

**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
<b>Open</b>											
<b>120+kg</b>											
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**

<b>-66kg</b>											
1	Van der linde Ruben	22.12.98	RSA	65,90	1	120.0	125.0	X	125.0	515,63	12
<b>-105kg</b>											
1	Farrag Ahmed	24.08.98	EGY	101,95	-10	100.0	445.0	445.0	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**

<b>-74kg</b>											
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:**

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.

EGY = Egypt

RSA = South Africa