

# Asian fitness Cup

Level **Gold** Date **9/16/2022**  
 Completion **individual** Completion **Men**

Name	Country	Number	Pullup	Box Jump	Dips	walking lunges	Situps	Burpee-Pushup	Total
BADER	uae	1	31	49	75	56	80	21	312
Urbaiev Kuttubek	kgz	7	26	28	76	37	43	12	222
Arsalan Malik	pakistan	6	19	28	66	38	50	15	216
Bazarbaev Askat	kgz	11	28	45	81	49	70	16	289
Alashev Nursultan	kgz	8	20	43	75	47	40	16	241
Mikhail Zubarev	uae	5	28	49	65	51	45	15	253
IBRAHIM	uae	2	37	49	85	51	54	19	295
NASER	uae	3	31	52	78	53	45	15	274
AHMED ABDULLA	uae	4	31	40	63	42	50	13	239
Ivan Zolotuhin	uae	10	29	31	75	57	46	21	259
Askat	kgz	9	24	45	81	43	40	16	249

# Asian fitness Cup

Gold level		Level	Gold	Date	9/16/2022				
		Comptetion	individual	sex	Female				
Name	Country	Number	Pullup	Box Jump	Dips	walking lunges	Situps	Burpee-Pushup	Total
sahad budebs	uae	1	31	49	75	56	80	21	312
fatima	uae	7	26	28	76	37	43	12	222
Aikanysh	kgz	6	19	28	66	38	50	15	216

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Gold level		Level Completion	Gold Couple	Date Completion			9/16/2022 mixed		
Name	Number	Pullup	Box Jump	Dips	walking lunges	Situps	Burpee-Pushup	Total	
Bader / Shahad	1--1	55	112	168	74	121	25	555	
Ibrahim/Fatima	2--2	43	87	164	72	94	26	486	
Askat/Aisullu	3--3	28	54	153	61	128	31	455	



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<b>UAE+RUS+KGZ</b>		Level	Gold	Date		9/16/2022		
		Comptetion	Team	Comptetion		mixed		
Name	Number	Pullup	Box Jump	Dips	walking lunges	Situps	Burpee-Pushup	Total
Ahmed Alali		38	47	109	41	70	22	327
Askat		41	67	154	47	81	27	417
Anna		20	43	89	40	45	11	248
Abdulrahman		19	33	88	36	38	20	234
Alfalasi		28	27	110	38	62	15	280
Mari		17	43	80	36	33	15	224
<b>UAE</b>								<b>1730</b> second
Name	Number	Pullup	Box Jump	Dips	walking lunges	Situps	Burpee-Pushup	Total
FADHEL		41	47	131	48	99	24	390
BADER		29	44	111	43	87	24	338
NASSER		31	51	148	48	80	22	380
IBRAHIM		33	52	136	51	116	24	412
SHAHAD		37	50	108	55	89	22	361
FATIMA		20	36	97	39	32	18	242
								<b>2123</b> first

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KGZ+UAE		Level	silver			Date	9/16/2022			
		Competition	team			Competition	mixed			
Name	Number	Pullup	Box Jump	Dips	walking lunges	Situps	Burpee-Pushup	Total		
VICTORIA		1	10	40	6	62	15	134		
AKYLA			19	30	9	40	18	116		
ASKAT		66	76	104	64	139	78	527		
ALFALASI		33	51	70	50	105	47	356		
AWADAI		35	40	82	49	102	50	358		
AHMED		47	50	123	51	118	70	459		
<b>UAE</b>		<b>First</b>							<b>1950</b>	second
Name	Number	Pullup	Box Jump	Dips	walking lunges	Situps	Burpee-Pushup	Total		
FADHEL		58	69	130	69	137	83	546		
FATIMA		35	54	93	42	92	59	375		
SHAHAD		45	61	118	59	118	76	477		
BADEK		46	55	80	57	114	78	430		
NASSER		50	54	124	67	100	62	457		
IBRAHIM		50	47	131	67	111	70	476		
									<b>2761</b>	first