



Israel Powerlifting Records

Ed Kutin edkutin@gmail.com

7/4/2023

Weight Class: 56 / 123 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	67.5 kgs / 148.8 lbs Sara Dahary (Israel) 12/2014	42.5 kgs / 93.6 lbs Sara Dahary (Israel) 12/2014	87.5 kgs / 192.9 lbs Sara Dahary (Israel) 12/2014	197.5 kgs / 435.4 lbs Sara Dahary (Israel) 12/2014
35-39	67.5 kgs / 148.8 lbs Sara Dahary (Israel) 12/2014	42.5 kgs / 93.6 lbs Sara Dahary (Israel) 12/2014	87.5 kgs / 192.9 lbs Sara Dahary (Israel) 12/2014	197.5 kgs / 435.4 lbs Sara Dahary (Israel) 12/2014

Weight Class: 67.5 / 148 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	75.0 kgs / 165.3 lbs Lior Ifrah (Israel) 12/2014	30.0 kgs / 66.1 lbs Lior Ifrah (Israel) 12/2014	85.0 kgs / 187.3 lbs Lior Ifrah (Israel) 12/2014	190.0 kgs / 418.8 lbs Lior Ifrah (Israel) 12/2014
16-17	75.0 kgs / 165.3 lbs Lior Ifrah (Israel) 12/2014	30.0 kgs / 66.1 lbs Lior Ifrah (Israel) 12/2014	85.0 kgs / 187.3 lbs Lior Ifrah (Israel) 12/2014	190.0 kgs / 418.8 lbs Lior Ifrah (Israel) 12/2014

Weight Class: 90 / 198 Female / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	120.0 kgs / 264.5 lbs Dahlia Moyal (Israel) 12/2014	60.0 kgs / 132.2 lbs Dahlia Moyal (Israel) 12/2014	120.0 kgs / 264.5 lbs Dahlia Moyal (Israel) 12/2014	300.0 kgs / 661.3 lbs Dahlia Moyal (Israel) 12/2014
20-24	120.0 kgs / 264.5 lbs Dahlia Moyal (Israel) 12/2014	60.0 kgs / 132.2 lbs Dahlia Moyal (Israel) 12/2014	120.0 kgs / 264.5 lbs Dahlia Moyal (Israel) 12/2014	300.0 kgs / 661.3 lbs Dahlia Moyal (Israel) 12/2014

Weight Class: 56 / 123 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	150.0 kgs / 330.6 lbs Idan Alkoby (Israel) 11/2013	103.0 kgs / 227.0 lbs Idan Alkoby (Israel) 11/2013	200.0 kgs / 440.9 lbs Idan Alkoby (Israel) 11/2013	453.0 kgs / 998.6 lbs Idan Alkoby (Israel) 11/2013
20-24	150.0 kgs / 330.6 lbs Idan Alkoby (Israel) 11/2013	103.0 kgs / 227.0 lbs Idan Alkoby (Israel) 11/2013	200.0 kgs / 440.9 lbs Idan Alkoby (Israel) 11/2013	453.0 kgs / 998.6 lbs Idan Alkoby (Israel) 11/2013

Weight Class: 67.5 / 148 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
----------	-------	-------------	----------	-------

Open	185.0 kgs / 407.8 lbs Daniel Cohen (Israel) 12/2014	120.0 kgs / 264.5 lbs Omri Kol (Israel) 12/2014	210.0 kgs / 462.9 lbs Omri Kol (Israel) 12/2014	510.0 kgs / 1124.3 lbs Daniel Cohen (Israel) 12/2014
16-17	165.0 kgs / 363.7 lbs Asaf Livne (Israel) 12/2014	95.0 kgs / 209.4 lbs Asaf Livne (Israel) 12/2014	172.5 kgs / 380.2 lbs Asaf Livne (Israel) 12/2014	432.5 kgs / 953.4 lbs Asaf Livne (Israel) 12/2014
18-19	140.0 kgs / 308.6 lbs Royi Rayter (Israel) 12/2014	85.0 kgs / 187.3 lbs Eyal Mazuz (Israel) 12/2014	170.0 kgs / 374.7 lbs Eyal Mazuz (Israel) 12/2014	390.0 kgs / 859.7 lbs Eyal Mazuz (Israel) 12/2014
20-24	185.0 kgs / 407.8 lbs Daniel Cohen (Israel) 12/2014	120.0 kgs / 264.5 lbs Omri Kol (Israel) 12/2014	210.0 kgs / 462.9 lbs Omri Kol (Israel) 12/2014	510.0 kgs / 1124.3 lbs Daniel Cohen (Israel) 12/2014

Weight Class: 75 / 165 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	190.0 kgs / 418.8 lbs Harel Assour (Israel) 12/2014	120.0 kgs / 264.5 lbs Harel Assour (Israel) 12/2014	210.0 kgs / 462.9 lbs Harel Assour (Israel) 12/2014	520.0 kgs / 1146.3 lbs Harel Assour (Israel) 12/2014
18-19	150.0 kgs / 330.6 lbs Bar Bibas (Israel) 12/2014	87.5 kgs / 192.9 lbs Bar Bibas (Israel) 12/2014	170.0 kgs / 374.7 lbs Bar Bibas (Israel) 12/2014	407.5 kgs / 898.3 lbs Bar Bibas (Israel) 12/2014
20-24	135.0 kgs / 297.6 lbs Liran Cohen (Israel) 12/2014	75.0 kgs / 165.3 lbs Liran Cohen (Israel) 12/2014	170.0 kgs / 374.7 lbs Liran Cohen (Israel) 12/2014	380.0 kgs / 837.7 lbs Liran Cohen (Israel) 12/2014
40-44	190.0 kgs / 418.8 lbs Harel Assour (Israel) 12/2014	120.0 kgs / 264.5 lbs Harel Assour (Israel) 12/2014	210.0 kgs / 462.9 lbs Harel Assour (Israel) 12/2014	520.0 kgs / 1146.3 lbs Harel Assour (Israel) 12/2014

Weight Class: 82.5 / 181 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	222.5 kgs / 490.5 lbs Ran Cohen (Israel) 12/2014	135.0 kgs / 297.6 lbs Ran Cohen (Israel) 12/2014	265.0 kgs / 584.2 lbs Ran Cohen (Israel) 12/2014	622.5 kgs / 1372.3 lbs Ran Cohen (Israel) 12/2014
16-17	212.5 kgs / 468.4 lbs Niv Cohen (Israel) 12/2014	100.0 kgs / 220.4 lbs Daniel Nahbi (Israel) 12/2014	220.0 kgs / 485.0 lbs Daniel Nahbi (Israel) 12/2014	527.5 kgs / 1162.9 lbs Niv Cohen (Israel) 12/2014
18-19	215.0 kgs / 473.9 lbs Yaniv Goft (Israel) 2013	112.5 kgs / 248.0 lbs Yaniv Goft (Israel) 12/2014	205.0 kgs / 451.9 lbs Yaniv Goft (Israel) 12/2014	520.0 kgs / 1146.3 lbs Yaniv Goft (Israel) 12/2014
20-24	180.0 kgs / 396.8 lbs Shai Livny (Israel) 12/2014	130.0 kgs / 286.5 lbs Shai Livny (Israel) 12/2014	240.0 kgs / 529.1 lbs Shai Livny (Israel) 12/2014	550.0 kgs / 1212.5 lbs Shai Livny (Israel) 12/2014
35-39	150.0 kgs / 330.6 lbs Alon Kurtak (Israel) 12/2014	100.0 kgs / 220.4 lbs Alon Kurtak (Israel) 12/2014	200.0 kgs / 440.9 lbs Alon Kurtak (Israel) 12/2014	450.0 kgs / 992.0 lbs Alon Kurtak (Israel) 12/2014

Weight Class: 90 / 198 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	232.5 kgs / 512.5 lbs Chen Sonnenrich (Israel) 11/2013	120.0 kgs / 264.5 lbs David Zeleznyakov (Israel) 12/2014	282.5 kgs / 622.7 lbs Chen Sonnenrich (Israel) 11/2013	657.5 kgs / 1449.5 lbs Chen Sonnenrich (Israel) 11/2013

18-19	232.5 kgs / 512.5 lbs Chen Sonnenrich (Israel) 11/2013	110.0 kgs / 242.5 lbs Nadav David (Israel) 12/2014	282.5 kgs / 622.7 lbs Chen Sonnenrich (Israel) 11/2013	657.5 kgs / 1449.5 lbs Chen Sonnenrich (Israel) 11/2013
-------	--	---	--	---

Weight Class: 100 / 220 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	210.0 kgs / 462.9 lbs Vadim Chagan (Israel) 12/2014	175.0 kgs / 385.8 lbs Vadim Chagan (Israel) 12/2014	250.0 kgs / 551.1 lbs Vadim Chagan (Israel) 12/2014	635.0 kgs / 1399.9 lbs Vadim Chagan (Israel) 12/2014
18-19	205.0 kgs / 451.9 lbs Gal Hrabrov (Israel) 12/2014	150.0 kgs / 330.6 lbs Guy Koral (Israel) 12/2014	220.0 kgs / 485.0 lbs Gal Hrabrov (Israel) 12/2014	517.5 kgs / 1140.8 lbs Gal Hrabrov (Israel) 12/2014
20-24	200.0 kgs / 440.9 lbs Shay Zomer (Israel) 12/2014	170.0 kgs / 374.7 lbs Shay Zomer (Israel) 12/2014	230.0 kgs / 507.0 lbs Shay Zomer (Israel) 12/2014	600.0 kgs / 1322.7 lbs Shay Zomer (Israel) 12/2014
35-39	200.0 kgs / 440.9 lbs Ivan Koronchik (Israel) 12/2014	152.5 kgs / 336.2 lbs Ivan Koronchik (Israel) 12/2014	235.0 kgs / 518.0 lbs Ivan Koronchik (Israel) 12/2014	587.5 kgs / 1295.2 lbs Ivan Koronchik (Israel) 12/2014
40-44	210.0 kgs / 462.9 lbs Vadim Chagan (Israel) 12/2014	175.0 kgs / 385.8 lbs Vadim Chagan (Israel) 12/2014	250.0 kgs / 551.1 lbs Vadim Chagan (Israel) 12/2014	635.0 kgs / 1399.9 lbs Vadim Chagan (Israel) 12/2014
50-54	160.0 kgs / 352.7 lbs Maik Kazakov (Israel) 12/2014	130.0 kgs / 286.5 lbs Maik Kazakov (Israel) 12/2014	245.0 kgs / 540.1 lbs Maik Kazakov (Israel) 12/2014	535.0 kgs / 1179.4 lbs Maik Kazakov (Israel) 12/2014

Weight Class: 110 / 242 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	245.0 kgs / 540.1 lbs Tom Ben Natan (Israel) 12/2014	170.0 kgs / 374.7 lbs Tom Ben Natan (Israel) 12/2014	300.0 kgs / 661.3 lbs Tom Ben Natan (Israel) 12/2014	715.0 kgs / 1576.2 lbs Tom Ben Natan (Israel) 12/2014
16-17	170.0 kgs / 374.7 lbs Daniel Volodarsky (Israel) 12/2014	95.0 kgs / 209.4 lbs Daniel Volodarsky (Israel) 12/2014	220.0 kgs / 485.0 lbs Daniel Volodarsky (Israel) 12/2014	485.0 kgs / 1069.2 lbs Daniel Volodarsky (Israel) 12/2014
20-24	245.0 kgs / 540.1 lbs Tom Ben Natan (Israel) 12/2014	170.0 kgs / 374.7 lbs Tom Ben Natan (Israel) 12/2014	300.0 kgs / 661.3 lbs Tom Ben Natan (Israel) 12/2014	715.0 kgs / 1576.2 lbs Tom Ben Natan (Israel) 12/2014
45-49	160.0 kgs / 352.7 lbs Vasiliy Sasomin (Israel) 12/2014	90.0 kgs / 198.4 lbs Vasiliy Sasomin (Israel) 12/2014	210.0 kgs / 462.9 lbs Vasiliy Sasomin (Israel) 12/2014	460.0 kgs / 1014.1 lbs Vasiliy Sasomin (Israel) 12/2014

Weight Class: 125 / 275 Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	285.0 kgs / 628.3 lbs Eliahu Henkin (Israel) 12/2014	170.0 kgs / 374.7 lbs Osher Softi (Israel) 12/2014	300.0 kgs / 661.3 lbs Osher Softi (Israel) 12/2014	732.5 kgs / 1614.8 lbs Eliahu Henkin (Israel) 12/2014
16-17	190.0 kgs / 418.8 lbs Efi Adirmasov (Israel) 12/2014	130.0 kgs / 286.5 lbs Efi Adirmasov (Israel) 12/2014	205.0 kgs / 451.9 lbs Efi Adirmasov (Israel) 12/2014	525.0 kgs / 1157.4 lbs Efi Adirmasov (Israel) 12/2014
20-24	255.0 kgs / 562.1 lbs Osher Softi (Israel) 12/2014	170.0 kgs / 374.7 lbs Osher Softi (Israel) 12/2014	300.0 kgs / 661.3 lbs Osher Softi (Israel) 12/2014	725.0 kgs / 1598.3 lbs Osher Softi (Israel) 12/2014

35-39	285.0 kgs / 628.3 lbs Eliahu Henkin (Israel) 12/2014	167.5 kgs / 369.2 lbs Eliahu Henkin (Israel) 12/2014	280.0 kgs / 617.2 lbs Eliahu Henkin (Israel) 12/2014	732.5 kgs / 1614.8 lbs Eliahu Henkin (Israel) 12/2014
-------	--	--	--	---

Unknown Class: SHW Male / Powerlifting

Division	Squat	Bench Press	Deadlift	Total
Open	240.0 kgs / 529.1 lbs Yossi Barishev (Israel) 12/2014	125.0 kgs / 275.5 lbs Yossi Barishev (Israel) 12/2014	220.0 kgs / 485.0 lbs Yossi Barishev (Israel) 12/2014	585.0 kgs / 1289.6 lbs Yossi Barishev (Israel) 12/2014
20-24	240.0 kgs / 529.1 lbs Yossi Barishev (Israel) 12/2014	125.0 kgs / 275.5 lbs Yossi Barishev (Israel) 12/2014	220.0 kgs / 485.0 lbs Yossi Barishev (Israel) 12/2014	585.0 kgs / 1289.6 lbs Yossi Barishev (Israel) 12/2014