

# *Cuban Mirabal is three times gold medalist in the Far East Weightlifting Cup*

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**Yeniuska Mirabal**

Havana, Dec 2 (JIT) - Three gold medals were won by Cuban Yeniuska Mirabal (71 kg) during the Far East Weightlifting Cup, which takes place on the Russian island of Yuzhno-Sajalinsk.

The Guantanamo native, as highlighted by the Cuban federation of this sport in its social network profiles, managed to lift 105 kilos in the snatch exercise, 131 in the rebound, and added 236 in the total to climb to the top of the podium.

This Monday, the other two representatives of the Cuban delegation will be on the platform.

The Pan American bronze medalist, Olfides Sáez, and his compatriot, Ariolvis Begué, from Guantanamo, will go after the medals in the 89 kilograms division.

The Far East Cup kicked off on November 29 and will last until Tuesday.

Cuba participates for the first time in the competition, as a guest, thanks to the collaboration agreements between both nations in the field of sports.

After the conclusion of this event, attention in the weightlifting world will focus on the World Weightlifting Championship in Manama 2024, in Bahrain.

Cuba will be present there with two of its best exponents, Marifélix Sarría (+87 kg) from Cienfuegos and Arley Calderón (61 kg) from Pinar del Río.

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<https://www.radiohc.cu/index.php/en/noticias/deportes/371134-cuban-mirabal-is-three-times-gold-medalist-in-the-far-east-weightlifting-cup>



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