

INTERNATIONAL POWERLIFTING FEDERATION
Africa Powerlifting Bench Women equipped, pocth (SA), 02-05.10.2019
SCORESHEET

Rnk	Lifters	d.o.b.	Team	BWT	Lot	1 Att.	2 Att.	3 Att.	Result	IPF Pts	Pts
Open											
-84kg											
1	Green Nicola	29.09.83	RSA	83,95	2	105.0	110.0	125.0	125.0	589,72	12
84+kg											
1	De Jager Christi	10.01.86	RSA	100,00	4	145.0	145.0	150.0	145.0	609,47	12
2	Rees Jacqui	25.03.80	RSA	95,30	5	105.0	112.5	120.0	120.0	553,45	9

Nation (points)

1 South Africa 33 [12+12+9] 1752.64 IPF Pts

Best Lifters of Open by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	De Jager Christi	South Africa	100,00	145.0	609.4676	1
2.	Green Nicola	South Africa	83,95	125.0	589.7246	1
3.	Rees Jacqui	South Africa	95,30	120.0	553.4494	2

Juniors

-63kg											
1	Leighton Megan	15.01.96	RSA	61,55	1	105.0	408.0	408.0	105.0	595,78	12

Nation (points)

1 South Africa 12 [12] 595.78 IPF Pts

Best Lifters of Juniors by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Leighton Megan	South Africa	61,55	105.0	595.7837	1

Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's 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.
 RSA = South Africa

INTERNATIONAL POWERLIFTING FEDERATION
Africa Powerlifting Bench Men Equiped, potch (SA), 02-05.10.2019
SCORESHEET

Rnk	Lifters	d.o.b.	Team	BWT	Lot	1 Att.	2 Att.	3 Att.	Result	IPF Pts	Pts
Open											
120+kg											
1	Nasreldin Hassan	10.06.88	EGY	131,10	-10	170.0	185.0	192.5	192.5	467,90	12

Nation (points)

1 Egypt 12 [12] 467.90 IPF Pts

Best Lifters of Open by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Nasreldin Hassan	Egypt	131,10	192.5	467.9031	1

Juniors

-66kg											
1	Van der linde Ruben	22.12.98	RSA	65,90	1	120.0	125.0	X	125.0	515,63	12
-105kg											
1	Farrag Ahmed	24.08.98	EGY	101,95	-10	100.0	115.0	115.0	100.0	346,19	12

Nation (points)

1 South Africa 12 [12] 515.63 IPF Pts
 2 Egypt 12 [12] 346.19 IPF Pts

Best Lifters of Juniors by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Van der linde Ruben	South Africa	65,90	125.0	515.6286	1
2.	Farrag Ahmed	Egypt	101,95	100.0	346.1917	1

Masters 1

-74kg											
1	Van der Linde Glen	06.03.71	RSA	72,00	2	125.0	130.0	135.0	135.0	509,51	12

Nation (points)

1 South Africa 12 [12] 509.51 IPF Pts

Best Lifters of Masters 1 by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
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1.	Van der Linde Glen	South Africa	72,00	135.0	509.5102	1
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Abbreviations:

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EGY = Egypt

RSA = South Africa

2019

3 Att.	Result	IPF Pts	Pts
70.0	67.5	530,77	12
72.5	72.5	517,65	12

IPF Points	C.Rnk
530.7675	1
517.6550	1

72.5	72.5	562,43	12
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IPF Points	C.Rnk
562.4283	1

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INTERNATIONAL POWERLIFTING FEDERATION
Africa powerlifting bench press MEN raw, Potch (SA), 01-05.10.2019

SCORESHEET

Rnk	Lifters	d.o.b.	Team	BWT	Lot	1 Att.	2 Att.	3 Att.	Result	IPF Pts	Pts
Open											
-74kg											
1	Hamdani Fethi	19.04.93	ALG	73,65	4	145.0	155.0	160.0	160.0	710,98	12
-93kg											
1	Kebbab Saber	03.09.76	ALG	91,60	11	160.0	165.0	180.0	180.0	684,54	12
2	Akif Ali	12.04.85	MOR	93,00	-10	160.0	170.0	165.0	165.0	621,26	9
3	Ayekpa Archie	29.04.85	RSA	90,35	12	155.0	162.5	167.5	162.5	623,63	8
-120kg											
1	Ammor Mohamed Zine Edc	22.10.83	ALG	117,50	24	200.0	212.5	220.0	220.0	718,42	12
2	Obaydallah Ali Salim Abdul	12.01.83	LIB	114,15	-10	150.0	160.0	170.0	160.0	531,44	9
120+kg											
1	Conradie Dennis	10.04.86	RSA	143,40	28	195.0	205.0	205.0	205.0	601,72	12
2	Nasreldin Hassan	10.06.88	EGY	130,00	-10	130.0	140.0	150.0	150.0	463,74	9

Nation (points)

1	Algeria	36	[12+12+12]	2113.95	IPF Pts
2	South Africa	20	[12+8]	1225.35	IPF Pts
3	Morocco	9	[9]	621.26	IPF Pts
4	Libya	9	[9]	531.44	IPF Pts
5	Egypt	9	[9]	463.74	IPF Pts

Best Lifters of Open by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Ammor Mohamed Zine Edc	Algeria	117,50	220.0	718.4250	1
2.	Hamdani Fethi	Algeria	73,65	160.0	710.9813	1
3.	Kebbab Saber	Algeria	91,60	180.0	684.5441	1

Juniors

-105kg											
1	Farrag Ahmed	24.08.98	EGY	102,90	-10	90.0	105.0	115.0	115.0	406,30	12

Nation (points)

1 Egypt

12 [12] 406.30 IPF Pts

Best Lifters of Juniors by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Farrag Ahmed	Egypt	102,90	115.0	406.3023	1

Masters 1

-66kg											
1	Tsimane Moses	20.09.75	RSA	61,45	2	90.0	105.0	445.0	105.0	541,69	12
-74kg											
1	Van der Linde Glen	06.03.71	RSA	71,35	3	110.0	115.0	447.5	115.0	523,37	12
2	Al Falah Ashraf Alsadiq	11.09.73	LIB	70,50	-10	90.0	90.0	445.0	90.0	413,09	9
-105kg											
1	Balil Nezar	30.05.78	MOR	101,80	19	172.5	182.5	187.5	187.5	666,58	12
2	Johnson Charles	02.11.70	RSA	96,75	14	160.0	470.0	472.5	160.0	587,28	9
-120kg											
1	Makhlouf Tariq	09.02.75	LIB	119,10	-10	120.0	130.0	440.0	130.0	421,72	12

Nation (points)

1	South Africa	33	[12+12+9]	1652.34	IPF Pts
2	Libya	21	[12+9]	834.81	IPF Pts
3	Morocco	12	[12]	666.58	IPF Pts

Best Lifters of Masters 1 by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Balil Nezar	Morocco	101,80	187.5	666.5832	1
2.	Johnson Charles	South Africa	96,75	160.0	587.2771	2
3.	Tsimane Moses	South Africa	61,45	105.0	541.6898	1

Masters 2

-83kg											
1	De Nysschen Tommie	30.05.63	RSA	80,15	5	120.0	127.5	130.0	130.0	542,02	12
-120kg											
1	Oosthuizen Gerhard	03.04.64	RSA	117,10	22	180.0	495.0	495.0	180.0	589,12	12
—	Furman Ian	06.11.67	RSA	120,00	21	487.5	492.5	492.5	DSQ	—	—
120+kg											

1 Van der Berg Hercules 27.11.66 RSA 168,70 26 160.0 167.5 172.5 172.5 468,14 12

Nation (points)

1 South Africa 36 [12+12+12] 1599.27 IPF Pts

Best Lifters of Masters 2 by IPF Points System

Rnk	Lifter	Nation	Bwt	Result	IPF Points	C.Rnk
1.	Oosthuizen Gerhard	South Africa	117,10	180.0	589.1181	1
2.	De Nysschen Tommie	South Africa	80,15	130.0	542.0185	1
3.	Van der Berg Hercules	South Africa	168,70	172.5	468.1363	1

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DSQ - Disqualification; DR - Removed by a Doctor; TD - Technical Disqualification; DD - Doping Disqualification.

ALG = Algeria

LIB = Libya

RSA = South Africa

EGY = Egypt

MOR = Morocco