

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.	Elhamali Mohamed	1995	Libya	182.5	120.0	245.0	547.5
2.	Al-Buthabhak Hussein	1987	Iraq	190.0	140.0	210.0	540.0
3.	Soueid Roni	1990	Lebanon	155.0	95.0	165.0	415.0
-66kg							
1.	Al-Masslawi Ahmed	1990	Iraq	200.0	120.0	180.0	500.0
2.	Maarabani Monzer	1987	Lebanon	200.0	115.0	175.0	490.0
3.	Sobh Rudi	1998	Lebanon	140.0	95.0	205.0	440.0
4.	Shahet Ahmad	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.	Karout Shiva	1989	Lebanon	240.0	150.0	255.0	645.0
4.	Alzin Omar	1999	Syria	200.0	140.0	250.0	590.0
5.	Nasif Slman	1994	Syria	140.0	120.0	200.0	460.0
-83kg							
1.	Toubal Fatah	1983	Algeria	280.0	180.0	290.0	750.0
2.	Salim Khalleefah	1991	Libya	245.0	175.0	305.0	725.0
3.	Al-Basseer Ali	1995	Iraq	255.0	155.0	310.0	720.0
4.	Hasan Karwan	1984	Iraq	255.0	160.0	300.0	715.0
5.	Boulos Christophe	1996	Lebanon	260.0	140.0	280.0	680.0
6.	El Rif Rawad	1997	Lebanon	220.0	170.0	260.0	650.0
^R 7.	Saab Mario	1995	Lebanon	245.0	140.0	260.0	645.0
8.	Khedira Louay	1984	Syria	175.0	135.0	250.0	560.0
9.	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
^R 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.	El Masri Bahaa	1998	Lebanon	252.5	172.5	270.0	695.0
6.	Daraj Abdalaziz	1984	Syria	200.0	140.0	230.0	570.0
-105kg							
1.	Mohamed Abdulla	1988	Libya	335.0	210.0	370.0	915.0
2.	El Helwe Samir	1993	Lebanon	300.0	200.0	320.0	820.0
3.	Abdullah Ahmad	1986	Syria	290.0	180.0	300.0	770.0
4.	Gshayyish Hussein	1994	Iraq	277.5	192.5	272.5	742.5
5.	Hamed Kamel	1999	Lebanon	220.0	160.0	310.0	690.0
6.	Obaid Omran	1997	Syria	205.0	120.0	250.0	575.0
-120kg							
1.	Sahad Mohamed	1987	Algeria	360.0	215.0	335.0	910.0
2.	Daebis Nouraldeen	1993	Libya	332.5	192.5	352.5	877.5
3.	Hama Renwar	1991	Iraq	315.0	215.0	285.0	815.0
4.	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.	Mousa Abdulrahman	1996	Libya	400.0	215.0	340.0	955.0
3.	Al-Zaidi Mohammed	1989	Iraq	335.0	180.0	300.0	815.0
4.	Barhoum Hussien	2000	Syria	170.0	115.0	225.0	505.0

In Division there are 41 Lifters (In Teams:39 In Reserve:2)

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	120.0	55.0	130.0	305.0
-59kg							
1.	Al Dokki Majd	2006	Syria	150.0	90.0	190.0	430.0
2.	Al-Farhan Ridha	2005	Iraq	140.0	85.0	152.5	377.5
3.	Al-Sreiwe Ali	2007	Iraq	115.0	75.0	167.5	357.5
-66kg							
1.	Altalb Abdusalam	2005	Libya	211.0	117.5	233.0	561.0
2.	Ghamrawe Khaled	2006	Lebanon	205.0	110.0	230.0	545.0
3.	Al-Asadi Karar	2006	Iraq	150.0	82.5	170.0	402.5
4.	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.	Alhafi Magd	2005	Syria	150.0	105.0	190.0	400.0
-83kg							
1.	Alkirrami Mahmoud	2006	Libya	195.0	127.5	260.0	582.5
2.	Harbieh Serge	2006	Lebanon	210.0	125.0	240.0	575.0
3.	Jaber Hussein	2006	Lebanon	180.0	105.0	220.0	505.0
4.	Katbeh Nadir	2005	Syria	130.0	110.0	200.0	440.0
5.	Alshami Muhammad	2006	Syria	145.0	100.0	180.0	425.0
-93kg							
1.	Kassem Jawad	2005	Lebanon	200.0	125.0	220.0	545.0
^R 2.	Tayah Francois	2005	Lebanon	190.0	120.0	230.0	540.0
3.	Agha Yazan	2005	Syria	180.0	100.0	220.0	500.0
4.	Adhami Adam	2008	Lebanon	155.0	85.0	180.0	420.0
-105kg							
1.	Al-Rubaye Ali	2005	Iraq	230.0	162.5	230.0	622.5
2.	Aad Angelo	2005	Lebanon	200.0	130.0	260.0	590.0
3.	Mohamad Fadi	2005	Syria	200.0	110.0	210.0	530.0
4.	Saad Peter	2006	Lebanon	192.5	100.0	220.0	512.5
^R 5.	Al Haybi Abdallah	2006	Lebanon	130.0	80.0	150.0	360.0
-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.	Antaby Abdulrahman	2006	Syria	200.0	130.0	230.0	560.0
5.	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 32 Lifters (In Teams:30 In Reserve:2)

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	2004	Syria	100.0	90.0	160.0	347.0
-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.	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.	Suheil Khaled	2003	Lebanon	190.0	115.0	205.0	510.0
4.	Alloush Haigar	2003	Syria	160.0	100.0	180.0	440.0
-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.	Baasalih Abdul Rahman	2000	Syria	180.0	140.0	250.0	570.0
5.	Naser Alkandari	2002	Kuwait	200.0	120.0	240.0	560.0
^R 6.	Salman Ali	2003	Lebanon	205.0	120.0	220.0	545.0
7.	Mohamed Youssef	2001	Egypt	180.0	120.0	240.0	540.0
-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
-93kg							
1.	Abdulameer Mohammed	2001	Iraq	270.0	145.0	280.0	695.0
2.	Skaik Abd Eljabbar	2001	Palestine	260.0	160.0	270.0	690.0
3.	Satalmish Yasser	2004	Lebanon	255.0	142.5	240.0	637.5
4.	Rabiee Ammar	2001	Syria	230.0	130.0	240.0	600.0
-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.	Almoshref Fawzi	2000	Syria	210.0	140.0	250.0	600.0
4.	Al Edrees Laith	2001	Syria	190.0	140.0	220.0	550.0
-120kg							
1.	Alhasi Saeid	2001	Libya	320.0	200.0	350.0	870.0
2.	Khazzaka Abdo	2004	Lebanon	280.0	180.0	300.0	760.0
3.	Maana Hussein	2003	Lebanon	260.0	160.0	300.0	720.0
4.	Mohamad Bahjat	2001	Syria	200.0	125.0	240.0	565.0
120+kg							
1.	El Chaer Etienne	2000	Lebanon	305.0	205.0	340.0	850.0
2.	Tufili Abdullah	2001	Iraq	310.0	172.5	285.0	767.5
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

In Division there are 37 Lifters (In Teams:36 In Reserve:1)

Division «Masters I»

#	Name	Born	Team	SQ	BP	DL	Total
-59kg							
1.	Shebek Omar	1975	Libya	140.0	80.0	200.0	420.0
-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.	Tlawayib 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.	Al Moussawi Ali	1979	Lebanon	190.0	150.0	245.0	585.0
3.	Almustafa Mohamad	1983	Syria	150.0	155.0	230.0	535.0
4.	Issa Samer	1976	Syria	180.0	120.0	220.0	520.0
5.	Al Sheikh Fahd	1982	Syria	170.0	120.0	180.0	470.0
6.	Al Barni Sami	1982	Syria	130.0	100.0	160.0	390.0
-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.	Awad Hazem	1980	Syria	200.0	160.0	240.0	600.0
6.	Rabah Charif	1974	Lebanon	190.0	150.0	215.0	550.0
7.	Chfat Mansoor	1981	Iraq	192.5	132.5	210.0	535.0
-120kg							
1.	Makhlouf Tariq	1975	Libya	275.0	145.0	270.0	690.0
2.	Jirjees Salah	1981	Iraq	250.0	185.0	250.0	685.0
3.	Almasri Hasan	1983	Syria	220.0	200.0	240.0	660.0
4.	Khorshid Amer	1979	Syria	220.0	190.0	245.0	655.0
5.	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.	El Sen Khoder	1981	Lebanon	245.0	185.0	255.0	685.0
3.	Libatni Mohamed	1977	Algeria	240.0	160.0	245.0	645.0
4.	Hammami Abdulwahab	1983	Syria	215.0	160.0	240.0	615.0

In Division there are 29 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.	Aliskandarani Mohammed	1972	Libya	220.0	140.0	250.0	610.0
2.	Alassar Adli	1970	Palestine	160.0	115.0	200.0	475.0
-83kg							
1.	Qaband Ali	1972	Syria	155.0	150.0	205.0	510.0
2.	Boutarfa Aissa	1970	Algeria	190.0	102.5	200.0	492.5
3.	Elsagher Gaber	1970	Syria	75.0	100.0	150.0	325.0
-93kg							
1.	Busadirah Adel	1972	Libya	235.0	147.5	256.0	638.5
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.	Abdalhakim Alshaykhi	1969	Libya	215.0	137.5	250.0	602.5
3.	Kadhim Shawqi	1969	Iraq	160.0	137.5	202.5	500.0
120+kg							
1.	Zaaiter Ali	1965	Lebanon	245.0	175.0	290.0	710.0
2.	Khareef Khalid	1973	Libya	240.0	180.0	285.0	705.0
3.	Nader Zakariya	1971	Iraq	230.0	165.0	240.0	635.0

In Division there are 19 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 161 Lifters (In Teams:156 In Reserve:5)