



**ФЕДЕРАЦИЯ БОДИБИЛДИНГА,
ПАУЭРЛИФТИНГА И ФИТНЕСА РЕСПУБЛИКИ
КАЗАХСТАН**

**THE BODYBUILDING, POWERLIFTING & FITNESS
FEDERATION OF THE REPUBLIC OF KAZAKHSTAN**

The Central Asian Bodybuilding & Fitness International
Championship

May
25
2019

No	weight (height)	Name	Team	Number	Born		Result	Achieve- ment
		Men's bodybuilding Juniors	OPEN	1	athlete			
1	170/84	Sheremet Alexandr	QAZAQSTAN	220	1997	Winner	1	
		Men's bodybuilding	up to 65 kg	2	athlete			
1	63,6	Mokshin Roman	QAZAQSTAN	24	1985	Winner	2	
2	64,3	Bisenbay Yeset	QAZAQSTAN	102	1992	Winner	1	
		Men's bodybuilding	up to 70 kg	1	athlete			
1	66,2	Grossu Stanislav	QAZAQSTAN	194	1997	Winner	1	
		Men's bodybuilding	up to 75 kg	4	athlete			
1	74,7	Zhanseitov Dauren	QAZAQSTAN	19	1984	Winner	2	
2	74,95	Rakhimov Kamil	QAZAQSTAN	71	1988	Winner	3	
3	72,9	Tolochko Yuriy	QAZAQSTAN	111	1985	-		
4	75	Zhanasbayev Askar	QAZAQSTAN	142	1991	Winner	1	
		Men's bodybuilding	up to 80 kg	4	athlete			
1	76,6	Parakhuda Konstantin	QAZAQSTAN	53	1982	Winner	2	
2	77,2	Imanbekov Bakhtiyar	QAZAQSTAN	159	1994	Winner	4	
3	79,9	Parkhomenko Andrey	QAZAQSTAN	200	1989	Winner	1	
4	78,2	Mukhametov Mutalip	QAZAQSTAN	238	1991	Winner	3	
		Men's bodybuilding	up to 85 kg	3	athlete			
1	83,9	Kovtun Sergei	QAZAQSTAN	39	1992	Winner	1	
2	84,5	Kononov Sergei	QAZAQSTAN	133	1982	-		
3	84	Sheremet Alexandr	QAZAQSTAN	220	1997	Winner	2	
		Men's bodybuilding	up to 90 kg	3	athlete			
1	89,2	Kupriyanov Sergei	QAZAQSTAN	108	1979	Winner	2	
2	88,9	Ronin Ivan	QAZAQSTAN	160	1985	Winner	1	
3	89,2	Mun Ilya	QAZAQSTAN	196	1991	-		
		Men's bodybuilding	up to 95 kg	3	athlete			
1	92	Antonov Eduard	QAZAQSTAN	123	1995	-		
2	92,5	Pikalov Vladislav	QAZAQSTAN	135	1993	Winner	1	
3	91,85	Kuchma Andrei	QAZAQSTAN	150	1984	Winner	2	
		Men's bodybuilding	up to 100 kg	3	athlete			
1	96,4	Tikunov Mikhail	QAZAQSTAN	67	1983	Winner	3	
2	98,6	Moisidi Leonid	QAZAQSTAN	121	1992	Winner	2	
3	96,5	Shyrbayev Daryn	QAZAQSTAN	181	1989	Winner	1	
		Men's bodybuilding	over 100 kg	3	athlete			
1	105,4	Guliyev Nizami	TAJKISTAN	161	1988	Winner	3	
2	112,6	Sapizhak Yuriy	QAZAQSTAN	192	1989	Winner	2	
3	107	Pyatov Yevgeny	QAZAQSTAN	242	1990	Winner	1	
		Men's bodybuilding	overall	9	athlete			
6	96,5	Shyrbayev Daryn	QAZAQSTAN	181	1989	Winner	1	PRO
		classic bodybuilding	up to 175 cm	3	athlete			



1	75/173	Latypov Ruslan	QAZAQSTAN	81	1995	Winner	1	
2	74,8/173	Itybayev Serik	QAZAQSTAN	175	1994	Winner	3	
3	65,2/167	Ichik Dmitriy	QAZAQSTAN	185	1981	Winner	2	
classic bodybuilding up to 180 cm 5 athlete								
1	84,7/179	Petrov Alexandr	QAZAQSTAN	3	1986	Winner	2	
2	81,5/177	Denisov Vitaliy	QAZAQSTAN	31	1983	Winner	4	
3	81/177	Puzhalin Dmitriy	QAZAQSTAN	191	1980	Winner	1	
4	83,8/180	Kaporin Dmitriy	QAZAQSTAN	248	1979	Winner	3	
5	88/179	Salpagarov Azret	QAZAQSTAN	250	1985	-		
classic bodybuilding over 180 cm 3 athlete								
1	84,5/182,5	Yermakov Aleksei	QAZAQSTAN	134	1988	Winner	1	
2	94,2/188	Dadayev Viktor	QAZAQSTAN	212	1983	Winner	3	
3	92,183	Legenchuk Aleksandr	QAZAQSTAN	233	1984	Winner	2	
classic bodybuilding overall 3 athlete								
1	75/173	Latypov Ruslan	QAZAQSTAN	81	1995	Winner	1	PRO
Men's Fitness overall 2 athlete								
1		Eshankhodjayev Alexandr	UZBEKISTAN	7	1987	Winner	1	
2		Yefimov Yevgeny	QAZAQSTAN	13	1984	Winner	2	
Women's Fitness overall 1 athlete								
1		Terekhova Darya	QAZAQSTAN	199	1986	Winner	1	
Bodyfitness up to 163 cm 1 athlete								
1	158	Tyo Yevgenia	QAZAQSTAN	258	1987	Winner	1	
Bodyfitness over 163 4 athlete								
1	168,5	Kanakayeva Natalya	QAZAQSTAN	29	1972	Winner	3	
2	172	Chepkaya Elena	QAZAQSTAN	33	1989	Winner	1	
3	168,5	Potapova Viktoria	QAZAQSTAN	170	1993	-		
4	176	Rybalko Sofia	QAZAQSTAN	183	1996	Winner	2	
Bodyfitness overall 2 athlete								
1	172	Chepkaya Elena	QAZAQSTAN	33	1972	Winner	1	PRO
muscular men's physique 3 athlete								
1	194,5	Sukhoverkhov Roman	QAZAQSTAN	58	1974	Winner	3	
2	193	Bragazin Yuriy	KYRGYZSTAN	177	1988	Winner	2	
3	193	Bragazin Sergei	KYRGYZSTAN	228	1991	Winner	1	
Men's physique up to 170 3 athlete								
1	170	Tasymov Tamirlan	QAZAQSTAN	14	1996	Winner	2	
2	169,5	Smakhanov Sovetkhan	QAZAQSTAN	22	1994	-		
3	168	Tsoy Artur	QAZAQSTAN	240	1987	Winner	1	
Men's physique up to 178 cm 10 athlete								
1	175	Aytkulov Marlen	QAZAQSTAN	65	1994	Participant	8	
2	177	Kalugin Andrey	QAZAQSTAN	92	1982	Participant	10	
3	176,5	Kasmanov Ruslan	QAZAQSTAN	93	1988	Winner	3	
4	175,5	Nugmanov Aybek	QAZAQSTAN	131	1992	Participant	9	
5	177	Kenchinbayev Zhan	QAZAQSTAN	143	1994	Participant	7	
6	175,5	Pakhomov Vitaliy	QAZAQSTAN	172	1985	Winner	4	
7	177,5	Syzdykbekov Ilyas	QAZAQSTAN	188	1988	Winner	5	
8	178	Anesov Abdulakhat	QAZAQSTAN	235	1995	Winner	1	
9	177	Saparbayev Bakdaulet	QAZAQSTAN	237	1995	Winner	6	
10	174,5	Rayanov Roman	QAZAQSTAN	252	1997	Winner	2	
Men's physique over 178 12 athlete								
1	183	Bodnar Sergei	QAZAQSTAN	35	1991	Winner	5	
2	183,5	Saimov Ruslan	QAZAQSTAN	55	1994	Winner	4	
3	194,5	Sukhoverkhov Roman	QAZAQSTAN	58	1974	-		
4	179	Lovkis Andrey	QAZAQSTAN	73	1996	Participant	7	



5	171,5	Ozbek Alzhan	QAZAQSTAN	78	1990	Winner	1	
6	189,5	Nikitin Alezandr	QAZAQSTAN	106	1985	Participant	8	
7	180	Sultanbekov Zamir	QAZAQSTAN	117	1986	Winner	3	
8	179	Chenkilidi Khristofor	QAZAQSTAN	125	1989	Participant	9	
9	186	Yevgeniy Kolyuka	QAZAQSTAN	129	1997	Winner	6	
10	180	Vassilchenko Alexandr	KYRGYZSTAN	139	1998	Winner	2	
11	193	Bragazin Yury	KYRGYZSTAN	177	1988	-		
12	193	Bragazin Sergei	KYRGYZSTAN	228	1991	-		
Men's physique up to 174				6	athlete			
1	172	Pak Konstantin	QAZAQSTAN	38	1994	Winnerr	5	
2	173,5	Kragilev Kirill	QAZAQSTAN	95	1990	Winnerr	4	
3	171	Donskoy Mikhail	QAZAQSTAN	144	1995	Winnerr	2	
4	172	Bekimov Timur	QAZAQSTAN	148	1994	Winnerr	3	
5	172	Dauletov Ruslan	QAZAQSTAN	186	1983	Winnerr	6	
6	172	Ibragimov Ibragim	QAZAQSTAN	197	1998	Winnerr	1	
Men's physique overall				4	athlete			
1		Ozbek Alzhan	QAZAQSTAN	78		Winner	1	PRO
Women's Fitness Bikini up to 160 cm				4	athlete			
1	160	Fayzullina Karina	QAZAQSTAN	36	1990	Winner	4	
2	157	Dzhanysheva Yekaterina	QAZAQSTAN	44	1987	Winner	2	
3	152	Dzhunysbekova Nazym	QAZAQSTAN	116	1981	Winner	3	
4	152	Morozova Yeva	QAZAQSTAN	173	1992	Winner	1	
Women's Fitness Bikini up to 163 cm				7	athlete			
1	161,5	Tapalova Altynai	QAZAQSTAN	82	1992	Winner	2	
2	161	Baratova Amina	QAZAQSTAN	86	1994	Winner	4	
3	163	Okhvatova Lyudmila	QAZAQSTAN	87	1981	Winner	5	
4	162	Remorenko Olga	QAZAQSTAN	100	1991	-		
5	161	Bukhantsova Alyona	QAZAQSTAN	115	1994	Winner	3	
6	161,5	Kniter Selena	QAZAQSTAN	136	1983	Winner	6	
7	162	Tonkikh Veronika	QAZAQSTAN	138	1996	Winner	1	
Women's Fitness Bikini up to 166 cm				6	athlete			
1	164	Sain Aigul	QAZAQSTAN	54	1986	Winner	4	
2	165	Pisarevskaya Natalya	QAZAQSTAN	147	1990	Winner	2	
3	165,5	Kaipova Aisha	QAZAQSTAN	164	1999	Winner	1	
4	165,5	Abzhanova Diana	QAZAQSTAN	167	1990	Winner	3	
5	164	Mirishova Alina	KYRGYZSTAN	174	1998	-		
6	166	Kurbanova Elvira	QAZAQSTAN	180	1987	Winner	5	
Women's Fitness Bikini up to 169 cm				6	athlete			
1	167,5	Talpakova Aziza	QAZAQSTAN	4	1991	Winner	5	
2	167	Zhartovskaya Ksenia	QAZAQSTAN	21	1996	Winner	2	
3	167,5	Musiychuk Anastasia	QAZAQSTAN	52	1990	Winner	4	
4	169	Kuzovkova Yekaterina	QAZAQSTAN	62	1988	Winner	6	
5	168	Krykpayeva Yana	QAZAQSTAN	107	1993	Winner	1	
6	167,5	Filippova Yulia	QAZAQSTAN	126	1987	Winner	3	
Women's Fitness Bikini up to 172				8	athlete			
1	169,5	Baimukhametova Ainur	QAZAQSTAN	63	1994	Participant	7	
2	169,5	Kling Olga	QAZAQSTAN	75	1984	Winner	5	
3	171	Yemelina Valentina	QAZAQSTAN	84	1998	Winner	3	
4	169,5	Bektasova Dinara	QAZAQSTAN	158	1988	Winner	2	
5	171,5	Uruspayeva Indira	QAZAQSTAN	165	1992	Winner	4	
6	169,5	Assylbekova Madina	QAZAQSTAN	169	1986	Participant	8	
7	169,5	Voropai Yulia	QAZAQSTAN	190	1983	Winner	6	
8	170,5	Sindeleyeva Inna	QAZAQSTAN	217	1986	Winner	1	



		Women's Fitness Bikini	over 172 cm	2	athlete			
1	176	Zhdanovich Anastasia	QAZAQSTAN	98	1992	Winner	2	
2	173	Limanskaya Tatyana	QAZAQSTAN	254	1986	Winner	1	
		Women's Fitness Bikini	overall	6	athlete			
1	168	Krykpayeva Yana	QAZAQSTAN	107	1993	Winner	1	PRO
		Women's fitness bikini	Juniors	5	athlete			
1	167	Zhartovskaya Ksenia	QAZAQSTAN	21	1996	Winner	2	
2	169,5	Zaytdinova Margarita	QAZAQSTAN	88	1995	Winner	3	
3	158	Kolomeets Sofia	QAZAQSTAN	168	2000	-		
4	155,5	Orlova Diana	QAZAQSTAN	163	2001	Winner	4	
5	162	Tonkikh Veronika	QAZAQSTAN	138	1996	Winner	1	
		Men's physique	Juniors	4	athlete			
1	186	Lovkis Andrey	QAZAQSTAN	73	1997	Winner	2	
2	179	Kolyuka Yevgeniy	QAZAQSTAN	129	1997	Winner	3	
3	180	Vassylchenko Aleksandr	QAZAQSTAN	139	1998	Winner	1	
4	177	Saparbayev Bakdaulet	QAZAQSTAN	237	1995	Winner	4	

