



Afghanistan Powerlifting Records

Updated by Ed Kutin 5/6/2017

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Weight Class: 148 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	107.5 kgs / 236.9 lbs Abbas Hussaini (Afghanistan) 2013	85.0 kgs / 187.3 lbs Abbas Hussaini (Afghanistan) 2013	155.0 kgs / 341.7 lbs Abbas Hussaini (Afghanistan) 2013	347.5 kgs / 766.0 lbs Abbas Hussaini (Afghanistan) 2013
18-19	107.5 kgs / 236.9 lbs Abbas Hussaini (Afghanistan) 2013	85.0 kgs / 187.3 lbs Abbas Hussaini (Afghanistan) 2013	155.0 kgs / 341.7 lbs Abbas Hussaini (Afghanistan) 2013	347.5 kgs / 766.0 lbs Abbas Hussaini (Afghanistan) 2013

Weight Class: 165 Male / Powerlifting				
Division	Squat	Bench Press	Deadlift	Total
Open	142.5 kgs / 314.1 lbs Abbas Hussaini (Afghanistan) 3/2014	70.0 kgs / 154.3 lbs Abbas Hussaini (Afghanistan) 3/2014	185.0 kgs / 407.8 lbs Abbas Hussaini (Afghanistan) 3/2014	397.5 kgs / 876.3 lbs Abbas Hussaini (Afghanistan) 3/2014
18-19	142.5 kgs / 314.1 lbs Abbas Hussaini (Afghanistan) 3/2014	70.0 kgs / 154.3 lbs Abbas Hussaini (Afghanistan) 3/2014	185.0 kgs / 407.8 lbs Abbas Hussaini (Afghanistan) 3/2014	397.5 kgs / 876.3 lbs Abbas Hussaini (Afghanistan) 3/2014