

**INTERNATIONAL POWERLIFTING FEDERATION**  
**IPF Arab Cup Women's Classic Powerlifting Championships 2023, Beirut (Lebanon), 18-22.07.2023**

**DETAILED SCORESHEET**

Rnk	Name	d.o.b.	Team	Bwt	IPF GL Cf.	Lot	All Squat				All Bench Press				All Deadlift			Total	IPF GL	Pts	
<b>Open</b>																					
<b>-47kg</b>																					
1.	Deeb Amany	1989	LBN	45,50	0,2865	4	65,0	67,5	<del>105,0</del>	2	45,0	<del>50,0</del>	50,0	1	65,0	<del>75,0</del>	75,0	2	192,5	55,15	12
—	Fadlallah Amal	1994	LBN	44,65	0,2922	3	100,0	102,5	<del>107,5</del>	1	<del>50,0</del>	<del>50,0</del>	<del>50,0</del>	—	112,5	117,5	122,5	1	DSQ	—	—
<b>-52kg</b>																					
1.	Ballout Nourhane	1999	LBN	49,50	0,2638	7	117,5	125,0	130,0	1	62,5	65,0	67,5	2	147,5	160,0	167,5	1	365,0	96,29	12
2.	Wahidi Sara	1996	LBN	51,10	0,2564	8	105,0	110,0	115,0	2	72,5	<del>77,5</del>	<del>77,5</del>	1	120,0	130,0	140,0	2	327,5	83,96	9
<b>-57kg</b>																					
1.	El Lakkis Naya	1997	LBN	54,60	0,2425	14	125,0	130,0	135,0	1	62,5	65,0	<del>67,5</del>	1	145,0	152,5	<del>160,0</del>	1	352,5	85,48	12
2.	Azar Jana	1999	LBN	56,75	0,2353	12	<del>90,0</del>	90,0	105,0	2	45,0	50,0	<del>55,0</del>	3	115,0	130,0	137,5	2	292,5	68,84	9
3.	Ourouk Rama	1997	SYR	55,35	0,2399	13	70,0	75,0	80,0	3	45,0	50,0	<del>55,0</del>	2	105,0	115,0	120,0	3	250,0	59,98	8
<b>-63kg</b>																					
1.	Almasri Esraa	1996	SYR	60,80	0,2240	21	120,0	130,0	<del>135,0</del>	2	60,0	<del>65,0</del>	<del>65,0</del>	2	130,0	140,0	160,0	1	350,0	78,40	12
2.	Daoud Nour	1999	LBN	61,05	0,2234	22	135,0	<del>142,5</del>	<del>142,5</del>	1	65,0	<del>70,0</del>	<del>70,0</del>	1	130,0	140,0	150,0	2	350,0	78,18	9
3.	Nawfal Rebecca	1999	LBN	58,70	0,2296	20	72,5	<del>80,0</del>	85,0	3	37,5	42,5	<del>47,5</del>	3	100,0	110,0	117,5	3	245,0	56,24	8
<b>-69kg</b>																					
1.	Yassine Angelica	1985	UAE	67,70	0,2094	37	137,5	<del>142,5</del>	145,0	1	70,0	<del>75,0</del>	75,0	2	155,0	162,5	170,0	1	390,0	81,67	12
2.	Zein Layan	1997	LBN	65,15	0,2142	35	125,0	130,0	135,0	2	<del>87,5</del>	92,5	95,0	1	147,5	<del>155,0</del>	157,5	2	387,5	83,01	9
3.	Demerjian Maguy	1986	LBN	63,25	0,2182	36	<del>115,0</del>	115,0	<del>125,0</del>	3	<del>47,5</del>	47,5	52,5	3	115,0	122,5	127,5	3	295,0	64,38	8
<b>-76kg</b>																					
1.	Hanan Saeb	1993	SYR	72,65	0,2016	41	95,0	105,0	115,0	1	40,0	47,5	<del>50,0</del>	1	110,0	122,5	145,0	1	307,5	61,98	12
—	Zammar Inas	1988	LBN	69,10	0,2070	40	<del>90,0</del>	<del>90,0</del>	<del>100,0</del>	—	40,0	45,0	45,0	2	100,0	120,0	142,5	2	DSQ	—	—
<b>84+kg</b>																					
1.	Mohamed Nour	1989	EGY	86,85	0,1865	29	170,0	180,0	190,0	1	80,0	87,5	92,5	2	180,0	187,5	X	1	470,0	87,65	12
2.	Zaghlout Dayana	1997	LBN	93,35	0,1820	28	160,0	165,0	<del>167,5</del>	2	<del>95,0</del>	<del>95,0</del>	95,0	1	160,0	170,0	175,0	2	435,0	79,15	9
3.	Saja Hana	1993	SYR	98,55	0,1791	30	130,0	140,0	150,0	3	65,0	75,0	<del>77,5</del>	3	140,0	150,0	<del>155,0</del>	3	375,0	67,15	8
4.	Hannoun Myriam	1991	SYR	123,10	0,1707	31	90,0	110,0	<del>120,0</del>	4	50,0	55,0	<del>60,0</del>	4	100,0	110,0	<del>130,0</del>	4	275,0	46,95	7

**Team (points)**

1.	Lebanon	54	[12+12+12+9+9]	403,89	IPF GL
2.	Syria	47	[12+12+8+8+7]	314,45	IPF GL
3.	Egypt	12	[12]	87,65	IPF GL
4.	United Arab Emirates	12	[12]	81,67	IPF GL

**Best Lifters of Open by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Ballout Nourhane	Lebanon	49.50	365,0	96,2910	1
2.	Mohamed Nour	Egypt	86.85	470,0	87,6461	1
3.	El Lakkis Naya	Lebanon	54.60	352,5	85,4848	1

**Sub-Juniors**

<b>-47kg</b>																					
1.	Alloush Riam	2006	SYR	44,35	0,2943	2	45,0	<del>65,0</del>	65,0	1	30,0	37,5	40,0	1	70,0	80,0	<del>112,5</del>	1	185,0	54,45	12
<b>-52kg</b>																					
1.	Takla Solaf	2005	SYR	49,60	0,2633	5	60,0	70,0	85,0	1	35,0	40,0	42,5	1	100,0	110,0	120,0	1	245,0	64,51	12
2.	Tahhan Maraya	2009	SYR	51,95	0,2527	6	60,0	75,0	<del>85,0</del>	2	35,0	37,5	40,0	2	80,0	90,0	102,5	2	217,5	54,97	9
<b>-57kg</b>																					
1.	Al Houshan Haya	2006	SYR	54,80	0,2418	10	80,0	90,0	<del>95,0</del>	1	52,5	<del>60,0</del>	<del>60,0</del>	1	95,0	105,0	115,0	1	257,5	62,26	12
2.	Khalifa Sedra	2007	SYR	54,75	0,2420	11	65,0	<del>75,0</del>	<del>80,0</del>	2	35,0	40,0	47,5	2	<del>105,0</del>	105,0	112,5	2	225,0	54,45	9
<b>-63kg</b>																					
1.	Hassan Loujin	2007	SYR	60,85	0,2239	18	<del>70,0</del>	70,0	85,0	1	<del>40,0</del>	40,0	<del>50,0</del>	2	105,0	120,0	127,5	1	252,5	56,53	12
—	Damiati Roaa	2007	SYR	60,90	0,2237	19	75,0	80,0	<del>85,0</del>	2	<del>50,0</del>	50,0	52,5	1	<del>120,0</del>	<del>120,0</del>	<del>120,0</del>	—	DSQ	—	—
<b>-69kg</b>																					
1.	Chedid Taline	2006	LBN	68,10	0,2087	34	90,0	100,0	<del>107,5</del>	1	55,0	60,0	<del>62,5</del>	1	95,0	105,0	117,5	1	277,5	57,92	12

**Team (points)**

1. Syria	57	[12+12+12+12+9]	292,72	IPF GL
2. Lebanon	12	[12]	57,92	IPF GL

**Best Lifters of Subjuniors by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Takla Solaf	Syria	49.60	245,0	64,5139	1
2.	Al Houshan Haya	Syria	54.80	257,5	62,2645	1
3.	Chedid Taline	Lebanon	68.10	277,5	57,9165	1

**Juniors**

<b>-43kg</b>																					
1.	Issa Merna	2003	SYR	41,80	0,3146	1	45,0	52,5	<del>60,0</del>	1	30,0	<del>35,0</del>	<del>35,0</del>	1	80,0	<del>90,0</del>	90,0	1	172,5	54,27	12
<b>-57kg</b>																					
1.	Khairallah Joya	2001	LBN	54,35	0,2434	9	140,0	145,0	150,0	1	92,5	95,0	<del>97,5</del>	1	170,0	175,0	180,0	1	425,0	103,45	12
<b>-63kg</b>																					
1.	Azzi Julie	2003	LBN	60,95	0,2236	16	145,0	152,5	<del>157,5</del>	1	65,0	67,5	<del>70,0</del>	1	137,5	142,5	<del>145,0</del>	1	362,5	81,06	12
2.	Zen Aldeen Raghad	2004	SYR	61,00	0,2235	17	75,0	80,0	85,0	2	35,0	<del>40,0</del>	<del>40,0</del>	2	90,0	100,0	110,0	2	230,0	51,40	9
<b>-69kg</b>																					
1.	Yazbeck Gaelle	2001	LBN	68,75	0,2076	32	145,0	152,5	160,0	1	77,5	80,0	<del>82,5</del>	1	175,0	190,0	<del>200,0</del>	1	430,0	89,26	12
<b>-76kg</b>																					
1.	Awwad Tatiana	2001	LBN	71,95	0,2026	38	137,5	<del>142,5</del>	142,5	1	<del>60,0</del>	60,0	<del>62,5</del>	1	152,5	157,5	<del>160,0</del>	1	360,0	72,92	12

**Team (points)**

1. Lebanon	48	[12+12+12+12]	346,70	IPF GL
2. Syria	21	[12+9]	105,67	IPF GL

**Best Lifters of Juniors by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Khairallah Joya	Lebanon	54.35	425,0	103,4463	1
2.	Yazbeck Gaelle	Lebanon	68.75	430,0	89,2650	1
3.	Azzi Julie	Lebanon	60.95	362,5	81,0615	1

**Masters 1**

<b>-84kg</b>																					
1.	Kazi Gulshan Banu	1978	UAE	83,75	0,1891	23	130,0	140,0	146,0	1	60,0	67,5	70,0	1	165,0	182,5	191,0	1	407,0	76,95	12
<b>84+kg</b>																					
1.	Haddad Amal	1976	SYR	108,55	0,1748	26	90,0	95,0	105,0	1	70,0	75,0	<del>80,0</del>	1	100,0	120,0	135,0	1	315,0	55,06	12
—	Allouch Shouq	1981	SYR	92,05	0,1828	27	70,0	90,0	<del>100,0</del>	—	90,0	95,0	100,0	—	120,0	130,0	135,0	—	DD	—	—

**Team (points)**

1. United Arab Emirates	12	[12]	76,95	IPF GL
2. Syria	12	[12]	55,06	IPF GL

**Best Lifters of Masters 1 by IPF GL Formula**

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Kazi Gulshan Banu	United Arab Emirates	83.75	407,0	76,9511	1
2.	Haddad Amal	Syria	108.55	315,0	55,0611	1

**Abbreviations:**

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; wg - World Games Record;  
 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.  
 DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

EGY = Egypt  
 LBN = Lebanon

SYR = Syria  
 UAE = United Arab Emirates