



Afghanistan Bench Press Records

Updated by Ed Kutin 5/6/2017

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Weight Class: 148 Male				
Division	Bench Press	Name	Resides	Date
Open	85.0 kgs / 187.3 lbs	Abbas Hussaini	Afghanistan	2013
18-19	85.0 kgs / 187.3 lbs	Abbas Hussaini	Afghanistan	2013

Weight Class: 165 Male				
Division	Bench Press	Name	Resides	Date
Open	70.0 kgs / 154.3 lbs	Abbas Hussaini	Afghanistan	3/2014
18-19	70.0 kgs / 154.3 lbs	Abbas Hussaini	Afghanistan	3/2014