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WPC - Egypt

# *WPC Egypt Cup*

*FINAL PROTOCOL*

3 February - 9 February 2024 y.

c.Sharm-El Sheikh

**FINAL PROTOCOL**  
**WPC Egypt Cup**

3 February - 9 February 2024 y.

c.Sharm-El Sheikh

**WPC Benchpress 1-ply equipment**
**Woman**
**Weight 75**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Juniors**

1	1	Habiba Ahmed Khater	Egypt	01.10.20 00/23	75,00	971		65	70	70	-	70		70	12	58,527		Self
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**Weight 82,5**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Mira Talaat	Egypt	17.06.20 05/18	80,70	673		57,5	65	67,5	70	67,5		67,5	12	53,8211		Self
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**absolute winners ( Juniors, WPC Benchpress 1-ply equipment, W)**

Name	Pts	Body weight
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**absolute winners ( Teenagers Teenagers Teenagers, WPC Benchpress 1-ply equipment, W)**

Name	Pts	Body weight
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**Man**
**Weight 60**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Mohamed Magdy	Egypt	06.08.20 06/17	60,00	794		70	90	97,5	-	90		90	12	74,9565		Self
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**Weight 67,5**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Abdullah Zaki	Egypt	01.01.20 08/16	65,90	783		90	100	100	-	100		100	12	76,4		Self
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**Weight 75**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Open**

1	1	Abdelfadeel Abdalla	Egypt	13.09.19 87/36	73,60	1		125	135	145	-	145		145	12	101,253	5	Self
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**Weight 82,5**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Selim Salem	Egypt	28.12.20 04/19	79,40	4		135	135	145	-	135		135	12	89,262		Self
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2	2	Nabil Mohamed	Egypt	12.12.20 05/18	81,40	550		80	90	95	-	95		95	9	61,7737		Self
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**Masters**

1	1	Khaled Mohamed	Egypt	20.05.19 80/43	77,40	368		120	130	135	-	135		135	12	93,6784	8	Self
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**Weight 90**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Mohand Emad	Egypt	16.07.20 05/18	89,40	119		110	120	125,5	-	125		125	12	76,7687		Self
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**Masters**

1	1	Sallam Gaber	Egypt	09.08.19 66/57	89,00	187		110	120	125	-	125		125	12	97,5884	7	Self
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**Open**

1	1	Safwat Roshdy	Egypt	23.01.19 89/35	90,00	184		200	220	250	-	220		220	12	134,607	2	Self
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2	2	Mohamed Mahmoud Abdo	Egypt	15.05.19 98/25	88,00	326		125	130	130	-	125		125	9	77,4625	8	Self
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**Weight 100**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Masters**

1	1	Islam Abd Alah	Egypt	30.04.19 79/44	94,60	94		155	160	165	-	165		165	12	102,594	6	Self
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**Masters**

## wpc bp 1-ply eq

1	1	Megahed Ali Hassan Mohamed	Egypt	07.11.19 65/58	95,40	205		80	87,5	92,5	-	87,5	87,5	12	67,0714	11	Self
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**Masters**

1	1	Markovic Zivorad	Serbia	29.09.19 60/63	92,30	500		160	170	185,5	-	170	170	12	145,823	3	Self
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**Open**

1	1	Ahmed Arafa	Egypt	20.11.19 88/35	95,70	154		465	465	165	-	165	165	12	97,8202	6	Self
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2	2	Omar Eltahawy	Egypt	19.06.19 99/24	96,00	642		140	150	160	-	160	160	9	94,712	7	Self
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3		Waleed Adel	Egypt	01.08.19 94/29	96,70	191		150	170	175	-	170					Self
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**Weight 110**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Juniors**

1	1	Asser Gamal	Egypt	22.05.20 00/23	100,90	457		190	200	210	-	200	200	12	115,83		Self
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**Masters**

1	1	Elsaeed Eid	Egypt	04.07.19 78/45	109,50	450		125	135	140	-	140	140	12	83,1846	10	Self
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**Masters**

1	1	Mohamed Elghamry	Egypt	08.07.19 73/50	106,10	385		200	205	-	-	200	200	12	128,514	4	Self
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**Open**

1	1	Vaccaro Agostino	Italy	13.02.19 91/32	102,09	316		172,5	180	185	-	185	185	12	106,671	4	Self
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**Weight 125**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Masters**

1	1	Eslam Moussa	Egypt	01.12.19 81/42	124,30	935		170	185	190	-	185	185	12	103,077	5	Self
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**Masters**

1	1	Gorbachev Dmitry	Russia	06.03.19 70/53	116,20	622		260	275	285	-	275	275	12	180,675	1	Self
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**Open**

1	1	Gorbachev Dmitry	Russia	06.03.19 70/53	116,20	30		260	275	285	-	275	275	12	152,597	1	Self
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2	2	Shehab Mohamed	Egypt	08.12.19 98/25	115,30	454		210	225	230	-	210	210	9	116,728	3	Self
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**Weight 140**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Masters**

1	1	Rabih El Sakka	Lebanon	08.05.19 76/47	137,20	85		280	300	310	315	310	310	12	178,966	2	Self
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2	2	Ahmed Foad	Egypt	01.06.19 76/47	135,00	393		150	155	162,5	-	155	155	9	89,8120	9	Self
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**absolute winners ( Teenagers Teenagers Teenagers, WPC Benchpress 1-ply equipment, M)**

	Name	Pts	Body weight
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**absolute winners ( Open Submasters, WPC Benchpress 1-ply equipment, M)**

	Name	Pts	Body weight
1	Gorbachev Dmitry	152,5975	116,2
2	Safwat Roshdy	134,607	90
3	Shehab Mohamed	116,7285	115,3
4	Vaccaro Agostino	106,671	102,09
5	Abdelfadeel Abdalla	101,2535	73,6
6	Ahmed Arafa	97,82025	95,7
7	Omar Eltahawy	94,712	96
8	Mohamed Mahmoud Abdo	77,4625	88

**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters, WPC Benchpress 1-ply equipment, M)**

	Name	Pts	Body weight
1	Gorbachev Dmitry	180,67544	116,2
2	Rabih El Sakka	178,966695	137,2
3	Markovic Zivorad	145,823731	92,3
4	Mohamed Elghamry	128,5149	106,1
5	Eslam Moussa	103,077375	124,3
6	Islam Abd Alah	102,594434	94,6
7	Sallam Gaber	97,58845	89
8	Khaled Mohamed	93,678464	77,4
9	Ahmed Foad	89,812059	135
10	Elsaeed Eid	83,18464	109,5
11	Megahed Ali Hassan Mohamed	67,071484	95,4

**absolute winners ( Juniors, WPC Benchpress 1-ply equipment, M)**

	Name	Pts	Body weight
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**FINAL PROTOCOL**  
**WPC Egypt Cup**

3 February - 9 February 2024 y.

c.Sharm-El Sheikh

**AWPC Deadlift RAW**
**Woman**
**Weight 67,5**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadlift	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Basmala Hamdi	Egypt	05.06.20 06/17	64,50	255		120	120	140	-	140		140	12	130,522		Self
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**absolute winners ( Teenagers Teenagers Teenagers, AWPC Deadlift RAW, W)**

Name	Pts	Body weight
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**Man**
**Weight 52**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadlift	class	total	team point	Pts	place abs	Coach
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**Juniors**

1	1	Mammadov Faig	Azerbaijan	05.03.20 03/20	51,10	151		140	160	175,5	-	160		160	12	157,656		Musaev Rustam
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**Weight 60**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadlift	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Ayman Walid	Egypt	18.04.20 09/14	58,70	287		110	125	130	-	125		125	12	106,368		Self
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**Weight 67,5**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadlift	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Abdelrahman Mansour	Egypt	01.05.20 08/15	65,90	497		140	160	170	-	170		170	12	129,88		Self
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**Teenagers**

1	1	Islam Atef	Egypt	31.07.20 06/17	64,60	932		150	170	175	-	175		175	12	136,062		Self
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**Weight 75**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadlift	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Saif Eldin Walid	Egypt	03.01.20 08/16	74,00	271		150	162,5	170	-	170		170	12	118,226		Self
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**Weight 82,5**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadlift	class	total	team point	Pts	place abs	Coach
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**Open**

1	1	Mohamed Abd ELrahman	Egypt	06.11.19 94/29	82,40	167		220	235	242,5	-	235		235	12	151,598		Self
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**Weight 100**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadlift	class	total	team point	Pts	place abs	Coach
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**Open**

1		Harutyunyan Grigor	Armenia	19.04.19 97/26	97,40	916		-	-	-	-							Hovhannisyan Karen
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**Weight 110**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadlift	class	total	team point	Pts	place abs	Coach
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**Open**

1		Arakelyan Artur	Armenia	20.08.19 86/37	108,00	109		-	-	-	-							Self
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**absolute winners ( Juniors, AWPC Deadlift RAW, M)**

Name	Pts	Body weight
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**absolute winners ( Teenagers Teenagers Teenagers, AWPC Deadlift RAW, M)**

Name	Pts	Body weight
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**absolute winners ( Open Submasters, AWPC Deadlift RAW, M)**

Name	Pts	Body weight
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**FINAL PROTOCOL  
WPC Egypt Cup**

3 February - 9 February 2024 y.

c.Sharm-El Sheikh

**AWPC Powerlifting RAW**

**Woman**

**Weight 67,5**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Open**

1	1	Hager Kandeel	Egypt	01.07.19 95/28	67,20	91		95	95	105	-	105	57,5	60	62,5	-	62,5	110	125	135	-	135		302,5	12	273,097		Self
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**absolute winners ( Open Submasters, AWPC Powerlifting RAW, W)**

Name	Pts	Body weight
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**Man**

**Weight 75**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Open**

1	1	Medjahed Sidahmed	Algeria	30.08.19 97/26	73,40	370		160	180	190	-	190	110	120	130	-	130	200	210	230	-	230		550	12	384,8625		Abdul Rakhim Lazrak
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**Weight 100**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Open**

1		Mahmoud Abd Alazeem	Egypt	24.06.19 96/27	98,50	201		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-						Bahaa Lifts
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**Weight 110**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Open**

1	1	Mohamad El Hossainy	Lebanon	22.09.19 98/25	109,70	291		190	210	225	-	225	110	130	140	-	140	255	275	292,5	-	292,5		657,5	12	370,10675		Self
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**absolute winners ( Open Submasters, AWPC Powerlifting RAW, M)**

Name	Pts	Body weight
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**FINAL PROTOCOL  
WPC Egypt Cup**

3 February - 9 February 2024 y.

c.Sharm-El Sheikh

**AWPC Powerlifting 1-ply equipment**

**Man****Weight 82,5**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Open**

1	1	Sakhr Mohsen Qasem Ali	Yemen	14.04.19 87/36	77,10	431		140	160	-	-	160	110	125	140	-	125	120	180	200	-	200		485	12	327,3265		Self
2		Mohammed AbdoYahya	Yemen	01.06.19 87/36	78,40	95		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-						Self

**Weight 90**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Masters**

1	-	Mohamed Samir	Egypt	28.09.19 77/46	89,00	69		190	210	225,5	-	210	140	140	140	-	-	-	-	-	-	-							Self
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**Weight 110**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Open**

1	1	Amr Gamal Mohammed Nasser	Yemen	26.11.19 94/29	104,00	185		130	140	160	-	160	90	110	120	-	110	160	180	210	-	210		480	12	274,824		Self
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**absolute winners ( Open Submasters, AWPC Powerlifting 1-ply equipment, M)**

Name	Pts	Body weight
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**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters Masters, AWPC Powerlifting 1-ply equipment, M)**

Name	Pts	Body weight
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FINAL PROTOCOL  
WPC Egypt Cup

3 February - 9 February 2024 y.

c.Sharm-El Sheikh

## AWPC Deadlift 1-ply equipment

## Woman

## Man

## Weight 82,5

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Juniors

1	1	Mohamed Fawzy	Egypt	09.03.20 02/21	82,10	660		230	245	245	-	230		230	12	148,729		Self
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## Open

1	1	Sakhr Mohsen Qasem Ali	Yemen	14.04.19 87/36	77,10	23		120	180	200	-	200		200	12	134,98		Self
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## Weight 90

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Masters

1	1	Mohamed Samir	Egypt	28.09.19 77/46	89,00	32		200	225	-	-	225		225	12	147,952		Self
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## Weight 100

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Open

1	1	Nadeer Al Dossary	Saudi Arabia	12.10.19 88/35	97,60	263		100	110	120	-	120		120	12	70,494		Self
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## Weight 110

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Seyf Ibrahim	Egypt	24.09.20 08/15	101,50	102		95	115	122,5	-	122,5		122,5	12	70,7805		Self
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## Open

1	1	Amr Gamal Mohammed Nasser	Yemen	26.11.19 94/29	104,00	504		160	170	180	-	180		180	12	103,059		Self
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## absolute winners ( Juniors, AWPC Deadlift 1-ply equipment, M)

Name	Pts	Body weight
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## absolute winners ( Open Submasters, AWPC Deadlift 1-ply equipment, M)

Name	Pts	Body weight
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## absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters, AWPC Deadlift 1-ply equipment, M)

Name	Pts	Body weight
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## absolute winners ( Teenagers Teenagers Teenagers, AWPC Deadlift 1-ply equipment, M)

Name	Pts	Body weight
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FINAL PROTOCOL  
WPC Egypt Cup

3 February - 9 February 2024 y.

c.Sharm-El Sheikh

## AWPC Powerlifting classic RAW

## Woman

## Weight 67,5

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Open

1	1	Fatma Hossam	Egypt	10.12.20 04/19	67,10	790		145	152,5	<del>157,5</del>	-	152,5	97,5	100	102,5	<del>107,5</del>	102,5	157,5	165	<del>170</del>	-	165		420	12	379,617		Self
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## absolute winners ( Open Submasters, AWPC Powerlifting classic RAW, W)

Name	Pts	Body weight
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## Man

## Weight 75

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Open

1	1	Medjahed Sidahmed	Algeria	30.08.19 97/26	73,10	295		190	210	220	-	220	115	130	140	-	140	200	220	<del>240</del>	-	220		580	12	407,102		Abdul Rakhim Lazrak
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## Weight 90

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Juniors

1	1	Haidar Safiedine	Lebanon	28.08.20 01/22	89,50	911		200	220	240	-	240	<del>140</del>	160	<del>170</del>	-	160	200	215	<del>225</del>	-	215		615	12	377,45625		Self
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## Masters

1	1	Mohamed Samir	Egypt	28.09.19 77/46	89,80	841		<del>170</del>	<del>170</del>	170	-	170	125	132,5	<del>140,5</del>	-	132,5	200	<del>225</del>	<del>225</del>	-	200		502,5	12	328,764042		Self
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## Weight 110

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Open

1	1	Arakelyan Artur	Armenia	20.08.19 86/37	108,00	404		210	220	230	-	230	155	165	<del>170</del>	-	165	220	240	250	-	250		645	12	364,7475		Self
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## Weight 125

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Open

1	1	Ahmed Tawfek	Egypt	19.12.19 94/29	115,20	514		300	330	340	-	340	170	180	<del>185</del>	-	180	275	287,5	295	-	295		815	12	453,14		Self
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## absolute winners ( Open Submasters, AWPC Powerlifting classic RAW, M)

Name	Pts	Body weight
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## absolute winners ( Juniors, AWPC Powerlifting classic RAW, M)

Name	Pts	Body weight
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## absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters, AWPC Powerlifting classic RAW, M)

Name	Pts	Body weight
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FINAL PROTOCOL  
WPC Egypt Cup

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c.Sharm-El Sheikh

## WPC Powerlifting RAW

## Woman

## Weight 48

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Rawda Ragab	Egypt	18.08.20 08/15	48,00	474		70	<del>80</del>	80	-	80	40	45	47,5	-	45	80	90	<del>105</del>	-	90		215	12	253,485	3	Self
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## Weight 52

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Habiba Said	Egypt	06.08.20 07/16	51,20	105		100	110	115	117,5	115	60	62,5	65	<del>67,5</del>	65	120	125	<del>130</del>	-	125		305	12	341,966	1	Self
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## Weight 56

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Triviana Raymon	Egypt	29.09.20 07/16	55,50	989		65	<del>80</del>	<del>80</del>	-	65	30	37,5	42,5	-	42,5	85	90	92,5	-	92,5		200	12	210,28	8	Self
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## Open

1	1	Zhuk Iulia	Russia	01.04.19 86/37	55,70	616		117,5	125	130	-	130	57,5	62,5	<del>67,5</del>	-	62,5	145	155	<del>160</del>	-	155		347,5	12	364,319		Self
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## Weight 60

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Roqia Mohamed	Egypt	10.03.20 09/14	59,50	258		<del>65</del>	75	85	85,5	85	40	50	55	<del>57,5</del>	55	97,5	112,5	<del>115</del>	-	112,5		252,5	12	251,048125	4	Self
2	-	Yasmin Mohamed	Egypt	07.05.20 08/15	60,00	61		<del>70</del>	<del>70</del>	<del>70</del>	-	-	-	-	-	-	-	<del>100</del>	-	-	-	-						Self

## Teenagers

1	1	Sondos El Nahas	Egypt	13.01.20 08/16	57,80	374		85	95	100	-	100	50	55	57,5	-	57,5	105	115	<del>125</del>	-	115		272,5	12	277,32325	2	Self
2	2	Mena Ali	Egypt	11.07.20 07/16	59,90	762		65	<del>70</del>	70	-	70	40	45	<del>50</del>	-	45	100	105	<del>110</del>	-	105		220	9	217,558	7	Self

## Teenagers

1	1	Jana Khafaga	Egypt	23.09.20 05/18	59,30	309		70	80	<del>85</del>	-	80	45	50	55	-	55	105	115	<del>122,5</del>	-	115		250	12	249,2375	5	Self
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## Open

1	1	Ustinova Viktoriya	Russia	14.01.19 90/34	60,00	591		107,5	115	<del>120</del>	-	115	65	70	72,5	-	72,5	145	157,5	<del>167,5</del>	-	157,5		345	12	340,722		Self
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## Weight 75

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Mariam Zaky	Egypt	26.02.20 04/19	74,80	392		90	<del>105</del>	<del>105</del>	-	90	45	<del>52,5</del>	52,5	-	52,5	105	115	130	-	130		272,5	12	228,246	6	Self
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## Open

1	-	Adel Assar	Egypt	15.01.20 00/24	73,30	240		<del>90</del>	<del>90</del>	-	-	-	55	-	-	-	-	<del>120</del>	-	-	-	-						Self
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## absolute winners ( Teenagers Teenagers Teenagers, WPC Powerlifting RAW, W)

	Name	Pts	Body weight
1	Habiba Said	341,966	51,2

## wpc pl raw

2	Sondos El Nahas	277,32325	57,8
3	Rawda Ragab	253,485	48
4	Roqia Mohamed	251,048125	59,5
5	Jana Khafaga	249,2375	59,3
6	Mariam Zaky	228,246	74,8
7	Mena Ali	217,558	59,9
8	Triviana Raymon	210,28	55,5

## absolute winners ( Open Submasters, WPC Powerlifting RAW, W)

Name	Pts	Body weight
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## Man

## Weight 52

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	placc abs	Coach
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## Teenagers

1	1	Patrick Mina Samy	Egypt	25.12.2008/15	51,60	820		90	105	<del>115</del>	-	105	60	70	72,5	<del>75</del>	72,5	145	155	165	<del>170</del>	165		342,5	12	333,83475	12	Self
2	2	Omar Shalaby	Egypt	17.01.2010/14	51,10	772		80	90	95	-	95	50	57,5	<del>60</del>	-	57,5	110	120	122,5	-	122,5		275	9	270,97125	26	Self
3	3	Mahmoud El Nahas	Egypt	01.09.2008/15	48,90	714		60	70	80	-	80	50	60	65	-	65	90	100	105	-	105		250	8	259	29	Self

## Teenagers

1	1	Mohamed Bebo	Egypt	01.10.2007/16	50,50	678		100	115	<del>120</del>	-	115	55	65	<del>67,5</del>	-	65	110	130	<del>145</del>	-	130		310	12	309,5505	19	Self
2	2	Asser Nassar	Egypt	22.03.2006/17	49,70	146		90	100	<del>110</del>	-	100	55	<del>60</del>	<del>60</del>	-	55	125	135	<del>147,5</del>	-	135		290	9	294,8865	23	Self
3	-	Amar Abd Alatef	Egypt	01.06.2006/17	49,50	662		<del>85</del>	<del>85</del>	<del>117,5</del>	-	-	-	-	-	-	-	<del>130</del>	-	-	-	-		-	-	-	-	Self

## Weight 56

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	placc abs	Coach
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## Teenagers

1	1	Mohamed AL Ayashy	Egypt	26.03.2008/15	53,30	384		<del>70</del>	70	77,5	-	77,5	35	40	45	-	45	100	110	<del>117,5</del>	-	110		232,5	12	218,6895	31	Self
2	-	Mohamed Ramdan	Egypt	01.09.2008/15	55,00	700		<del>100</del>	<del>100</del>	-	-	-	<del>55</del>	-	-	-	-	<del>140</del>	-	-	-	-		-	-	-	-	Self

## Teenagers

1	1	Abdlrahim Hamdy	Egypt	14.10.2006/17	54,00	965		105	<del>120</del>	120	-	120	57,5	65	70	-	70	155	170	<del>180</del>	-	170		360	12	333,9	11	Self
2	2	Yassen Mohamed	Egypt	24.09.2006/17	55,00	541		100	<del>120</del>	120	-	120	70	75	80	-	80	140	157,5	<del>162,5</del>	-	157,5		357,5	9	325,164125	15	Self
3	3	Mohamed Alsohagy	Egypt	03.05.2007/16	53,30	777		80	90	<del>100</del>	-	90	40	40	45	-	45	150	155	160	<del>165</del>	160		295	8	277,477	25	Self

## Teenagers

1	1	Nofear Atef	Egypt	23.12.2005/18	55,00	526		100	110	120	<del>122,5</del>	120	70	75	<del>80</del>	-	75	160	170	180	182,5	180		375	12	341,08125	5	Self
2	2	Ahmed Elsaadany	Egypt	29.07.2004/19	56,00	628		110	120	<del>127,5</del>	-	120	75	85	90	<del>93</del>	90	140	160	165	167,5	165		375	9	334,70625	8	Self
3	3	Omar Massoud	Egypt	20.10.2005/18	55,80	464		105	110	115	-	115	60	<del>65</del>	65	-	65	145	150	<del>160</del>	-	150		330	8	295,6305	22	Self

## Weight 60

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	placc abs	Coach
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## Teenagers

1	1	Yahya Ali	Egypt	23.10.2008/15	59,80	559		100	<del>120</del>	120	-	120	65	70	<del>77,5</del>	-	70	<del>160</del>	<del>160</del>	160	-	160		350	12	292,4425	24	Self
2	2	Mohamed Khaled	Egypt	07.12.2008/15	59,40	767		75	82,5	92,5	-	92,5	50	57,5	<del>60</del>	-	57,5	110	125	<del>140</del>	-	125		275	9	231,28875	30	Self

## wpc pl raw

3		Yehya Ali	Egypt	23.10.20 08/15	59,50	338		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Self
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**Teenagers**

1	1	Ahmed Tarek	Egypt	02.04.20 06/17	59,60	203		100	110	117,5	-	117,5	75	80	85	-	80	160	170	175	-	170	367,5	12	308,07525	20	Self
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**Weight 67,5**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	placc abs	Coach
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**Teenagers**

1	1	Shady Mohamed	Egypt	18.02.20 08/15	65,00	383		135	140	145	-	145	70	75	77,5	-	75	180	185	187,5	190	187,5	407,5	12	315,11975	18	Self
2	2	Yousif Algeoshy	Egypt	24.07.20 08/15	66,70	488		140	<del>150</del>	<del>150</del>	-	140	75	80	85	-	85	170	175	<del>180</del>	-	175	400	9	302,44	21	Self
3	3	Abdulah Mohamed	Egypt	10.03.20 10/13	63,60	169		50	100	<del>110</del>	-	100	50	60	<del>70</del>	-	60	80	90	100	-	100	260	8	205,023	32	Self

**Teenagers**

1	1	Mohamed Mahmud Adwy	Egypt	25.05.20 06/17	64,20	228		172,5	182,5	190	-	190	<del>107,5</del>	107,5	<del>110</del>	-	107,5	<del>180</del>	180	192,5	-	192,5	490	12	383,1065	2	Self
2	2	Faris Elsayed	Egypt	04.11.20 06/17	67,20	669		100	110	120	-	120	90	100	<del>102,5</del>	-	100	<del>190</del>	190	200	-	200	420	9	315,525	17	Self
3	3	Mohamed Elsaid	Egypt	01.01.20 08/16	65,80	610		112,5	117,5	<del>122,5</del>	-	117,5	<del>70</del>	75	80	-	80	130	140	145	-	145	342,5	8	262,029625	28	Self
4	-	Youssf Ahmed	Egypt	09.11.20 05/18	64,70	896		<del>130</del>	130	<del>145</del>	-	130	<del>70</del>	77,5	77,5	-		<del>180</del>	-	-	-	-					Self

**Teenagers**

1	1	Abd Elhamed Soror	Egypt	06.08.20 04/19	65,90	242		130	<del>142,5</del>	142,5	-	142,5	90	100	105	-	105	170	190	<del>202,5</del>	-	190	437,5	12	334,25	10	Self
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**Juniors**

1	1	Mohamed Youssef	Egypt	16.04.20 03/20	66,70	186		160	<del>170</del>	170	-	170	90	100	<del>102,5</del>	-	100	210	220	<del>230</del>	-	220	490	12	370,489	6	Self
2	2	Recupero Antonio	Italy	18.11.20 00/23	65,60	668		115	125	130	-	130	82,5	87,5	92,5	-	92,5	160	170	<del>180</del>	-	170	392,5	9	301,067125	7	Self
3	-	Abdalla Mostafa Mohamed	Egypt	02.03.20 02/21	65,40	880		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					Self

**Weight 75**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	placc abs	Coach
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**Teenagers**

1	1	Faris Mimi Anwar	Egypt	05.07.20 08/15	72,10	31		150	160	<del>170</del>	-	160	80	90	95	-	95	180	200	210	-	210	465	12	329,89425	14	Self
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**Teenagers**

1	1	Momen Ali	Egypt	01.04.20 06/17	73,80	555		<del>170</del>	<del>170</del>	170	-	170	90	100	<del>105</del>	-	100	200	<del>210</del>	210	-	210	480	12	334,488	9	Self
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**Teenagers**

1	1	Yahya Ashraf	Egypt	02.01.20 06/18	74,70	439		175	185	195	-	195	135	145	<del>147,5</del>	-	145	200	212,5	215	-	215	555	12	383,283	1	Self
2	2	Shady Radwan	Egypt	15.01.20 06/18	74,90	573		165	175	185	-	185	105	112,5	117,5	-	117,5	215	225	232,5	-	232,5	535	9	368,722	3	Self
3	3	Ahmed Asawy	Egypt	28.05.20 05/18	73,90	193		155	<del>170</del>	170	-	170	90	102,5	<del>107,5</del>	-	102,5	190	205	<del>210</del>	-	205	477,5	8	332,411625	13	Self

**Juniors**

1	1	Abdalaziz Mohamed	Egypt	30.07.20 03/20	75,00	257		180	195	<del>205</del>	-	195	122,5	127,5	<del>130</del>	-	127,5	260	275	<del>285</del>	-	275	597,5	12	411,408625	4	Self
2	2	Ammar Zaki	Egypt	05.04.20 02/21	69,10	891		<del>180</del>	<del>200</del>	200	-	200	130	140	<del>145</del>	-	140	200	220	235	-	235	575	9	422,02125	2	Self

**Masters**

1	1	Hashem Issa	Egypt	05.05.19 60/63	71,70	183		80	90	100	-	100	75	85	90	-	90	110	120	130	-	130	320	12	323,988	5	Self
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**Open**

1	1	Girgis Mondy	Egypt	07.10.19 94/29	75,00	239		190	205	<del>215</del>	-	205	130	140	<del>145</del>	-	140	250	<del>270</del>	270	-	250	595	12	409,68725	2	Self
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## wpc pl raw

2	2	Hassan Bekhiet	Egypt	21.03.20 00/23	74,00	80		150	165	180	-	180	110	125	130	-	130	190	225	<del>250</del>	-	225	535	9	372,06575	7	Self
3	3	Hatem Elnesr	Egypt	02.09.19 95/28	71,40	112		140	<del>150</del>	150	-	150	110	120	122,5	-	122,5	180	190	<del>200</del>	-	190	462,5	8	330,618125	12	Self

## Weight 82,5

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
<b>Teenagers</b>																												
1	1	Omar Talat	Egypt	27.07.20 08/15	76,60	583		120	130	140	-	140	80	85	87,5	-	87,5	145	<del>160</del>	170	-	170	397,5	12	269,505	27	Self	
<b>Juniors</b>																												
1	1	Ahmed Abdallah	Egypt	02.12.20 00/23	79,80	71		190	205	<del>212,5</del>	-	205	145	150	155	-	155	220	232,5	<del>237,5</del>	-	232,5	592,5	12	390,427875	5	Self	
<b>Masters</b>																												
1	1	Basem Gamal	Egypt	26.02.19 79/44	80,60	952		200	210	220	-	220	120	130	<del>135</del>	-	130	200	220	225	-	225	575	12	392,520013	1	Self	
<b>Masters</b>																												
1	1	Mohamed Ahmed	Egypt	14.07.19 55/68	80,10	561		90	-	-	-	90	80	85	90	-	90	130	<del>150</del>	160	-	160	340	12	352,207632	3	Self	
<b>Open</b>																												
1	1	Mohamed Abo Elsoud	Egypt	03.04.19 93/30	80,60	241		<del>180</del>	180	<del>190</del>	-	180	120	<del>130</del>	130	-	130	220	<del>230</del>	<del>230</del>	-	220	530	12	346,885	11	Self	
2	2	Adel Abaza	Egypt	29.08.19 86/37	77,80	123		150	<del>165</del>	<del>165</del>	-	150	110	120	125	-	125	180	200	<del>215</del>	-	200	475	9	318,535	13	Self	

## Weight 90

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
<b>Teenagers</b>																												
1	1	Seif Eadin Tarek	Egypt	31.03.20 05/18	89,80	706		190	<del>205</del>	205	-	205	<del>115</del>	115	122,5	-	122,5	<del>205</del>	220	230	-	230	557,5	12	341,5245	4	Self	
2	2	Mohamed Walced	Egypt	09.09.20 05/18	89,60	892		190	<del>205</del>	205	-	205	115	127,5	132,5	-	132,5	190	210	215	-	215	552,5	9	338,875875	6	Self	
<b>Juniors</b>																												
1	1	Azaz Medhat Azaz	Egypt	01.08.20 02/21	83,80	553		210	222,5	232,5	-	232,5	137,5	145	150	-	150	300	<del>307,5</del>	307,5	-	307,5	690	12	440,358	1	Self	
2	2	Mohamed Salah	Egypt	31.10.20 01/22	90,00	351		225	235	245	-	245	170	<del>180</del>	<del>180</del>	-	170	265	<del>280</del>	<del>280</del>	-	265	680	9	416,058	3	Self	
3	-	Mahmoud Samir	Egypt	05.06.20 03/20	86,10	78		<del>240</del>	<del>230</del>	<del>230</del>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Self
4	-	Mostafa Said	Egypt	25.01.20 02/22	89,70	977		<del>240</del>	<del>240</del>	<del>250</del>	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Self
<b>Masters</b>																												
1	1	Yasser Naguib	Egypt	12.08.19 83/40	86,90	163		180	<del>190</del>	190	-	190	150	<del>160</del>	<del>160</del>	-	150	225	240	<del>260</del>	-	240	580	12	362,065	2	Self	
<b>Masters</b>																												
1	1	Emam Elawady	Egypt	02.09.19 65/58	82,70	912		115	125	130	-	130	75	85	95	-	85	130	140	150	-	150	365	12	303,273974	6	Self	
<b>Open</b>																												
1	1	Arakelyan Suren	Armenia	24.02.19 97/26	90,00	543		<del>170</del>	170	<del>185</del>	-	170	80	<del>100</del>	-	-	80	180	220	<del>230</del>	-	220	470	12	287,5695	14	Self	

## Weight 100

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
<b>Teenagers</b>																												
1	1	Amir George	Egypt	01.01.20 07/17	97,70	225		205	210	215	-	215	125	132,5	140	-	140	210	220	<del>225</del>	-	220	575	12	337,61125	7	Self	
<b>Masters</b>																												
1	1	Mohamed Abd Elaal	Egypt	08.11.19 77/46	97,40	369		190	205	215	-	215	125	<del>130</del>	130	-	130	200	<del>215</del>	-	-	200	545	12	342,25128	4	Self	
<b>Open</b>																												

## wpc pl raw

1	1	Mahmoud Abd Alazeem	Egypt	24.06.19 96/27	98,50	372		227,5	237,5	242,5	-	242,5	155	165	175	-	165	270	287,5	300	-	287,5	695	12	406,60975	3	Bahaa Lifts
2	2	Harutyunyan Grigor	Armenia	19.04.19 97/26	97,40	558		220	230	237,5	-	237,5	140	150	152,5	-	152,5	255	270	280	-	280	670	9	393,96	5	Hovhannisyan Karen
3	3	Mohamed Elozzy	Egypt	01.04.19 95/28	99,30	247		200	200	225	-	225	135	140	145	-	140	260	270	292,5	-	270	635	8	370,23675	8	Self

## Weight 110

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Ahmed Salah	Egypt	15.01.20 05/19	108,60	260		170	170	200	-	200	135	145	155	-	145	180	210	215	-	215	560	12	316,148	16	Self
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## Open

1	1	Mohamed Ezzat Elashry	Egypt	19.06.19 90/33	109,30	445		240	257,5	262,5	-	262,5	170	182,5	187,5	-	187,5	250	270	280	-	270	720	12	405,72	4	Self
2	2	Hassan Ali	Egypt	05.11.19 99/24	108,80	478		190	210	210	-	210	130	140	150	-	150	255	280	292,5	-	292,5	652,5	9	368,173125	9	Self
3	3	Mohamed Samer	Egypt	20.01.19 99/25	101,90	160		195	210	220	-	220	155	162,5	170	-	162,5	230	250	267,5	-	250	632,5	8	364,88925	10	Self
4	-	Amir Abdou	Egypt	05.05.19 99/24	110,00	138		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Self

## Weight 125

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Masters

1	1	Ahmed Shokdaf	Egypt	25.01.19 81/43	114,10	451		160	170	180	-	160	140	150	160	-	140	200	210	215	-	210	510	12	293,007623	7	Self
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## Open

1	1	Ahmed Maher	Egypt	01.06.19 95/28	121,60	670		200	230	260	-	260	140	160	165	-	165	230	260	280	-	280	705	12	387,2565	6	Self
2		Ahmed Tawfek	Egypt	19.12.19 94/29	115,20	417		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Self

## Weight 140

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Open

1	1	Hossam Eldin Ashraf	Egypt	18.10.19 89/34	130,30	377		260	280	290	-	290	155	162,5	172,5	-	172,5	275	300	305	-	305	767,5	12	414,4807	1	Self
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## absolute winners ( Teenagers Teenagers Teenagers, WPC Powerlifting RAW, M)

	Name	Pts	Body weight
1	Yahya Ashraf	383,283	74,7
2	Mohamed Mahmod Adwy	383,1065	64,2
3	Shady Radwan	368,722	74,9
4	Seif Eadin Tarek	341,5245	89,8
5	Nofear Atef	341,08125	55
6	Mohamed Waleed	338,875875	89,6
7	Amir George	337,61125	97,7
8	Ahmed Elsaadany	334,70625	56
9	Momen Ali	334,488	73,8
10	Abd Elhamed Soror	334,25	65,9
11	Abdraham Hamdy	333,9	54
12	Patrick Mina Samy	333,83475	51,6
13	Ahmed Asawy	332,411625	73,9
14	Faris Mimi Anwar	329,89425	72,1
15	Yassen Mohamed	325,164125	55
16	Ahmed Salah	316,148	108,6
17	Faris Elsayed	315,525	67,2
18	Shady Mohamed	315,11975	65
19	Mohamed Bebo	309,5505	50,5

## wpc pl raw

20	Ahmed Tarek	308,07525	59,6
21	Yousif Algeoshy	302,44	66,7
22	Omar Massoud	295,6305	55,8
23	Asser Nassar	294,8865	49,7
24	Yahya Ali	292,4425	59,8
25	Mohamed Alsohagy	277,477	53,3
26	Omar Shalaby	270,97125	51,1
27	Omar Talat	269,505	76,6
28	Mohamed Elsaid	262,029625	65,8
29	Mahmoud El Nahas	259	48,9
30	Mohamed Khaled	231,28875	59,4
31	Mohamed AL Ayashy	218,6895	53,3
32	Abdulah Mohamed	205,023	63,6

**absolute winners ( Juniors, WPC Powerlifting RAW, M)**

	Name	Pts	Body weight
1	Azaz Medhat Azaz	440,358	83,8
2	Ammar Zaki	422,02125	69,1
3	Mohamed Salah	416,058	90
4	Abdalaziz Mohamed	411,408625	75
5	Ahmed Abdallah	390,427875	79,8
6	Mohamed Youssef	370,489	66,7
7	Recupero Antonio	301,067125	65,6

**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters, WPC Powerlifting RAW, M)**

	Name	Pts	Body weight
1	Basem Gamal	392,520013	80,6
2	Yasser Naguib	362,065	86,9
3	Mohamed Ahmed	352,207632	80,1
4	Mohamed Abd Elaal	342,25128	97,4
5	Hashem Issa	323,988	71,7
6	Emam Elawady	303,273974	82,7
7	Ahmed Shokdaf	293,007623	114,1

**absolute winners ( Open Submasters, WPC Powerlifting RAW, M)**

	Name	Pts	Body weight
1	Hossam Eldin Ashraf	414,4807	130,3
2	Girgis Mondy	409,68725	75
3	Mahmoud Abd Alazeem	406,60975	98,5
4	Mohamed Ezzat Elashry	405,72	109,3
5	Harutyunyan Grigor	393,96	97,4
6	Ahmed Maher	387,2565	121,6
7	Hassan Bekhiet	372,06575	74
8	Mohamed Elozzy	370,23675	99,3
9	Hassan Ali	368,173125	108,8
10	Mohamed Samer	364,88925	101,9
11	Mohamed Abo Elsoud	346,885	80,6
12	Hatem Elnesr	330,618125	71,4
13	Adel Abaza	318,535	77,8
14	Arakelyan Suren	287,5695	90

**FINAL PROTOCOL  
WPC Egypt Cup**

3 February - 9 February 2024 y.

c.Sharm-El Sheikh

**WPC Powerliffig multy-ply equipment**

**Man**

**Weight 82,5**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	placc abs	Coach
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**Masters**

1	1	Mohamed Mazen Jomaa	Syrian Arab Republic	13.08.19 73/50	82,50	785		125	130	140	-	140	100	107,5	<del>117,5</del>	-	107,5	160	165	165,5	-	165		412,5	12	300,464175		Self
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**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters Masters, WPC Powerliffig multy-ply equipment, M)**

Name	Pts	Body weight
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FINAL PROTOCOL  
WPC Egypt Cup

3 February - 9 February 2024 y.

c.Sharm-El Sheikh

## WPC Powerlftig classic RAW

## Woman

## Weight 52

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Juniors

1	1	Kholoud Ibrahim	Egypt	20.05.20 01/22	51,70	736		135	<del>142,5</del>	145	-	145	80	85	87,5	-	87,5	135	147,5	155	157,5	155		387,5	12	431,1325		Self
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## Weight 56

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Open

1	1	Somaia Shaban	Egypt	04.10.19 87/36	55,40	469		90	100	<del>105</del>	-	100	50	55	<del>57,5</del>	-	55	115	125	127,5	-	127,5		282,5	12	297,4725	5	Self
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## Weight 60

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Haidy Shawkat	Egypt	18.11.20 06/17	59,80	577		100	112,5	117,5	-	117,5	40	45	47,5	-	45	100	<del>120</del>	<del>120</del>	-	100		262,5	12	259,95375	6	Self
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## Teenagers

1	1	Mariam Walced	Egypt	02.08.20 04/19	59,80	732		<del>120</del>	120	125	<del>128</del>	125	60	<del>65</del>	65	-	65	125	132,5	<del>137,5</del>	-	132,5		322,5	12	319,37175	1	Self
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## Juniors

1	1	Azzalin Elisa	Italy	27.07.20 03/20	58,90	145		102,5	112,5	<del>120</del>	-	112,5	45	-	-	-	45	100	-	-	-	100		257,5	12	258,118		Self
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## Open

1	1	Alaa Tarek	Egypt	26.10.20 05/18	59,80	48		150	170	180	-	180	95	100	<del>102,5</del>	-	100	165	180	<del>190</del>	-	180		460	12	455,538	1	Self
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## Weight 67,5

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Yasmin Mohamed	Egypt	24.04.20 09/14	66,80	535		130	142,5	<del>145</del>	-	142,5	65	72,5	75	-	75	110	122,5	127,5	-	127,5		345	12	312,915	2	Self
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## Teenagers

1	1	Mariam Khairy	Egypt	30.05.20 06/17	66,60	57		<del>110</del>	110	115	-	115	45	<del>50</del>	<del>50</del>	-	45	110	115	120	-	120		280	12	254,562	7	Self
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## Teenagers

1	1	Salma Abd Elghfar	Egypt	01.09.20 04/19	61,50	865		<del>115</del>	<del>115</del>	115	-	115	55	65	<del>78</del>	-	65	105	115	-	-	115		295	12	285,6485	4	Self
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2	2	Thiam Mbacke	Italy	17.06.20 05/18	61,60	306		95	<del>105</del>	<del>105</del>	-	95	40	-	-	-	40	105	-	-	-	105		240	9	232,08	8	Self
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## Open

1	1	Amany Ahmed Rabi	Egypt	01.12.19 61/62	66,90	382		130	145	<del>155</del>	-	145	65	72,5	<del>77,5</del>	-	72,5	160	<del>180,5</del>	<del>180,5</del>	-	160		377,5	12	341,996125	3	Self
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## Weight 75

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Juniors

1	1	Reem Gamal	Egypt	01.05.20 02/21	74,60	797		167,5	177,5	182,5	-	182,5	77,5	82,5	<del>87,5</del>	-	82,5	170	182,5	192,5	-	192,5		457,5	12	383,88825		Self
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## Open



## wpc pl cl raw

1	1	Nassma Mahmoud	Egypt	01.10.19 86/37	75,00	849		120	145	<del>152,5</del>	-	145	50	-	-	-	50	130	145	150	-	150	345	12	288,4545	6	Self
2	2	Asaar Ahmed	Egypt	15.01.20 00/24	73,30	863		<del>85</del>	85	100	-	100	50	60	70	-	70	110	130	145	-	145	315	9	267,4665	7	Self
3		Nevine Mohamed	Egypt	22.09.19 83/40	73,70	304		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					Self

**Weight 82,5**

№	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Habiba Sameh	Egypt	25.05.20 08/15	81,00	414		130	140	<del>152,5</del>	-	140	60	65	70	-	70	130	145	<del>152,5</del>	-	145	355	12	282,42025	5	Self
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**Weight 90**

№	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Open**

1	1	Marehn Mohamed	Egypt	17.05.19 99/24	89,50	101		145	155	165	-	165	85	90	95	-	90	150	160	170	-	170	425	12	318,6225	4	Self
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**Weight 100**

№	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Open**

1	1	Gehan Elseawrkiy	Egypt	05.10.20 01/22	99,60	494		190	205	210,5	<del>215</del>	210	102,5	107,5	<del>110</del>	-	107,5	170	182,5	190	-	190	507,5	12	363,750625	2	Self
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**Weight 110**

№	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Jassmen Eldeeb	Egypt	22.03.20 06/17	103,80	821		110	120	<del>130</del>	-	120	45	50	<del>60</del>	-	50	135	145	150	-	150	320	12	225,808	9	Self
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**Open**

1	1	Amira Sakr	Egypt	22.03.19 97/26	106,50	273		<del>100</del>	100	-	-	100	50	-	-	-	50	150	162,5	165	-	165	315	12	220,23225	9	Self
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**Weight 110+**

№	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Amal Ali	Egypt	09.04.20 07/16	134,50	675		180	<del>190</del>	190	-	190	90	<del>100</del>	<del>100</del>	-	90	175	182,5	187,5	-	187,5	467,5	12	308,760375	3	Self
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**Open**

1	1	Menna Alla Abdelrouf	Egypt	24.09.20 04/19	124,90	564		<del>180</del>	<del>180</del>	180	-	180	65	<del>70</del>	<del>70</del>	-	65	150	<del>160</del>	<del>160</del>	-	150	395	12	265,38865	8	Self
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**absolute winners ( Juniors, WPC Powerlftig classic RAW, W)**

	Name	Pts	Body weight
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**absolute winners ( Open Submasters, WPC Powerlftig classic RAW, W)**

	Name	Pts	Body weight
1	Alaa Tarek	455,538	59,8
2	Gehan Elseawrkiy	363,750625	99,6
3	Amany Ahmed Rabi	341,996125	66,9
4	Marehn Mohamed	318,6225	89,5
5	Somaia Shaban	297,4725	55,4
6	Nassma Mahmoud	288,4545	75
7	Asaar Ahmed	267,4665	73,3
8	Menna Alla Abdelrouf	265,38865	124,9
9	Amira Sakr	220,23225	106,5

**absolute winners ( Teenagers Teenagers Teenagers, WPC Powerlftig classic RAW, W)**

wpc pl cl raw

	Name	Pts	Body weight
1	Mariam Waleed	319,37175	59,8
2	Yasmin Mohamed	312,915	66,8
3	Amal Ali	308,760375	134,5
4	Salma Abd Elghfar	285,6485	61,5
5	Habiba Sameh	282,42025	81
6	Haidy Shawkat	259,95375	59,8
7	Mariam Khairy	254,562	66,6
8	Thiam Mbacke	232,08	61,6
9	Jassmen Eldeeb	225,808	103,8

**Man****Weight 52**

№	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	-	Khaled Elseese	Egypt	04.05.20 06/17	50,80	519		90	110	110	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Self
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**Weight 56**

№	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Tomas Medhat	Egypt	20.12.20 08/15	55,00	120		77,5	85	90	-	85	55	60	62,5	-	62,5	115	125	132,5	-	125		272,5	12	247,852375	20	Self
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**Teenagers**

1	1	Youssef Elghandour	Egypt	22.02.20 07/16	53,50	653		110	125	130	-	125	65	70	70	-	65	155	165	170	172,5	170		360	12	337,428	17	Self
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2	2	Mohamed Hazem	Egypt	15.08.20 06/17	55,80	556		125	140,5	140,5	-	125	65	67,5	70	-	67,5	145	155	160	-	155		347,5	9	311,307875	18	Self
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**Weight 60**

№	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Yehya Ali	Egypt	23.10.20 08/15	59,50	82		125	140	-	-	125	65	72,5	75	-	72,5	145	160	180	-	160		357,5	12	300,174875	19	Self
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**Teenagers**

1	1	Youssef Badawi Ali	Egypt	01.05.20 04/19	59,00	496		170	175	175	-	175	80	90	90	-	90	180	195	195	-	180		445	12	376,75925	7	Self
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**Open**

1	1	Youssef Badawi	Egypt	01.05.20 04/19	59,30	97		170	175	180	-	180	85	90	92,5	-	90	185	195	197,5	-	197,5		467,5	12	393,845375	7	Self
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**Weight 67,5**

№	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Eslam Sabry Elsayed	Egypt	14.04.20 07/16	67,00	43		175	185	190	-	190	115	125	130	-	125	190	200	210	-	210		525	12	395,40375	6	Self
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2	2	Anas Elsaed	Egypt	14.11.20 07/16	65,40	46		150	165	175	-	165	100	107,5	110	-	110	190	200	212,5	-	212,5		487,5	9	374,93625	9	Self
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3	3	Ahmed Ramy	Egypt	23.10.20 07/16	62,20	337		140	160	165	-	165	72,5	80	85	-	85	160	185	195	-	185		435	8	350,10975	14	Self
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4		Youssef Abdallah	Egypt	20.02.20 06/17	64,90	26		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	Self
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## wpc pl cl raw

## Open

1	1	Ahmed Ali	Egypt	06.09.19 98/25	67,10	264		220	<del>245</del>	<del>245</del>	-	220	140	150	152,5	-	152,5	255	262,5	272	<del>280</del>	270	642,5	12	483,2885	5	Self
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## Weight 75

№	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	plac abs	Coach
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## Teenagers

1	1	Yehei Mohamed	Egypt	08.06.20 08/15	74,10	682		180	200	215	-	215	80	90	97,5	<del>100,5</del>	97,5	190	210	220	-	220	532,5	12	369,92775	10	Self
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## Teenagers

1	1	Nour Eldein Ahmed	Egypt	10.07.20 07/16	69,90	268		<del>157,5</del>	160	170	-	170	102,5	107,5	<del>112,5</del>	-	107,5	190	<del>200</del>	<del>200</del>	-	190	467,5	12	339,91925	16	Self
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## Teenagers

1	1	Sayed Sabry Elsayed	Egypt	28.07.20 04/19	73,60	136		205	212,5	220	-	220	165	<del>170</del>	170	-	170	220	232,5	<del>237,5</del>	-	232,5	622,5	12	434,69175	3	Self
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2	-	Ahmed Elmorsey	Egypt	11.07.20 05/18	73,70	171		200	<del>240</del>	<del>240</del>	-	200	125	<del>132,5</del>	<del>132,5</del>	-	125	240	<del>250</del>	<del>250</del>	-						Self
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## Juniors

1	1	Mohmed Maher	Egypt	28.02.20 03/20	74,40	60		<del>210</del>	210	220	-	220	135	140	<del>145</del>	-	140	295	305	307,5	-	307,5	667,5	12	462,343875	4	Self
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2	2	Ahmed Ali	Egypt	18.10.20 03/20	75,00	470		<del>250</del>	<del>250</del>	250	-	250	145	150	<del>157,5</del>	-	150	255	260	<del>267,5</del>	-	260	660	9	454,443	7	Self
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## Masters

1	1	Casola Mauro	Italy	08.03.19 68/55	74,30	600		100	120	<del>135</del>	-	120	100	105	<del>107,5</del>	-	105	125	135	145	-	145	370	12	314,260888	15	Self
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2	2	Mohamed Mohamed	Egypt	19.07.19 65/58	72,30	633		<del>110</del>	<del>110</del>	120	-	120	75	82,5	<del>85</del>	-	82,5	135	145	160	-	160	362,5	9	331,288351	11	Self
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## Open

1	1	Omar Ashraf	Egypt	16.03.19 99/24	74,00	987		<del>275</del>	275	<del>285</del>	-	275	180	<del>187,5</del>	<del>187,5</del>	-	180	290	305	<del>310</del>	-	305	760	12	528,542	1	Self
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2	2	Ashraf Hamed Awadh Saleh	Yemen	26.01.19 97/27	72,80	267		140	160	180	-	180	100	<del>110</del>	120	-	120	150	<del>180</del>	190	-	190	490	9	345,0335	8	Self
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## Weight 82,5

№	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	plac abs	Coach
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## Teenagers

1	1	Omar Elmohtady	Egypt	23.06.20 04/19	82,00	455		<del>230</del>	<del>240</del>	240	-	240	160	172,5	<del>175</del>	-	172,5	280	295	302,5	310	302,5	715	12	462,71225	1	Self
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2	2	Ramy Mahmoud	Egypt	16.10.20 04/19	79,10	45		180	190	200	-	200	115	<del>122,5</del>	<del>122,5</del>	-	115	220	230	<del>235</del>	-	230	545	9	361,2805	11	Self
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3	3	Bahaa El Shami	Lebanon	24.11.20 05/18	79,90	580		<del>140</del>	150	<del>175</del>	-	150	110	125	140	-	140	200	230	<del>257,5</del>	-	230	520	8	342,342	15	Self
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## Juniors

1	1	Karim Ibrahim	Egypt	23.03.20 00/23	82,50	363		280	300	305	310	305	165	<del>172,5</del>	172,5	<del>178</del>	172,5	240	270	280	<del>305,5</del>	280	757,5	12	488,2845	2	Self
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## Masters

1	1	Mohamed Abo Khoder	Egypt	18.12.19 79/44	82,50	716		180	200	210	-	210	120	125	<del>127,5</del>	-	125	210	230	240	-	240	575	12	386,582735	6	Self
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## Masters

1	1	Mohamed Abdelhady	Egypt	18.07.19 63/60	82,00	99		130	140	<del>160</del>	-	140	130	140	<del>150</del>	-	140	130	140	150	-	150	430	12	372,88783	7	Self
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## Masters

1	1	Soliman Khalaf	Egypt	02.10.19 57/66	77,00	334		90	100	110	-	110	70	85	<del>90</del>	-	85	<del>105</del>	105	120	-	120	315	12	321,514358	14	Self
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## Masters

1	1	Elsayed El Badway	Egypt	13.07.19 49/74	80,40	645		90	100	<del>115</del>	-	100	85	90	95	-	95	<del>130</del>	<del>140</del>	140	-	140	335	12	394,258736	5	Self
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## Open

1	1	Ahmed Said	Egypt	28.09.19 99/24	82,30	270		280	<del>300</del>	<del>300</del>	-	280	150	160	165	-	165	320	<del>342,5</del>	<del>342,5</del>	-	320	765	12	493,884	2	Self
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**Weight 90**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	placd abs	Coach
<b>Teenagers</b>																												
1	1	Mostafa Mohamed	Egypt	25.11.2008/15	88,70	683		210	225	232,5	240	<b>232,5</b>	120	<del>130</del>	<del>130</del>	-	<b>120</b>	202,5	220	225	<del>235</del>	<b>225</b>		<b>577,5</b>	12	356,230875	12	Self
<b>Teenagers</b>																												
1	1	Mahmoud Nosair	Egypt	03.04.2005/18	86,30	11		230	<del>250</del>	257,5	-	<b>257,5</b>	130	142,5	147,5	-	<b>147,5</b>	<del>250</del>	250	252,5	-	<b>252,5</b>		<b>657,5</b>	12	412,153875	4	Self
2	2	Mazen Mostafa	Egypt	15.05.2005/18	89,90	838		<del>250</del>	250	<del>270,5</del>	-	<b>250</b>	105	112,5	<del>117,5</del>	-	<b>112,5</b>	260	280,5	295	-	<b>295</b>		<b>657,5</b>	9	402,554375	5	Self
<b>Juniors</b>																												
1	1	Mohamed Saber	Egypt	19.01.2002/22	89,60	17		300	320	<del>331</del>	-	<b>320</b>	175	180	190	-	<b>190</b>	<del>290</del>	290	310,5	<del>315</del>	<b>310</b>		<b>820</b>	12	502,947	1	Self
<b>Masters</b>																												
1	1	Mahmoud Shaker	Egypt	01.10.1983/40	86,70	608		230	240	<del>250</del>	-	<b>240</b>	155	165	<del>175</del>	-	<b>165</b>	220	230	240	-	<b>240</b>		<b>645</b>	12	403,1895	4	Self
<b>Masters</b>																												
1	1	Mohamed Samir	Egypt	28.09.1977/46	89,80	751		<del>170</del>	<del>170</del>	170	-	<b>170</b>	125	132,5	<del>140,5</del>	-	<b>132,5</b>	200	<del>225</del>	<del>225</del>	-	<b>200</b>		<b>502,5</b>	12	328,764042	12	Self
2	2	Waleed Kamel	Egypt	01.01.1978/46	88,50	330		<del>140</del>	140	170	-	<b>170</b>	110	115	120	-	<b>120</b>	150	170	<del>205</del>	-	<b>170</b>		<b>460</b>	9	303,463656	16	Self

**Weight 100**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	placd abs	Coach
<b>Teenagers</b>																												
1	1	Kariem Alaa Hatab	Egypt	14.05.2007/16	90,40	757		<del>225</del>	225	<del>235</del>	-	<b>225</b>	115	122,5	130	-	<b>130</b>	240	<del>260</del>	260	<del>272,5</del>	<b>260</b>		<b>615</b>	12	375,396	8	Self
<b>Juniors</b>																												
1	1	Mohamed Nashat	Egypt	23.01.2001/23	99,80	110		300	330	<del>340</del>	-	<b>330</b>	170	<del>180</del>	<del>180</del>	-	<b>170</b>	300	310	315	-	<b>315</b>		<b>815</b>	12	474,167	3	Self
2	2	Mohamed Allam	Egypt	10.12.2000/23	100,00	721		280	<del>300</del>	300	-	<b>300</b>	150	<del>160</del>	160	-	<b>160</b>	300	320	330	-	<b>330</b>		<b>790</b>	9	459,227	6	Self
<b>Masters</b>																												
1	1	Islam Abd Alah	Egypt	30.04.1979/44	94,90	108		230	240	245	-	<b>245</b>	<del>155</del>	155	165	-	<b>165</b>	225	235	245	-	<b>245</b>		<b>655</b>	12	406,619808	3	Self
<b>Masters</b>																												
1	1	Mahmoud Zaky	Egypt	20.07.1976/47	98,10	380		195	200	-	-	<b>200</b>	120	130	135	-	<b>135</b>	215	230	240	-	<b>240</b>		<b>575</b>	12	364,673223	8	Self
<b>Masters</b>																												
1	1	Ashraf Mostafa	Egypt	28.01.1972/52	97,80	386		120	140	165	-	<b>165</b>	120	130	140	-	<b>140</b>	140	170	185	-	<b>185</b>		<b>490</b>	12	335,060408	10	Self
<b>Open</b>																												
1	-	Mohamed Rabie	Egypt	10.05.1995/28	98,80	395		<del>320</del>	-	-	-	-	<del>150</del>	-	-	-	-	<del>280</del>	-	-	-	-						Self
2	-	Hossam Khallaf	Egypt	01.10.1997/26	99,20	539		290	305	312,5	-	<b>312,5</b>	<del>150</del>	<del>150</del>	<del>150</del>	-	-	-	-	-	-	-						Self

**Weight 110**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	placd abs	Coach
<b>Teenagers</b>																												
1	1	George Samy Nabih	Egypt	17.07.2004/19	109,30	103		220	240	<del>255</del>	-	<b>240</b>	115	<del>122,5</del>	<del>127,5</del>	-	<b>115</b>	230	<del>260</del>	270	-	<b>270</b>		<b>625</b>	12	352,1875	13	Self
<b>Juniors</b>																												
1	1	Mohamed Khalf	Egypt	15.12.2000/23	103,70	722		220	240	260	-	<b>260</b>	130	140	<del>145</del>	-	<b>140</b>	230	-	-	-	<b>230</b>		<b>630</b>	12	361,0845	8	Self
<b>Open</b>																												
1	1	Amir Mohamed	Egypt	05.05.1999/24	109,00	498		340	360	<del>370</del>	-	<b>360</b>	200	<del>207,5</del>	-	-	<b>200</b>	<del>315</del>	<del>315</del>	315	-	<b>315</b>		<b>875</b>	12	493,45625	3	Self

**Weight 125**

## wpc pl cl raw

№	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Masters**

1	1	Mohamed Yahya	Egypt	05.08.19 72/51	123,10	208		180	195	210	-	210	120	125	127,5	-	127,5	200	210	220	-	220		557,5	12	350,196162	9	Self
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**Open**

1	1	Moustafa El Eraky	Egypt	28.11.19 93/30	110,80	74		285	300	<del>310</del>	-	300	180	187,5	192,5	-	192,5	290	310	<del>317,5</del>	-	310		802,5	12	450,483375	6	Self
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**Weight 140**

№	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Ahmed Shetewi	Egypt	14.05.20 05/18	139,90	436		325	337,5	<del>345</del>	-	337,5	185	195	<del>200</del>	-	195	280	300	<del>307,5</del>	-	300		832,5	12	442,286438	2	Self
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**Juniors**

1	1	Tomas Lewis	Egypt	03.11.20 01/22	126,00	84		310	<del>335</del>	<del>335,5</del>	-	310	180	190	195	-	195	320	340	<del>350</del>	-	340		845	12	459,99265	5	Self
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**Masters**

1	1	Zaytsev Alexander	Russia	06.04.19 80/43	127,80	423		310	330	350	-	350	180	<del>190</del>	<del>190</del>	-	180	280	300	310	-	310		840	12	469,861342	1	Self
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2	2	Adham Badr Masood Marzoq	Yemen	11.11.19 80/43	130,80	452		220	<del>245</del>	<del>245</del>	-	220	130	<del>145</del>	<del>150</del>	-	130	230	<del>265</del>	-	-	230		580	9	322,634129	13	Self
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**Masters**

1	1	Ermakov Alexey	Russia	03.07.19 73/50	137,10	754		280	305	<del>321</del>	-	305	180	193	-	-	192,5	225	260	<del>280</del>	-	260		757,5	12	456,812458	2	Self
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**Open**

1	1	Adham Badr Masood Marzoq	Yemen	11.11.19 80/43	130,20	811		180	230	240	-	240	110	140	<del>150</del>	-	140	180	245	<del>255</del>	-	245		625	12	337,5625	9	Self
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**Weight 140+**

№	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Open**

1	1	Hamed Khallaf	Egypt	27.11.19 88/35	142,30	636		350	375	390	-	390	190	<del>200</del>	<del>200</del>	-	190	340	<del>355</del>	<del>355</del>	-	340		920	12	486,9146	4	Self
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**absolute winners ( Teenagers Teenagers Teenagers, WPC Powerlftig classic RAW, M)**

	Name	Pts	Body weight
1	Omar Elmohtady	462,71225	82
2	Ahmed Shetewi	442,286438	139,9
3	Sayed Sabry Elsayed	434,69175	73,6
4	Mahmoud Nosair	412,153875	86,3
5	Mazen Mostafa	402,554375	89,9
6	Eslam Sabry Elsayed	395,40375	67
7	Youssef Badawi Ali	376,75925	59
8	Kariem Alaa Hatab	375,396	90,4
9	Anas Elsaed	374,93625	65,4
10	Yehei Mohamed	369,92775	74,1
11	Ramy Mahmoud	361,2805	79,1
12	Mostafa Mohamed	356,230875	88,7
13	George Samy Nabih	352,1875	109,3
14	Ahmed Ramy	350,10975	62,2
15	Bahaa El Shami	342,342	79,9
16	Nour Eldein Ahmed	339,91925	69,9
17	Youssf Elghandour	337,428	53,5
18	Mohamed Hazem	311,307875	55,8
19	Yehya Ali	300,174875	59,5
20	Tomas Medhat	247,852375	55

**absolute winners ( Open Submasters, WPC Powerlftig classic RAW, M)**

	Name	Pts	Body weight
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## wpc pl cl raw

1	Omar Ashraf	528,542	74
2	Ahmed Said	493,884	82,3
3	Amir Mohamed	493,45625	109
4	Hamed Khallaf	486,9146	142,3
5	Ahmed Ali	483,2885	67,1
6	Moustafa El Eraky	450,483375	110,8
7	Youssef Badawi	393,845375	59,3
8	Ashraf Hamed Awadh Saleh	345,0335	72,8
9	Adham Badr Masood Marzoq	337,5625	130,2

**absolute winners ( Juniors, WPC Powerliffig classic RAW, M)**

	Name	Pts	Body weight
1	Mohamed Saber	502,947	89,6
2	Karim Ibrahim	488,2845	82,5
3	Mohamed Nashat	474,167	99,8
4	Mohmed Maher	462,343875	74,4
5	Tomas Lewis	459,99265	126
6	Mohamed Allam	459,227	100
7	Ahmed Ali	454,443	75
8	Mohamed Khalf	361,0845	103,7

**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters, WPC Powerliffig classic RAW, M)**

	Name	Pts	Body weight
1	Zaytsev Alexander	469,861342	127,8
2	Ermakov Alexey	456,812458	137,1
3	Islam Abd Alah	406,619808	94,9
4	Mahmoud Shaker	403,1895	86,7
5	Elsayed El Badway	394,258736	80,4
6	Mohamed Abo Khoder	386,582735	82,5
7	Mohamed Abdelhady	372,88783	82
8	Mahmoud Zaky	364,673223	98,1
9	Mohamed Yahya	350,196162	123,1
10	Ashraf Mostafa	335,060408	97,8
11	Mohamed Mohamed	331,288351	72,3
12	Mohamed Samir	328,764042	89,8
13	Adham Badr Masood Marzoq	322,634129	130,8
14	Soliman Khalaf	321,514358	77
15	Casola Mauro	314,260888	74,3
16	Waleed Kamel	303,463656	88,5

FINAL PROTOCOL  
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c.Sharm-El Sheikh

## AWPC Benchpress RAW

## Woman

## Weight 67,5

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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## Masters

1	1	Prokopova Elena	Russia	07.03.19 66/57	66,70	126		77,5	80	82,5	-	82,5		82,5	12	94,9911		Self
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## absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters, AWPC Benchpress RAW, W)

Name	Pts	Body weight
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## Man

## Weight 75

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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## Open

1	1	Abdalaziz Ahmed	Egypt	15.09.19 98/25	74,10	147		100	110	110	-	110		110	12	76,417		Self
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## Weight 82,5

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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## Open

1	1	Sakhr Mohsen Qasem Ali	Yemen	14.04.19 87/36	77,20	855		110	130	135	-	135		135	12	91,0237		Self
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## Weight 90

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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## Open

1	1	Vladimir Agasaryan	Lithuania	09.10.19 90/33	89,30	845		160	165	175	-	175		175	12	107,546		Self
2	2	Zubailov Islam	Russia	06.01.19 94/30	86,90	493		145	152,5	160	-	152,5		152,5	9	95,1981		Self
3	3	György Vigh	Hungary	28.02.19 96/27	88,60	810		100	110	120	-	120		120	8	74,076		Self

## Weight 100

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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## Open

1	1	Balázs Hadházi	Hungary	18.10.19 89/34	92,40	35		160	170	175	-	175		175	12	105,577		Self
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## Weight 125

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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## Masters

1	1	Abdelmenaem Ibrahim	Egypt	15.11.19 78/45	112,90	582		140	150	160	-	160		160	12	94,3001		Self
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## absolute winners ( Open Submasters, AWPC Benchpress RAW, M)

Name	Pts	Body weight
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## absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters, AWPC Benchpress RAW, M)

Name	Pts	Body weight
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awpc bp 1-ply eq

**FINAL PROTOCOL  
WPC Egypt Cup**

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c.Sharm-El Sheikh

**AWPC Benchpress 1-ply equipment**

**Man**

**Weight 82,5**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Open**

1	1	Mohammed AbdoYahya	Yemen	01.06.19 87/36	78,40	881		90	100	110	-	110		110	12	73,37		Self
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**Weight 90**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Masters**

1	1	Mohamed Samir	Egypt	28.09.19 77/46	89,00	158		100	125	137,5	-	125		125	12	82,1959		Self
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**Weight 110**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Open**

1	1	Amr Gamal Mohammed Nasser	Yemen	26.11.19 94/29	104,00	10		90	110	120	-	120		120	12	68,706		Self
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**absolute winners ( Open Submasters, AWPC Benchpress 1-ply equipment, M)**

Name	Pts	Body weight
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**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters, AWPC Benchpress 1-ply equipment, M)**

Name	Pts	Body weight
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**FINAL PROTOCOL**  
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**WPC Benchpress RAW****Woman****Weight 60**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Sondos El Nahas	Egypt	13.01.20 08/16	57,00	33		50	60	62,5	-	60		60	12	61,752		Self
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**Juniors**

1	1	Azzalin Elisa	Italy	27.07.20 03/20	58,40	471		52,5	57,5	60	-	57,5		57,5	12	58,0347		Self
2	-	Hager Gamal	Egypt	01.04.20 02/21	59,10	518		45	-	-	-							Self

**Weight 67,5**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Yasmin Mohamed	Egypt	07.05.20 08/15	65,70	515		65	72,5	75	77,5	75		75	12	68,9137		Self
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**Teenagers**

1	1	Thiam Mbacke	Italy	17.06.20 05/18	62,20	552		45	50	52,5	-	50		50	12	47,9775		Self
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**Weight 75**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Masters**

1	1	Gorbacheva Natalya	Russia	28.02.19 73/50	75,00	833		65	67,5	70	-	70		70	12	66,1355		Self
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**Open**

1	1	Gorbacheva Natalya	Russia	28.02.19 73/50	75,00	195		65	67,5	70	-	70		70	12	58,527		Self
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**Weight 82,5**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Habiba Sameh	Egypt	25.05.20 08/15	81,30	349		65	70	72,5	-	70		70	12	55,559		Self
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**Masters**

1	1	Sinacheva Svetlana	Russia	15.12.19 66/57	82,10	88		115	120	125	-	120		120	12	120,039		Self
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**Open**

1	1	Sinacheva Svetlana	Russia	15.12.19 66/57	82,10	703		115	120	125	-	120		120	12	94,668		Self
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**absolute winners ( Teenagers Teenagers Teenagers, WPC Benchpress RAW, W)**

Name	Pts	Body weight
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**absolute winners ( Juniors, WPC Benchpress RAW, W)**

Name	Pts	Body weight
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**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters, WPC Benchpress RAW, W)**

Name	Pts	Body weight
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**absolute winners ( Open Submasters, WPC Benchpress RAW, W)**

Name	Pts	Body weight
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**Man****Weight 52**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Mahmoud El Nahas	Egypt	01.09.20 08/15	48,50	231		55	62,5	67,5	-	62,5		62,5	12	65,3687	20	Self
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**Teenagers**

1	1	Omar Alaa	Egypt	14.07.20 07/16	49,90	190		85	95	95	-	85		85	12	86,037	7	Self
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2	2	Khaled Elses	Egypt	04.05.20 06/17	50,20	658		70	70	80	-	70		70	9	70,3745	18	Self
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**Open**

1	1	Hassan Yehia	Egypt	10.10.19 89/34	51,30	784		100	105	105	-	105		105	12	103,010	12	Self
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**Weight 56**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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## wpc bp raw

**Teenagers**

1	1	Mohamed Ramdan	Egypt	01.09.20 08/15	55,20	137		50	60	65	-	<b>65</b>		<b>65</b>	12	58,8932	23	Self
2	2	Omar Shalaby	Egypt	17.01.20 10/14	52,80	611		47,5	55	60	-	<b>60</b>		<b>60</b>	9	57,018	24	Self

**Open**

1	1	Abanoub Magdy	Egypt	26.08.19 97/26	56,00	589		80	90	95	-	<b>90</b>		<b>90</b>	12	80,3295	18	Self
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**Weight 60**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Mohamed Taha	Egypt	15.01.20 05/19	58,90	947		95	102,5	107,5	-	<b>102,5</b>		<b>102,5</b>	12	86,9251	6	Self
2	2	Mohamed Mahmoud	Egypt	26.07.20 05/18	57,70	381		65	70	70	-	<b>70</b>		<b>70</b>	9	60,5955	22	Self

**Juniors**

1	1	Omar Soliman	Egypt	03.07.20 03/20	59,40	166		100	100	115,5	120	<b>115</b>		<b>115</b>	12	96,7207	3	Self
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**Weight 67,5**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	George Philip	Egypt	06.08.20 06/17	65,00	47		100	110	115	-	<b>110</b>		<b>110</b>	12	85,063	8	Self
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**Teenagers**

1	1	Eslam Ahmed	Egypt	01.10.20 04/19	66,20	297		110	115	120	-	<b>120</b>		<b>120</b>	12	91,314	3	Self
2	2	Raeed Eismail	Egypt	15.08.20 04/19	66,60	931		110	115	120	-	<b>115</b>		<b>115</b>	9	87,0607	5	Self

**Juniors**

1	1	Youssef Gamal Hamed	Egypt	26.10.20 01/22	61,60	207		105	105	117,5	-	<b>105</b>		<b>105</b>	12	85,281	7	Self
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**Masters**

1	1	Mohamed Gamal	Egypt	03.06.19 56/67	66,00	415		125	140	150	-	<b>150</b>		<b>150</b>	12	176,596	1	Self
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**Open**

1	1	Povetkin Maksim	Russia	09.02.19 91/32	66,40	913		137,5	142,5	147,5	-	<b>142,5</b>		<b>142,5</b>	12	108,157	9	Self
2	2	Walid Riad	Egypt	04.08.19 85/38	66,00	36		130	135	135	-	<b>130</b>		<b>130</b>	9	99,19	14	Self

**Weight 75**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Marawan Sayed	Egypt	28.02.20 08/15	69,40	237		95	110	110	-	<b>95</b>		<b>95</b>	12	69,4782	19	Self
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**Teenagers**

1	1	Taha Mohamed	Egypt	27.03.20 06/17	72,20	940		120	120	130	-	<b>120</b>		<b>120</b>	12	85,038	9	Self
2	2	Amr Sherif	Egypt	03.02.20 07/17	73,90	737		110	112,5	115	-	<b>112,5</b>		<b>112,5</b>	9	78,3168	15	Self

**Teenagers**

1	1	Zead Rabie Farig	Egypt	17.02.20 05/18	72,10	897		110	115	117,5	-	<b>115</b>		<b>115</b>	12	81,5867	10	Self
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**Masters**

1	1	Aleksandrov Dmitry	Russia	27.12.19 79/44	75,00	639		170	180	185	-	<b>180</b>		<b>180</b>	12	129,268	3	Self
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**Masters**

1	1	Tarek Aman	Egypt	05.04.19 78/45	72,10	113		120	130	140	-	<b>140</b>		<b>140</b>	12	104,785	8	Self
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**Masters**

1	1	Hashem Issa	Egypt	05.05.19 60/63	71,40	173		75	85	90	-	<b>90</b>		<b>90</b>	12	91,4221	22	Self
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**Open**

1	1	Aleksandrov Dmitry	Russia	27.12.19 79/44	75,00	232		170	180	185	-	<b>180</b>		<b>180</b>	12	123,939	3	Self
2	2	Ashraf Hamed Awadh Saleh	Yemen	26.01.19 97/27	74,00	249		100	100	120	-	<b>120</b>		<b>120</b>	9	83,454	17	Self
3	-	Momen Elsaeed	Egypt	01.01.19 97/27	74,50	475		125	125	125	-							Self
4		Medjahed Sidahmed	Algeria	30.08.19 97/26	73,40	170		-	-	-	-							Abdul Rakhim Lazrak

**Weight 82,5**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Abdelrahman Ibrahim	Egypt	28.07.20 06/17	81,90	196		110	110	122,5	-	<b>122,5</b>		<b>122,5</b>	12	79,3371	14	Self
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## wpc bp raw

2	2	Ibrahim Mohsen	Egypt	27.07.20 07/16	81,60	768		115	120	130	-	120	120	9	77,91	16	Self
3	3	Mohamed Gomaa	Egypt	17.06.20 06/17	79,60	460		100	112,5	115	-	115	115	8	75,9057	17	Self
<b>Teenagers</b>																	
1	1	Mohamed Hamdy	Egypt	31.03.20 05/18	81,50	640		132,5	137,5	142,5	-	137,5	137,5	12	89,3406	4	Self
2	2	Ahmed Medaht Azaz	Egypt	01.02.20 05/19	81,50	143		110	117,5	125	-	125	125	9	81,2187	12	Self
3		Mohamed Gomaa	Egypt	17.06.20 06/17	78,00	7		-	-	-	-	-	-				Self
<b>Juniors</b>																	
1	1	Mohamed Fawzy	Egypt	09.03.20 02/21	80,00	446		145	145	152,5	-	145	145	12	95,381	4	Self
2	2	DC? Hussien Ahmed	Egypt	18.11.20 00/23	81,00	572		115	115	120	-	120	120	9	78,282	8	Self
<b>Masters</b>																	
1	1	Mohamed Abdelhakem	Egypt	09.12.19 79/44	81,50	114		130	140	150	-	140	140	12	94,8764	19	Self
2	2	Khaled Mohamed	Egypt	20.05.19 80/43	79,40	174		110	120	120	-	110	110	9	74,9866	32	Self
<b>Masters</b>																	
1	1	Mostafa Abohashema	Egypt	09.04.19 78/45	78,00	276		120	125	130	-	130	130	12	91,8013	21	Self
<b>Masters</b>																	
1	1	Janos Aranyasz	Hungary	11.01.19 72/52	81,50	376		120	140	150	-	150	150	12	113,543	6	Self
<b>Masters</b>																	
1	1	Sabry Ahmed	Egypt	13.06.19 68/55	81,30	213		120	125	130	-	125	125	12	99,6537	11	Self
2	2	István Bara	Hungary	05.12.19 68/55	77,50	342		115	120	125	-	120	120	9	98,8428	13	Self
3	3	Casola Mauro	Italy	08.03.19 68/55	75,30	437		100	-	-	-	100	100	8	84,0962	28	Self
<b>Masters</b>																	
1	1	Mohamed Abdelhady	Egypt	18.07.19 63/60	81,50	75		135	140	145	-	145	145	12	126,246	4	Self
<b>Open</b>																	
1	1	Amir Helal	Egypt	01.01.19 98/26	81,10	876		160	170	180	-	170	170	12	110,814	7	Self
2	2	Adel Abaza	Egypt	29.08.19 86/37	78,10	22		115	125	130	-	130	130	9	86,9375	16	Self

## Weight 90

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
<b>Teenagers</b>																		
1	1	Kamal Nasr	Egypt	28.01.20 07/17	89,60	359		120	130	132,5	-	132,5	132,5	12	81,2688	11	Self	
2	2	Ziad Magdy Ismat	Egypt	29.04.20 06/17	87,70	599		85	90	100	-	90	90	9	55,881	25	Self	
<b>Teenagers</b>																		
1	1	Amir Mohamed Elsaid	Egypt	02.05.20 05/18	87,50	462		150	160	170	-	170	170	12	105,697	1	Self	
<b>Juniors</b>																		
1	1	Mahmoud Samir	Egypt	05.06.20 03/20	88,00	465		150	170	180	-	180	180	12	111,546	1	Self	
<b>Masters</b>																		
1	1	Krisztián Szenás	Hungary	01.05.19 75/48	88,00	52		120	130	140	-	140	140	12	95,1735	17	Self	
2	2	Mosalm Mahmoud	Egypt	29.01.19 76/48	87,50	999		120	130	135	-	130	130	9	88,6677	24	Self	
3	3	Hossam Esmat	Egypt	06.04.19 78/45	84,80	715		110	115	120	-	115	115	8	76,8593	31	Self	
<b>Masters</b>																		
1	1	Mohamed Amin	Egypt	15.04.19 58/65	90,00	68		80	90	100	-	100	100	12	90,5538	23	Self	
<b>Open</b>																		
1	1	Safwat Roshdy	Egypt	23.01.19 89/35	89,20	545		180	192,5	202,5	-	202,5	202,5	12	124,517	1	Self	
2	2	Eslam Abd Elnaser	Egypt	04.10.19 93/30	88,60	973		140	145	150	-	150	150	9	92,595	15	Self	
3	3	Mohamed Refaat Abdelalem	Egypt	12.01.19 86/38	85,90	803		80	80	100	-	80	80	8	50,288	20	Self	

## Weight 100

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
<b>Masters</b>																		
1	1	Scandurra Francesco	Italy	28.03.19 81/42	99,70	443		190	200	205	-	200	200	12	118,738	5	Self	
2	2	Mohamed Saad	Egypt	09.10.19 80/43	98,90	676		150	170	200	-	170	170	9	102,366	10	Self	

## wpc bp raw

3 3 Saleh Bahnasy Egypt 28.03.19 83/40 97,50 403 150 160 165 - 165 165 8 96,9787 15 Self

**Masters**

1 1 Mahmoud Zaki Egypt 20.07.19 76/47 98,10 624 125 135 137,5 - 137,5 137,5 12 87,2044 26 Self

**Masters**

1 1 Amro Ali Elsayah Egypt 22.02.19 71/52 98,40 686 145 155 160 - 160 160 12 109,109 7 Self

2 2 Mohamed Ragheb Mohamed Egypt 02.09.19 70/53 97,20 606 130 140 150 - 140 140 9 97,5580 14 Self

**Masters**

1 1 Elbdrawy Abdelrahman Egypt 17.08.19 68/55 94,30 638 100 110 120 - 120 120 12 87,7737 25 Self

**Masters**

1 1 Markovic Zivorad Serbia 29.09.19 60/63 90,90 693 135 140 150 - 150 150 12 129,712 2 Self

**Open**

1 1 Ahmed Hassan Egypt 21.10.19 94/29 99,20 324 185 192,5 195 - 195 195 12 113,743 5 Self

2 2 Mohamed Metwally Egypt 14.04.19 87/36 97,90 142 170 182,5 187,5 - 187,5 187,5 9 109,996 8 Self

3 3 Mina Tallat Gamil Egypt 09.02.19 99/24 92,30 761 175 180 180 - 175 175 8 105,638 10 Self

**Weight 110**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1 1 Abdelrahman Ahmed Egypt 26.04.20 06/17 101,20 133 130 135 140 - 140 140 12 80,99 13 Self

**Juniors**

1 1 Ahmed Wael Egypt 30.09.20 01/22 100,20 456 140 150 160 - 150 150 12 87,1275 6 Self

**Masters**

1 1 Ayman Said Mohamed Egypt 29.09.19 83/40 101,20 458 140 110 120 - 120 120 12 69,42 33 Self

**Masters**

1 1 András Sebok Hungary 01.05.19 77/46 105,80 222 150 160 170 - 170 170 12 103,343 9 Self

2 2 Talaat Harb Mohamed Egypt 04.04.19 77/46 102,50 416 135 145 155 - 155 155 9 95,2931 16 Self

**Masters**

1 1 Mohamed Soliman Egypt 22.09.19 72/51 105,80 957 115 120 130 - 120 120 12 78,3446 30 Self

**Masters**

1 1 Nasser Ahmed Egypt 23.12.19 66/57 106,90 252 100 110 120 - 120 120 12 86,3203 27 Self

**Masters**

1 1 Ayman Mazhar Egypt 22.11.19 59/64 105,60 537 105 115 120 - 115 115 12 94,9724 18 Self

**Open**

1 1 Kilyarov Inal Russia 13.02.19 94/29 104,50 909 210 217,5 217,5 - 217,5 217,5 12 124,323 2 Self

2 2 Waleed Rafaat Egypt 18.01.19 86/38 106,50 121 190 200 212,5 - 212,5 212,5 9 120,689 4 Self

3 3 Ahmed Mohamed Egypt 23.07.19 99/24 108,00 905 170 180 190 - 180 180 8 101,79 13 Self

4 Amir Mohamed Egypt 05.05.19 99/24 109,00 617 - - - - - 12 Self

**Weight 125**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1 1 Abd Elmonem Ahmed Egypt 25.11.20 04/19 121,90 480 150 160 170 - 170 170 12 93,3215 2 Self

2 2 Youssef Ihab Egypt 17.08.20 04/19 115,60 740 105 112,5 112,5 - 112,5 112,5 9 62,505 21 Self

**Juniors**

1 1 Youssef Shdeed Egypt 08.02.20 01/22 119,00 44 170 177,5 187,5 - 177,5 177,5 12 97,98 2 Self

2 2 Osama Ahmed Egypt 20.06.20 02/21 122,20 765 170 175 182,5 - 170 170 9 93,2705 5 Self

**Masters**

1 1 Mohamed Ahmed Egypt 04.10.19 80/43 119,40 311 160 170 175 - 175 175 12 99,5134 12 Self

**Masters**

1 1 Arakelyan Artavazd Armenia 09.09.19 75/48 121,70 960 140 152,5 160 - 152,5 152,5 12 91,8770 20 Self

**Open**

1 1 Moustafa El Eraky Egypt 28.11.19 93/30 111,80 161 185 190 190 - 185 185 12 103,609 11 Self

## wpc bp raw

2	-	Shehab Khalil	Egypt	08.12.19 98/25	114,60	598		185	185	185	-								Self
3		Shehab Mohamed	Egypt	08.12.19 98/25	115,30	310		-	-	-	-								Self

**Weight 140**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	plac abs	Coach
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**Masters**

1	1	Adham Badr Masood Marzoq	Yemen	11.11.19 80/43	129,40	702		120	145	150	-	145		145	12	80,8663	29	Self
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**Open**

1	1	Mohamed Anwar Nassar	Egypt	21.05.19 85/38	128,70	697		190	200	210	-	210		210	12	113,736	6	Self
2	2	Adham Badr Masood Marzoq	Yemen	11.11.19 80/43	129,40	522		120	145	150	-	145		145	9	78,4348	19	Self

**absolute winners ( Teenagers Teenagers Teenagers, WPC Benchpress RAW, M)**

	Name	Pts	Body weight
1	Amir Mohamed Elsaid	105,6975	87,5
2	Abd Elmonem Ahmed	93,3215	121,9
3	Eslam Ahmed	91,314	66,2
4	Mohamed Hamdy	89,340625	81,5
5	Raeed Eismail	87,06075	66,6
6	Mohamed Taha	86,925125	58,9
7	Omar Alaa	86,037	49,9
8	George Philip	85,063	65
9	Taha Mohamed	85,038	72,2
10	Zead Rabie Farig	81,58675	72,1
11	Kamal Nasr	81,268875	89,6
12	Ahmed Medaht Azaz	81,21875	81,5
13	Abdelrahman Ahmed	80,99	101,2
14	Abdelrahman Ibrahim	79,337125	81,9
15	Amr Sherif	78,316875	73,9
16	Ibrahim Mohsen	77,91	81,6
17	Mohamed Gomaa	75,90575	79,6
18	Khaled Elseese	70,3745	50,2
19	Marawan Sayed	69,47825	69,4
20	Mahmoud El Nahas	65,36875	48,5
21	Youssef Ihab	62,505	115,6
22	Mohamed Mahmoud	60,5955	57,7
23	Mohamed Ramdan	58,89325	55,2
24	Omar Shalaby	57,018	52,8
25	Ziad Magdy Ismat	55,881	87,7

**absolute winners ( Open Sabmasters, WPC Benchpress RAW, M)**

	Name	Pts	Body weight
1	Safwat Roshdy	124,51725	89,2
2	Kilyarov Inal	124,323	104,5
3	Aleksandrov Dmitry	123,939	75
4	Waleed Rafaat	120,689375	106,5
5	Ahmed Hassan	113,7435	99,2
6	Mohamed Anwar Nassar	113,736	128,7
7	Amir Helal	110,8145	81,1
8	Mohamed Metwally	109,996875	97,9
9	Povetkin Maksim	108,1575	66,4
10	Mina Tallat Gamil	105,63875	92,3
11	Moustafa El Eraky	103,60925	111,8
12	Hassan Yehia	103,01025	51,3
13	Ahmed Mohamed	101,79	108
14	Walid Riad	99,19	66
15	Eslam Abd Elnaser	92,595	88,6
16	Adel Abaza	86,9375	78,1
17	Ashraf Hamed Awadh Saleh	83,454	74
18	Abanoub Magdy	80,3295	56
19	Adham Badr Masood Marzoq	78,43485	129,4
20	Mohamed Refaat Abdelalem	50,288	85,9

**absolute winners ( Juniors, WPC Benchpress RAW, M)**

	Name	Pts	Body weight
1	Mahmoud Samir	111,546	88
2	Youssef Shdeed	97,98	119
3	Omar Soliman	96,72075	59,4
4	Mohamed Fawzy	95,381	80
5	Osama Ahmed	93,2705	122,2
6	Ahmed Wael	87,1275	100,2
7	Youssef Gamal Hamed	85,281	61,6
8	Hussien Ahmed	78,282	81

**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters, WPC Benchpress RAW, M)**

	Name	Pts	Body weight
1	Mohamed Gamal	176,59635	66

## wpc bp raw

2	Markovic Zivorad	129,712433	90,9
3	Aleksandrov Dmitry	129,268377	75
4	Mohamed Abdelhady	126,246425	81,5
5	Scandurra Francesco	118,7382	99,7
6	Janos Aranyasz	113,543813	81,5
7	Amro Ali Elsawah	109,10924	98,4
8	Tarek Aman	104,785765	72,1
9	András Sebok	103,343952	105,8
10	Mohamed Saad	102,366444	98,9
11	Sabry Ahmed	99,65375	81,3
12	Mohamed Ahmed	99,513409	119,4
13	István Bara	98,8428	77,5
14	Mohamed Ragheb Mohamed	97,558048	97,2
15	Saleh Bahnasy	96,97875	97,5
16	Talaat Harb Mohamed	95,293101	102,5
17	Krisztián Szenás	95,173526	88
18	Ayman Mazhar	94,972463	105,6
19	Mohamed Abdelhakem	94,876495	81,5
20	Arakelyan Artavazd	91,877041	121,7
21	Mostafa Abohashema	91,801353	78
22	Hashem Issa	91,422167	71,4
23	Mohamed Amin	90,5538	90
24	Mosalm Mahmoud	88,667768	87,5
25	Elbdrawy Abdelrahman	87,7737	94,3
26	Mahmoud Zaki	87,204466	98,1
27	Nasser Ahmed	86,320368	106,9
28	Casola Mauro	84,09625	75,3
29	Adham Badr Masood Marzoq	80,86633	129,4
30	Mohamed Soliman	78,344688	105,8
31	Hossam Esmat	76,859388	84,8
32	Khaled Mohamed	74,986692	79,4
33	Ayman Said Mohamed	69,42	101,2

FINAL PROTOCOL  
WPC Egypt Cup

3 February - 9 February 2024 y.

c.Sharm-El Sheikh

## WPC Deadlift RAW

## Woman

## Weight 48

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Shahd Sayd Nageh	Egypt	17.11.20 05/18	45,00	502		70	90	100	-	90		90	12	111,357	7	Self
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## Weight 52

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Mariam El Hlam	Egypt	15.07.20 09/14	51,20	107		80	95	97,5	-	97,5		97,5	12	109,317	8	Self
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## Weight 56

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Triviana Raymon	Egypt	29.09.20 07/16	55,80	994		85	92,5	100	-	92,5		92,5	12	96,8382	12	Self
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## Weight 60

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Yasmin Mohamed	Egypt	07.05.20 08/15	60,00	152		90	105	110	-	110		110	12	108,636	9	Self
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## Teenagers

1	1	Sondos El Nahas	Egypt	13.01.20 08/16	57,00	331		110	120	125	127,5	125		125	12	128,65	1	Self
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## Juniors

1	1	Azzalin Elisa	Italy	27.07.20 03/20	58,40	96		110	120	125	-	120		120	12	121,116		Self
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2	2	Hager Gamal	Egypt	01.04.20 02/21	59,10	429		50	110	-	-	50		50	9	49,985		Self
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## Weight 67,5

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Yasmin Mohamed	Egypt	24.04.20 09/14	66,40	373		110	125	130	-	130		130	12	118,469	4	Self
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## Teenagers

1	1	Thiam Mbacke	Italy	17.06.20 05/18	62,20	343		120	132,5	132,5	-	120		120	12	115,146	6	Self
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## Open

1	1	Petkovic Ana	Serbia	12.01.19 95/29	60,90	826		50	60	-	-	60		60	12	58,554		Self
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## Weight 75

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Mariam Zaky	Egypt	26.02.20 04/19	74,20	3		115	127,5	127,5	-	115		115	12	96,8472	11	Self
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## Masters

1	1	Tripi Anna	Italy	28.03.19 79/44	71,30	77		150	155	162,5	-	162,5		162,5	12	146,657		Self
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## Open

1	1	Tripi Anna	Italy	28.03.19 79/44	71,30	275		150	155	162,5	-	162,5		162,5	12	140,611		Self
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2	2	Shevroja Ridersa	Italy	26.07.19 86/37	70,50	234		120	132,5	-	-	132,5		132,5	9	115,559		Self
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## Weight 82,5

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Habiba Sameh	Egypt	25.05.20 08/15	81,60	408		140	150	152,5	-	150		150	12	118,785	3	Self
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## Masters

1	1	Mona Abdelzaher	Egypt	22.11.19 79/44	77,20	348		100	110	112,5	-	112,5		112,5	12	96,2578		Self
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## Open

1	1	Aya Mohamed	Egypt	15.08.19 92/31	80,00	531		135	135	140	-	135		135	12	108,236		Self
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## Weight 100

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## wpc dl raw

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Joyce Samer	Egypt	02.08.20 05/18	96,90	233		150	155	160	-	160		160	12	115,92	5	Self
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**Weight 110**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Jassmen Eldeeb	Egypt	22.03.20 06/17	104,30	364		130	145	152,5	-	145		145	12	102,145	10	Self
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**Weight 110+**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Amal Elsaid	Egypt	09.04.20 07/16	136,30	424		180	192,5	195	-	192,5		192,5	12	126,751	2	Self
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**absolute winners ( Teenagers Teenagers Teenagers, WPC Deadlift RAW, W)**

	Name	Pts	Body weight
1	Sondos El Nahas	128,65	57
2	Amal Elsaid	126,751625	136,3
3	Habiba Sameh	118,785	81,6
4	Yasmin Mohamed	118,469	66,4
5	Joyce Samer	115,92	96,9
6	Thiam Mbacke	115,146	62,2
7	Shahd Sayd Nageh	111,357	45
8	Mariam El Hlam	109,317	51,2
9	Yasmin Mohamed	108,636	60
10	Jassmen Eldeeb	102,14525	104,3
11	Mariam Zaky	96,84725	74,2
12	Triviana Raymon	96,83825	55,8

**absolute winners ( Juniors, WPC Deadlift RAW, W)**

	Name	Pts	Body weight
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**absolute winners ( Open Submasters, WPC Deadlift RAW, W)**

	Name	Pts	Body weight
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**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters, WPC Deadlift RAW, W)**

	Name	Pts	Body weight
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**Man****Weight 52**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Patrick Mina Samy	Egypt	25.12.20 08/15	51,70	362		150	160	165	167,5	165		165	12	160,487	5	Self
2	-	Yasser Alaa	Egypt	27.01.20 09/15	49,80	781		90	90	90	-							Self

**Teenagers**

1	1	Amar Abd Alatef	Egypt	01.06.20 06/17	49,50	925		120	130	140,5	-	140		140	12	143,017	19	Self
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**Teenagers**

1	1	Mohamed El Sayed	Egypt	08.08.20 05/18	50,70	613		120	130	150	-	150		150	12	149,115	11	Self
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**Weight 56**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Mohamed Ramdan	Egypt	01.09.20 08/15	55,20	256		140	150	160	-	150		150	12	135,907	25	Self
2	2	Omar Shalaby	Egypt	17.01.20 10/14	52,80	869		110	120	127,5	-	120		120	9	114,036	38	Self
3	3	Ziad Sameh	Egypt	29.09.20 09/14	56,00	81		90	110	120	-	120		120	8	107,106	40	Self

**Teenagers**

1	1	Abdalrhim Hamdy	Egypt	14.10.20 06/17	54,00	293		160	160	170	175	170		170	12	157,675	6	Self
2	2	Mahmoud Emad	Egypt	06.01.20 07/17	55,40	20		152,5	165	170	172,5	170		170	9	153,450	8	Self
3	3	Yassen Mohamed	Egypt	24.09.20 06/17	54,60	221		150	162,5	162,5	-	150		150	8	137,49	23	Self

**Teenagers**

1	1	Nofear Atef	Egypt	23.12.20 05/18	54,60	832		172,5	180	185	-	180		180	12	164,988	3	Self
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**Open**

1	1	Abanoub Magdy	Egypt	26.08.19 97/26	56,00	815		100	120	140	-	140		140	12	124,957	22	Self
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**Weight 60**



## wpc dl raw

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
<b>Teenagers</b>																		
1	1	Hamza Gamal	Egypt	17.02.20 08/15	60,00	301		115	125	140	-	140		140	12	116,599	37	Self
<b>Teenagers</b>																		
1	1	Abdelrahman Salama	Egypt	11.04.20 06/17	59,70	238		160	175	182,5	190	182,5		182,5	12	152,734	9	Self
2	2	Elsied Ahmed	Egypt	06.06.20 06/17	59,00	202		162,5	175	180	-	175		175	9	148,163	13	Self
<b>Teenagers</b>																		
1	1	Mohamed Fahmey	Egypt	04.04.20 04/19	57,50	282		165	170	170	-	165		165	12	143,335	18	Self
2	2	Youssef Ahmed	Egypt	19.07.20 05/18	56,60	684		140	140	152,5	-	152,5		152,5	9	134,627	27	Self
3	3	Mohamed Mahmoud	Egypt	26.07.20 05/18	57,70	650		130	140	145	-	145		145	8	125,519	35	Self
4	-	Mohamed Elsaied	Egypt	01.01.20 06/18	59,40	549		150	160	160	-							Self
<b>Juniors</b>																		
1	1	Mohamed Badran	Egypt	27.02.20 03/20	58,20	685		150	160	170	-	170		170	12	145,894	16	Self
2	2	Baraa Ahmed	Egypt	01.08.20 01/22	59,70	312		130	155	160	-	155		155	9	129,719	19	Self
<b>Open</b>																		
1	1	Mahmoud Mastoor	Egypt	26.10.19 89/34	58,50	398		175	182,5	190	-	182,5		182,5	12	155,818	10	Self
2	2	Hamed Abdalmongy	Egypt	26.05.19 93/30	59,70	691		170	190	192,5	-	170		170	9	142,273	17	Self

**Weight 67,5**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
<b>Teenagers</b>																		
1	1	Mostafa Nabil	Egypt	28.02.20 08/15	67,10	995		150	170	172,5	-	172,5		172,5	12	129,754	30	Self
2	2	Yahya Ali	Egypt	23.10.20 08/15	63,20	250		150	170	180	-	170		170	9	134,818	26	Self
<b>Teenagers</b>																		
1	1	Ahmed Ramy	Egypt	23.10.20 07/16	65,40	352		165	190	190	-	190		190	12	146,129	15	Self
2	2	George Philip	Egypt	06.08.20 06/17	65,50	813		170	187,5	205	-	187,5		187,5	9	144,009	16	Self
3	3	Mohamed Salah	Egypt	25.05.20 06/17	66,80	41		180	190	190	-	180		180	8	135,918	24	Self
<b>Teenagers</b>																		
1	1	Mostafa Abdalla	Egypt	05.05.20 04/19	62,80	117		200	210	215	-	210		210	12	167,517	2	Self
2	2	Hamza Mohamed	Egypt	27.03.20 04/19	66,10	329		180	195	195	-	195		195	9	148,59	12	Self
3	3	Sayed Emam	Egypt	12.11.20 05/18	67,20	796		170	180	190	-	190		190	8	142,737	20	Self
<b>Juniors</b>																		
1	1	Mohamed Youssef	Egypt	16.04.20 03/20	66,30	802		220	227,5	230	-	227,5		227,5	12	172,9	4	Self
2	2	Abdalla Mostafa Mohamed	Egypt	02.03.20 02/21	65,40	434		170	190	200	-	200		200	9	153,82	11	Self
3	3	Alaa Abdelmomen	Egypt	01.07.20 03/20	65,00	223		180	190	197,5	-	190		190	8	146,927	15	Self
<b>Masters</b>																		
1	1	Kamal Said Morsy	Egypt	01.11.19 60/63	63,50	140		140	150	170	-	170		170	12	190,755	1	Self
<b>Open</b>																		
1	1	Youssef Abdallah	Egypt	20.02.20 06/17	64,90	652		305	320	332,5	-	320		320	12	247,776	1	Self
2	2	Youssef Gamal Hamed	Egypt	26.10.20 01/22	61,60	406		180	187,5	200	-	187,5		187,5	9	152,287	13	Self
3	3	Nasheat Fakrey	Egypt	22.12.19 87/36	61,10	365		170	180	190	-	180		180	8	147,321	15	Self

**Weight 75**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
<b>Teenagers</b>																		
1		Marawan Sayed	Egypt	28.02.20 08/15	69,40	181		-	-	-	-							Self
<b>Teenagers</b>																		
1	1	Momen Ali	Egypt	01.04.20 06/17	73,40	741		210	220	230,5	235	230		230	12	160,942	4	Self
2	2	Mahmoud Ahmed	Egypt	27.05.20 06/17	72,80	56		200	200	200	-	200		200	9	140,83	21	Self
<b>Teenagers</b>																		
1	1	Mohamed Khaled	Egypt	01.06.20 04/19	74,70	227		210	225	235	-	225		225	12	155,385	7	Self

## wpc dl raw

2	2	Yahia Hafiz	Egypt	16.11.20 05/18	70,40	837		185	192,5	200	-	192,5	192,5	9	139,158	22	Self
<b>Juniors</b>																	
1	1	Husain Osman	Egypt	01.01.20 02/22	74,00	540		250	270	280	-	280	280	12	194,726	1	Self
2	2	Mahmoud Hamdy Tawfik	Egypt	06.02.20 03/20	72,00	567		220	235	240	-	235	235	9	166,897	6	Self
<b>Masters</b>																	
1	1	Hashem Issa	Egypt	05.05.19 60/63	71,40	303		115	120	125	-	125	125	12	126,975	19	Self
<b>Open</b>																	
1	1	Ibrahim Shaker	Egypt	01.08.19 98/25	74,70	314		225	237,5	240	-	240	240	12	165,744	6	Self
2	2	Elsayed Metwaly	Egypt	01.10.19 94/29	73,40	568		220	230	237,5	-	237,5	237,5	9	166,190	4	Self
3	3	Ashraf Hamed Awadh Saleh	Yemen	26.01.19 97/27	74,00	918		160	200	220	-	200	200	8	139,09	19	Self

**Weight 82,5**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
<b>Teenagers</b>																		
1	1	Ahmed Adel	Egypt	20.01.20 07/17	75,50	128		180	190	195	-	195	195	12	133,604	28	Self	
2	2	Ahmed Hamada	Egypt	20.12.20 07/16	81,00	878		185	185	195	-	195	195	9	127,208	34	Self	
<b>Teenagers</b>																		
1	1	Yousef Hassan	Egypt	10.01.20 05/19	81,10	251		205	220	230	-	220	220	12	143,407	17	Self	
2	2	Hassan Ali Hassan	Egypt	24.05.20 05/18	75,06	505		190	205	205	-	190	190	9	130,758	29	Self	
<b>Juniors</b>																		
1	1	DC? Hussien Ahmed	Egypt	18.11.20 00/23	81,00	115		220	230	237,5	-	237,5	237,5	12	154,933	10	Self	
2	2	Ali Elzain	Egypt	08.08.20 02/21	79,00	322		230	235	240	-	235	235	9	155,922	9	Self	
3	3	Mohamed Soliman	Egypt	14.04.20 01/22	77,50	388		210	220	227,5	-	220	220	8	147,928	14	Self	
4	4	Ahmed Mostafa	Egypt	08.08.20 03/20	81,40	677		200	210	220	-	210	210	7	136,552	18	Self	
<b>Masters</b>																		
1	1	Giordano Antonio	Italy	13.08.19 82/41	78,00	877		185	195	205	-	205	205	12	138,588	14	Self	
<b>Masters</b>																		
1	1	Walled Abbas	Egypt	05.01.19 75/49	82,20	509		200	220	225	-	220	220	12	158,216	4	Self	
<b>Masters</b>																		
1	1	Casola Mauro	Italy	08.03.19 68/55	75,30	344		130	142,5	150	-	150	150	12	126,144	20	Self	
2	2	Sabry Ahmed	Egypt	13.06.19 68/55	81,30	547		115	125	135	-	135	135	9	107,626	24	Self	
<b>Open</b>																		
1	1	Abdelrahman Elfeky	Egypt	14.07.19 98/25	80,00	649		230	240	252,5	-	252,5	252,5	12	166,094	5	Self	
2	2	Adel Abaza	Egypt	29.08.19 86/37	78,10	614		190	205	215	-	215	215	9	143,781	16	Self	

**Weight 90**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
<b>Teenagers</b>																		
1	1	Mostafa Khalaf	Egypt	06.08.20 09/14	85,50	366		130	155	170	-	170	170	12	107,159	39	Self	
<b>Teenagers</b>																		
1	-	Atef Elgoushy	Egypt	20.08.20 06/17	87,30	274		215	215	215	-							Self
<b>Teenagers</b>																		
1	1	Mohamed Waleed	Egypt	09.09.20 05/18	88,70	86		170	200	210	-	210	210	12	129,538	31	Self	
2	2	Zeyad Alam	Egypt	10.01.20 06/18	88,60	870		165	190	207,5	-	190	190	9	117,287	36	Self	
<b>Juniors</b>																		
1	1	Azaz Medhat Azaz	Egypt	01.08.20 02/21	86,80	511		287,5	292,5	307,5	-	292,5	292,5	12	182,710	2	Self	
2	2	Ahmed Saleh	Egypt	08.11.20 02/21	88,70	305		250	250	270	-	270	270	9	166,549	7	Self	
3	3	Abanoub Medhat	Egypt	17.11.20 01/22	88,40	132		235	242,5	250	-	242,5	242,5	8	149,889	13	Self	
4	4	Mahmoud Samir	Egypt	05.06.20 03/20	88,00	336		230	260	260	-	230	230	7	142,531	17	Self	
<b>Masters</b>																		
1	1	Mohamed Abo Khoder	Egypt	18.12.19 79/44	85,10	592		220	230	240	-	240	240	12	158,239	3	Self	
<b>Masters</b>																		

## wpc dl raw

1	1	Mosalm Mahmoud	Egypt	29.01.19 76/48	87,50	332		230	230	250	-	230	230	12	156,873	6	Self
2	2	Mahmoud Saed Ebrahim	Egypt	14.01.19 79/45	86,50	124		170	190	200	-	200	200	9	132,075	16	Self
<b>Masters</b>																	
1	1	Emad Saad	Egypt	16.12.19 66/57	87,40	13		160	180	200	-	200	200	12	157,777	5	Self
<b>Open</b>																	
1	1	Mohamed Ahmed Zaki	Egypt	02.10.19 94/29	85,30	390		215	230	240	-	240	240	12	151,5	14	Self
2	2	Mohamed Refaat Abdelalem	Egypt	12.01.19 86/38	85,90	449		140	160	170	-	170	170	9	106,862	23	Self

**Weight 100**

№	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
<b>Teenagers</b>																		
1	1	Rohaum Sayed	Egypt	13.04.20 08/15	98,00	272		150	160	172,5	-	172,5	172,5	12	101,145	42	Self	
2	2	Habib Ehab	Egypt	27.12.20 08/15	97,60	656		130	150	170	-	170	170	9	99,8665	43	Self	
<b>Teenagers</b>																		
1	1	Omar Said	Egypt	24.10.20 07/16	97,20	924		200	230	250	-	250	250	12	147,137	14	Self	
2	2	Ahmed Tamer	Egypt	20.08.20 06/17	99,90	985		200	210	222,5	-	222,5	222,5	9	129,394	32	Self	
3	3	Yassin Mostafa	Egypt	23.01.20 07/17	95,40	28		200	215	225	-	215	215	8	127,656	33	Self	
<b>Teenagers</b>																		
1	1	Omar Gamal Mostafa	Egypt	19.02.20 04/19	94,50	328		285	285	305	-	285	285	12	169,988	1	Self	
<b>Juniors</b>																		
1	1	Mostafa Said	Egypt	25.01.20 02/22	92,30	534		275	282,5	292,5	-	282,5	282,5	12	170,531	5	Self	
2	2	Mohamed Mohsen	Egypt	08.12.20 00/23	97,40	182		260	280	290	-	280	280	9	164,64	8	Self	
<b>Masters</b>																		
1	1	Mohamed Saad	Egypt	09.10.19 80/43	98,90	427		220	250	260	-	260	260	12	156,560	7	Self	
2	2	Saleh Bahnasy	Egypt	28.03.19 83/40	97,50	79		225	235	237,5	-	237,5	237,5	9	139,590	13	Self	
<b>Masters</b>																		
1	1	Mahmoud Zaki	Egypt	20.07.19 76/47	98,10	283		225	235	240	-	240	240	12	152,211	10	Self	
2	2	Abdalla Azazy	Egypt	13.07.19 77/46	99,50	230		210	225	237,5	-	237,5	237,5	9	147,763	11	Self	
3	3	Sayed Fouad	Egypt	07.05.19 78/45	99,40	353		190	210	225	-	210	210	8	129,119	18	Self	
<b>Masters</b>																		
1	1	Mohamed Ragheb Mohamed	Egypt	02.09.19 70/53	97,20	778		140	165	180	-	180	180	12	125,431	21	Self	
<b>Open</b>																		
1	1	Mohamed Elozzy	Egypt	01.04.19 95/28	99,70	165		260	272,5	287,5	-	272,5	272,5	12	158,608	8	Self	
2	2	Ahmed Abdelfattah	Egypt	20.10.19 98/25	93,10	2		270	285	287,5	-	270	270	9	162,256	7	Self	
3	3	Scilipoti Antonino Enrico	Italy	06.08.19 88/35	95,90	399		262,5	270	-	-	262,5	262,5	8	155,465	11	Self	
4	4	Abdallah Abdelmged	Egypt	17.12.19 90/33	90,50	42		200	205	215	-	205	205	7	125,05	21	Self	

**Weight 110**

№	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
<b>Teenagers</b>																		
1	1	Amar Mohamed Rashed	Egypt	15.08.20 05/18	107,60	49		235	250	265	-	265	265	12	150,016	10	Self	
<b>Masters</b>																		
1	1	Amr Hashem	Egypt	24.01.19 84/40	101,50	579		210	225	232,5	-	232,5	232,5	12	134,338	15	Self	
<b>Masters</b>																		
1	1	Wael Ramadan	Egypt	15.07.19 78/45	107,30	601		200	220	230	-	220	220	12	131,519	17	Self	
<b>Masters</b>																		
1	1	Ayman Mazhar	Egypt	22.11.19 59/64	105,60	243		180	190	200	-	200	200	12	165,169	2	Self	
<b>Open</b>																		
1	1	Hossam Khallaf	Egypt	01.10.19 97/26	101,50	816		250	290	295	-	295	295	12	170,451	2	Self	
2	2	Ezzat Elsayd	Egypt	28.09.19 87/36	107,30	300		250	270	290	-	270	270	9	152,995	12	Self	
3	3	Mahmoud Mohamed Saleh	Egypt	04.07.19 90/33	102,00	148		200	230	240	-	240	240	8	138,408	20	Self	

**Weight 125**

№	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## wpc dl raw

№	place	Name	Team	date	Weight	lot	class	D1	D2	D3	D4(R)	ft	class	total	point	Pts	abs	Coach
<b>Teenagers</b>																		
1	1	Youssef Ihab	Egypt	17.08.20 04/19	115,80	327		190	240	240	-	190		190	12	105,516	41	Self
<b>Juniors</b>																		
1	1	Youssef Shdeed	Egypt	08.02.20 01/22	119,00	917		250	270	277,5	-	277,5		277,5	12	153,18	12	Self
<b>Masters</b>																		
1	1	Waleed Mohamed Safty	Egypt	01.07.19 83/40	111,70	159		170	190	210	-	210		210	12	117,642	23	Self
<b>Masters</b>																		
1	1	Yasser Arafa	Egypt	24.01.19 77/47	118,20	5		230	250	260	-	260		260	12	155,513	8	Self
2	2	Hossam Eldin Alafifi	Egypt	10.04.19 75/48	114,20	746		220	240	252,5	-	252,5		252,5	9	154,312	9	Self
<b>Open</b>																		
1	1	Moustafa El Eraky	Egypt	28.11.19 93/30	111,80	481		280	300	-	-	280		280	12	156,814	9	Self

**Weight 140**

№	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
<b>Juniors</b>																		
1	1	Tomas Lewis	Egypt	03.11.20 01/22	126,10	632		310	330	350	-	330		330	12	179,605	3	Self
<b>Masters</b>																		
1	1	Adham Badr Masood Marzoq	Yemen	11.11.19 80/43	129,40	657		200	255	260	-	260		260	12	145,001	12	Self
<b>Masters</b>																		
1	1	Ahmed Soliman	Egypt	11.11.19 72/51	127,30	106		150	170	190	-	190		190	12	118,344	22	Self
<b>Open</b>																		
1	1	Adham Badr Masood Marzoq	Yemen	11.11.19 80/43	129,40	854		200	255	260	-	260		260	12	140,641	18	Self

**Weight 140+**

№	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
<b>Open</b>																		
1	1	Hamed Khallaf	Egypt	27.11.19 88/35	141,20	571		320	-	-	-	320		320	12	169,651	3	Self

**absolute winners ( Teenagers Teenagers Teenagers, WPC Deadlift RAW, M)**

	Name	Pts	Body weight
1	Omar Gamal Mostafa	169,98825	94,5
2	Mostafa Abdalla	167,517	62,8
3	Nofear Atef	164,988	54,6
4	Momen Ali	160,9425	73,4
5	Patrick Mina Samy	160,48725	51,7
6	Abdalrhim Hamdy	157,675	54
7	Mohamed Khaled	155,385	74,7
8	Mahmoud Emad	153,4505	55,4
9	Abdelrahman Salama	152,73425	59,7
10	Amar Mohamed Rashed	150,0165	107,6
11	Mohamed El Sayed	149,115	50,7
12	Hamza Mohamed	148,59	66,1
13	Elsied Ahmed	148,16375	59
14	Omar Said	147,1375	97,2
15	Ahmed Ramy	146,129	65,4
16	George Philip	144,009375	65,5
17	Yousef Hassan	143,407	81,1
18	Mohamed Fahmey	143,3355	57,5
19	Amar Abd Alatef	143,017	49,5
20	Sayed Emam	142,7375	67,2
21	Mahmoud Ahmed	140,83	72,8
22	Yahia Hafiz	139,15825	70,4
23	Yassen Mohamed	137,49	54,6
24	Mohamed Salah	135,918	66,8
25	Mohamed Ramdan	135,9075	55,2
26	Yahya Ali	134,8185	63,2
27	Youssef Ahmed	134,627	56,6
28	Ahmed Adel	133,60425	75,5
29	Hassan Ali Hassan	130,758	75,06
30	Mostafa Nabil	129,7545	67,1
31	Mohamed Waleed	129,5385	88,7
32	Ahmed Tamer	129,394875	99,9
33	Yassin Mostafa	127,65625	95,4
34	Ahmed Hamada	127,20825	81
35	Mohamed Mahmoud	125,51925	57,7
36	Zeyad Alam	117,287	88,6
37	Hamza Gamal	116,599	60
38	Omar Shalaby	114,036	52,8
39	Mostafa Khalaf	107,1595	85,5
40	Ziad Sameh	107,106	56

wpc dl raw

41	Youssef Ihab	105,5165	115,8
42	Rohaum Sayed	101,145375	98
43	Habib Ehab	99,8665	97,6

**absolute winners ( Open Submasters, WPC Deadlift RAW, M)**

	Name	Pts	Body weight
1	Youssef Abdallah	247,776	64,9
2	Hossam Khallaf	170,451	101,5
3	Hamed Khallaf	169,6512	141,2
4	Elsayed Metwaly	166,190625	73,4
5	Abdelrahman Elfeky	166,0945	80
6	Ibrahim Shaker	165,744	74,7
7	Ahmed Abdelfattah	162,2565	93,1
8	Mohamed Elozzy	158,608625	99,7
9	Moustafa El Eraky	156,814	111,8
10	Mahmoud Mastoor	155,8185	58,5
11	Scilipoti Antonino Enrico	155,465625	95,9
12	Ezzat Elsayd	152,9955	107,3
13	Youssef Gamal Hamed	152,2875	61,6
14	Mohamed Ahmed Zaki	151,5	85,3
15	Nasheat Fakrey	147,321	61,1
16	Adel Abaza	143,78125	78,1
17	Hamed Abdalmony	142,273	59,7
18	Adham Badr Masood Marzoq	140,6418	129,4
19	Ashraf Hamed Awadh Saleh	139,09	74
20	Mahmoud Mohamed Saleh	138,408	102
21	Abdallah Abdelmged	125,05	90,5
22	Abanoub Magdy	124,957	56
23	Mohamed Refaat Abdelalem	106,862	85,9

**absolute winners ( Juniors, WPC Deadlift RAW, M)**

	Name	Pts	Body weight
1	Husain Osman	194,726	74
2	Azaz Medhat Azaz	182,710125	86,8
3	Tomas Lewis	179,6058	126,1
4	Mohamed Youssef	172,9	66,3
5	Mostafa Said	170,531125	92,3
6	Mahmoud Hamdy Tawfik	166,897	72
7	Ahmed Saleh	166,5495	88,7
8	Mohamed Mohsen	164,64	97,4
9	Ali Elzain	155,9225	79
10	Hussien Ahmed	154,933125	81
11	Abdalla Mostafa Mohamed	153,82	65,4
12	Youssef Shdeed	153,18	119
13	Abanoub Medhat	149,88925	88,4
14	Mohamed Soliman	147,928	77,5
15	Alaa Abdelmomen	146,927	65
16	Mohamed Badran	145,894	58,2
17	Mahmoud Samir	142,531	88
18	Ahmed Mostafa	136,5525	81,4
19	Baraa Ahmed	129,7195	59,7

**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters, WPC Deadlift RAW, M)**

	Name	Pts	Body weight
1	Kamal Said Morsy	190,755751	63,5
2	Ayman Mazhar	165,1695	105,6
3	Mohamed Abo Khoder	158,239788	85,1
4	Walled Abbas	158,216289	82,2
5	Emad Saad	157,77724	87,4
6	Mosalm Mahmoud	156,873743	87,5
7	Mohamed Saad	156,560443	98,9
8	Yasser Arafa	155,513696	118,2
9	Hossam Eldin Alaffi	154,312522	114,2
10	Mahmoud Zaki	152,211432	98,1
11	Abdalla Azazy	147,763808	99,5
12	Adham Badr Masood Marzoq	145,001696	129,4
13	Saleh Bahnasy	139,590625	97,5
14	Giordano Antonio	138,588918	78
15	Amr Hashem	134,3385	101,5
16	Mahmoud Saed Ebrahim	132,07545	86,5
17	Wael Ramadan	131,519465	107,3
18	Sayed Fouad	129,11934	99,4
19	Hashem Issa	126,975231	71,4
20	Casola Mauro	126,144375	75,3
21	Mohamed Ragheb Mohamed	125,431776	97,2
22	Ahmed Soliman	118,344707	127,3
23	Waleed Mohamed Safty	117,642	111,7
24	Sabry Ahmed	107,62605	81,3

**FINAL PROTOCOL  
WPC Egypt Cup**

3 February - 9 February 2024 y.

c.Sharm-El Sheikh

**WPC Powerlifting 1-ply equipment**
**Woman**
**Weight 60**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Nada Okab	Egypt	30.09.20 06/17	60,00	290		70	100	-	-	100	50	60	-	-	60	130	147,5	147,5	-	130		290	12	286,404		Self
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**Weight 67,5**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Masters**

1	1	Amany Ahmed Rabi	Egypt	01.12.19 61/62	66,00	24		130	150	157,5	-	150	70	75	80	-	75	160	180	185	-	185		410	12	522,926628		Self
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**Open**

1	1	Aya Mohamed	Egypt	04.11.19 98/25	64,00	378		90	90	100	-	100	45	52,5	52,5	-	52,5	120	135	142,5	-	142,5		295	12	276,72475		Self
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**Weight 75**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Juniors**

1	1	Habiba Ahmed Khater	Egypt	01.10.20 00/23	75,00	970		100	115	117,5	-	115	65	70	70	-	70	110	130	140	-	140		325	12	271,7325		Self
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**absolute winners ( Teenagers Teenagers Teenagers, WPC Powerlifting 1-ply equipment, W)**

Name	Pts	Body weight
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**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters, WPC Powerlifting 1-ply equipment, W)**

Name	Pts	Body weight
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**absolute winners ( Open Submasters, WPC Powerlifting 1-ply equipment, W)**

Name	Pts	Body weight
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**absolute winners ( Juniors, WPC Powerlifting 1-ply equipment, W)**

Name	Pts	Body weight
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**Man**
**Weight 52**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Abdelrahman Hesham	Egypt	30.10.20 07/16	51,20	430		107,5	115	120	-	115	50	55	60	-	60	110	125	135	-	125		300	12	294,975	11	Self
2	2	Adham Mohamed	Egypt	15.01.20 07/17	50,50	435		85	92,5	100	-	100	50	57,5	60	-	60	110	122,5	132,5	-	132,5		292,5	9	292,075875	12	Self

**Weight 56**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

## wpc pl 1-ply eq

1	1	Youssef Zakaria	Egypt	13.04.20 07/16	55,30	799		<del>100</del>	100	-	-	100	50	57,5	<del>60</del>	-	57,5	125	130	135	-	135	292,5	12	264,522375	14	Self
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**Weight 67,5**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	George Philip	Egypt	06.08.20 06/17	65,00	428		140	<del>155</del>	-	-	140	100	110	<del>117,5</del>	-	110	160	180	195	<del>205</del>	195	445	12	344,1185	4	Self
2	2	Marawan Hany	Egypt	10.05.20 06/17	67,10	444		130	145	<del>155</del>	-	145	70	80	<del>82,5</del>	-	80	140	165	175	-	175	400	9	300,88	10	Self

**Open**

1	1	Ibrahim Rezk	Egypt	11.09.19 92/31	66,70	122		210	225	230	-	230	130	140	145	-	145	220	240	<del>250</del>	-	240	615	12	465,0015	4	Self
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**Weight 75**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Abdelrahman Ahmed	Egypt	11.09.20 06/17	69,50	25		110	125	140	-	140	70	77,5	<del>82,5</del>	-	77,5	140	152,5	167,5	-	167,5	385	12	281,22325	13	Self
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**Teenagers**

1	1	Omar Hesham	Egypt	14.12.20 04/19	73,70	459		170	<del>185</del>	-	-	170	105	115	-	-	115	200	-	-	-	200	485	12	338,31175	6	Self
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**Juniors**

1	-	Hassan Bekhiet	Egypt	21.03.20 00/23	73,20	214		<del>225</del>	225	240	-	240	120	130	132,5	-	132,5	<del>230</del>	<del>230</del>	<del>230</del>	-							Self
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**Weight 82,5**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Mohamed Mahmoud	Egypt	01.07.20 04/19	82,10	176		200	220	<del>225</del>	-	220	110	117,5	<del>120</del>	-	117,5	220	<del>230</del>	<del>230</del>	-	220	557,5	12	360,507375	1	Self
2	2	Fares Mohamed	Egypt	03.11.20 04/19	80,40	739		170	190	210	-	210	90	100	<del>105</del>	-	100	210	225	<del>235</del>	-	225	535	9	350,77275	2	Self
3	3	Fares Yosef	Egypt	17.07.20 04/19	81,00	548		<del>165</del>	165	<del>190</del>	-	165	105	115	120	-	120	170	190	205	-	205	490	8	319,6515	7	Self

**Juniors**

1	1	Abdalla Mohamed Fawzy	Egypt	25.04.20 03/20	80,90	836		210	<del>230</del>	230	-	230	110	125	130	-	130	200	210	<del>215</del>	-	210	570	12	372,153		Self
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**Open**

1	1	Hazem Hany	Egypt	19.09.19 87/36	82,50	744		270	<del>290</del>	290	-	290	150	<del>165</del>	165	-	165	270	300	305	-	305	760	12	489,896	2	Self
2	2	Mostafa Farouk	Egypt	08.05.19 91/32	81,40	919		270	290	<del>295</del>	-	290	180	190	197,5	-	197,5	250	270	<del>280</del>	-	270	757,5	9	492,564375	1	Self
3		Mohamed Mansuor	Egypt	30.01.19 90/34	82,30	34		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-					Self

**Weight 90**

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Mazen Ismail	Egypt	14.01.20 06/18	89,70	846		220	235	242,5	-	242,5	110	125	-	-	125	180	200	<del>220</del>	-	200	567,5	12	347,8775	3	Self
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**Masters**

1	1	Charbel Hallak	Lebanon	14.04.19 81/42	89,30	506		<del>280</del>	280	<del>310</del>	-	280	160	175	<del>182,5</del>	-	175	260	<del>270,5</del>	270,5	-	270	725	12	454,459725		Self
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**Open**

1	1	Mohamed Adel	Egypt	02.08.19 99/24	88,80	934		230	260	<del>275</del>	-	260	160	<del>170</del>	170	-	160	250	290	305,5	-	305	725	12	446,92625	7	Self
2	2	Charbel Hallak	Lebanon	14.04.19 81/42	89,30	884		<del>280</del>	280	<del>310</del>	-	280	160	175	<del>182,5</del>	-	175	260	<del>270,5</del>	270,5	-	270	725	9	445,54875	8	Self

## wpc pl 1-ply eq

3	3	Kareem Mokhtar	Egypt	01.02.20 00/24	89,40	6		240	250	260	-	260	150	160	165	-	160	230	250	260	-	260	680	8	417,622	10	Self
4	4	Mohamed Mahmoud Abdo	Egypt	15.05.19 98/25	88,00	969		250	250	250	-	250	125	130	130	-	125	240	245	245	-	240	615	7	381,1155	15	Self

## Weight 100

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Omar Said	Egypt	24.10.20 07/16	97,00	360		200	200	215	-	215	115	125	130	-	125	220	230	235	-	235	575	12	338,7325	5	Self
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## Teenagers

1	1	Ahmed Shawkat	Egypt	22.03.20 04/19	92,60	542		150	165	175	-	165	65	65	75	-	75	170	200	270	-	270	510	12	307,3515	9	Self
2	-	Mrawan Abd Aziz	Egypt	19.12.20 04/19	96,60	503		240	240	-	-	240	-	-	-	-	-	240	-	-	-	-					Self

## Masters

1	1	Islam Abd Alah	Egypt	30.04.19 79/44	94,60	215		255	265	275	-	275	155	160	165	-	165	230	240	245	-	245	685	12	425,922348		Self
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## Open

1	1	Mohamed Rabie	Egypt	10.05.19 95/28	99,50	209		300	330	375	-	330	150	180	190	-	180	250	275	300	-	275	785	12	457,30175	6	Self
2	2	Waleed Adel	Egypt	01.08.19 94/29	96,70	426		300	310	320	-	310	150	170	175	-	170	220	240	247,5	-	247,5	727,5	9	429,188625	9	Self
3	3	Ahmed Arafa	Egypt	20.11.19 88/35	95,70	921		255	270	270	-	255	165	165	165	-	165	272,5	282,5	307,5	-	282,5	702,5	8	416,477125	11	Self
4	4	Omar Eltahawy	Egypt	19.06.19 99/24	96,00	873		250	265	275	-	265	140	150	160	-	160	250	250	270	-	250	675	7	399,56625	14	Self

## Weight 110

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Ziad Ahmed	Egypt	09.12.20 05/18	101,30	320		160	190	200	-	200	105	117,5	120	-	120	200	230	240	-	230	550	12	318,0375	8	Self
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## Masters

1	1	Polfuntikov Alexander	Russia	06.12.19 82/41	103,00	992		325	345	355,5	-	355	185	195	200	200	200	270	290	300	-	290	845	12	490,39237		Self
2	2	Tarek Ragab	Egypt	05.02.19 84/39	108,30	461		310	345	355	-	345	150	165	170	-	170	240	262,5	272,5	-	262,5	777,5	9	439,2875		Self

## Masters

1	1	Mohamed Elghamry	Egypt	08.07.19 73/50	106,10	66		270	275	275	-	270	200	205	-	-	200	240	250	-	-	250	720	12	462,65364		Self
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## Open

1	1	Polfuntikov Alexander	Russia	06.12.19 82/41	103,00	809		325	345	355,5	-	355	185	195	200	200	200	270	290	300	-	290	845	12	485,537	3	Self
2	2	Ibram Lewis	Egypt	28.08.19 99/24	107,90	883		310	320	330	-	310	170	180	190	-	190	290	320	330	-	320	820	9	463,833	5	Self
3	3	Mahmoud Masoud	Egypt	10.09.19 97/26	107,70	411		240	255	265	-	255	172,5	185	187,5	-	185	270	280,5	285	-	285	725	8	410,31375	12	Self
4	4	Mohamed Elghamry	Egypt	08.07.19 73/50	106,10	752		270	275	275	-	270	200	205	-	-	200	240	250	-	-	250	720	7	409,428	13	Self

## Weight 125

No	place	Name	Team	Birth date	Weight	lot	class	S1	S2	S3	S4(R)	Squat	B1	B2	B3	B4(R)	Bench press	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Youssef Ihab	Egypt	17.08.20 04/19	118,50	198		140	160	190	-	160	95	105	115	-	105	180	200	215	-	200	465	12	256,88925	15	Self
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## Open

1	-	Ahmed Maher	Egypt	01.06.19 95/28	118,80	367		300	300	300	-	-	-	-	-	-	-	-	-	-	-	-					Self
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**absolute winners ( Teenagers Teenagers Teenagers, WPC Powerlifting 1-ply equipment, M)**

	Name	Pts	Body weight
1	Mohamed Mahmoud	360,507375	82,1
2	Fares Mohamed	350,77275	80,4
3	Mazen Ismail	347,8775	89,7
4	George Philip	344,1185	65
5	Omar Said	338,7325	97
6	Omar Hesham	338,31175	73,7
7	Fares Yosef	319,6515	81
8	Ziad Ahmed	318,0375	101,3
9	Ahmed Shawkat	307,3515	92,6
10	Marawan Hany	300,88	67,1
11	Abdelrahman Hesham	294,975	51,2
12	Adham Mohamed	292,075875	50,5
13	Abdelrahman Ahmed	281,22325	69,5
14	Youssef Zakaria	264,522375	55,3
15	Youssef Ihab	256,88925	118,5

**absolute winners ( Open Submasters, WPC Powerlifting 1-ply equipment, M)**

	Name	Pts	Body weight
1	Mostafa Farouk	492,564375	81,4
2	Hazem Hany	489,896	82,5
3	Polfuntikov Alexander	485,537	103
4	Ibrahim Rezk	465,0015	66,7
5	Ibram Lewis	463,833	107,9
6	Mohamed Rabie	457,30175	99,5
7	Mohamed Adel	446,92625	88,8
8	Charbel Hallak	445,54875	89,3
9	Waleed Adel	429,188625	96,7
10	Kareem Mokhtar	417,622	89,4
11	Ahmed Arafa	416,477125	95,7
12	Mahmoud Masoud	410,31375	107,7
13	Mohamed Elghamry	409,428	106,1
14	Omar Eltahawy	399,56625	96
15	Mohamed Mahmoud Abdo	381,1155	88

**absolute winners ( Juniors, WPC Powerlifting 1-ply equipment, M)**

	Name	Pts	Body weight
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**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters, WPC Powerlifting 1-ply equipment, M)**

	Name	Pts	Body weight
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**FINAL PROTOCOL**  
**WPC Egypt Cup**

3 February - 9 February 2024 y.

c.Sharm-El Sheikh

**WPC Deadlift multy-ply equipment**
**Man**
**Weight 82,5**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadlift	class	total	team point	Pts	place abs	Coach
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**Masters**

1	1	Mohamed Mazen Jomaa	Syrian Arab Republic	13.08.19 73/50	82,50	585		160	165	165,5	-	165		165	12	120,185		Self
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**Weight 90**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadlift	class	total	team point	Pts	place abs	Coach
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**Open**

1	1	Alaa Abdelaheem	Egypt	13.01.19 87/37	89,70	150		220	242,5	245	-	242,5		242,5	12	148,652		Self
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**Weight 100**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadlift	class	total	team point	Pts	place abs	Coach
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**Open**

1	1	Hamada Fawzy	Egypt	30.08.19 89/34	94,90	664		230	245	252,5	-	245		245	12	145,824		Self
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**Weight 125**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadlift	class	total	team point	Pts	place abs	Coach
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**Masters**

1	1	Hossam Eldin Alafifi	Egypt	10.04.19 75/48	113,50	59		220	240	250	-	250		250	12	153,017		Self
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**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters, WPC Deadlift multy-ply equipment, M)**

Name	Pts	Body weight
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**absolute winners ( Open Submasters, WPC Deadlift multy-ply equipment, M)**

Name	Pts	Body weight
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FINAL PROTOCOL  
WPC Egypt Cup

3 February - 9 February 2024 y.

c.Sharm-El Sheikh

## WPC Deadlift 1-ply equipment

## Woman

## Weight 67,5

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Arwa Abdelghany	Egypt	06.09.20 09/14	64,60	204		90	95	95	-	90		90	12	83,8035		Self
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## Juniors

1	1	Asmaa Ahmed	Egypt	02.03.20 02/21	67,30	345		100	110	117,5	-	117,5		117,5	12	105,955		Self
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## Masters

1	1	Amany Ahmed Rabi	Egypt	01.12.19 61/62	66,90	986		160	180	185	-	185		185	12	233,467		Self
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## Open

1	1	Aya Mohamed	Egypt	04.11.19 98/25	64,00	179		120	135	142,5	-	142,5		142,5	12	133,672		Self
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## Weight 75

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Juniors

1	1	Habiba Ahmed Khater	Egypt	01.10.20 00/23	75,00	402		110	130	140	-	140		140	12	117,054		Self
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## Open

1	-	Nevine Mohamed	Egypt	22.09.19 83/40	73,70	472		150	-	-	-							Self
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## absolute winners ( Teenagers Teenagers Teenagers, WPC Deadlift 1-ply equipment, W)

Name	Pts	Body weight
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## absolute winners ( Juniors, WPC Deadlift 1-ply equipment, W)

Name	Pts	Body weight
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## absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters, WPC Deadlift 1-ply equipment, W)

Name	Pts	Body weight
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## absolute winners ( Open Submasters, WPC Deadlift 1-ply equipment, W)

Name	Pts	Body weight
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## Man

## Weight 52

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Marwan Fekry	Egypt	26.07.20 10/13	51,20	495		115	120	125	-	125		125	12	122,906	16	Self
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## Weight 56

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Youssef Zakaria	Egypt	13.04.20 07/16	55,30	930		125	130	135	-	135		135	12	122,087	19	Self
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## Weight 60

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	Mohamed Magdy	Egypt	06.08.20 06/17	60,00	655		140	160	160	-	140		140	12	116,599	21	Self
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## Weight 67,5

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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## Teenagers

1	1	George Philip	Egypt	06.08.20 06/17	65,00	155		160	180	195	205	195		195	12	150,793	3	Self
2	2	Marawan Hany	Egypt	10.05.20 06/17	67,10	164		140	165	175	-	175		175	9	131,635	14	Self
3	3	Mohamed Abdelrahman Mostafa	Egypt	02.08.20 06/17	66,70	93		140	145	145	-	145		145	8	109,634	24	Self

## Juniors

1	1	Fares Gamal	Egypt	23.04.20 03/20	65,10	391		160	180	187,5	-	187,5		187,5	12	144,796	4	Self
2	2	Mohamed Kamal	Egypt	16.06.20 03/20	66,20	827		170	180	182,5	-	180		180	9	136,971	7	Self

## Open

## wpc dl 1-ply eq

1	1	Mohamed Ashmawy	Egypt	15.08.19 99/24	64,40	520		160	180	185	-	185	185	12	144,244	13	Self
2	2	Mohamed Ali	Egypt	11.01.20 00/24	66,50	218		170	180	212,5	-	180	180	9	136,449	16	Self

**Weight 75**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Kirolas Ekramy	Egypt	31.08.20 08/15	72,20	758		140	145	152,5	-	152,5	152,5	12	108,069	25	Self
2	2	Yaseen Farghl	Egypt	01.01.20 09/15	73,70	245		125	142,5	147,5	-	142,5	142,5	9	99,4008	27	Self

**Teenagers**

1	1	Yousef Assem	Egypt	23.01.20 07/17	72,20	695		190	200	202,5	-	200	200	12	141,73	9	Self
2	2	Omar Ibrahim	Egypt	23.12.20 07/16	72,70	269		140	155	170	-	170	170	9	119,824	20	Self
3	3	Abdelrahman Ahmed	Egypt	11.09.20 06/17	69,50	726		140	152,5	167,5	-	167,5	167,5	8	122,350	17	Self

**Teenagers**

1	1	Yehia Salah	Egypt	25.02.20 04/19	75,00	954		205	215	220,5	-	220	220	12	151,481	2	Self
2	2	Omar Hesham	Egypt	14.12.20 04/19	73,70	733		202,5	212,5	225	-	212,5	212,5	9	148,229	5	Self
3	3	Zead Rabie Farig	Egypt	17.02.20 05/18	70,30	900		195	200	205	-	205	205	8	148,358	4	Self
4	4	Hassan Ali Hassan	Egypt	24.05.20 05/18	75,00	292		200	200	200	-	200	200	7	137,71	12	Self
5	5	Yahia Hafiz	Egypt	16.11.20 05/18	70,00	111		175	195	215	-	195	195	6	141,618	10	Self
6	6	Ahmed Ismail	Egypt	29.09.20 04/19	72,40	280		180	195	207,5	-	195	195	5	137,884	11	Self

**Juniors**

1	1	Abdelrahman Elgzery	Egypt	20.05.20 01/22	74,90	581		220	220	227,5	-	220	220	12	151,624	2	Self
2	2	Hassan Bekhiet	Egypt	21.03.20 00/23	73,20	206		190	190	225	-	190	190	9	133,218	8	Self

**Masters**

1	1	Mohamed Zaki	Egypt	12.09.19 77/46	75,00	920		170	190	200	-	200	200	12	147,074	5	Self
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**Open**

1	1	Ahmed Eladl	Egypt	24.11.19 97/26	74,80	299		250	250	270	-	250	250	12	172,475	2	Self
2	2	Abdelfadeel Abdalla	Egypt	13.09.19 87/36	73,60	135		195	200	215	-	215	215	9	150,134	8	Self

**Weight 82,5**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Ibrahim Eslam	Egypt	28.07.20 10/13	82,50	618		95	115	120	-	120	120	12	77,352	29	Self
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**Teenagers**

1	1	Fares Mohamed	Egypt	03.11.20 04/19	80,40	612		210	225	235	-	225	225	12	147,521	6	Self
2	2	Mohamed Mahmoud	Egypt	01.07.20 04/19	82,10	890		220	230	230	-	220	220	9	142,263	8	Self
3	3	Nabil Mohamed	Egypt	12.12.20 05/18	81,40	631		170	170	192,5	-	192,5	192,5	8	125,173	15	Self
4	4	Selim Salem	Egypt	28.12.20 04/19	79,40	127		180	185	192,5	-	185	185	7	122,322	18	Self

**Juniors**

1	1	Mohamed Ahmed	Egypt	20.04.20 02/21	81,30	9		205	220	230	-	230	230	12	149,684	3	Self
2	2	Ebrahim Saad	Egypt	01.01.20 01/23	81,00	318		200	220	230	-	220	220	9	143,517	5	Self

**Open**

1	1	Mohamed Mansuor	Egypt	30.01.19 90/34	82,30	771		250	260	265	-	265	265	12	171,084	3	Self
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**Weight 90**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Mazen El Mashad	Egypt	11.03.20 04/19	88,70	538		155	170	180	-	170	170	12	104,864	26	Self	
2		Mohand Emad	Egypt	16.07.20 05/18	89,40	277		-	-	-	-	-	-	-	-	-	-	Self

**Juniors**

1	1	Ahmed Ali	Egypt	15.09.20 02/21	88,80	63		190	210	225	-	225	225	12	138,701	6	Self
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**Masters**

1	1	Mohanad Alhadadin	Syrian Arab Republic	22.04.19 70/53	83,40	735		50	70	90	-	90	90			68,2143	10	Self
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## wpc dl 1-ply eq

**Masters**

1	1	Sallam Gaber	Egypt	09.08.19 66/57	89,00	40		180	182,5	200	-	200	200	12	156,141	2	Self
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**Open**

1	1	Mohamed Shaban	Egypt	16.08.19 91/32	86,70	976		240	260	265	-	260	260	12	162,526	5	Self
2	2	Mohamed Ahmed Zaki	Egypt	02.10.19 94/29	85,50	420		215	230	245,5	-	245	245	9	154,435	7	Self
3	3	Alaa Abdelaheem	Egypt	13.01.19 87/37	89,70	39		220	242,5	245	-	242,5	242,5	8	148,652	10	Self
4	4	Mohamed Mahmoud Abdo	Egypt	15.05.19 98/25	88,00	229		240	245	245	-	240	240	7	148,728	9	Self

**Weight 100**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Mohamed Aiman	Egypt	06.06.20 06/17	93,20	211		170	190	205	-	190	190	12	114,123	23	Self
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**Teenagers**

1	1	Ahmed Shawkat	Egypt	22.03.20 04/19	92,60	828		170	200	270	-	270	270	12	162,715	1	Self
2	2	Mrawan Abd Aziz	Egypt	19.12.20 04/19	96,60	959		240	245	245	-	245	245	9	144,599	7	Self

**Masters**

1	1	Islam Abd Alah	Egypt	30.04.19 79/44	94,60	922		230	240	245	-	245	245	12	152,337	4	Self
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**Masters**

1	1	Megahed Ali Hassan Mohamed	Egypt	07.11.19 65/58	95,40	98		167,5	177,5	182,5	-	182,5	182,5	12	139,891	7	Self
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**Open**

1	1	Ahmed Arafa	Egypt	20.11.19 88/35	95,70	62		272,5	282,5	307,5	-	282,5	282,5	12	167,480	4	Self
2	2	Ramadan Ahmed	Egypt	01.06.19 85/38	99,30	819		245	265	270	-	265	265	9	154,508	6	Self
3	3	Omar Eltahawy	Egypt	19.06.19 99/24	96,00	199		250	250	270	-	250	250	8	147,987	12	Self

**Weight 110**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Yaseen Razk	Egypt	09.09.20 09/14	109,00	861		135	145	160	-	160	160	12	90,232	28	Self
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**Teenagers**

1	1	Ziad Ahmed	Egypt	09.12.20 05/18	101,30	27		200	230	240	-	230	230	12	132,997	13	Self
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**Masters**

1	1	Elsaeed Eid	Egypt	04.07.19 78/45	109,50	788		200	220	230	-	220	220	12	130,718	9	Self
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**Masters**

1	1	Mohamed Elghamry	Egypt	08.07.19 73/50	106,10	910		240	250	-	-	250	250	12	160,643	1	Self
2	2	Tamer Saeed	Egypt	01.08.19 73/50	109,30	422		200	220	220	-	220	220	9	140,086	6	Self

**Open**

1	1	Ibram Lewis	Egypt	28.08.19 99/24	107,90	566		290	320	330	-	320	320	12	181,008	1	Self	
2	2	Hassan Ali Maged	Egypt	30.07.19 92/31	107,60	217		230	250	252,5	-	252,5	252,5	9	142,940	15	Self	
3	3	Khaled Shaban	Egypt	13.01.19 94/30	104,00	990		220	240	250	-	250	250	8	143,137	14	Self	
4	4	Vaccaro Agostino	Italy	13.02.19 91/32	102,09	192		180	210	240	-	210	210	7	121,086	17	Self	
5		Hassan Ali	Egypt	05.11.19 99/24	108,80	333		-	-	-	-	-	-	-	-	-	-	Self

**Weight 125**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Teenagers**

1	1	Fares Fareed	Egypt	11.02.20 04/19	116,70	104		180	210	230	-	210	210	12	116,413	22	Self
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**Masters**

1	1	Hossam Eldin Alafifi	Egypt	10.04.19 75/48	113,50	401		220	240	250	-	250	250	12	153,017	3	Self
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**Open**

1	1	Mohannad El Chami	Lebanon	29.01.19 87/37	122,30	483		255	270	272	-	270	270	12	148,108	11	Self
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**Weight 140**

No	place	Name	Team	Birth date	Weight	lot	class	D1	D2	D3	D4(R)	Deadli ft	class	total	team point	Pts	place abs	Coach
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**Juniors**

## wpc dl 1-ply eq

1 1 Ahmed Aziz Egypt 23.10.20 03/20 126,10 425 240 290 300 - 290 290 12 157,835 1 Self

**Masters**

1 1 Ahmed Foad Egypt 01.06.19 76/47 135,00 858 230 235 240 - 240 240 12 139,063 8 Self

**absolute winners ( Teenagers Teenagers Teenagers, WPC Deadlift 1-ply equipment, M)**

	Name	Pts	Body weight
1	Ahmed Shawkat	162,7155	92,6
2	Yehia Salah	151,481	75
3	George Philip	150,7935	65
4	Zead Rabie Farig	148,3585	70,3
5	Omar Hesham	148,229375	73,7
6	Fares Mohamed	147,52125	80,4
7	Mrawan Abd Aziz	144,599	96,6
8	Mohamed Mahmoud	142,263	82,1
9	Yousef Assem	141,73	72,2
10	Yahia Hafiz	141,61875	70
11	Ahmed Ismail	137,8845	72,4
12	Hassan Ali Hassan	137,71	75
13	Ziad Ahmed	132,9975	101,3
14	Marawan Hany	131,635	67,1
15	Nabil Mohamed	125,173125	81,4
16	Marwan Fekry	122,90625	51,2
17	Abdelrahman Ahmed	122,350375	69,5
18	Selim Salem	122,322	79,4
19	Youssef Zakaria	122,08725	55,3
20	Omar Ibrahim	119,8245	72,7
21	Mohamed Magdy	116,599	60
22	Fares Fareed	116,4135	116,7
23	Mohamed Aiman	114,1235	93,2
24	Mohamed Abdelrahman Mostafa	109,6345	66,7
25	Kirolos Ekramy	108,069125	72,2
26	Mazen El Mashad	104,8645	88,7
27	Yaseen Farghl	99,400875	73,7
28	Yaseen Razk	90,232	109
29	Ibrahim Eslam	77,352	82,5

**absolute winners ( Juniors, WPC Deadlift 1-ply equipment, M)**

	Name	Pts	Body weight
1	Ahmed Aziz	157,8354	126,1
2	Abdelrahman Elgzery	151,624	74,9
3	Mohamed Ahmed	149,684	81,3
4	Fares Gamal	144,796875	65,1
5	Ebrahim Saad	143,517	81
6	Ahmed Ali	138,70125	88,8
7	Mohamed Kamal	136,971	66,2
8	Hassan Bekhiet	133,2185	73,2

**absolute winners ( Open Submasters, WPC Deadlift 1-ply equipment, M)**

	Name	Pts	Body weight
1	Ibram Lewis	181,008	107,9
2	Ahmed Eladl	172,475	74,8
3	Mohamed Mansuor	171,084	82,3
4	Ahmed Arafa	167,480125	95,7
5	Mohamed Shaban	162,526	86,7
6	Ramadan Ahmed	154,50825	99,3
7	Mohamed Ahmed Zaki	154,43575	85,5
8	Abdelfadeel Abdalla	150,1345	73,6
9	Mohamed Mahmoud Abdo	148,728	88
10	Alaa Abdelaheem	148,6525	89,7
11	Mohannad El Chami	148,1085	122,3
12	Omar Eltahawy	147,9875	96
13	Mohamed Ashmawy	144,2445	64,4
14	Khaled Shaban	143,1375	104
15	Hassan Ali Maged	142,94025	107,6
16	Mohamed Ali	136,449	66,5
17	Vaccaro Agostino	121,086	102,09

**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters, WPC Deadlift 1-ply equipment, M)**

	Name	Pts	Body weight
1	Mohamed Elghamry	160,643625	106,1
2	Sallam Gaber	156,14152	89
3	Hossam Eldin Alaffi	153,017788	113,5
4	Islam Abd Alah	152,33719	94,6
5	Mohamed Zaki	147,07428	75
6	Tamer Saeed	140,0861	109,3
7	Megahed Ali Hassan Mohamed	139,891953	95,4
8	Ahmed Foad	139,063834	135
9	Elsaeed Eid	130,71872	109,5
10	Mohanad Alhadadin	68,214384	83,4

wpc bp poda and lin

**FINAL PROTOCOL  
WPC Egypt Cup**

3 February - 9 February 2024 y.

c.Sharm-El Sheikh

**WPC Benchpress Poda and Lin**

**Man**

**Weight 60**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Masters**

1	1	Mohmed Monier Mahmud	Egypt	14.02.19 63/60	58,80	37		80	90	90	-	90		90	12	102,449		Self
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**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters Masters Masters, WPC Benchpress Poda and Lin, M)**

	Name	Pts	Body weight
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wpc bp m-ply eq

**FINAL PROTOCOL  
WPC Egypt Cup**

3 February - 9 February 2024 y.

c.Sharm-El Sheikh

**WPC Benchpress multy-ply equipment**

**Man**

**Weight 82,5**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Masters**

1	1	Mohamed Mazen Jomaa	Syrian Arab Republic	13.08.19 73/50	82,50	400		100	107,5	<del>117,5</del>	-	<b>107,5</b>		<b>107,5</b>	12	78,3027		Self
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**Weight 100**

No	place	Name	Team	Birth date	Weight	lot	class	B1	B2	B3	B4(R)	Bench press	class	total	team point	Pts	place abs	Coach
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**Masters**

1		Markovic Zivorad	Serbia	29.09.19 60/63	92,30	200		-	-	-	-							Self
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**absolute winners ( Masters Masters Masters Masters Masters Masters Masters Masters Masters Masters, WPC Benchpress multy-ply equipment, M)**

	Name	Pts	Body weight
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total

**Referee**

Ustinov Y. V.  
Rode I. A.  
Rode A. B.

The main referee  
Main secretary  
Deputy main Secretary

MK Novorossiysk  
MK Saratov  
NK Saratov

Main referee of the competition

Ustinov Yuri Vladimirovich, city Novorossiysk

Main secretary of the competition

Rode Irina Alexandrova, city Saratov