



INTERNATIONAL FITNESS & BODYBUILDING FEDERATION
IFBB SPEED FIT WORLD CUP 2023

INDIVIDUAL MEN COMPETITION

SILVER CATEGORY			BEST	69	92	124	68	81	81			
NAME OF COMPETITOR	BORN	NUMBER	COUNTRY	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	TOTAL	MEDIA	
Lucian Constantin Popa	1995	422	ROMANIA	69	79	124	68	81	81	502	83.67	GOLD MEDAL
René Laane	1977	420	ESTONIA	69	92	106	60	72	71	470	78.33	SILVER MEDAL
Adham Alsqour	1994	448	JORDAN	52	76	114	49	55	60	406	67.67	BRONZE MEDAL
Abd Al Rahman Aqleh	1994	436	JORDAN	46	74	91	46	62	75	394	65.67	4th Place
Vicenç Redondo	1977	446	SPAIN	54	64	95	41	58	60	372	62.00	5th Place
Silviu Dobre	1991	417	ROMANIA	47	77	85	41	57	62	369	61.50	6th Place
Luis Lucero	1986	445	SPAIN	60	56	101	34	48	66	365	60.83	7th Place
Ali Al Hamawi	1993	412	JORDAN	55	53	89	57	52	58	364	60.67	8th Place
Moustafa Magdy Eleraky	2001	402	EGYPT	52	53	107	47	50	47	356	59.33	9th Place
Muhand Al-Qaisi	1993	437	JORDAN	42	76	92	47	40	55	352	58.67	10th Place
Hassan Amr Badran	2002	444	EGYPT	60	58	87	49	25	43	322	53.67	11th Place
Ayman Elkady	1995	443	EGYPT	38	76	54	40	52	60	320	53.33	12th Place
SeyedMeraj			IRAN									
Moussavizadeh	2003	404	IRAN	43	63	83	22	41	54	306	51.00	13th Place
Omid Rangkartehрани	1988	406	IRAN	34	52	60	31	49	60	286	47.67	14th Place
Olivier Zian Jochemus	2005	442	OUTH AFRIC.	0	54	58	29	48	42	231	38.50	15th Place
Amir Mohammad			IRAN									
Nezami	2004	405	IRAN	8	43	45	31	44	53	224	37.33	16th Place
Mahmoud Mastour M.	1989	410	EGYPT	27	54	44	10	36	40	211	35.17	17th Place
Ahmed Eissa	1979	434	EGYPT	9	23	19	6	0	0	57	9.50	18th Place

INDIVIDUAL MASTER MEN COMPETITION

SILVER CATEGORY			BEST	69	92	124	68	81	81			
NAME OF COMPETITOR	BORN	NUMBER	COUNTRY	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	TOTAL	MEDIA	
René Laane	1977	420	ESTONIA	69	92	106	60	72	71	470	78.33	GOLD MEDAL
Vicenç Redondo	1977	446	SPAIN	54	64	95	41	58	60	372	62.00	SILVER MEDAL
Ahmed Eissa	1979	434	EGYPT	9	23	19	6	0	0	57	9.50	BRONZE MEDAL

INDIVIDUAL JUNIOR MEN COMPETITION

SILVER CATEGORY			BEST	69	92	124	68	81	81			
NAME OF COMPETITORS	BORN	NUMBER	COUNTRY	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	TOTAL	MEDIA	
Moustafa Magdy Eleraky	2001	402	EGYPT	52	53	107	47	50	47	356	59.33	GOLD MEDAL
Hassan Amr Badran	2002	444	EGYPT	60	58	87	49	25	43	322	53.67	SILVER MEDAL
SeyedMeraj			IRAN									
Moussavizadeh	2003	404	IRAN	43	63	83	22	41	54	306	51.00	BRONZE MEDAL
Olivier Zian Jochemus	2005	442	OUTH AFRIC.	0	54	58	29	48	42	231	38.50	4th place
Amid Mohammad			IRAN									
Nezami	2004	405	IRAN	8	43	45	31	44	53	224	37.33	5th place



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INDIVIDUAL WOMEN COMPETITION

GOLD CATEGORY			BEST	28	63	38	62	50	17			
NAME OF COMPETITOR	BORN	NUMBER	COUNTRY	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	TOTAL	MEDIA	
Elena Novac	2000	470	ROMANIA	28	63	25	61	50	17	244	40.67	GOLD MEDAL
Rama Raafat Abu Saleh	1999	457	JORDAN	22	47	33	59	44	16	221	36.83	SILVER MEDAL
Stephanie Na'was	1991	471	JORDAN	21	50	38	60	38	10	217	36.17	BRONZE MEDAL
Nadia Taljaard Kemp	1996	496	SOUTH AFRICA	20	54	18	62	34	12	200	33.33	4th Place
Diala Khalid Al Otaibi	1992	487	JORDAN	25	43	34	38	39	13	192	32.00	5th Place

INDIVIDUAL WOMEN COMPETITION

SILVER CATEGORY			BEST	57	96	74	65	63	81			
NAME OF COMPETITOR	BORN	NUMBER	COUNTRY	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	TOTAL	MEDIA	
Elena Novac	2000	470	ROMANIA	57	96	74	65	61	81	434	72.33	GOLD MEDAL
Sesy Ramos Venturo	1979	498	SPAIN	36	81	59	59	54	72	361	60.17	SILVER MEDAL
Nadia Taljaard Kemp	1996	496	SOUTH AFRICA	36	83	61	60	48	69	357	59.50	BRONZE MEDAL
Sonja Robinson	1985	494	SOUTH AFRICA	30	67	57	61	58	71	344	57.33	4th Place
Stephanie Na'was	1991	471	JORDAN	29	59	70	54	54	71	337	56.17	5th Place
Rama Raafat Abu Saleh	1999	457	JORDAN	27	70	57	53	63	56	326	54.33	6th Place
Ashley Mackel	1991	499	SPAIN	19	51	82	52	47	73	324	54.00	7th Place
Diala Khalid Al Otaibi	1992	487	JORDAN	27	65	53	35	53	68	301	50.17	8th Place
Alicia Bullen	1987	480	SOUTH AFRICA	20	75	47	47	50	62	301	50.17	9th Place
Romina Soria	1987	495	SPAIN	26	65	57	49	51	51	299	49.83	10th Place
Amelia Smidt	1970	477	SOUTH AFRICA	12	65	33	48	48	70	276	46.00	11th Place
Gerda Vermaak	1972	468	SOUTH AFRICA	7	52	48	37	47	60	251	41.83	12th Place

INDIVIDUAL MASTER WOMEN COMPETITION

SILVER CATEGORY			BEST	57	96	74	65	63	81			
NAME OF COMPETITOR	BORN	NUMBER	COUNTRY	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	TOTAL	MEDIA	
Sesy Ramos Venturo	1979	498	SPAIN	36	81	59	59	54	72	361	60.17	GOLD MEDAL
Sonja Robinson	1985	494	SOUTH AFRICA	30	67	57	61	58	71	344	57.33	SILVER MEDAL
Alicia Bullen	1987	480	SOUTH AFRICA	20	75	47	47	50	62	301	50.17	BRONZE MEDAL
Romina Soria	1987	495	SPAIN	26	65	57	49	51	51	299	49.83	4th Place
Amelia Smidt	1970	477	SOUTH AFRICA	12	65	33	48	48	70	276	46.00	5th Place
Gerda Vermaak	1972	468	SOUTH AFRICA	7	52	48	37	47	60	251	41.83	6th Place



**INTERNATIONAL FITNESS & BODYBUILDING FEDERATION
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MEN'S PAIRS

GOLD EDITON		BEST	90	76	129	86	96	33			
NAME OF COMPETITORS	NUMBER	COUNTRY	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	TOTAL	MEDIA	
Lucian C. Popa & René Laane	422 / 420	ROM/EST	69	73	125	86	96	33	482	<i>80.33</i>	GOLD MEDAL
Adham Alsqour & Ali Al Hamawi	448 / 412	JORDAN	77	72	129	75	94	28	475	<i>79.17</i>	SILVER MEDAL
Moustafa Magdy Eleraky & Ahmed Gamal Zahran	402 / 447	EGYPT	90	58	128	63	73	23	435	<i>72.50</i>	BRONZE MEDAL
Ayman Elkady & Hassan Amr Badran	443 / 444	EGYPT	21	76	37	57	80	11	282	<i>47.00</i>	4th Place
Shahrooz Shirvani & Majid Salamat	401 / 411	IRAN	25	42	46	53	55	15	236	<i>39.33</i>	5th Place



MEN'S PAIRS

SILVER EDITON		BEST	100	140	157	93	106	104			
NAME OF COMPETITORS	NUMBER	COUNTRY	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	TOTAL	MEDIA	
Silviu Dobre & Lucian C. Popa	417 / 422	ROMANIA	85	140	139	93	106	84	647	<i>107.83</i>	GOLD MEDAL
Ali Al Hamawi & Adham Alsqour	412 / 448	JORDAN	100	110	157	80	91	86	624	<i>104.00</i>	SILVER MEDAL
René Laane & Vicente Redondo	402/446	ESTONIA/SPAIN	88	124	140	86	99	84	621	<i>103.50</i>	BRONZE MEDAL
Luis Lucero & Omid Rangkartehrami	445 / 406	SPAIN / IRAN	87	103	144	75	82	104	595	<i>99.17</i>	4th Place
Abd Al Rahman Aqleh & Muhand Al-Qaisi	436 / 437	JORDAN	81	122	147	73	78	84	585	<i>97.50</i>	5th Place
Moustafa Magdy Eleraky & Ahmed Gamal Zahran	402 / 447	EGYPT	100	126	136	40	82	78	562	<i>93.67</i>	6th Place
Ayman Elkady & Mahmoud Mastour M.	443 / 410	EGYPT	67	120	116	70	93	62	528	<i>88.00</i>	7th Place
SeyedMeraj Seyeddavoud & Amir Taheripour	404 / 409	IRAN	60	111	120	62	77	85	515	<i>85.83</i>	8th Place



INTERNATIONAL FITNESS & BODYBUILDING FEDERATION
IFBB SPEED FIT WORLD CUP 2023

WOMEN'S PAIRS

GOLD EDITION		BEST	44	77	74	84	77	25			
NAME OF COMPETITORS	NUMBER	COUNTRY	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	TOTAL	MEDIA	
Stephanie Na'was & Rama Raafat Abu Saleh	471 / 457	JORDAN	44	77	74	73	77	25	370	61.67	GOLD MEDAL
Delia Lacataru & Elena Novac	413 / 470	ROMANIA	43	76	49	84	73	21	346	57.67	SILVER MEDAL
Romina Soria & Ashley Mackel	495 / 499	SPAIN	7	53	30	46	59	20	215	35.83	BRONZE MEDAL



INTERNATIONAL FITNESS & BODYBUILDING FEDERATION
IFBB SPEED FIT WORLD CUP 2023

WOMEN'S PAIRS

SILVER EDITITON		BEST	59	126	119	108	92	99			
NAME OF COMPETITORS	NUMBER	COUNTRY	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	TOTAL	MEDIA	
Delia Lacataru & Elena Novac	413 / 470	ROMANIA	59	126	105	108	92	99	589	98.17	GOLD MEDAL
Stephanie Na'was & Diala Khalid Al Otaibi	471 / 487	JORDAN	46	104	115	75	78	97	515	85.83	SILVER MEDAL
Romina Soria & Ashley Mackel	495 / 499	SPAIN	40	97	119	90	70	80	496	82.67	BRONZE MEDAL
Alicia Bullen & Sonja Robinson	480 / 494	SOUTH AFRICA	42	101	85	82	83	88	481	80.17	4th Place
Amelia Smidt & Gerda Vermaak	477 / 468	SOUTH AFRICA	47	97	89	77	77	91	478	79.67	5th Place



**INTERNATIONAL FITNESS & BODYBUILDING FEDERATION
IFBB SPEED FIT WORLD CUP 2023**

MIXED PAIRS COMPETITION

GOLD EDITION		BEST	61	80	111	89	94	32			
NAME OF COMPETITORS	NUMBER	COUNTRY	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	TOTAL	MEDIA	
Elena Novac & Lucian Popa	487 / 448	ROMANIA	57	80	85	100	94	32	448	74.67	GOLD MEDAL
Adham Alsqour / Diala Khalid Al Otaibi	457 / 437	JORDAN	55	70	111	70	84	30	420	70.00	SILVER MEDAL
Stephanie Na'was & Ali Al Hamawi	471 / 412	JORDAN	61	70	93	76	72	30	402	67.00	BRONZE MEDAL
Rama Raafat Abu Saleh & Mohamad	496 / 439	JORDAN	58	64	96	79	74	23	394	65.67	4th place
Nadia Taljaard Kemp & Stefus J. Van Rensburg	470 / 422	SOUTH AFRICA	47	62	65	89	72	31	366	61.00	5th place



**INTERNATIONAL FITNESS & BODYBUILDING FEDERATION
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MIXED PAIRS COMPETITION

SILVER EDITITON		BEST	86	150	162	108	112	99			
NAME OF COMPETITORS	NUMBER	COUNTRY	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	TOTAL	MEDIA	
Elena Novac & Lucian Popa	470 / 422	ROMANIA	86	150	162	108	112	99	717	119.50	GOLD MEDAL
Stephanie Na'was & Adham Alsqour	471 / 437	JORDAN	74	111	161	81	96	90	613	102.17	SILVER MEDAL
Sesy Ramos & Vicente Redondo	498 / 446	SPAIN	68	114	160	87	94	85	608	101.33	BRONZE MEDAL
Ashley Mackel & Luis Lucero	499 / 445	SPAIN	77	109	151	80	82	88	587	97.83	4th place
Nadia Taljaard Kemp & Stefus J. Van Rensburg	470 / 422	SOUTH AFRICA	78	116	133	83	81	83	574	95.67	5th place
Rama Raafat Abu Saleh & Abd Al Rahman Aqleh	457 / 436	JORDAN	63	119	135	82	90	78	567	94.50	6th place
Diala Khalid Al Otaibi & Mohamad	487 / 439	JORDAN	62	117	155	72	76	77	559	93.17	7th place
Alicia Bullen & Olivier Zian Jochemus	480 / 442	SOUTH AFRICA	21	96	105	72	77	75	446	74.33	8th place



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IFBB SPEED FIT WORLD CUP 2023

TEAM COMPETITION

SILVER CATEGORY			BEST	69	92	124	68	95	85				
NAME OF COMPETITORS	Num.	M/F	COUNTRY	STAGE 1	STAGE 2	STAGE 3	STAGE 4	STAGE 5	STAGE 6	TOTAL	TOTAL TEAM	MEDIA	
Adham Alsqour	448	M	JORDAN	59	66	103	55	67	67	417			
Muhand Al-Qaisi	437	M	JORDAN	34	81	100	65	60	66	406			
Stephanie Na'was	471	F	JORDAN	23	56	59	65	49	65	317			
Ali Al Hamawi	412	M	JORDAN	44	65	85	65	53	60	372			
Abd Al Rahman Aqleh	436	M	JORDAN	33	72	84	59	78	67	393			
Rama Raafat Abu Saleh	457	F	JORDAN	25	70	62	51	61	63	332	2237	62,14	GOLD MEDAL
Sesy Ramos Ventura	498	F	SPAIN	8	82	64	69	53	76	352			
Vicenc Redondo	446	M	SPAIN	40	59	81	34	95	81	390			
Romina Soria	495	F	SPAIN	16	50	47	69	51	60	293			
Ashley Mackel	499	F	SPAIN	11	60	70	48	40	64	293			
Luis Lucero	445	M	SPAIN	46	51	119	53	63	75	407			
John Davi	440	M	SPAIN	52	45	76	29	50	60	312	2047	56,86	BRONZE MEDAL
Amir Taheripour	409	M	IRAN	17	80	79	48	56	49	329			
Majid Salamat	411	M	IRAN	33	76	63	47	42	60	321			
SyedMajid Ghoreyshi	435	M	IRAN	9	10	9	10	10	41	89			
Omid Rangkartehrani	406	M	IRAN	11	67	103	30	64	60	335			
										0			
										0	1074	44,75	4th Place
Elena Novac		F	ROMANIA	60	114	77	71	66	85	473			
Lucian Constantin Popa		M	ROMANIA	46	83	115	82	90	85	501			
Delia Lacataru		F	ROMANIA	15	50	69	82	56	64	336			
Silviu Dobre		M	ROMANIA	26	94	85	45	58	62	370			
Ionut Lepadatu	432	M	ROMANIA	31	43	58	28	61	69	290			
Istvan Sergiu		M	ROMANIA	29	53	55	21	35	73	266	2236	62,11	SILVER MEDAL