



**POWERLIFTING FEDERATION**

# **POWERLIFTING RECORDS FOR IRAQ**

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## **MEN**

<b>90kg CLASS</b>	<b>SQUAT</b>	<b>BENCH PRESS</b>	<b>DEADLIFT</b>	<b>TOTAL</b>
OPEN	20,0 Ahmed Shafik (2010)	185,0 Ahmed Shafik (2010)	100,0 Ahmed Shafik (2010)	305,0 Ahmed Shafik (2010)
35-39	20,0 Ahmed Shafik (2010)	185,0 Ahmed Shafik (2010)	100,0 Ahmed Shafik (2010)	305,0 Ahmed Shafik (2010)