

2026 IFBB FITNESS CHALLENGE BALKAN CHAMPIONSHIP, ISTANBUL 28-30.03.2026

SENIOR WOMEN SILVER LEVEL

NAME SURNAME	COUNTRY	LYING PULL UPS	HEXA LIFT	DIPS ON BENCH	LUNGES	SIT UPS	DB SNATCHES	TOTAL	
VASILESCU OANA	ROMANIA	65	91	105	73	82	84	500	1ST
ILIADOU ANDRONIKI	GREECE	60	89	100	69	70	67	455	2ND
TSITSIKLI EVANGELIA	GREECE	52	87	65	68	71	75	418	3RD

SENIOR MEN SILVER LEVEL

NAME SURNAME	COUNTRY	LYING PULL UPS	HEXA LIFT	DIPS ON BENCH	LUNGES	SIT UPS	DB SNATCHES	TOTAL	
DOBRE SILVIU	ROMANIA	51	77	82	39	62	67	378	1ST
SHKELQIM MIFTARI	GREECE	46	56	98	43	60	67	370	2ND
RINOR BEHLULI	GREECE	24	68	80	41	63	51	327	3RD

SENIOR MIXT COUPLES SILVER LEVEL

NAME SURNAME	COUNTRY	LYING PULL UPS	HEXA LIFT	DIPS ON BENCH	LUNGES	SIT UPS	DB SNATCHES	TOTAL	
VASILESCU OANA / DOBRE SILVIU	ROMANIA	93	122	146	97	97	87	642	1ST
ILIADOU ANDRONIKI / SHKELQIM MIFTARI	IFBB FLAG	86	114	139	88	89	82	598	2ND
TSITSIKLI EVANGELIA / CHARALAMPOS KAZILAS	GREECE	75	113	124	74	87	81	554	3RD