0	622.5
3.	Chalak Karim	2003	Lebanon	215.0	140.0	255.0	610.0
4.	Mardini Mohamad Khaled	2000	Syria	190.0	130.0	255.0	575.0

-93kg

1.	Abdulameer Mohammed	2001	Iraq	270.0	145.0	280.0	695.0
2.	Satalmish Yasser	2004	Lebanon	255.0	142.5	240.0	637.5
3.	Rabiee Ammar	2001	Syria	230.0	135.0	230.0	595.0

-105kg

1.	Hage Charbel	2003	Lebanon	260.0	170.0	320.0	750.0
2.	Almansi Ahmed	2001	Iraq	285.0	167.5	280.0	732.5
3.	Zeno Mohmad Molhm	2001	Syria	205.0	145.0	230.0	580.0

-120kg

1.	El Chaer Etienne	2000	Lebanon	305.0	205.0	340.0	850.0
2.	Khazzaka Abdo	2004	Lebanon	280.0	180.0	300.0	760.0
3.	Zaitouni Mohammad Wafa	2001	Syria	192.5	117.5	220.0	530.0

120+kg

1.	Tufili Abdullah	2001	Iraq	310.0	172.5	285.0	767.5
2.	Maana Hussein	2003	Lebanon	260.0	160.0	300.0	720.0
3.	Aldblawy Muslim	2004	Iraq	320.0	145.0	255.0	720.0
4.	Akbar Mohammad	2004	Kuwait	250.0	150.0	250.0	650.0
5.	Al Karaan Paul	2003	Lebanon	225.0	145.0	265.0	635.0
6.	Ward Mekdad	2003	Syria	210.0	135.0	210.0	555.0

In Division there are 35 Lifters

Division «Masters I»

#	Name	Born	Team	SQ	BP	DL	Total
-66kg							
1.	Raheem Sherzad	1976	Iraq	145.0	117.5	165.0	427.5
-74kg							
1.	Al-Mamoori Hasan	1983	Iraq	175.0	145.0	170.0	490.0
2.	Abou Daya Ali	1980	Lebanon	140.0	100.0	180.0	420.0
3.	Hisso Omar	1979	Palestine	115.0	85.0	160.0	360.0
-83kg							
1.	Bakour Omir	1982	Syria	230.0	170.0	260.0	660.0
2.	Al Barni Sami	1982	Syria	180.0	130.0	220.0	530.0
3.	Tlawayyib Riyadh	1977	Iraq	170.0	115.0	210.0	495.0
-93kg							
1.	Al-Fanharawi Mohammed	1982	Iraq	220.0	145.0	262.5	627.5
2.	Awad Hazem	1980	Syria	200.0	165.0	245.0	610.0
3.	Al Moussawi Ali	1979	Lebanon	190.0	150.0	245.0	585.0
4.	Mohamad Al Mostafa Mohamad	1983	Syria	180.0	140.0	200.0	520.0
-105kg							

1.	Mahdi Mohammed	1980	Iraq	280.0	175.0	280.0	735.0
2.	Dadou Mohamed	1977	Algeria	270.0	165.0	290.0	725.0
3.	Sultan Mohamad	1980	Lebanon	265.0	170.0	270.0	705.0
4.	Halladja Hamid	1975	Algeria	210.0	160.0	245.0	615.0
5.	Rabah Charif	1974	Lebanon	190.0	150.0	215.0	550.0
6.	Chfat Mansoor	1981	Iraq	192.5	132.5	210.0	535.0
-120kg							
1.	Jirjees Salah	1981	Iraq	250.0	185.0	250.0	685.0
2.	Khorshid Amer	1979	Syria	215.0	185.0	245.0	645.0
3.	Shaweesh Wasfi	1976	Palestine	220.0	170.0	250.0	640.0
120+kg							
1.	Kheireddine Bannout	1982	Lebanon	255.0	175.0	270.0	700.0
2.	Mkhallalati Haitham	1983	Syria	250.0	170.0	270.0	690.0
3.	El Sen Khoder	1981	Lebanon	245.0	185.0	255.0	685.0
4.	Libatni Mohamed	1977	Algeria	240.0	160.0	245.0	645.0

In Division there are 24 Lifters

Division «Masters II»

#	Name	Born	Team	SQ	BP	DL	Total
-59kg							
1.	Ghazi Mohamad	1972	Syria	100.0	70.0	120.0	290.0
2.	Shalash Abed	1966	Iraq	90.0	65.0	120.0	275.0
-74kg							
1.	Alassar Adli	1970	Palestine	160.0	115.0	200.0	475.0
-83kg							
1.	Qaband Ali	1972	Syria	165.0	150.0	205.0	520.0
2.	Boutarfa Aissa	1970	Algeria	190.0	102.5	200.0	492.5
3.	Jomaa Mhd Mazen	1973	Syria	90.0	90.0	120.0	300.0
-93kg							
1.	Hosh Basel	1965	Syria	160.0	130.0	170.0	460.0
2.	Noah Hussein	1966	Iraq	150.0	90.0	190.0	430.0
3.	Saado Seifuddine	1973	Lebanon	125.0	100.0	150.0	375.0
-105kg							
1.	Erridir Zoubir	1967	Algeria	210.0	170.0	240.0	620.0
2.	Al-Zamili Faisal	1972	Iraq	200.0	120.0	205.0	525.0
3.	Alali Samer	1970	Syria	170.0	100.0	180.0	450.0
-120kg							
1.	Al-Sabbagh Alaa	1970	Iraq	230.0	140.0	255.0	625.0
2.	Kadhim Shawqi	1969	Iraq	160.0	137.5	202.5	500.0
3.	Tahan Aiman	1972	Syria	120.0	120.0	120.0	360.0
120+kg							
1.	Zaaiter Ali	1965	Lebanon	245.0	175.0	290.0	710.0
2.	Nader Zakariya	1971	Iraq	230.0	165.0	240.0	635.0

In Division there are 17 Lifters

Division «Masters III»

#	Name	Born	Team	SQ	BP	DL	Total
-66kg							
1.	Al Sawadi Muhammad Jamal	1955	Syria	55.0	65.0	100.0	220.0
-93kg							

1. Al Nahas Kifah	1961	Lebanon	200.0	130.0	210.0	540.0
2. Al-Zurfi Jaead	1961	Iraq	117.5	102.5	170.0	390.0

In Total there are 133 Lifters