

International Federation of Bodybuilding and Fitness  
**54th Asian Bodybuilding and Fitness Champions**  
 November 12-15, 2021, Beirut, Lebanon



**OFFICIAL CONTEST RESULTS**

**Junior Men's Physique 16-23 yrs**

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2		Score
1	4	Baqer Hammed Ali	Iraq	1998	/172.5	12	9		9
2	9	Rony Abboud	Lebanon	1999	/170	20	13		13
3	6	Abdoulmohaimen Khalid Waleed	Iraq	1999	/182.5	15	16		16
4	7	Ayman Mosallam	Palestine	1999	/175	10	18		18
5	3	Imad Mohammed Ahmed	Iraq	1999	/167.5	20	19		19
6	2	Ghaith Elkasem	Syria	1999	/173.5	33	30		30
7	1	Mustafa Mohsin	Iraq	2000	/180.5	36			
8	8	Karim El Jamal	Lebanon	2001	/180.5	38			
9	5	Ibraheem Sahli	Syria	2001	/165	44			

Σ=9

**Men's Physique up to 170 cm**

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2		Score
1	25	Hasanain Hashim Issa	Iraq	1997	/168	11	8		8
2	18	Rony Abboud	Lebanon	1999	/170	7	10		10
3	17	Mostafa haltham Hameed	Iraq		/165	12	14		14
4	23	Imad Mohammed Ahmed	Iraq	1999	/167.5	21	19		19
5	22	Aravind Mattathu Somakumaran	Qatar		/168	29	26		26
6	19	Yousuf Doghman	Lebanon		/170	27	28		28
7	21	Mohamad Ismail	Syria		/166	30			
8	20	Aso Ameen Noori	Iraq	1978	/163	36			
9	24	Anbar Mubarak Al-Ali	Qatar	1978	/167	41			

Σ=9

**Men's Physique up to 173 cm**

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1			Score
1	27	Mustafa Mahsin Ali	Iraq		/171	5			5
2	26	Baqer Hammed Ali	Iraq	1998	/172.5	10			10
3	28	Kazem Ahmad	Syria	1996	/173	17			17
4	31	Mohammad Assaf	Lebanon		/173	23			23
5	30	Hussein Abdellah	Iraq		/171	24			24
6	29	Haydar Kobeisi	Lebanon		/173	26			26

Σ=6

**Men's Physique up to 176 cm**

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1			Score
1	33	Mohammed Mahmood	Iraq		/173.5	8			8
2	37	Karzan Salim	Iraq		/175	11			11
3	36	Ayman Mosallam	Palestine	1999	/175	15			15
4	35	Mohamed Alee Taha	Iraq	1997	/175	18			18
5	34	Ghaith Elkasem	Syria	1999	/173.5	22			22

Σ=5

**Men's Physique up to 179 cm**

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1			Score
1	42	Haydarah Sweidan	Syria		/176.5	8			8
2	40	Osamah Abdullateef	Iraq		/179	8			8
3	43	Mohamad Asfary	Syria		/178	15			15
4	39	Mohammed Muhammed	Iraq		/177	18			18
5	41	Bilal Hussein	Lebanon		/177	25			25

Σ=5

### Men's Physique up to 182 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1			Score
1	47	Mahmood Khaleel	Iraq		/180	5			5
2	45	Mustafa Mohsin	Iraq	2000	/180.5	11			11
3	44	Karam Safadi	Syria		/180	14			14
4	46	Basem El Abed	Palestine		/180	20			20

Σ=4

### Men's Physique over 182 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1			Score
1	50	Suleiman Shoubasi	Lebanon		/186	7			7
2	48	Asef Al Saleh	Syria	1992	/184	10			10
3	49	Abdoulmohaimen Khalid Waleed	Iraq	1999	/182.5	13			13
4	52	Alaa Takim Shihab	Iraq		/184.5	19			19
5	54	Kassem Mohammad Aboutaam	Lebanon		/184	26			26
6	51	Mahmoun Abdalla Osman	Lebanon		/188	31			31
7	53	Ali Husseini	Lebanon		/182.5	33			33

Σ=7

### Master Men's Physique +40 yrs

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1			Score
1	11	Peeshkawt Nimat Najm	Iraq	1979	/172	6			6
2	15	Ziad Assaad	Lebanon	1979	/174	17			17
3	14	Amr Farouk Almasry	Qatar	1978	/177	20			20
4	12	Anbar Mubarak Al-Ali	Qatar	1978	/167	22			22
5	10	Aso Ameen Noori	Iraq	1978	/163	24			24
6	13	Oussama Wraide	Lebanon	1980	/176	25			25
7	16	Ammar Abukarsh	Palestine	1979	/179	25			25

Σ=7

### Muscular Men's Physique

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1			Score
1	56	Mohanad Oday	Iraq		/182	8			8
2	58	Abdul Latif Makhloof	Lebanon		/175	8			8
3	57	Abdulkarim Hawilo	Lebanon		/181	15			15
4	55	Zaid Ahmed Akram	Iraq	1990	/167	20			20

Σ=4

### Junior Men's Classic Bodybuilding 16-23 yrs

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2		Score
1	60	Mostafa Mohammed Hlail	Iraq	2000	85.4/183	10	5		15

Σ=1

### Master Men's Classic Bodybuilding +40 yrs

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2		Score
1	332	Bassem Sawaya	Lebanon	1979	70/170	12	6		18
2	326	Mohammed Miqdad	Palestine	1978	71.1/171	22	13		35
3	346	Suhail Alasaad	Palestine	1978	79/175	28	16		44
4	359	Nasser Saad	Lebanon		81/178	46	20		66
5	161	Kassen Shahrour	Lebanon	1980	73/171	50	26		76
6	322	Khachik Arjinian	Lebanon	1981	72.5/171	54	27		81

Σ=6

### Men's Classic Bodybuilding up to 168 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2		Score
1	72	Ghaith Maan Fadhel	Iraq	1994	63/165	18	9		27
2	69	Dawood Mahdi Dawood	Iraq		64.5/165	20	8		28
3	68	Moamin Younus	Iraq		66/167	24	12		36
4	67	Dalal Hussein Hasan	Iraq		67.5/168	44	22		66
5	70	Mohamed Ahmad Sawalhi	Lebanon		68/168	52	27		79
6	71	Hussein Hussein	Lebanon	1981	66/166	56	27		83
7	73	Hassan Bazzil	Lebanon		67.5/168	70	35		105

Σ=7

### Men's Classic Bodybuilding up to 171 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2			Score
1	76	Ali Haqi Ismail	Iraq	1988	71.5/171	10	5			15
2	75	Khaled Al Masri	Syria		70/170	24	11			35
3	77	Khachik Arjinian	Lebanon	1981	72.5/171	26	14			40

Σ=3

### Men's Classic Bodybuilding up to 175 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2			Score
1	356	Shvan Mahdi Abdalla	Iraq		77/173	10	5			15
2	372	Pshdar Abdalla	Iraq		74/173	20	11			31
3	362	Moemen Agel	Palestine		79/175	36	16			52
4	320	Ousama Bou Ghader	Lebanon	1991	72/174	44	20			64
5	364	Mohammad Abbas	Lebanon		73/172.5	42	24			66

Σ=5

### Men's Classic Bodybuilding up to 180 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2			Score
1	90	Mohammed Hamid	Iraq		83.2/178	14	5			19
2	89	Harem Dara Mohammed	Iraq		82.4/177	18	10			28
3	87	Mohamad Al Refai	Syria		80/176.5	26	14			40
4	91	Ramy Khalifa	Lebanon		83/177	40	21			61
5	88	Siddhant More	India	1995	85/178	50	24			74

Σ=5

### Men's Classic Bodybuilding over 180 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2			Score
1	96	Ahmed Hameed Saeed	Iraq		87.35/181	10	5			15
2	95	Amir Kazem	Iraq		87.8/183	20	10			30
3	94	Shady El Ghash	Syria		94.5/185.5	40	20			60
4	93	Hassan Imad Abdallah	Lebanon		87/184	46	23			69
5	98	Alii Hassan Mansour	Lebanon		89/184	46	23			69
6	97	Hussam Heitalani	Syria		89/183	48	24			72

Σ=6

### Junior Men's Classic Physique 16-23 yrs

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2			Score
1	101	Abdul Rahman Obaji	Lebanon	2000	72/170	10	5			15

Σ=1

### Master Men's Classic Physique +40 yrs

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2			Score
1	103	Yasir Ghanim Merie	Iraq	1975	91/180	10	6			16
2	104	Mahmoud Cheghri	Syria	1980	76/170	20	9			29
3*	105	Suhail Alasaad	Palestine	1978	79/175	30	14			44
<i>Red cards semifinal: , Red cards final: 1. Places recounted accordingly.</i>										
4	107	Anas Al Aldbi	Syria	1975	83/175.5	48	25			73
5*	106	Salim El Shaar	Lebanon	1976	77/175	42	20			62
<i>Red cards semifinal: , Red cards final: 1. Places recounted accordingly.</i>										

Σ=5

### Men's Fit-Model, Open

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2			Score
1	100	Hassan Imad Abdallah	Lebanon		87/184	5	5			5
2		Mohammed Rahim Zidan	Iraq			10	10			10

Σ=2

### Men's Classic Physique up to 171 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2x 2	RD3	Score
1	116	Karrar Kareem Zoori	Iraq	1992	68.7/167	10	18	15	33
2	115	Othman Hejjo	Syria	1974	75/170	9	22	16	38
3	110	Munthier Samir Juatta	Iraq	1975	67/165	17	44	12	56
4	113	Ahmed Waleed Hussein	Iraq		75/169	21	44	15	59
5	117	Ali Khaddam	Syria		71/167	20	36	27	63
6	111	Ali Haqi Ismail	Iraq	1988	71.5/171	36	48	18	66
7	114	Fadi Shakour	Syria		77/171	38			
8	119	Zaid Tareq Raheem	Iraq		70/166.5	39			
9	118	Mohamed Ahmad Sawalhi	Lebanon		68/168	40			
10	112	Abdul Rahman Obaji	Lebanon	2000	72/170	42			

Σ=10

### Men's Classic Physique up to 175 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2	Score
1	125	Mustafa Salman Hameed	Iraq	1990	82/174.6	12	7	19
2	126	Shvan Mahdi Abdalla	Iraq		77/173	22	10	32
3	123	Ashdar Abdalla	Iraq		74/173	32	17	49
4	127	Rezhan Ibrahim	Iraq		73.3/172	40	20	60
5	122	Rashad El Hajjar	Lebanon		73.8/172	42	21	63

Σ=5

### Men's Classic Physique up to 180 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2	Score
1	131	Redar Mohammed	Iraq		90/180	10	5	15
2	133	Mahamad Abdul Zahraa	Iraq		88.2/180	20	10	30
3	129	Jaafar Kadhim Assi	Iraq	1997	86/177	30	15	45
4	130	Alan Jamail baqi	Iraq		80.5/176	40	20	60
5	132	Mahmoud Zhaira	Syria		86/179.5	50	25	75

Σ=5

### Men's Classic Physique over 180 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2x 2	RD3	Score
1	138	Ashraf Ahmad	Iraq		98/188.5	6	12	6	18
2	135	Ahmed Hameed Saeed	Iraq		87.35/181	9	18	9	27
3	140	Ameer hashim	Iraq		91.5/184	18	40	20	60
4	139	Nezar Wahbi	Syria		97/184	28	40	20	60
5	98	Alii Hassan Mansour	Lebanon		89/184	20	42	21	63
6	141	Mohamad Moussa Othman	Lebanon	1991	83/180.5	30	56	28	84
7	136	Fadi Mahmoud Dakdouk	Lebanon		88/186	33			
8	142	Badruine Al Dibo	Syria		92/182.5	38			

Σ=8

### Junior Men's Bodybuilding 16-23 yrs up to 80 kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2	Score
1	152	Ali Malik Hamid	Iraq	1998	78.9/	10	5	15
2	150	Ali Deeb	Syria	1999	77.9/	22	11	33
3	144	Dhurgham Jabbar	Iraq	1999	58.5/	28	14	42
4	147	Auwais Alzain	Syria	2002	74/170	40	19	59

Σ=4

### Junior Men's Bodybuilding 16-23 yrs over 80 kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2	Score
1	151	Mustafa Salim Faraj	Iraq	2000	89.5/	10	5	15
2	145	Ali Salah Radhi	Iraq	1999	82.1/	22	11	33
3	149	Hasan Allawi Khaleel	Iraq	2004	81.5/	32	16	48
4	148	Zaubair Syed Muhamed	Pakistan	1999	88/	38	20	58
5	146	Abdulateef Sami Ahmed	Iraq	1998	91/	48	24	72

Σ=5

### Master Women's Bikini +40 yrs

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1				Score
1	256	Abir El-Ali	Qatar	1974	/155	3				3

Σ=1

### Women's Bodyfitness, Open

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1				Score
1	252	Karine Hajjar	Lebanon	1985	/162.5	3				3

Σ=1

### Master Men's Bodybuilding +40 yrs 80 kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2x 2	RD3		Score
1	155	Mahmoud Cheghri	Syria	1980	70/170	18	22	11		33
2	160	Bader El Monakel	Syria	1979	73.3/	8	30	12		42
3	165	Othman Hejjo	Syria	1974	75/170	16	28	15		43
4	158	Luay Saad Mahdi	Iraq	1977	74.2/	26	36	19		55
5	156	Ihab Hashem	Syria	1976	70/	15	42	23		65
6	162	Mohammed Miqdad	Palestine	1978	71.1/171	30	50	24		74
7	168	Suhail Alasaad	Palestine	1978	79/175	34				
8	164	Ahmed Hashim Balasim	Iraq	1973	63.5/	37				
9	157	Talal Tabji	Syria	1980	76.5/	49				
10*	159	Bashar Sultan Jasim	Iraq	1966	70/	51				
11*	167	Saad Naji Abdullah	Iraq	1966	75.5/	52				
12	163	Soran Abdullah Raheem	Iraq	1981	70.5/161	55				
13	210	Akram Al Aouta	Lebanon	1978	79.5/	61				
DNC	166	Bassem Sawaya	Lebanon	1979	70/170					

\* Athlete over 50 years old

Σ=14

### Master Men's Bodybuilding +40 yrs +80 kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2x 2	RD3		Score
1	173	Shihab Ahmed Jubair	Iraq	1979	98.8/176	12	16	5		21
2	172	Mohamad Alhares	Syria	1975	87.6/176	20	12	10		22
3	179	Ahmed Jammel Jasim	Iraq	1973	88/	3	20	11		31
4	171	Ahmad Zaza	Syria	1980	92/	13	18	17		35
5*	170	Hayder Abdulrazzaq Kadhim	Iraq	1969	84/	13	32	13		45
6	181	Yasir Abduljaleel Abdulkareem	Iraq	1980	84/173	8	34	16		50
7	174	Anas Al Aldbi	Syria	1975	83/175.5	25				
8	175	nawar Khaski	Syria	1980	88.6/	26				
9	176	Yasirm Ghanim Merie	Iraq	1975	91/180					
10	177	Sameh Hanafy	Qatar	1977	84.8/					

\* Athlete over 50 years old

### Men's Bodybuilding up to 65 kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2			Score
1	183	Rahman Lateef	Iraq		64.8/	6	3			9
2	187	Ghaith Maan Fadhel	Iraq	1994	63/165	18	9			27
3	189	Ahmed Hashim Balasim	Iraq	1973	63.5/	20	10			30
4	185	Dhurgham Jabbar	Iraq	1999	58.5/	24	13			37
5	186	Mohammed Raheem Zaidan	Iraq	1986	65/	26	12			38
6	188	Dawood Mahdi Dawood	Iraq		64.5/165	34	18			52
7	184	Merhi Aboud Kheir	Lebanon		64.5/	42	20			62

Σ=7

### Men's Bodybuilding up to 70 kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	RD2x 2	RD3		Score
1	192	Moahamad Bachir Fares	Syria		70/167	6	8	3		11
2	196	Munthier Samir Juatta	Iraq	1975	67/165	4	10	7		17
3	197	Moamin Younus	Iraq		66/167	12	18	9		27
4	198	Karrar Kareem Zoori	Iraq	1992	68.7/167	8	20	11		31
5	193	Ihab Hashem	Syria	1976	70/	17	30	17		47
6	195	Zaid Tareq Raheem	Iraq		70/166.5	16	32	15		47
7	191	Khaled Al Masri	Syria		70/170	21				
8	194	Salman Muhammad	Pakistan		70/	23				

Σ=8

### Men's Bodybuilding up to 75 kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2			Score
1	204	Mohammed Jabbar Kadhim	Iraq		74.5/	14	4			18
2	200	Wail Alsamkari	Syria		74.4/	14	8			22
3	203	Lorance Fakhruddine	Lebanon		74.8/	14	9			23
4	201	Bader El Monakel	Syria	1979	73.3/	22	12			34
5	205	Rezhan Ibrahim	Iraq		73.3/172	24	10			34
6	202	Malak Abulfakhr	Syria		74.4/	36	18			54

Σ=6

### Men's Bodybuilding up to 80 kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2	RD3		Score
1	207	Ali Malik Hamid	Iraq	1998	78.9/	8	5	4		9
2	213	Ribal El Halabi	Lebanon		79/	28	7	7		14
3	212	Othman Adnan	Iraq		79.4/	16	8	7		15
4	211	Malik Ali Hussein	Iraq	1987	77.6/	18	11	14		25
5	214	Ghiath Al Shater	Syria		79.5/	32	13	14		27
6	215	Mohamad Al Refai	Syria		80/176.5	32	16	15		31
7	216	Moemen Agel	Palestine		79/175	34				
8	206	Ibrahim Ismail	Syria		77/	46				
9	208	Mohannad Toufaha	Lebanon		78.6/	48				
10	209	Ayham Draresh	Syria	1987	80/	58				
11	157	Talal Tabji	Syria	1980	76.5/	62				

Σ=11

### Men's Bodybuilding up to 85 kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2	RD3		Score
1	226	Haju Abul Salam Khalid	Iraq		81.6/	14	3	6		9
2	219	Alaa Al Naeb	Syria		84.1/	12	9	8		17
3	220	Hayder Mazin Hussein	Iraq		82.7/	32	10	9		19
4	217	Mustafa Salman Hameed	Iraq	1990	82/174.6	16	11	13		24
5	225	Mahmoud Mostafa	Lebanon		82.5/	28	14	12		26
6	218	Sameh Hanafy	Iraq	1977	84.8/	22	15	13		28
7	222	Hayder Majeed Mjali	Iraq		84.4/	44				
8	224	Kazem Sawalhi	Lebanon		84.7/	46				
DNC	221	Mohammed Hamid	Iraq		83.2/178					
DNC	223	Harem Dara Mohammed	Iraq		82.4/177					

Σ=10

### Men's Bodybuilding up to 90 kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2	RD3		Score
1	228	Ammar Oday Salah	Iraq	1988	87.8/	6	4	4		8
2	232	Khalid Mistafa	Iraq		89.6/	12	6	5		11
3	235	Mohamad Alhares	Syria	1975	87.6/176	20	9	9		18
4	230	Mustafa Salim Faraj	Iraq	2000	89.5/	38	13	12		25
5	234	Mahamad Abdul Zahraa	Iraq		88.2/180	22	15	13		28
6	239	Anas Halawi	Syria		90/	36	17	18		35
7	229	Luay Amer Abed	Iraq		89.2/	40				
8	231	Nawar Khaski	Syria	1980	88.6/	42				
DNC	233	Fouad Jasmin Shawi	Iraq	1977	87.6/					

Σ=9

### Men's Bodybuilding up to 100 kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2	RD3	Score
1	243	Hussein Najib	Iraq		96.5/	10	5	5	10
2	238	Ali Salim Jasim	Iraq		100/	8	6	4	10
3	242	Shihab Ahmed Jubair	Iraq	1979	98.8/176	22	11	11	22
4	241	Nezar Wahbi	Syria		97/184	20	12	12	24
5	237	Adil Abbar	Iraq		96.15/	30	12	13	25
6	240	Mohammad Mohsen Farhat	Lebanon		97/	36	16	18	34
7	245	Ali Wehbi	Qatar		95/180	38			
8	244	Mohamad Zoeibi	Lebanon		96.5/	46			

Σ=8

### Men's Bodybuilding over 100 kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1x 2	RD2	Score
1	250	Ali Jail Naser	Iraq		109/	6	3	9
2	248	Ahmed Kadhim	Iraq		101.5/	12	6	18
3	247	Ammar Yousef	Syria		100.9/	18	9	27
4	249	Dange Kishor Dnyaneshwar	India		108/	24	12	36

Σ=4

### Men's Bodybuilding OVERALL

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	Score
1	250	Ali Jail Naser	Iraq		109/	4	4
2	243	Hussein Najib	Iraq		96.5/	7	7
3	228	Ammar Oday Salah	Iraq	1988	87.8/	7	7
4	226	Haju Abul Salam Khalid	Iraq		81.6/	12	12
5	207	Ali Malik Hamid	Iraq	1998	78.9/	14	14

Σ=5

### Women's Wellness, Open

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	RD1	Score
1	254	Zahraa Ebeid	Lebanon		/160	4	4
2	255	Farah Awdeh	Lebanon		/150	5	5

Σ=2