

**ASIAN POWERLIFTING FEDERATION**  
**Asian Men's University Cup 2023, Sharjah (United Arab Emirates), 17-21.08.2023**

**DETAILED SCORESHEET**

Rnk	Name	d.o.b.	Team	Bwt	IPF GL Cf.	Lot	All Squat			All Bench Press			All Deadlift			Total	IPF GL	Pts			
<b>-59kg</b>																					
1	Majeed Naktal	25.11.00	Diyala	58.40	0.1664	7	150.0	165.0	172.5	1	95.0	105.0	107.5	1	185.0	195.0	200.0	1	480.0	79.86	12
2	Alrefai Fahad	01.01.00	UOS	54.30	0.1730	2	142.5	150.0	155.0	2	85.0	90.0	92.5	2	160.0	172.5	<del>180.0</del>	3	420.0	72.67	9
3	Al-Tameemi Baqer	24.08.00	M	57.60	0.1676	5	127.5	130.0	135.0	3	80.0	87.5	92.5	3	160.0	180.0	190.0	2	417.5	69.98	8
4	Aboulmohsin Imad	26.05.00	Diyala	53.60	0.1742	6	<del>140.0</del>	<del>140.0</del>	100.0	4	65.0	72.5	<del>77.5</del>	4	130.0	140.0	150.0	4	322.5	56.19	7
5	Algburi Zaid	19.10.00	KUFA	56.60	0.1692	3	80.0	<del>90.0</del>	95.0	5	40.0	50.0	<del>60.0</del>	7	85.0	100.0	130.0	5	275.0	46.53	6
6	Alkaabi Abdullah	07.12.00	ZU	57.80	0.1673	4	72.5	75.0	80.0	6	62.5	65.0	<del>67.5</del>	6	87.5	95.0	110.0	7	255.0	42.66	5
7	Zaghoul Mohamed	01.01.00	UAEU	54.70	0.1723	1	<del>60.0</del>	60.0	65.0	7	<del>65.0</del>	65.0	<del>67.5</del>	5	95.0	105.0	112.5	6	242.5	41.79	4
<b>-66kg</b>																					
1	Toktobolotov Kanatbek	05.10.90	KSAPC	65.20	0.1569	8	<del>140.0</del>	<del>140.0</del>	180.0	1	<del>120.0</del>	120.0	122.5	2	200.0	210.0	<del>217.5</del>	3	512.5	80.41	12
2	Alsabt Hussain	22.06.00	KU	65.70	0.1563	17	135.0	142.5	150.0	5	97.5	102.5	107.5	3	205.0	217.5	230.0	1	487.5	76.18	9
3	Shahhet Ahmad Fouad	01.01.90	Aleppo	64.90	0.1573	9	140.0	<del>150.0</del>	157.5	3	95.0	105.0	<del>110.0</del>	5	200.0	210.0	222.5	2	485.0	76.28	8
4	Al-Kinani Ali	17.08.90	KUT	63.60	0.1590	11	<del>170.0</del>	<del>170.0</del>	170.0	2	95.0	105.0	<del>110.0</del>	4	175.0	190.0	<del>210.0</del>	6	465.0	73.92	7
5	Al Faqsh Humam	29.01.00	MDX	65.30	0.1568	15	135.0	137.5	145.0	8	95.0	<del>102.5</del>	<del>102.5</del>	8	195.0	210.0	<del>220.0</del>	4	450.0	70.55	6
6	Aldhaheeri Mohammed	17.02.90	ZU	63.40	0.1592	14	135.0	145.0	155.0	4	92.5	97.5	<del>100.0</del>	7	<del>170.0</del>	170.0	185.0	7	437.5	69.67	5
7	Najzi Abbas	12.02.00	SADIQ	65.10	0.1570	10	100.0	135.0	145.0	7	<del>75.0</del>	80.0	<del>90.0</del>	10	170.0	190.0	205.0	5	430.0	67.52	4
8	Ahmed Rayyan	01.01.00	AKU	65.40	0.1566	1	140.0	147.5	<del>157.5</del>	6	95.0	102.5	<del>105.0</del>	6	160.0	<del>162.5</del>	<del>175.0</del>	9	410.0	64.22	3
9	Subbah Mohammed	22.08.00	AUS	63.60	0.1590	16	100.0	<del>110.0</del>	110.0	9	115.0	122.5	125.0	1	140.0	160.0	<del>180.0</del>	8	395.0	62.80	2
10	Fares Alawadhi	01.01.00	UAEU	63.70	0.1588	2	<del>80.0</del>	90.0	<del>100.0</del>	10	80.0	90.0	<del>95.0</del>	9	120.0	135.0	142.5	10	322.5	51.23	1
11	Hamad Mohammed	16.10.00	AL-MA	65.00	0.1571	12	<del>65.0</del>	65.0	67.5	11	<del>50.0</del>	50.0	70.0	11	100.0	102.5	105.0	11	242.5	38.11	1
<b>-74kg</b>																					
1	Fouda Mohammed	06.02.00	AU	74.00	0.1468	24	<del>210.0</del>	210.0	230.0	1	105.0	<del>112.5</del>	112.5	2	210.0	235.0	<del>242.5</del>	1	577.5	84.78	12
2	Khalil Hasan	05.03.90	Tishree	73.40	0.1474	20	120.0	130.0	140.0	9	100.0	<del>105.0</del>	<del>105.0</del>	6	185.0	200.0	207.5	2	447.5	65.98	9
3	Al-Majmaie Mustafa	25.07.00	Diyala	71.80	0.1491	26	140.0	<del>160.0</del>	170.0	3	95.0	105.0	<del>107.5</del>	3	160.0	170.0	<del>180.0</del>	9	445.0	66.36	8
4	Ibrahim Naser Hussam Sa	28.09.00	UJ	74.00	0.1468	1	160.0	170.0	180.0	2	80.0	<del>95.0</del>	<del>95.0</del>	11	150.0	165.0	180.0	6	440.0	64.60	7
5	Jabbar Mohammedalsader	18.06.00	AL-TUF	72.80	0.1481	27	<del>130.0</del>	130.0	160.0	5	70.0	85.0	92.5	7	160.0	170.0	182.5	3	435.0	64.41	6
6	Al-Jorani Mohammed	31.10.00	Diyala	71.20	0.1498	22	140.0	155.0	162.5	4	90.0	100.0	<del>105.0</del>	5	160.0	170.0	<del>180.0</del>	8	432.5	64.78	5
7	Mohammad Alrahmah	01.01.00	UAEU	68.80	0.1525	38	<del>140.0</del>	140.0	<del>150.0</del>	8	90.0	100.0	<del>102.5</del>	4	130.0	160.0	180.0	4	420.0	64.05	4
8	Al-Mohammed Abdularahr	02.09.90	MOSUL	73.60	0.1472	18	100.0	130.0	145.0	7	75.0	85.0	87.5	8	120.0	150.0	180.0	5	412.5	60.73	3
9	Al-Bdairi Nooruldeen	01.01.90	AL-KA	70.50	0.1506	19	135.0	145.0	<del>155.0</del>	6	85.0	<del>87.5</del>	<del>92.5</del>	9	160.0	172.5	<del>182.5</del>	7	402.5	60.60	2
10	Tholoor Shamil	01.01.00	UAEU	71.50	0.1495	23	<del>130.0</del>	<del>130.0</del>	130.0	10	<del>115.0</del>	<del>115.0</del>	115.0	1	140.0	150.0	<del>160.0</del>	10	395.0	59.04	1
11	Almarzooqi Humaid	31.01.00	ZU	70.70	0.1503	21	97.5	105.0	112.5	11	65.0	72.5	<del>80.0</del>	12	130.0	140.0	145.0	11	330.0	49.61	1
12	Omar Alshehhi	01.01.00	UAEU	68.30	0.1531	2	85.0	87.5	100.0	12	80.0	<del>82.5</del>	82.5	10	95.0	110.0	120.0	13	302.5	46.31	1
—	Obaid Ali	01.01.00	UAEU	72.40	0.1485	13	70.0	72.5	80.0	13	<del>65.0</del>	<del>70.0</del>	<del>70.0</del>	—	110.0	120.0	130.0	12	DSQ	—	—
<b>-83kg</b>																					
1	Hasan Ali	30.08.00	MIDDL	81.30	0.1399	36	<del>180.0</del>	<del>185.0</del>	185.0	5	135.0	145.0	<del>152.5</del>	1	<del>217.5</del>	227.5	242.5	1	572.5	80.08	12
2	Shapsugh Nartan	11.08.00	AUS	82.00	0.1393	29	185.0	195.0	202.5	1	127.5	135.0	<del>140.0</del>	2	225.0	235.0	<del>242.5</del>	4	572.5	79.74	9
3	Yousef Yousef	30.01.90	Aleppo	82.40	0.1389	32	175.0	190.0	200.0	2	110.0	120.0	122.5	6	230.0	242.5	<del>252.5</del>	2	565.0	78.50	8
4	Zoual Ghena Hamzah	11.08.00	AUS	81.30	0.1399	34	160.0	180.0	192.5	4	120.0	127.5	<del>132.5</del>	3	200.0	<del>210.0</del>	<del>220.0</del>	8	520.0	72.74	7
5	Mohammed Abdullah	24.10.00	MOSUL	80.30	0.1408	25	<del>160.0</del>	160.0	170.0	8	100.0	102.5	<del>107.5</del>	9	230.0	237.5	<del>240.0</del>	3	510.0	71.79	6
6	Kamil Ibrahim	26.09.00	Diyala	82.30	0.1390	35	170.0	180.0	<del>185.0</del>	7	120.0	<del>127.5</del>	<del>127.5</del>	7	210.0	<del>230.0</del>	<del>240.0</del>	5	510.0	70.90	5

7	Al-Fattle Ghaith	13.11.0	AL-RAI	81.20	0.1400	30	140.0	155.0	165.0	9	110.0	125.0	<del>130.0</del>	5	185.0	200.0	<del>225.0</del>	7	490.0	68.59	4
8	Abualfeilat Abdelrahman	18.10.0	RIT	82.60	0.1388	39	182.5	190.0	197.5	3	105.0	112.5	<del>120.0</del>	8	175.0	X	X	10	485.0	67.30	3
9	Zarkali Obada	10.11.9	AU	81.30	0.1399	37	150.0	<del>152.5</del>	<del>170.0</del>	10	125.0	127.5	<del>132.5</del>	4	185.0	202.5	<del>212.5</del>	6	480.0	67.14	2
10	Al-Hakeem Taha	15.02.9	ALFAR	81.70	0.1395	31	<del>160.0</del>	160.0	180.0	6	80.0	100.0	<del>110.0</del>	10	170.0	200.0	<del>220.0</del>	9	480.0	66.98	1
11	Albogabab Mohammed	01.09.0	KUFA	82.80	0.1386	28	<del>80.0</del>	80.0	<del>120.0</del>	12	60.0	75.0	<del>85.0</del>	11	90.0	120.0	160.0	12	315.0	43.66	1
—	Aljaberi Hussein	07.02.0	KERBA	80.30	0.1408	33	110.0	112.5	<del>125.0</del>	11	<del>105.0</del>	<del>105.0</del>	<del>105.0</del>	—	155.0	160.0	<del>170.0</del>	11	DSQ	—	—
<b>-93kg</b>																					
1	Abdulshaheed Mohammed	11.11.0	AL-NAI	92.10	0.1314	46	<del>247.5</del>	252.5	<del>265.0</del>	1	135.0	142.5	147.5	3	250.0	260.0	265.0	1	665.0	87.41	12
2	Bassem Ahmed	27.05.0	AUS	92.40	0.1312	41	207.5	217.5	<del>225.0</del>	2	147.5	155.0	160.0	1	247.5	260.0	<del>267.5</del>	3	637.5	83.66	9
3	Dashti Abdulmohsen	20.02.0	KU	90.40	0.1327	51	195.0	<del>215.0</del>	<del>215.0</del>	3	115.0	120.0	<del>122.5</del>	6	250.0	260.0	<del>265.0</del>	2	575.0	76.27	8
4	Alhaj Zien Fahed	02.06.9	ALwata	91.40	0.1319	53	190.0	<del>200.0</del>	<del>210.0</del>	4	125.0	<del>135.0</del>	<del>135.0</del>	4	210.0	220.0	230.0	6	545.0	71.91	7
5	Alzeerah Abdullah	01.01.0	UOS	92.30	0.1313	47	145.0	155.0	165.0	9	140.0	147.5	150.0	2	215.0	222.5	230.0	7	545.0	71.56	6
6	Naqi Khalid	21.12.0	AUS	92.50	0.1312	49	170.0	180.0	<del>187.5</del>	5	110.0	117.5	<del>122.5</del>	7	215.0	225.0	237.5	4	535.0	70.17	5
7	Mohamad Rammal	29.07.9	UOS	86.50	0.1356	76	160.0	175.0	<del>190.0</del>	6	120.0	<del>130.0</del>	<del>135.0</del>	5	220.0	230.0	235.0	5	530.0	71.86	4
8	Saadeddin Burhan	06.01.0	RIT	91.70	0.1317	43	165.0	175.0	<del>185.0</del>	7	105.0	110.0	115.0	8	192.5	205.0	210.0	10	500.0	65.86	3
9	Chaabawi Ali	07.11.0	AL-RAI	93.00	0.1308	54	140.0	160.0	<del>180.0</del>	10	90.0	95.0	100.0	10	190.0	200.0	215.0	8	475.0	62.14	2
10	Al-Ghuraibawi Moamel	22.11.0	KUT	91.30	0.1320	50	<del>165.0</del>	165.0	<del>182.5</del>	8	85.0	97.5	<del>105.0</del>	11	190.0	210.0	<del>225.0</del>	9	472.5	62.37	1
11	Alnajjar Ibrahim	01.01.9	UAEU	84.70	0.1370	48	<del>110.0</del>	110.0	120.0	11	<del>95.0</del>	<del>102.5</del>	105.0	9	150.0	170.0	180.0	11	405.0	55.49	1
12	Mohammed Ali	01.02.0	IUCN	83.10	0.1383	79	70.0	90.0	110.0	12	50.0	70.0	<del>85.0</del>	12	125.0	150.0	175.0	12	355.0	49.11	1
13	Aleshaieqr Abbas	05.12.0	KERBA	90.20	0.1328	44	65.0	70.0	80.0	13	<del>65.0</del>	<del>65.0</del>	65.0	13	100.0	125.0	140.0	13	285.0	37.85	1
<b>-105kg</b>																					
1	Fulat Imran	17.12.0	MDX	104.20	0.1239	56	255.0	270.0	277.5	1	162.5	170.0	172.5	1	260.0	277.5	287.5	2	737.5	91.38	12
2	Omid Najafi	17.03.9	AZAD	100.70	0.1259	58	250.0	265.0	267.5	2	155.0	<del>162.5</del>	<del>162.5</del>	2	260.0	287.5	<del>315.0</del>	1	710.0	89.40	9
3	Abduallah Altubaiykh	30.09.0	KU	101.20	0.1256	57	212.5	220.0	<del>225.0</del>	3	117.5	125.0	<del>127.5</del>	5	265.0	272.5	<del>277.5</del>	3	617.5	77.57	8
4	Abouzeid Medhat	10.09.0	AUS	103.80	0.1241	67	185.0	195.0	205.0	4	142.5	<del>147.5</del>	147.5	3	210.0	225.0	235.0	4	587.5	72.93	7
5	Belobaida Hamad	13.02.0	HCT	103.50	0.1243	55	187.5	197.5	202.5	5	90.0	97.5	<del>100.0</del>	6	205.0	220.0	232.5	5	532.5	66.19	6
6	Abbas Yazan	09.05.0	AUS	104.00	0.1240	60	160.0	175.0	185.0	6	120.0	130.0	137.5	4	190.0	<del>207.5</del>	X	7	512.5	63.56	5
—	Mohammed Amr	04.03.0	AU	97.40	0.1279	45	<del>165.0</del>	165.0	<del>167.5</del>	7	<del>115.0</del>	<del>120.0</del>	<del>120.0</del>	—	210.0	<del>220.0</del>	<del>220.0</del>	6	DSQ	—	—
<b>-120kg</b>																					
1	Al-Turfi Mustafa	30.07.0	Babylor	112.50	0.1196	62	210.0	220.0	235.0	2	135.0	145.0	152.5	2	240.0	260.0	280.0	1	667.5	79.85	12
2	Al-Omairi Zainulabdeen	06.01.0	Wasit	105.80	0.1230	63	240.0	255.0	260.0	1	135.0	142.5	<del>150.0</del>	3	<del>255.0</del>	262.5	<del>277.5</del>	3	665.0	81.81	9
3	Ahmed Riyaz	30.06.9	MAHE	114.40	0.1187	64	200.0	212.5	220.0	3	122.5	132.5	140.0	4	200.0	212.5	230.0	4	590.0	70.05	8
4	Asadi Ali	03.08.9	AZAD	118.90	0.1167	65	190.0	212.5	<del>222.5</del>	4	135.0	147.5	157.5	1	210.0	220.0	<del>225.0</del>	5	590.0	68.86	7
5	Najeeb Alkooheji	17.10.0	PMU	119.60	0.1164	80	195.0	205.0	<del>222.5</del>	5	100.0	110.0	<del>115.0</del>	5	235.0	252.5	275.0	2	590.0	68.69	6
<b>120+kg</b>																					
1	Gholizadeh Mohammad	26.11.9	AZAD	152.30	0.1055	73	270.0	292.5	302.5	1	180.0	195.0	205.0	1	260.0	285.0	305.0	1	812.5	85.74	12
2	Shkhair Abdullah	19.04.0	M	136.10	0.1102	68	240.0	252.5	<del>260.0</del>	2	140.0	155.0	<del>162.5</del>	3	250.0	265.0	<del>280.0</del>	2	672.5	74.14	9
3	Bakaiev Ilyas	01.04.0	MDX	122.40	0.1153	71	210.0	220.0	230.0	4	145.0	157.5	162.5	2	225.0	245.0	<del>262.5</del>	4	637.5	73.47	8
4	Hilal Basil	01.04.0	AUS	126.00	0.1138	72	210.0	<del>220.0</del>	230.0	5	140.0	<del>150.0</del>	152.5	4	<del>220.0</del>	230.0	235.0	5	617.5	70.29	7
5	Jobran Aboughazi	01.03.0	UDST	134.50	0.1108	69	210.0	230.0	245.0	3	115.0	<del>122.5</del>	<del>127.5</del>	6	230.0	<del>240.0</del>	247.5	3	607.5	67.30	6
6	Alhammadi Abdulla	19.12.0	ZU	168.40	0.1018	70	207.5	220.0	<del>230.0</del>	6	125.0	135.0	140.0	5	225.0	<del>240.0</del>	<del>247.5</del>	6	585.0	59.55	5
7	Soud Al Hussain	17.11.0	UOS	166.30	0.1022	77	195.0	200.0	205.0	7	<del>105.0</del>	105.0	110.0	8	190.0	<del>192.5</del>	X	7	505.0	51.63	4
8	Salem Saleh	27.08.0	ZU	135.60	0.1104	75	150.0	152.5	<del>180.0</del>	8	100.0	115.0	<del>130.0</del>	7	<del>150.0</del>	150.0	X	8	417.5	46.10	3

**Team (points)**

1 American University of Sharjah

39 [9+9+7+7+7]

379.36 IPF GL

2	Diyala University	37	[12+8+7+5+5]	338.10	IPF GL
3	AZAD UNIVERSITY	28	[12+9+7]	244.00	IPF GL
4	Middlesex University Dubai	26	[12+8+6]	235.40	IPF GL
5	University of Sharjah	23	[9+6+4+4]	267.72	IPF GL
6	Zayed University	19	[5+5+5+3+1]	267.59	IPF GL
7	MUSTANSIRIY UNIVERISTY	17	[9+8]	144.12	IPF GL
8	Aleppo University	16	[8+8]	154.78	IPF GL
9	University of Kuwait	16	[8+8]	153.84	IPF GL
10	Ajman University	14	[12+2]	151.93	IPF GL
11	AL-NAHRAIN UNIVERSITY	12	[12]	87.41	IPF GL
12	Kyrgyz State Academy of Phisycal Culture and Sport	12	[12]	80.41	IPF GL
13	MIDDLI TECHNICAL UNIVERSITY	12	[12]	80.08	IPF GL
14	University of Babylon	12	[12]	79.85	IPF GL
15	United Arab Emirates University	11	[4+4+1+1+1]	271.60	IPF GL
16	Wasit University	9	[9]	81.81	IPF GL
17	Khalifa University	9	[9]	76.18	IPF GL
18	Tishreen university	9	[9]	65.98	IPF GL
19	UNIVERSITY OF MOSUL	9	[6+3]	132.52	IPF GL
20	Manipal Academy of Higher Education - Dubai	8	[8]	70.05	IPF GL
21	KUT UNIVERSITY COLLEGE	8	[7+1]	136.30	IPF GL
22	AL-wataniya Private University	7	[7]	71.91	IPF GL
23	University of Jordan	7	[7]	64.60	IPF GL
24	KUFA UNIVERSITY	7	[6+1]	90.19	IPF GL
25	Prince Mohammad Bin Fahd University	6	[6]	68.69	IPF GL
26	University of Doha for Science and Technology	6	[6]	67.30	IPF GL
27	Higher Colleges of Technology	6	[6]	66.19	IPF GL
28	AL-TURATH	6	[6]	64.41	IPF GL
29	AL-RAFDAIN UMIVERSITY	6	[4+2]	130.73	IPF GL
30	Rochester Institute of Technology of Dubai	6	[3+3]	133.16	IPF GL
31	University of JAFAR ALSADIQ	4	[4]	67.52	IPF GL
32	Aga Khan University	3	[3]	64.22	IPF GL
33	IMAM AL-KADHUM COLLGE	2	[2]	60.60	IPF GL
34	ALFARAHIDI-UNIVERSITY	1	[1]	66.98	IPF GL
35	Islamic University College Najaf	1	[1]	49.11	IPF GL
36	AL-MAARIF UNIVERSITY COLLEGE	1	[1]	38.11	IPF GL
37	UNIVERSITY OF KERBALA	1	[1]	37.85	IPF GL

#### Best Lifters of Open by IPF GL Formula

Rnk	Lifter	Team	Bwt	Total	IPF GL Points	C.Rnk
1.	Fulat Imran	MDX	104.20	737.5	91.3799	1
2.	Omid Najafi	AZAD	100.70	710.0	89.3975	2
3.	Abdulshaheed Mohammed	AL-NAHRAIN	92.10	665.0	87.4103	1

#### Abbreviations:

nb - New pers. bestlifts; n - National Record; c - Continental Record; w - World Record; cp - Competition's Record; wg - World Games Record;  
 1..4 - Master's Record; j - Junior's Record; s - Subjunior's Record; ps. - Personally; X - the refused attempt.

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

AL-KADHUM = IMAM AL-KADHUM COLLEGE  
KUT = KUT UNIVERSITY COLLEGE  
AKU = Aga Khan University  
AL-MAARIF = AL-MAARIF UNIVERSITY COLLEGE  
AL-NAHRAIN = AL-NAHRAIN UNIVERSITY  
AL-RAFDAIN = AL-RAFDAIN UNIVERSITY  
AL-TURATH = AL-TURATH  
ALFARAHIDI = ALFARAHIDI-UNIVERSITY  
ALwataniya = AL-wataniya Private University  
AU = Ajman University  
AUS = American University of Sharjah  
AZAD = AZAD UNIVERSITY  
Aleppo = Aleppo University  
Babylon = University of Babylon  
Diyala = Diyala University  
HCT = Higher Colleges of Technology  
IUCN = Islamic University College Najaf  
KARBALA = UNIVERSITY OF KARBALA  
KSAPCS = Kyrgyz State Academy of Physical Culture and Sport

KU = Khalifa University  
KU = University of Kuwait  
KUFA = KUFA UNIVERSITY  
M = MUSTANSIRIY UNIVERSITY  
MAHE = Manipal Academy of Higher Education - Dubai  
MDX = Middlesex University Dubai  
MIDDLI = MIDDLE TECHNICAL UNIVERSITY  
MOSUL = UNIVERSITY OF MOSUL  
PMU = Prince Mohammad Bin Fahd University  
RIT = Rochester Institute of Technology of Dubai  
SADIQ = University of JAFAR ALSADIQ  
Tishreen = Tishreen university  
UAEU = United Arab Emirates University  
UDST = University of Doha for Science and Technology  
UJ = University of Jordan  
UOS = University of Sharjah  
Wasit = Wasit University  
ZU = Zayed University