



Israel Bench Records

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Weight Class: 56 / 123 Female				
Division	Bench Press	Name	Resides	Date
Open	42.5 kgs / 93.6 lbs	Sara Dahary	Israel	12/2014
35-39	42.5 kgs / 93.6 lbs	Sara Dahary	Israel	12/2014

Weight Class: 67.5 / 148 Female				
Division	Bench Press	Name	Resides	Date
Open	55.0 kgs / 121.2 lbs	Pninit Kalmanzon	Israel	12/2014
16-17	30.0 kgs / 66.1 lbs	Lior Ifrah	Israel	12/2014
20-24	55.0 kgs / 121.2 lbs	Pninit Kalmanzon	Israel	12/2014

Weight Class: 90 / 198 Female				
Division	Bench Press	Name	Resides	Date
Open	60.0 kgs / 132.2 lbs	Dahlia Moyal	Israel	12/2014
20-24	60.0 kgs / 132.2 lbs	Dahlia Moyal	Israel	12/2014

Weight Class: 56 / 123 Male				
Division	Bench Press	Name	Resides	Date
Open	103.0 kgs / 227.0 lbs	Idan Alkoby	Israel	11/2013
20-24	103.0 kgs / 227.0 lbs	Idan Alkoby	Israel	11/2013

Weight Class: 67.5 / 148 Male				
Division	Bench Press	Name	Resides	Date
Open	120.0 kgs / 264.5 lbs	Omri Kol	Israel	12/2014
16-17	95.0 kgs / 209.4 lbs	Asaf Livne	Israel	12/2014
18-19	85.0 kgs / 187.3 lbs	Eyal Mazuz	Israel	12/2014
20-24	120.0 kgs / 264.5 lbs	Omri Kol	Israel	12/2014

Weight Class: 75 / 165 Male				
Division	Bench Press	Name	Resides	Date
Open	120.0 kgs / 264.5 lbs	Harel Assour	Israel	12/2014
18-19	87.5 kgs / 192.9 lbs	Bar Bibas	Israel	12/2014
20-24	75.0 kgs / 165.3 lbs	Liran Cohen	Israel	12/2014
40-44	120.0 kgs / 264.5 lbs	Harel Assour	Israel	12/2014
65-69	100.0 kgs / 220.4 lbs	Shmuel Faregslch	Israel	12/2014

Weight Class: 82.5 / 181 Male				
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Division	Bench Press	Name	Resides	Date
Open	135.0 kgs / 297.6 lbs	Ran Cohen	Israel	12/2014
16-17	100.0 kgs / 220.4 lbs	Daniel Nahbi	Israel	12/2014
18-19	112.5 kgs / 248.0 lbs	Yaniv Gofit	Israel	12/2014
20-24	130.0 kgs / 286.5 lbs	Shai Livny	Israel	12/2014
35-39	125.0 kgs / 275.5 lbs	Valery Fruman	Israel	12/2014

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Resides	Date
Open	160.0 kgs / 352.7 lbs	Itzik Zohar	Israel	12/2014
18-19	110.0 kgs / 242.5 lbs	Nadav David	Israel	12/2014
50-54	160.0 kgs / 352.7 lbs	Itzik Zohar	Israel	12/2014

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Resides	Date
Open	175.0 kgs / 385.8 lbs	Vadim Chagan	Israel	12/2014
18-19	150.0 kgs / 330.6 lbs	Guy Koral	Israel	12/2014
20-24	170.0 kgs / 374.7 lbs	Shay Zomer	Israel	12/2014
35-39	152.5 kgs / 336.2 lbs	Ivan Koronchik	Israel	12/2014
40-44	175.0 kgs / 385.8 lbs	Vadim Chagan	Israel	12/2014
45-49	135.0 kgs / 297.6 lbs	Vadim Tarasov	Israel	12/2014
50-54	130.0 kgs / 286.5 lbs	Maik Kazakov	Israel	12/2014

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Resides	Date
Open	170.0 kgs / 374.7 lbs	Tom Ben Natan	Israel	12/2014
16-17	95.0 kgs / 209.4 lbs	Daniel Volodarsky	Israel	12/2014
20-24	170.0 kgs / 374.7 lbs	Tom Ben Natan	Israel	12/2014
45-49	90.0 kgs / 198.4 lbs	Vasilij Sasomin	Israel	12/2014

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Resides	Date
Open	170.0 kgs / 374.7 lbs	Osher Softi	Israel	12/2014
16-17	130.0 kgs / 286.5 lbs	Efi Adirmasov	Israel	12/2014
20-24	170.0 kgs / 374.7 lbs	Osher Softi	Israel	12/2014
35-39	167.5 kgs / 369.2 lbs	Eliahu Henkin	Israel	12/2014

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Resides	Date
Open	180.0 kgs / 396.8 lbs	Yair Zarkhin	Israel	12/2014
20-24	180.0 kgs / 396.8 lbs	Yair Zarkhin	Israel	12/2014

Unknown Class: SHW Male

Division	Bench Press	Name	Resides	Date
Open	125.0 kgs / 275.5 lbs	Yossi Barishev	Israel	12/2014
20-24	125.0 kgs / 275.5 lbs	Yossi Barishev	Israel	12/2014