

AFRICAN POWERLIFTING FEDERATION
African Womens Classic Powerlifting Championships, Meknes (Morocco), 15-17.09.2022

DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	IPF GL Cf.	Lot	All Squat			All Bench Press			All Deadlift			Total	IPF GL	Pts		
Open																				
-52kg																				
1.	Botha Farzana	31.10.85	RSA	51,29	0,2555	4 90,0	95,0	100,0	1	60,0	65,0	67,5	1	140,0	150,0	155,0	1	320,0	81,77	12
-63kg																				
1.	Kouri Safia	12.05.74	ALG	62,61	0,2197	10 145,0	152,5	157,5	1	70,0	75,0	77,5	1	170,0	180,0	185,0	1	412,5	90,61	12
2.	Saad Nada	12.07.94	MOR	62,99	0,2188	9 100,0	100,0	110,0	2	65,0	70,0	70,0	2	135,0	145,0	145,0	2	310,0	67,83	9
-69kg																				
1.	Guerai Chaimae	18.08.92	MOR	65,69	0,2132	16 137,5	145,0	150,0	1	65,0	67,5	67,5	1	185,0	197,5	207,5	1	415,0	88,46	12
-76kg																				
1.	Tatar Zahra	10.11.92	ALG	75,64	0,1976	22 135,0	145,0	X	1	65,0	67,5	70,0	1	190,0	202,5	210,0	1	425,0	83,98	12
2.	Teffal Laila	24.03.95	MOR	73,44	0,2005	21 110,0	115,0	120,0	2	65,0	70,0	70,0	2	130,0	140,0	145,0	2	325,0	65,15	9
3.	Ndah Marie Manuella	14.10.95	CIV	69,31	0,2067	23 80,0	80,0	100,0	3	30,0	40,0	50,0	3	100,0	110,0	120,0	3	240,0	49,60	8
-84kg																				
1.	Cheffai Malia	01.01.74	ALG	83,37	0,1894	11 130,0	140,0	150,0	1	65,0	70,0	75,0	1	160,0	170,0	175,0	1	395,0	74,82	12
84+kg																				
1.	Sekongo Nohoua Laurence	18.01.95	CIV	122,27	0,1709	13 140,0	170,0	180,0	1	60,0	75,0	77,5	1	160,0	200,0	215,0	1	472,5	80,75	12

Team (points)

1. Algeria	36 [12+12+12]	249,41IPF GL
2. Morocco	30 [12+9+9]	221,44IPF GL
3. Ivory Coast	20 [12+8]	130,35IPF GL
4. South Africa	12 [12]	81,77IPF GL

Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Kouri Safia	Algeria	62,61	412,5	90,6114	1
2.	Guerai Chaimae	Morocco	65,69	415,0	88,4602	1
3.	Tatar Zahra	Algeria	75,64	425,0	83,9800	1

Juniors

-52kg																				
1.	Yakoubi Ilham	19.05.01	MOR	50,95	0,2570	3 95,0	105,0	105,0	1	50,0	55,0	62,5	1	120,0	130,0	142,5	1	280,0	71,97	12
2.	Refai Jaweher	10.03.03	TUN	49,24	0,2651	2 70,0	75,0	82,5	2	35,0	40,0	40,0	2	95,0	107,5	112,5	2	222,5	58,98	9
-63kg																				
1.	Diaha Marie Annabelle	23.12.03	CIV	60,99	0,2235	7 120,0	140,0	150,0	1	60,0	65,0	65,0	1	140,0	150,0	160,0	1	350,0	78,23	12
-76kg																				
1.	Mazhoud Nawrez	11.06.00	TUN	73,92	0,1998	20 110,0	122,5	125,0	1	70,0	75,0	77,5	1	155,0	165,0	170,0	1	367,5	73,43	12

Team (points)

1. Tunisia	21 [12+9]	132,42IPF GL
2. Ivory Coast	12 [12]	78,23IPF GL

Best Lifters of Juniors by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Diaha Marie Annabelle	Ivory Coast	60,99	350,0	78,2313	1
2.	Mazhoud Nawrez	Tunisia	73,92	367,5	73,4320	1
3.	Yakoubi Ilham	Morocco	50,95	280,0	71,9687	1

Masters 1**-52kg**

1.	Valle Tarryn	17.08.78	RSA	50,23	0,2603	1	82,5	87,5	90,0	1	42,5	45,0	45,0	1	125,0	125,0	130,0	1	260,0	67,68	12
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-76kg

1.	Saidani Ep Messelmani	R22.01.82	TUN	74,01	0,1997	19	95,0	95,0	102,5	1	45,0	52,5	55,0	1	120,0	135,0	145,0	1	292,5	58,41	12
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Team (points)

1.	South Africa	12 [12]	67,68IPF GL
2.	Tunisia	12 [12]	58,41IPF GL

Best Lifters of Masters 1 by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Valle Tarryn	South Africa	50,23	260,0	67,6822	1
2.	Saidani Ep Messelmani	R22.01.82 Tunisia	74,01	292,5	58,4108	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.

ALG = Algeria

CIV = Ivory Coast

MOR = Morocco

RSA = South Africa

TUN = Tunisia