

INTERNATIONAL POWERLIFTING FEDERATION
Africa powerlifting Mens Raw, Potch (SA), 01-05.10.2019
DETAILED SCORESHEET

Rnk	Name	d.o.b.	Team	Bwt	Lot	All Squat			All Bench Press			All Deadlift			Total	IPF Pts	Pts		
Open																			
-59kg																			
1	Lakehal Mohamed	28.09.82	ALG	59,00	49	180.0	200.0	210.0	1	80.0	90.0	100.0	1	190.0	200.0	220.0	530.0	673.11	12
-66kg																			
1	Al Darwge Ahmed Abdelne	04.12.95	LIB	65,00	5	180.0	200.0	200.0	1	110.0	120.0	125.0	1	240.0	260.0	270.0	585.0	694.41	12
2	Phukuile Jerry	13.12.90	RSA	65,45	6	185.0	200.0	200.0	2	110.0	115.0	125.0	2	200.0	220.0	235.0	545.0	637.59	9
-74kg																			
1	Lazarides Nicolas	11.12.92	RSA	74,00	14	170.0	182.5	185.0	1	122.5	130.0	135.0	1	212.5	225.0	225.0	530.0	561.79	12
2	Nikanor Nicodemus	20.12.90	NAM	72,65	13	130.0	140.0	152.5	2	90.0	97.5	102.5	3	215.0	220.0	232.5	470.0	495.51	9
3	Kone Kassim	09.12.90	IVC	66,65	17	105.0	125.0	130.0	3	90.0	115.0	115.0	4	140.0	165.0	175.0	395.0	432.12	8
4	Chirima Dennis	03.02.97	Zim	67,80	16	105.0	110.0	112.5	4	85.0	92.5	100.0	2	120.0	140.0	150.0	362.5	384.00	7
-83kg																			
1	Sultan Mohamed	26.09.88	EGY	81,20	30	220.0	250.0	270.0	1	115.0	130.0	137.5	2	250.0	280.0	320.0	660.0	674.67	12
2	Scheckle Connor	24.11.87	RSA	82,40	27	200.0	210.0	245.0	2	150.0	157.5	162.5	1	220.0	230.0	235.0	602.5	602.34	9
3	Khuzwayo Bandile	02.12.90	RSA	82,75	28	195.0	210.0	217.5	3	110.0	120.0	127.5	3	230.0	252.5	270.0	590.0	586.36	8
-93kg																			
1	Kanane Amar	28.09.82	ALG	92,55	43	302.5	317.5	330.5	1	165.0	170.0	172.5	1	290.0	290.0	320.0	807.5	775.55	12
2	Smit Gian	04.05.90	RSA	92,70	44	235.0	250.0	257.5	2	150.0	157.5	162.5	4	250.0	270.0	282.5	690.0	649.70	9
3	Wewege Tom	24.08.92	RSA	91,60	40	210.0	220.0	230.0	4	140.0	150.0	160.0	3	252.5	262.5	277.5	657.5	619.87	8
4	Al Jazeeri Adel Hussayn	22.12.80	LIB	90,90	37	220.0	240.0	245.0	3	140.0	155.0	157.5	5	240.0	255.0	262.5	655.0	620.27	7
5	Ekou Aristide	12.08.94	IVC	85,00	38	170.0	190.0	190.0	5	155.0	160.0	165.0	2	180.0	205.0	220.0	540.0	519.69	6
-105kg																			
1	Sahad Mohamed	05.07.87	ALG	104,55	50	295.0	310.0	320.0	1	180.0	187.5	192.5	1	300.0	315.0	325.0	817.5	729.96	12
2	Daebis Nouraldeen	26.06.93	LIB	103,50	57	280.0	282.5	300.0	2	180.0	190.0	192.5	2	305.0	320.0	337.5	810.0	726.83	9
3	Hussein Sameh	06.10.82	EGY	104,35	60	230.0	X	X	3	140.0	155.0	X	3	150.0	X	X	520.0	434.03	8
-120kg																			
1	Fidan HusseinMohamed	11.09.95	LIB	118,35	68	280.0	300.0	305.0	1	175.0	180.0	180.0	3	340.0	310.0	335.0	815.0	677.42	12
2	Fezan-Bi Gustave	22.03.88	IVC	118,60	70	300.0	302.5	302.5	3	200.0	200.0	205.0	1	310.0	320.0	320.0	815.0	676.63	9
3	Benjedou Yacine	11.06.89	ALG	107,35	67	275.0	292.5	300.0	2	170.0	172.5	175.0	2	300.0	310.0	315.0	790.0	691.69	8
120+kg																			
1	Boughalem Ilyas	11.01.87	ALG	159,40	77	325.0	340.0	350.0	1	275.0	291.0-w	292.5	1	270.0	285.0	297.5	938.5	679.77	12

Nation (points)

1	Algeria	56	[12+12+12+12+8]	3550.08	IPF Pts
2	South Africa	47	[12+9+9+9+8]	3071.29	IPF Pts
3	Libya	40	[12+12+9+7]	2718.93	IPF Pts
4	Ivory coast	23	[9+8+6]	1628.43	IPF Pts
5	Egypt	20	[12+8]	1108.71	IPF Pts
6	Namibia	9	[9]	495.51	IPF Pts
7	Zimbabwe	7	[7]	384.00	IPF Pts

Best Lifters of Open by IPF Points System

Rnk	Lifter	Nation	Bwt	Total	IPF Points	C.Rnk
1.	Kanane Amar	Algeria	92,55	807.5	775.5539	1
2.	Sahad Mohamed	Algeria	104,55	817.5	729.9614	1
3.	Daebis Nouraldeen	Libya	103,50	810.0	726.8269	2

Sub-Juniors

-74kg

1	Bencheikh Hichem	03.05.03	ALG	74,00	12	177.5	188.5	190.0	1	95.0	102.5	405.0 1	190.0	210.0	219.0	1	511.5	539.21	12	
2	Vieira Marco	03.03.02	RSA	73,80	11	450.0	160.0	467.5 2		92.5	95.0	400.0 2	170.0	X	X 2		425.0	434.59	9	
-83kg																				
1	Ferdjouxh Mohamed	11.03.01	ALG	79,65	24	165.0	175.0	180.0	1	105.0	107.5	110.0	1	230.0	250.0	275.5 1	540.0	544.00	12	
2	Curtain Simon	02.04.02	RSA	81,21	22	120.0	125.0	130.0	3	90.0	92.5	95.0 3		210.0	220.0	225.0	2	447.5	430.11	9
3	Human Erich	12.06.01	RSA	78,05	23	120.0	130.0	140.0	2	85.0	90.0	95.0	2	180.0	190.0	200.0	3	435.0	428.17	8
-93kg																				
1	Al Hasi Saeid Mohammed	01.10.01	LIB	91,35	36	200.0	225.0	235.0	1	130.0	140.0	445.0 1		250.0	280.0	291.0	1	666.0	630.09	12
-105kg																				
1	Abou Dabous Abdullah Sul	01.09.01	LIB	99,30	51	180.0	210.0	215.0 1		430.0	130.0	140.0	1	240.0	261.0	262.5 1	611.0	541.26	12	
-120kg																				
1	Furman Justin	01.05.01	RSA	116,70	66	195.0	205.0	210.0	1	112.5	117.5	120.0	1	205.0	215.0	220.0	1	550.0	433.26	12
120+kg																				
1	Botha Heinrich	01.02.01	RSA	143,70	76	200.0	220.0	235.0 1		120.0	130.0	135.0	1	200.0	225.0	237.5	1	592.5	420.67	12

Nation (points)

1	South Africa	50	[12+12+9+9+8]	2146.79	IPF Pts
2	Libya	24	[12+12]	1171.35	IPF Pts
3	Algeria	24	[12+12]	1083.21	IPF Pts

Best Lifters of Subjuniors by IPF Points System

Rnk	Lifter	Nation	Bwt	Total	IPF Points	C.Rnk
1.	Al Hasi Saeid Mohammed	Libya	91,35	666.0	630.0878	1
2.	Ferdjouxh Mohamed	Algeria	79,65	540.0	543.9965	1
3.	Abou Dabous Abdullah Sul	Libya	99,30	611.0	541.2647	1

Juniors

-66kg																				
1	Samuels Brandon	21.04.98	RSA	64,90	4	140.0	150.0	172.5	1	400.0	110.0	125.0	1	220.0	252.5	260.0 1	550.0	648.58	12	
-74kg																				
1	Kuhn Wynand	09.02.99	RSA	71,00	10	130.0	145.0	150.0	2	115.0	120.0	422.5 1		220.0	230.0	245.0 1	500.0	542.00	12	
2	Ramajoe Michael	15.09.97	RSA	71,05	9	150.0	160.0	467.5 1		110.0	120.0	427.5 2		205.0	240.0	240.0 2	485.0	522.91	9	
-83kg																				
1	Benjedou Lamine	02.01.97	ALG	81,55	-10	205.0	215.0	225.0	1	105.0	110.0	115.0	3	240.0	260.0	270.5	1	610.5	615.87	12
2	Du Plessis Rhowan	16.09.96	RSA	82,45	21	400.0	185.0	200.0 2		120.0	125.0	430.0 1		220.0	230.0	240.0 2	540.0	530.84	9	
3	Crawford Cameron	10.08.98	RSA	77,60	20	165.0	175.0	182.5	3	110.0	117.5	422.5 2		200.0	222.5	222.5 3	500.0	506.96	8	
-105kg																				
1	Lakhal Abdelslam	01.01.98	ALG	104,10	49	230.0	245.0	250.0 1		110.0	120.0	422.5 1		260.0	275.0	275.0	1	640.0	554.55	12
2	Farrag Ahmed	24.08.98	EGY	102,90	-10	110.0	435.0	160.0	2	90.0	110.0	447.5 2		160.0	200.0	225.0	2	495.0	412.79	9
-120kg																				
1	Merwas Eslam Salem Sale	16.11.97	LIB	117,65	65	270.0	290.0	305.0 1		170.0	180.0	182.5	1	300.0	320.0	325.0	1	797.5	663.27	12
120+kg																				
1	Abdulrahman Mousa	10.09.96	LIB	157,20	-10	280.0	310.0	330.0	1	160.0	172.5	180.0	1	280.0	310.0	332.5 2	820.0	587.31	12	
2	Dib Hamou	05.11.96	ALG	143,90	75	280.0	290.0	305.0	2	172.5	400.0	400.0 2		300.0	320.0	342.5 1	797.5	595.04	9	

Nation (points)

1	South Africa	50	[12+12+9+9+8]	2751.29	IPF Pts
2	Algeria	33	[12+12+9]	1765.45	IPF Pts
3	Libya	24	[12+12]	1250.57	IPF Pts
4	Egypt	9	[9]	412.79	IPF Pts

Best Lifters of Juniors by IPF Points System

Rnk	Lifter	Nation	Bwt	Total	IPF Points	C.Rnk
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1.	Merwas Eslam Salem Sale	Libya	117,65	797.5	663.2663	1
2.	Samuels Brandon	South Africa	64,90	550.0	648.5839	1
3.	Benjedou Lamine	Algeria	81,55	610.5	615.8697	1

Masters 1

-93kg																				
1	Marie Mohamed	07.07.77	EGY	90,90	33	220.0	230.0	235.0	1	150.0	160.0	165.0	1	250.0	260.0	265.0	1	660.0	625.65	12
2	Mechrouh Benali	05.01.75	ALG	91,75	34	212.5	220.0	220.0	2	120.0	130.0	130.0	2	250.0	265.0	280.0	2	615.0	573.71	9
-105kg																				
1	Johannes Marius	15.12.74	NAM	102,80	48	217.5	225.0	230.0	1	165.0	172.5	177.5	1	255.0	267.5	267.5	1	662.5	581.46	12
—	Johnson Charles	02.11.70	RSA	99,35	47	210.0	220.0	220.0	2	160.0	160.0	160.0	—	X	X	X	—	DSQ	—	—
-120kg																				
1	Kedish Husein Mohammed	13.07.74	LIB	118,05	64	250.0	270.0	290.0	1	150.0	160.0	170.0	1	270.0	280.0	282.5	1	720.0	589.45	12
120+kg																				
1	Al Shaykhi Alauldin	14.07.78	LIB	137,60	74	270.0	305.0	315.0	1	180.0	195.0	195.0	1	330.0	360.0	360.0	1	860.0	663.46	12

Nation (points)

1	Libya	24	[12+12]	1252.91	IPF Pts
2	Egypt	12	[12]	625.65	IPF Pts
3	Namibia	12	[12]	581.46	IPF Pts
4	Algeria	9	[9]	573.71	IPF Pts
—	South Africa	—	—	—	—

Best Lifters of Masters 1 by IPF Points System

Rnk	Lifter	Nation	Bwt	Total	IPF Points	C.Rnk
1.	Al Shaykhi Alauldin	Libya	137,60	860.0	663.4649	1
2.	Marie Mohamed	Egypt	90,90	660.0	625.6491	1
3.	Kedish Husein Mohammed	Libya	118,05	720.0	589.4482	1

Masters 2

-74kg																				
1	Al Waseya Mohammed M	01.01.66	LIB	73,05	8	125.0	135.0	135.0	1	60.0	70.0	80.0	1	120.0	150.0	172.5	1	365.0	364.23	12
-93kg																				
1	Mobara Ebrahim	09.12.64	RSA	88,55	-10	185.0	195.0	X	1	100.0	105.0	X	1	160.0	200.0	222.5	1	522.5	486.20	12
-120kg																				
1	Bensch Denis	14.12.65	RSA	116,00	-10	190.0	210.0	215.0	1	120.0	130.0	140.0	1	200.0	220.0	227.5	1	577.5	460.79	12
2	Mudge Cliff	09.04.68	RSA	119,65	62	190.0	210.0	210.0	2	85.0	92.5	95.0	2	200.0	230.0	230.0	2	502.5	382.70	9
120+kg																				
1	Van der Berg Hercules	27.11.66	RSA	170,75	71	240.0	240.0	240.0	1	167.5	172.5	180.0	1	240.0	255.0	270.0	1	690.0	461.16	12

Nation (points)

1	South Africa	45	[12+12+12+9]	1790.85	IPF Pts
2	Libya	12	[12]	364.23	IPF Pts

Best Lifters of Masters 2 by IPF Points System

Rnk	Lifter	Nation	Bwt	Total	IPF Points	C.Rnk
1.	Mobara Ebrahim	South Africa	88,55	522.5	486.2044	1
2.	Van der Berg Hercules	South Africa	170,75	690.0	461.1560	1
3.	Bensch Denis	South Africa	116,00	577.5	460.7938	1

Masters 3

-74kg																				
1	Hassen Yunus	05.01.54	RSA	71,30	7	115.0	125.0	135.0	1	62.5	70.0	75.0	1	180.0	195.0	206.0	1	416.0	435.22	12

-120kg																				
1	Ludik Andre	26.09.55	RSA	111,95	61	140.0	X	X	1	105.0	110.0	112.5	1	170.0	190.0	200.0	1	452.5	350.50	12

Nation (points)

1 South Africa 24 [12+12] 785.72 IPF Pts

Best Lifters of Masters 3 by IPF Points System

Rnk	Lifter	Nation	Bwt	Total	IPF Points	C.Rnk
1.	Hassen Yunus	South Africa	71,30	416.0	435.2222	1
2.	Ludik Andre	South Africa	111,95	452.5	350.4965	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 LIB = Libya Zim = Zimbabwe

EGY = Egypt NAM = Namibia

IVC = Ivory coast RSA = South Africa