

1ER TOUR INTERCLUB LFPH POWERLIFTING CLASSIC

Le 01 / 02 / 2020 A ENGHIEU

				SQ	BP	DL	TOT	PTS
FLORENNES 1								
OSTYN GREGORY	Jun	75.7	FLORENNES	170	140	230	540	564.43
MEZZANOTTE FRANCIS	M 50	85.5	FLORENNES	209	125	242.5	576.5	558.30
DEFRAEY CATHERINE	DA Sen	60.5	FLORENNES	116.5	65	135	316.5	556.76
								1679.49
N S A R POWERLIFTING 1								
PERMENTIER REMI	Jun	99.9	N S A R	250	152.5	250	652.5	581.59
LETOR BAPTISTE	Sen	90.7	N S A R	225	125	230	580	540.33
DEBONNET CHARLES EDOUARD	Sen	92.3	N S A R	195	132.5	225	552.5	504.79
								1626.71
ALPHA ACADEMY 1								
HALLOU NAIS	DA Jun	66.6	ALPHA ACA	122.5	70	130	322.5	543.16
STANCIU ELEONORA (MOLD)	DA Sen	51.5	ALPHA ACA	105	50	115	270	509.68
VALAEYS VERONIQUE	DA M 40	70.1	ALPHA ACA	95	52.5	111	258.5	424.34
								1477.18
ZENITH 1								
BACQ THIBAUT	Jun	96.1	ZENITH	205	125	250	580	520.29
LOPEZ BALLESTER LYDIA (ESP)	Da Sen	61.6	ZENITH	90	55	130	275	477.19
VAN BUTSELE JESSICA	DA Jun	72.6	ZENITH	82.5	60	120	262.5	425.20
								1422.68
ENGHIEU 1								
ELGOUILLE MOUSTAFA	Sen	89.2	ENGHIEU	170	115	220	505	464.75
DE VOS CHRISTOPHE	M 40	101.8	ENGHIEU	160	135	210	505	425.76
AUSLOOS MATTHIEU	Jun	104.6	ENGHIEU	170	140	175	485	398.51
								1289.02
SERAING 1								
DEHAN GUILLAUME	Sen	70.3	SERAING	137.5	97.5	182.5	417.5	442.04
FIORITI YOHAN	Sen	107.6	SERAING	190	127.5	205	522.5	428.19
BERTRAND MICHEL	M 60	73.3	SERAING	157.5	92.5	150	400	406.20
								1276.43
FLORENNES 2								
REMY ROGER	M 60	76.6	FLORENNES	140	95	200	435	434.26
MALOTAUX SEBASTIEN	M 40	96.4	FLORENNES	155	130	185	470	404.71
SAINT HUILE LUCCA	Sub Jun	76.5	FLORENNES	117.5	100	160	377.5	366.02
								1204.99
N S A R POWERLIFTING 2								
STRADIOT MEHDI	Sen	81.9	N S A R	185	120	215	520	510.45
BRENNET ANTOINE	Sen	105.5	N S A R	190	130	227.5	547.5	458.31

METTET 1

COLLART JEAN LUC	M 60	117.3	METTET	237.5	160	220	617.5	495.33
PERACCHI SOLANO	Sub Jun	65.9	METTET	135	85	165	385	423.02

918.35**METTET 2**

FURNEMONT THOMAS	Jun	118.0	METTET	200	120	215	535	416.36
DEWIT BRANDON	Sen	78.2	METTET	127.5	87.5	197.5	412.5	401.05

817.41**LA LOUVIERE 1**

DUFOUR JULIEN	Sen	97.6	LA LOUVIERE	230	157.5	215	602.5	538.41
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538.41**ALPHA ACADEMY 2**

SIMON GWENDAL	Jun	100.7	ALPHA ACA	185	150	205	540	464.34
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464.34**CH VERVIERS 1**

SPINA CELINE	DA Jun	62.6	VERVIERS	72.5	45	95	212.5	362.19
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362.19

**Arbitres : Collart Virginie–Warnier Jean Claude–Lerot Viviane
Vernimmen Paul**

RECORDS DE BELGIQUE POWERLIFTING CLASSIC

Nom - prénom	Âge	Catégorie	SQUAT	BENCH	DL	TOTAL
VALAEYS VERONIQUE	DAME MASTER 40	-72	95		111	258.5
HALLOU NAIS	DAME JUNIOR	-72	122.5	70		322.5
MEZZANOTTE FRANCIS	MASTER 50	-93	209			
COLLART JEAN LUC	MASTER 60	-120	237.5			

RECORDS DE LA LIGUE FRANCOPHONE POWERLIFTING CLASSIC

Nom - prénom	Âge	Catégorie	SQUAT	BENCH	DL	TOTAL
STANCIU ELEONORA (MOLD)	DAME SENIOR	-52	105	50	115	270
VALAEYS VERONIQUE	DAME MASTER 40	-72	95	52.5	111	258.5
DEFRAEY CATHERINE	DAME SENIOR	-63	116.5			
HALLOU NAIS	DAME JUNIOR	-72	122.5	70		322.5
FURNEMONT THOMAS	JUNIOR	-120	200		215	
PERMENTIER REMI	JUNIOR	-105	250	152.5		652.5
COLLART JEAN LUC	MASTER 60	-120	237.5			
MEZZANOTTE FRANCIS	MASTER 50	-93	209			
PERMENTIER REMI	SENIOR	-105	250			
OSTYN GREGORY	JUNIOR	-83		140		

RECORDS DE BELGIQUE BENCH PRESS SINGLE CLASSIC

Nom - prénom	Âge	Catégorie		BENCH		
HALLOU NAIS	DAME JUNIOR	-72		70		

RECORDS DE LA LIGUE FRANCOPHONE BENCH PRESS SINGLE CLASSIC

Nom - prénom	Âge	Catégorie		BENCH		
VALAEYS VERONIQUE	DAME MASTER 40	-72		52.5		
HALLOU NAIS	DAME JUNIOR	-72		70		

1 ER INTERCLUB LFPH POWERLIFTING EQUIPPED

Le 01 / 02 / 2020 à ENGHIEU

					SQ	BP	DL	TOT	PTS
ENGHIEN 1									
COUVERCELLE BERTRAND (FRA)	M 40	79.8	Enghien		240	125	225	590	511.67
COLET RENAUD		Sen 103.6	Enghien		200	135	215	550	417.04
NAESSENS MICHAEL		Sen 66.0	Enghien		110	70	112.5	292.5	319.02
									1247.73
METTET 1									
VERNIMMEN PAUL	M 60	55.2	Mettet		112.5	82.5	160	355	423.68
									423.68
LA LOUVIERE 1									
PIRET SERGE	M 60	99.9	La Louvière		180	130	180	490	384.54
									384.54

Arbitres : Collart Virginie – Warnier Jean Claude – Lerot Viviane

RECORDS DE LA LIGUE FRANCOPHONE POWERLIFTING						
Nom - prénom	Âge	Catégorie	SQUAT	BENCH	DL	TOTAL
COUVERCELLE BERTRAND (FRA)	MASTER 40	-83				590



Powerlifting - Interclub 1 VGPF - Merchtem 08/02/2020



POWER EQUIPPED									
Naam	M/F	Cat.	LG.	GK	SQUAT	BENCH	DL	TOT.	IPF Pts
1 GarageGym16 - 1									413.31
Laenen Sven	M	Open	103	-105	245.0	172.5	125.0	542.5	413.31

POWER CLASSIC									
Naam	M/F	Cat.	LG.	GK	SQUAT	BENCH	DL	TOT.	IPF Pts
1 Merchtem 1									1692.20
Van den Brande Niko	M	Open	116.8	-120	257.5	165.0	272.5	695.0	569.51
Van Ingelgem Sam	M	Open	90.75	-93	210.0	155.0	235.0	600.0	561.68
De Grauwe Rik	M	Jun	77.45	-83	180.0	140.0	225.0	545.0	561.01
2 Powermove 1									1666.80
Peeters Alan	M	Open	117	-120	250.0	195.0	295.0	740.0	611.27
Verhulst Stefanie	F	Open	51.1	-52	100.0	55.0	125.0	280.0	532.14
Nour Kuru	M	SubJun	99.9	-105	235.0	115.0	245.5	595.5	523.39
3 GarageGym16 - 1									1593.17
Muluh Sonita (CM)	F	Open	83.15	-84	150.0	72.5	180.0	402.5	617.52
Compagnie Kathleen	F	M1	65.3	-72	100.0	70.0	125.0	295.0	500.10
Bossaerts Alexander	M	Jun	73.55	-74	160.0	100.0	197.5	457.5	475.55
4 HNS Lebbeke 1									1567.06
Vandewiel Jimmy	M	M1	82.8	-83	205.0	155.0	215.0	575.0	569.06
Podevijn Simon	M	Open	92.2	-93	180.0	130.0	242.5	552.5	505.15
Ivanoushkin Robert	M	Jun	82	-83	185.0	115.0	205.0	505.0	492.85
5 KO Gent 1									1532.06
Haerinck Jef	M	Jun	83	-83	182.5	135.0	225.0	542.5	531.21
Van Heesvelde Bart	M	Open	101.6	-105	220.0	155.0	220.0	595.0	517.37
Luca Wouter	M	Jun	73.8	-74	100.0	130.0	235.0	465.0	483.48
6 Powermove 2									1493.29
Ceunen Bart	M	Open	90.25	-93	195.0	132.5	220.0	547.5	506.99
Custers Kristof	M	Open	73.7	-74	180.0	120.0	180.0	480.0	502.33
Haselaars Dries	M	Open	79.4	-83	175.0	132.5	180.0	487.5	483.97
7 GarageGym16 - 2									1379.77
Blockmans Nick	M	SubJun	56.2	-59	127.5	97.5	160.5	385.5	487.55
Obbers Jasper	M	Open	70.75	-74	145.0	97.5	185.0	427.5	452.36
Alexander Janssen	M	Open	65.25	-66	125.0	95.0	175.0	395.0	439.86
8 Merchtem 3									1338.24
Van de Velde Annelies	F	Jun	55.98	-57	91.0	61.0	115.0	267.0	483.37
De Grauwe Hugo	M	M3	104.4	-105	170.0	135.0	232.5	537.5	451.35
Depypere Tim	M	Open	108.7	-120	180.0	115.0	205.0	500.0	403.52
9 ST Deinze 2									1220.87
Barrios Fidel	M	Open	82.35	-83	157.5	120.0	180.0	457.5	437.17
Depaepe Noa	M	Jun	90.5	-93	142.5	100.0	200.0	442.5	392.75
Haek Bo	F	Jun	69.3	-72	80.0	52.5	105.0	237.5	390.95
10 Merchtem 4									1108.87
Rongé Bertrand	M	Open	65.75	-66	140.0	100.0	175.0	415.0	463.48
Ruvolo Christophe	M	Open	57.4	-59	117.5	87.5	120.0	325.0	389.77
Robberechts Keanu	M	Jun	129.4	120+	135.0	80.0	165.0	380.0	255.62
11 KO Gent 2									1022.06
Molkens Tim	M	Open	73.5	-74	170.0	125.0	215.0	510.0	540.13
Van der Staak Hans	M	Jun	58.25	-59	130.0	92.5	170.0	392.5	481.93

12 ST Deinze 1										1018.83
De Creus Jonas	M	Open	90.8	-93	195.0	120.0	240.0	555.0	513.01	
Messiant Aaron	M	Open	81.65	-83	170.0	117.5	227.5	515.0	505.82	
13 Do-it Turnhout 1										1016.71
Van Dun Jeroen	M	Open	105.4	-120	230.0	130.0	270.0	630.0	540.44	
De Peuter Gilles	M	Jun	80.5	-83	182.5	97.5	205.0	485.0	476.27	
14 Merchtem 2										979.44
Pessemier Jasper	M	Open	81.15	-83	175.0	117.5	210.0	502.5	493.65	
Leemans Jeroen	M	Open	83	-83	160.0	122.5	220.0	502.5	485.79	
15 Powermove 3										868.53
Bernaerts Ward	M	Open	90	-93	167.5	107.5	210.0	485.0	440.28	
Van Overbeke Pieter	M	Jun	91.2	-93	165.0	112.5	200.0	477.5	428.25	
16 Area 21 - 1										549.53
Troch Jella	F	Open	52	-52	100.5	70.5	120.0	291.0	549.53	
17 NRG Ternat 1										512.29
Goossens Chesney	M	Open	65.35	-66	135.0	150.0	165.0	450.0	512.29	
18 Powermove 4										507.35
Vrancken Dries	M	Open	91.6	-93	190.0	130.0	232.5	552.5	507.35	
19 Kracht Kliniek 1										505.21
De Saedeleer Joris	M	M1	103.9	-105	195.0	145.0	250.0	590.0	505.21	
20 Stamina 1										503.19
Van Buggenhout Lien	F	Open	76.95	-84	112.5	70.0	135.0	317.5	503.19	
21 HNS Lebbeke 2										463.15
François Kevin	M	Open	116	-120	210.0	135.0	235.0	580.0	463.15	
22 Primer Academy 1										450.17
Kossarev Andrey	M	Open	83.4	-93	165.0	112.5	195.0	472.5	450.17	
23 Merchtem 5										261.65
Üsküplü Selin	F	Jun	54.16	-57	45.0	25.0	80.0	150.0	261.65	



Powerlifting - Interclub 1 VGPF - Merchtem 08/02/2020



BENCH ONLY CLASSIC						
Naam	M/F	Cat.	LG.	GK	BENCH	IPF Pts
1 HNS Lebbeke 1						1929.69
De Saedeleer Wouter	M	Open	103.55	-105	192.5	677.23
Vanhee Emmerik	M	Open	87.3	-93	165.0	648.06
De Saedeleer Lieven	M	Open	101.8	-105	170.0	604.40
2 HNS Lebbeke 2						1570.67
Vandewiel Jimmy	M	M1	82.8	-83	145.0	590.76
Podevijn Simon	M	Open	92.2	-93	137.5	520.63
De Ro Jean Marc	M	M1	90.7	-93	120.0	459.28
3 Waregem 1						1128.38
Verbouw Kenny	M	Jun	57.65	-59	110.0	602.23
Dewitte Jean-Michel	M	Open	56.9	-59	95.0	526.15
4 KO Gent 1						597.14
De Keersmaeker Audrey	F	Jun	46.76	-47	64.0	597.14
5 Waregem 2						403.69
Dewilde Phillipe	M	M2	104	-105	115.0	403.69

BENCH ONLY EQUIPPED						
Naam	M/F	Cat.	LG.	GK	BENCH	IPF Pts
1 Merchtem 1						476.60
Roalkvam Per (NOR)	M	M1	109.45	-120	175.0	476.60



Powerlifting - Interclub 1 VGPF - Merchtem 08/02/2020



Scheidsrechters:

Gaetan Impens (KOG)
Thiebe Sleeuwaert (Powermove)
Kristin Thorvaldsen (Merchtem)

Kathleen Compagnie (Garage Gym)
Jeroen Leemans (Merchtem)

Niels Boermans (Do-It Turnhout) : examen geslaagd / Examiner Jeroen Vanheesvelde (HNS)

Records:

Records van België - Classic Powerlifting / Bench Single								
Naam	M/F	Leeftijd groep	LG Klasse	Squat	Bench	DL	TOT	Bench Single
De Keersmaecker Audrey	F	Jun/Open	-47					64
Troch Jella	F	Open	-52	100.5	70.5		291	70.5
Vandevelde Annelies	F	Jun	-57	91	61	115	267	61
Compagnie Kathleen	F	M1	-72	100	70	125	295	70
Blockmans Nick	M	SubJun	-59			160.5		
Van der Staak Hans	M	Jun	-59	130		170	392.5	
Goossens Chesney	M	Open	-66		150			150
Nour Kuru	M	SubJun	-105	235		245.5	595.5	
De Grauwe Hugo	M	M2/M3	-105		135			
Verbouw Kenny	M	Jun/Open	-59					110

Records VGPF - Classic Powerlifting / Bench Single								
Naam	M/F	Leeftijd groep	LG Klasse	Squat	Bench	DL	TOT	Bench Single
De Keersmaecker Audrey	F	Jun/Open	-47					64
Troch Jella	F	Open	-52	100.5	70.5		291	70.5
Vandevelde Annelies	F	Jun	-57	91	61	115	267	61
Compagnie Kathleen	F	M1	-72	100	70	125	295	70
Blockmans Nick	M	SubJun	-59			160.5		
Van der Staak Hans	M	Jun	-59	130		170	392.5	
Goossens Chesney	M	Open	-66		150			150
Nour Kuru	M	SubJun	-105	235		245.5	595.5	
De Grauwe Hugo	M	M2/M3	-105		135			135
Verbouw Kenny	M	Jun/Open	-59					110



Powerlifting - Interclub 1 VGPF - Merchtem 08/02/2020
Individuele Punten Ranking



POWER CLASSIC										
	Naam	M/F	IPF Pts	Cat.	LG.	GK	SQUAT	BENCH	DL	TOT.
1	Muluh Sonita (CM)	F	617.52	Open	83.15	-84	150.0	72.5	180.0	402.5
2	Peeters Alan	M	611.27	Open	117	-120	250.0	195.0	295.0	740.0
3	Van den Brande Niko	M	569.51	Open	116.8	-120	257.5	165.0	272.5	695.0
4	Vandewiel Jimmy	M	569.06	M1	82.8	-83	205.0	155.0	215.0	575.0
5	Van Ingelgem Sam	M	561.68	Open	90.75	-93	210.0	155.0	235.0	600.0
6	De Grauwe Rik	M	561.01	Jun	77.45	-83	180.0	140.0	225.0	545.0
7	Troch Jella	F	549.53	Open	52	-52	100.5	70.5	120.0	291.0
8	Van Dun Jeroen	M	540.44	Open	105.4	-120	230.0	130.0	270.0	630.0
9	Molkens Tim	M	540.13	Open	73.5	-74	170.0	125.0	215.0	510.0
10	Verhulst Stefanie	F	532.14	Open	51.1	-52	100.0	55.0	125.0	280.0
11	Haerincx Jef	M	531.21	Jun	83	-83	182.5	135.0	225.0	542.5
12	Nour Kuru	M	523.39	SubJun	99.9	-105	235.0	115.0	245.5	595.5
13	Van Heesvelde Bart	M	517.37	Open	101.6	-105	220.0	155.0	220.0	595.0
14	De Creus Jonas	M	513.01	Open	90.8	-93	195.0	120.0	240.0	555.0
15	Goossens Chesney	M	512.29	Open	65.35	-66	135.0	150.0	165.0	450.0
16	Vrancken Dries	M	507.35	Open	91.6	-93	190.0	130.0	232.5	552.5
17	Ceunen Bart	M	506.99	Open	90.25	-93	195.0	132.5	220.0	547.5
18	Messiant Aaron	M	505.82	Open	81.65	-83	170.0	117.5	227.5	515.0
19	De Saedeleer Joris	M	505.21	M1	103.9	-105	195.0	145.0	250.0	590.0
20	Podevijn Simon	M	505.15	Open	92.2	-93	180.0	130.0	242.5	552.5
21	Van Buggenhout Lien	F	503.19	Open	76.95	-84	112.5	70.0	135.0	317.5
22	Custers Kristof	M	502.33	Open	73.7	-74	180.0	120.0	180.0	480.0
23	Compagnie Kathleen	F	500.10	M1	65.3	-72	100.0	70.0	125.0	295.0
24	Pessemier Jasper	M	493.65	Open	81.15	-83	175.0	117.5	210.0	502.5
25	Ivanoushkin Robert	M	492.85	Jun	82	-83	185.0	115.0	205.0	505.0
26	Blockmans Nick	M	487.55	SubJun	56.2	-59	127.5	97.5	160.5	385.5
27	Leemans Jeroen	M	485.79	Open	83	-83	160.0	122.5	220.0	502.5
28	Haselaars Dries	M	483.97	Open	79.4	-83	175.0	132.5	180.0	487.5
29	Luca Wouter	M	483.48	Jun	73.8	-74	100.0	130.0	235.0	465.0
30	Van de Velde Annelies	F	483.37	Jun	55.98	-57	91.0	61.0	115.0	267.0
31	Van der Staak Hans	M	481.93	Jun	58.25	-59	130.0	92.5	170.0	392.5
32	De Peuter Gilles	M	476.27	Jun	80.5	-83	182.5	97.5	205.0	485.0
33	Bossaerts Alexander	M	475.55	Jun	73.55	-74	160.0	100.0	197.5	457.5
34	Rongé Bertrand	M	463.48	Open	65.75	-66	140.0	100.0	175.0	415.0
35	François Kevin	M	463.15	Open	116	-120	210.0	135.0	235.0	580.0
36	Obbers Jasper	M	452.36	Open	70.75	-74	145.0	97.5	185.0	427.5
37	De Grauwe Hugo	M	451.35	M3	104.4	-105	170.0	135.0	232.5	537.5
38	Kossarev Andrey	M	450.17	Open	83.4	-93	165.0	112.5	195.0	472.5
39	Bernaerts Ward	M	440.28	Open	90	-93	167.5	107.5	210.0	485.0
40	Alexander Janssen	M	439.86	Open	65.25	-66	125.0	95.0	175.0	395.0
41	Barrios Fidel	M	437.17	Open	82.35	-83	157.5	120.0	180.0	457.5
42	Van Overbeke Pieter	M	428.25	Jun	91.2	-93	165.0	112.5	200.0	477.5
43	Depypere Tim	M	403.52	Open	108.7	-120	180.0	115.0	205.0	500.0
44	Depaepe Noa	M	392.75	Jun	90.5	-93	142.5	100.0	200.0	442.5
45	Haek Bo	F	390.95	Jun	69.3	-72	80.0	52.5	105.0	237.5
46	Ruvolo Christophe	M	389.77	Open	57.4	-59	117.5	87.5	120.0	325.0
47	Üsküplü Selin	F	261.65	Jun	54.16	-57	45.0	25.0	80.0	150.0
48	Robberechts Keanu	M	255.62	Jun	129.4	120+	135.0	80.0	165.0	380.0



Powerlifting - Interclub 1 VGPF - Merchtem 08/02/2020
Individuele Punten Ranking



POWER EQUIPPED										
	Naam	M/F	IPF Pts	Cat.	LG.	GK	SQUAT	BENCH	DL	TOT.
1	Laenen Sven	M	413.31	Open	103	-105	245.0	172.5	125.0	542.5

BENCH CLASSIC										
	Naam	M/F	IPF Pts	Cat.	LG.	GK	SQUAT	BENCH	DL	TOT.
1	De Saedeleer Wouter	M	677.23	Open	103.55	-105		192.5		
2	Vanhee Emmerik	M	648.06	Open	87.3	-93		165		
3	De Saedeleer Lieven	M	604.40	Open	101.8	-105		170		
4	Verbouw Kenny	M	602.23	Jun	57.65	-59		110		
5	De Keersmaeker Audrey	F	597.14	Jun	46.76	-47		64		
6	Vandewiel Jimmy	M	590.76	M1	82.8	-83		145		
7	Dewitte Jean-Michel	M	526.15	Open	56.9	-59		95		
8	Podevijn Simon	M	520.63	Open	92.2	-93		137.5		
9	De Ro Jean Marc	M	459.28	M1	90.7	-93		120		
10	Dewilde Phillipe	M	403.69	M2	104	-105		115		

BENCH Equipped										
	Naam	M/F	IPF Pts	Cat.	LG.	GK	SQUAT	BENCH	DL	TOT.
1	Roalkvam Per (NOR)	M	476.60	Open	109.45	-120		175		

CHAMPIONNATS de Belgique - BK
POWERLIFTING CLASSIC
FLORENNES
DIMANCHE 1 MARS 2020 - Zondag 1 maart 2020

DAMES SENIOR

			PC	SQ	BP	DL	TOTAL	PTS
-52	VERHULST STEFANIE	POWERMOVE	51,20	105	60	135	300	572,37
-57	RUMMENS ELISE	POWERMOVE	55,30	107,5	65	142,5	315	579,01
	TROCH JELLA	AREA 21	56,25	100	70	125	295	535,81
-63	LALIME SAHYURI (USA)	H C MERCHTEM	63,00	155	82,5	187,5	425	739,36
	DAINEFFE ANNE	MERCHTEM	62,75	135	88	152,5	375,5	652,55
	DE SOUSA JESSICA	GAR GYM 16	62,95	125	82,5	150	357,5	619,51
	DEFRAEY CATHERINE	FLORENNES	59,60	117,5	65	137,5	320	567,20
-72	NEAL REBECCA (GBR)	H C MERCHTEM	70,00	135	80	130	345	569,11

HOMMES SENIOR

			PC	SQ	BP	DL	TOTAL	PTS
-74	DE BUCK ELIAS	JUNIOR GENT	73,90	217,5	155	245	617,5	669,20
	OSTYN GREGORY	JUNIOR FLORENNES	73,20	185	140	245	570	615,53
	CUSTERS KRISTOF	POWERMOVE	73,45	187,5	125	197,5	510	540,41
-83	DELFOSSÉ GREGOIRE	JUNIOR N S A R POWER	80,30	215	120	272,5	607,5	619,06
	CHEAITLI HATEM	JUNIOR DO IT TURNHOUT	82,55	185	160	252,5	597,5	595,89
	DI LIBERTO VINCENT	N S A R POWER	82,45	210	135	247,5	592,5	590,69
	CLAERMAN DOMINIK	POWERMOVE	82,75	202,5	137,5	245	585	580,68
	VAN HEE EMMERIK	H N S	82,05	187,5	155	237,5	580	578,39
	DE BAETS BRECHT	ZAVENTEM	78,50	195	137,5	215	547,5	558,52
	STRADIOT MEHDI	N S A R POWER	82,55	187,5	125	220	532,5	521,84
	MESSIANT AARON	DEINZE	81,40	175	115	230	520	512,67
-93	VERMEIRE JASPER	POWERMOVE	92,00	250	157,5	280	687,5	650,19
	PODEVIJN SIMON	H N S	92,00	240	145	285	670	631,48
	LORY FLORIAN	N S A R POWER	92,85	225	157,5	255	637,5	593,20
	VAN INGELGEM SAM	MERCHTEM	91,05	210	160	235	605	565,84
	DESAEDELÉER REINOUT	H N S	92,15	220	132,5	252,5	605	561,40
	LETOR BAPTISTE	N S A R POWER	91,55	232,5	130	235	597,5	555,77
	BOERMANS NIELS	DI TURNHOUT	91,00	202,5	150	240	592,5	552,60
	DEBONNET CHARLES EDOUARD	N S A R POWER	92,85	200	137,5	225	562,5	513,45
-105	HENNO YANNICK	POWERMOVE	104,75	260	190	270	720	632,08
	DESAEDELÉER LIEVEN	H N S	101,35	250	170	267,5	687,5	611,89
	LAPIER LAURENS	GENT	102,05	240	147,5	285	672,5	594,17
	VAN HEESVELDE BART	GENT	102,70	230	160	255	645	564,20
	DESAEDELÉER JORIS	M 40 KRACHT KLINIEK	104,00	195	152,5	242,5	590	504,91
	KURU NOUR	SUB JUN POWERMOVE	100,80	*/	115	*/	DSQ	
-120	VANHEESVELDE JEROEN	H N S	118,20	310	212,5	320	842,5	703,63
	VANDENBRANDE NIKO	MERCHTEM	115,80	260	165	277,5	702,5	579,42
	VAN DUN JEROEN	DO IT TUTNHOUT	106,90	240	130	280	650	555,52
120 +	RINGOOT STEVE	MERCHTEM	149,20	310	225	300	835	615,52

ARBITRES

COLLART VIRGINIE -- WARNIER JEAN CLAUDE -- LEROT VIVIANE
 COMPAGNIE KATHLEEN -- COLLART JEAN LUC -- DE RO JEAN MARC

RECORDS de Belgique POWERLIFTING CLASSIC

		CAT	SQ	BP	DL	TOTAL
TROCH JELLA	DA SENIOR	-57		70		
VERHULST STEFANIE	DA SENIOR	-52	105		135	300
DAINEFFE ANNE	DA SENIOR	-63		88		
OSTYN GREGORY	JUNIOR	-74			245	
DE BUCK ELIAS	SENIOR	-74	217,5		245	617,5
DELFOSSÉ GREGOIRE	SENIOR	-83			272,5	

RECORDS L F P H POWERLIFTING CLASSIC

		CAT	SQ	BP	DL	TOTAL
DEFRAEY CATHERINE	DA SENIOR	-63	117,5			
OSTYN GREGORY	JUNIOR	-74		140	245	570
OSTYN GREGORY	SENIOR	-74		140	245	570
DELFOSSÉ GREGOIRE	SENIOR	-83			272,5	

RECORDS V G P F POWERLIFTING CLASSIC

		CAT	SQ	BP	DL	TOTAL
TROCH JELLA	DA SENIOR	-57		70		
VERHULST STEFANIE	DA SENIOR	-52	105		135	300
DAINEFFE ANNE	DA SENIOR	-63		88		
DE BUCK ELIAS	SENIOR	-74	217,5		245	617,5
CHEAITLI HATEM	JUNIOR	-83			252,5	
DESAEDELEER JORIS	MASTER 40	-105		152,5		

RECORDS DE Belgique BENCH PRESS SINGLE CLASSIC

		CAT	BP
TROCH JELLA	DA SENIOR	-57	70
DAINEFFE ANNE	DA SENIOR	-63	88

RECORDS L F P H BENCH PRESS SINGLE CLASSIC

		CAT	BP
OSTYN GREGORY	JUNIOR	-74	140

RECORDS V G P F BENCH PRESS SINGLE CLASSIC

		CAT	BP
TROCH JELLA	DA SENIOR	-57	70
DAINEFFE ANNE	DA SENIOR	-63	88
DESAEDELEER JORIS	MASTER 40	-105	152,5

CLASSEMENT A L INDICE IPF

MEILLEURE DAME			PTS
LALIME SAHYURI (USA)	MERCHTEM		739,36
DAINEFFE ANNE	MERCHTEM		652,55
DE SOUSA JESSICA	GAR GYM 16		619,51

MEILLEUR HOMME			PTS
VANHEESVELDE JEROEN	H N S		703,63
DE BUCK ELIAS	GENT		669,20
VERMEIRE JASPER	POWERMOVE		650,19

RESULTS BELGIAN ATHLETES
EUROPEAN MASTERS POWERLIFTING CLASSIC

ALBI / FRANCE / 9 - 14 / 3 / 2020

	CAT	PC	SQUAT	BENCH	DL	TOTAL	PTS
VERNIMMEN PAUL MASTER 60	-59	54,10	77,5	75	157,5	310	389,65

BELLE PRESTATION DE LA PART DE PAUL
MEDAILLE DE BRONZE AU TOTAL 3EME PLACE
DE PLUS 3 MEDAILLES INDIVIDUELLES: OR EN BENCH PRESS,
MEDAILLES D'ARGENT EN DEADLIFT ET BRONZE EN SQUAT

	CAT	PC	SQUAT	BENCH	DL	TOTAL	PTS
DE GRAUWE HUGO MASTER 60	-105	104,55	202,5	135	237,5	575	488,31

BELLE PRESTATION DE LA PART DE HUGO
MEDAILLE DE BRONZE AU TOTAL 3EME PLACE

	CAT	PC	SQUAT	BENCH	DL	TOTAL	PTS
COLLART JEAN LUC MASTER 60	-120	115,45	236	165	225	626	508,01

TRES BELLE PRESTATION DE LA PART DE JEAN LUC
MEDAILLE D'ARGENT AU TOTAL 2EME PLACE
DE PLUS 3 MEDAILLES INDIVIDUELLES: OR EN BENCH PRESS
MEDAILLES D'ARGENT EN SQUAT ET DEADLIFT

	CAT	PC	SQUAT	BENCH	DL	TOTAL	PTS
KERREMANS JOHAN MASTER 50	120 +	133,84	280	182,5	300	762,5	587,27

CHAMPION D'EUROPE !!! **MEDAILLE D'OR, FORMIDABLE**
EN PLUS MEDAILLES D'OR EN SQUAT ET DEADLIFT
MEDAILLE D'ARGENT EN BENCH PRESS

	CAT	PC	SQUAT	BENCH	DL	TOTAL	PTS
VANDEWIELE MARC MASTER 40	-105	103,04	270	132,5	302,5	705	623,31

BELLE PRESTATION DE LA PART DE MARC
TROISIEME PLACE AU TOTAL MEDAILLE DE BRONZE
DE PLUS 2 MEDAILLES INDIVIDUELLES:
MEDAILLES D'OR EN SQUAT ET DEADLIFT

	CAT	PC	SQUAT	BENCH	DL	TOTAL	PTS
TERRYN MAARTEN MASTER 40	-120	116,47	232,5	172,5	270	675	551,58

BELLE PRESTATION DE LA PART DE MAARTEN
TROISIEME PLACE AU TOTAL MEDAILLE DE BRONZE
DE PLUS 3 MEDAILLES INDIVIDUELLES:
ARGENT EN BENCH PRESS ET BRONZE EN SQUAT ET DEADLIFT

	CAT	PC	SQUAT	BENCH	DL	TOTAL	PTS
DE VOS DAVID MASTER 40	120 +	165,06	252,5	187,5	250	690	469,04

BELLE PRESTATION DE LA PART DE DAVID
TROISIEME PLACE AU TOTAL MEDAILLE DE BRONZE
DE PLUS 3 MEDAILLES INDIVIDUELLES:
ARGENT EN SQUAT / BENCH PRESS ET DEADLIFT

RECORDS

RECORDS DE Belgique POWERLIFTING CLASSIC	CAT	SQ	BP	DL	TOTAL
VANDEWIELE MARC MASTER 40	-105	270			705
TERRYN MAARTEN MASTER 40	-120		172,5	270	675

RECORD POWERLIFTING CLASSIC V G P F	CAT	SQ	BP	DL	TOTAL
VANDEWIELE MARC MASTER 40	-105	270			705
TERRYN MAARTEN MASTER 40	-120	232,5	172,5	270	675

RECORD BENCH PRESS SINGLE CLASSIC V G P F	CAT	BENCH
TERRYN MAARTEN MASTER 40	-120	172,5

**CHAMPIONNATS DE LA LIGUE FRANCOPHONE
POWERLIFTING CLASSIC
Seraing - 19/09/2020**

DAMES JUNIORES			PC	SQ	BP	DL	TOTAL	PTS
-52	NGUYEN THI MAI LIEN	METTET	51,70	100	57,5	120	277,5	70,420898
-57	CHASSEUR MARISCA	METTET	56,20	85,5	53	112,5	251	59,510092
-63	SPINA CELINE	SERAING	61,40	87,5	50	112,5	250	55,628000
-72	HALLOU NAIS	Alpha Aca	65,80	130	75	135	340	72,400620
	ROELANDT LIZZY	LA LOUV	66,70	107,5	60	132,5	300	63,369000
	VAN BUTSELE JESSICA	ZENITH	67,00	100	57,5	135	292,5	61,622438
DAMES SENIORES			PC	SQ	BP	DL	TOTAL	PTS
-52	EQUETER CHARLINE	ZENITH	50,70	*/	32,5	105	DSQ	*/
-57	MOINIE NOEMIE	LA LOUV	56,40	120	67,5	146	333,5	78,855742
-63	DEFRAEY CATHERINE	Florennes	61,60	115	65	135	315	69,939135
	HUESCO CAMARA LOLA	N S A R	57,40	95	60	120	275	64,169875
	SAPART JULIETTE	ZENITH	60,20	90	45	110	245	55,252400
	DUBOIS SYLVIE	SERAING	59,70	85	42,5	90	217,5	49,335743
-72	BOCQUET EVA	N S A R	65,20	117,5	65	130	312,5	66,914688
	STAATS MARION (NED)	A B H	69,00	100	60	120	280	58,008440
DAMES MASTER 40			PC	SQ	BP	DL	TOTAL	PTS
-72	VALAEYS VERONIQUE	Alpga Aca	71,00	*/	55	120	DSQ	*/
HOMMES SUB JUNIOR			PC	SQ	BP	DL	TOTAL	PTS
-83	BELLE ETHAN	SERAING	80,30	135	90	160	385	54,196065
HOMMES JUNIOR			PC	SQ	BP	DL	TOTAL	PTS
-59	CERVI ANDREA	SERAING	58,20	142,5	95	175	412,5	68,758800
-83	OSTYN GREGORY	Florennes	76,50	182,5	140	260	582,5	84,059993
	RUWET LOUIS	SERAING	78,00	190	127,5	227,5	545	77,867420
	DUFOUR QUENTIN	SERAING	78,00	200	100	240	540	77,153040
-93	HUWART GUILLAUME	ZENITH	90,80	185	147,5	255	587,5	77,763850
	HAID JEAN PHILIPPE	SERAING	88,40	175	135	220	530	71,087310
-105	PERMENTIER REMI	N S A R	104,40	240	150	250	640	79,228160
	BACQ THIBAUT	ZENITH	96,80	232,5	142,5	247,5	622,5	79,871730
	GENTILE ROMAIN	N S A R	95,20	175	110	187,5	472,5	61,115040
	SINGH DANIEL	METTET	103,50	120	85	185	390	48,475440
-120	FURNEMONT THOMAS	METTET	116,10	190	127,5	230	547,5	64,576530
HOMMES SENIOR			PC	SQ	BP	DL	TOTAL	PTS
-74	DEHAN GUILLAUME	SERAING	73,50	165	125	225	515	75,873920
-83	MALO ROMAN	CHFS	82,70	220	115	260	595	82,514600
	BELLE SAMUEL	SERAING	81,40	190	75	255	520	72,694960
	GODFROID MAXIME	SERAING	75,90	180	115	220	515	74,621440
	RAZANANJARING JULIEN (FRA)	A B H	82,20	192,5	110	212,5	515	71,639590
-93	MORILLAS ALEXANDRE	N S A R	92,60	200	147,5	232,5	580	76,036260
	DEBONNET CHARLES EDOUARD	N S A R	91,70	202,5	135	235	572,5	75,412563
	BAUWENS QUENTIN	METTET	92,40	162,5	132,5	220	515	67,586025
	COLLIN ANDY	LA MEUTE	88,00	155	130	215	500	67,214500
	SCHOREELS JONATHAN	METTET	87,10	140	92,5	170	402,5	54,384995

-105 LORY FLORIAN	N S A R	96,00	245	155	273	673	86,697206
BILLEN YOURI	ZENITH	101,90	180	140	280	600	75,125400
CILLI NICOLAS	SERAING	100,80	195	140	220	555	69,848415

HOMMES	MASTER 40		PC	SQ	BP	DL	TOTAL	PTS
-120 PIRSOUL PHILIPPE		LA MEUTE	119,60	165	95	210	470	54,715520

HOMMES	MASTER 60		PC	SQ	BP	DL	TOTAL	PTS
-120 COLLART JEAN LUC		METTET	117,50	210	150	220	580	68,047920

ARBITRES COLLART VIRGINIE, WARNIER JEAN-CALUDE
REMY ROGER, VERNIMMEN PAUL, LEROT VIVIANE

RECORDS DE Belgique POWERLIFTING CLASSIC			CAT	SQ	BP	DL	TOTAL
HALLOU NAIS	DA JUN	-72	130	75	135	340	
NGUYEN THI MAI LIEN	DA JUN	-52	100	57,5	120	277,5	
MOINIE NOEMIE	DA SEN	-57	120		146	333,5	
CERVI ANDREA	JUNIOR	-59	142,5		175	412,5	
OSTYN GREGORY	JUNIOR	-83			260		

RECORDS L F P H POWERLIFTING CLASSIC			CAT	SQ	BP	DL	TOTAL
HALLOU NAIS	DA JUN	-72	130	75	135	340	
HALLOU NAIS	DA SEN	-72	130				
NGUYEN THI MAI LIEN	DA JUN	-52	100	57,5	120	277,5	
NGUYEN THI MAI LIEN	DA SEN	-52		57,5	120	277,5	
CHASSEUR MARISCA	DA JUN	-57	85,5	53	112,5	251	
MOINIE NOEMIE	DA SEN	-57	120	67,5	146	333,5	
CERVI ANDREA	JUNIOR	-59	142,5	95	175	412,5	
CERVI ANDREA	SENIOR	-59	142,5		175	412,5	
FURNEMONT THOMAS	JUNIOR	-120			230	547,5	
HUWART GUILLAUME	JUNIOR	-93		147,5			
OSTYN GREGORY	JUNIOR	-83			260	582,5	
LORY FLORIAN	SENIOR	-105				673	
BILLEN YOURI	SENIOR	-105			280		

RECORDS DE Belgique BENCH PRESS SINGLE CLASSIC			CAT	BP
NGUYEN THI MAI LIEN	DA JUN	-52	57,5	
HALLOU NAIS	DA JUN	-72	75	

RECORDS L F P H BENCH PRESS SINGLE CLASSIC			CAT	BP
NGUYEN THI MAI LIEN	DA JUN	-52	57,5	
HALLOU NAIS	DA JUN	-72	75	
CERVI ANDREA	JUNIOR	-59	95	

CLASSEMENT A L INDICE I P F		PTS
MEILLEURE DAME JUNIORE	HALLOU NAIS	72,400
MEILLEURE DAME	MOINIE NOEMIE	78,855
MEILLEUR HOMME SUB JUNIOR	BELLE ETHAN	54,196
MEILLEUR HOMME JUNIOR	OSTYN GREGORY	84,059
MEILLEUR HOMME SENIOR	LORY FLORIAN	86,697
MEILLEUR MASTER	COLLART JEAN LUC	68,047

**CHAMPIONNATS DE LA LIGUE FRANCOPHONE
POWERLIFTING EQUIPPED**

SERAING zaterdag 19 september 2020

SENIOR

-93 KOCABAS JONATHAN

SERAING

PC	SQ	BP	DL	TOTAL	PTS
92,20	300	200	275	775	84,427725

MASTER

40 / 49

-83 COUVERCELLE BERTRAND (FRA)

ENGHIEN

PC	SQ	BP	DL	TOTAL	PTS
83,00	235	132,5	220	587,5	67,842738

MASTER

60 / 69

-59 VERNIMMEN PAUL

METTET

PC	SQ	BP	DL	TOTAL	PTS
54,60	100	80	150	330	51,112050

ARBITRES

Collart Virginie, Lerot Viviane, Warnier Jean-Claude

RECORDS DE Belgique POWERLIFTING EQUIPPED

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RECORDS L F P H POWERLIFTING EQUIPPED

*

RECORDS DE Belgique BENCH PRESS SINGLE EQUIPPED

*

RECORDS L F P H BENCH PRESS SINGLE EQUIPPED

*

CLASSEMENT A L'INDICE I P F

PTS

MEILLEUR HOMME SENIOR

KOCABAS JONATHAN

84,427

MEILLEUR HOMME MASTER

COUVERCELLE BERTRAND (FRA) 67,842



Powerlifting "Corona herstart VGPF"

26 september 2020

Wilsele (Primer Academy)



Power Classic - Mannen										
Name	Team	Age Group	Body Wt	WT Class	SQ	BP	DL	TOTAL	IPF GL	Pts.
Rubinstein	Andrew	PAC	M-Open	87.95	93	230.0	175.0	290.0	695.0	93.4546
Gijzen	Marijn	Do-it	M-Open	92.20	93	215.0	160.0	270.0	645.0	84.7362
Mariën	Lenn	Do-it	M-Open	89.35	93	230.0	140.0	252.5	622.5	83.0533
de Vadder	Gunnar	PAC	M-Open	151.00	120+	265.0	225.0	280.0	770.0	81.5191
Van Den Abeele	Ward	KSW	M-Open	96.75	105	220.0	130.0	280.0	630.0	80.8542
Van der Bracht	Kenneth	Powermove	M-Open	89.09	93	220.0	115.0	270.0	605.0	80.8347
Lismont	Eneko	Powermove	M-Open	72.80	74	182.5	145.0	210.0	537.5	79.5839
Boermans	Niels	Do-it	M-Open	91.30	93	205.0	160.0	235.0	600.0	79.2042
Molkens	Tim	KOG	M-Open	72.70	74	180.0	135.0	215.0	530.0	78.5296
Dedeurwaerder	Kenny	KSW	M-M1	91.55	93	205.0	140.0	250.0	595.0	78.4389
Al-Tourayhi	Ali	Powermove	M-Jun	91.05	93	220.0	155.0	210.0	585.0	77.3282
Jacobs	Sebastiaan	Powermove	M-Jun	81.25	83	190.0	125.0	227.5	542.5	75.9115
De Baere	Manuel	KSW	M-Open	88.25	93	185.0	140.0	235.0	560.0	75.1744
Van Geeteruyen	Wytse	KOG	M-Jun	82.83	83	145.0	120.0	273.0	538.0	74.5507
De Nijs	Stanislas	KOG	M-Open	82.25	83	205.0	125.0	205.0	535.0	74.3987
Bekaert	Brecht	Powermove	M-Jun	94.30	105	185.0	120.0	265.0	570.0	74.0658
Monsieur	Steven	Krachtskliniek	M-Open	73.65	74	182.5	120.0	200.0	502.5	73.9539
Van den Heuvel	Chiel	KOG	M-Open	79.60	83	170.0	130.0	215.0	515.0	72.8200
Ceunen	Bart	Powermove	M-Open	90.40	93	200.0	132.5	215.0	547.5	72.6270
Bisschops	Lode	Powermove	M-Jun	81.90	83	180.0	130.0	210.0	520.0	72.4693
Lettelier	Jeroen	PAC	M-Jun	80.75	83	200.0	107.5	205.0	512.5	71.9391
Van Ham	Dennis	Powermove	M-Open	104.15	105	195.0	130.0	255.0	580.0	71.8811
Bernete	Michael	Powermove	M-Jun	70.35	74	165.0	140.0	170.0	475.0	71.5982
Houben	Rik	GarageGym16	M-M1	89.70	93	195.0	125.0	212.5	532.5	70.9082
Kossarev	Andrey	PAC	M-Open	83.20	93	172.5	120.0	220.0	512.5	70.8572
Volckerick	Liam	Powermove	M-Jun	89.15	93	180.0	150.0	190.0	520.0	69.4548
De Corte	Toon	KOG	M-Jun	74.25	83	165.0	100.0	207.5	472.5	69.2463
De Bie	Thibault	KOG	M-Jun	99.50	105	190.0	120.0	230.0	540.0	68.3807
Vertessen	Wouter	Powermove	M-Jun	91.40	93	190.0	115.0	210.0	515.0	67.9476
Pavone	Alessio	Powermove	M-SubJun	63.40	66	140.0	110.0	175.0	425.0	67.6779
Van Der Linden	Pieter	HNS	M-Jun	90.15	93	180.0	105.0	220.0	505.0	67.0807
D'Haene	Charles	Powermove	M-Jun	72.05	74	155.0	107.5	180.0	442.5	65.8723
Janssen	Alexander	GarageGym16	M-Open	65.55	66	135.0	90.0	180.0	405.0	63.3623
Ciola	Nicola	Powermove	M-Open	93.30	105	170.0	120.0	190.0	480.0	62.6957
De Deken	Sven	CFS7	M-Open	87.85	93	160.0	95.0	210.0	465.0	62.5625
Sels	Koen	Do-it	M-Jun	103.00	105	180.0	97.5	222.5	500.0	62.2895
Dierick	David	CFS7	M-Open	80.55	83	155.0	80.0	190.0	425.0	59.7321
Den Haese	Thomas	KOG	M-Open	114.00	120	182.5	100.0	182.5	465.0	55.2941
Angel	Ciprian	Merchtem	M-Jun	103.50	105	192.5	115.0	200.0	507.5	63.0802
Nys	Glenn	PAC	M-Open	118.40	120	150.0	180.0	60.0	390.0	45.6031
Ceuppens	Niels	Stamina	M-SubJun	92.65	93	25.0	170.0	75.0	270.0	35.3867
Hamich	Imad	Powermove	M-SubJun	82.60	83	170.0	0.0	190.0	DSQ	



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Power Classic - Vrouwen

Name	Team	Age Group	Body Wt	WT Class	SQ	BP	DL	TOTAL	IPF GL Pts.	
Muluh	Sonita (CMR)	GarageGym16	F-Open	84.45	84+	175.0	90.0	230.0	495.0	93.2862
Rummens	Elise	Powermove	F-Open	56.14	57	110.0	70.5	157.5	338.0	80.2027
Haemers	Dasha	KOG	F-Jun	51.74	52	107.5	55.0	120.5	283.0	71.7688
Roos	Evelyne	CFS7	F-M1	75.40	84	110.0	60.0	157.5	327.5	64.8119
Callens	Chiara	KSW	F-Open	67.20	72	100.0	65.0	142.5	307.5	64.6703
Ryckebosch	Florien	PAC	F-Open	60.35	63	112.5	47.5	125.0	285.0	64.1629
De Greef	Alexi	Krachtkliniek	F-Open	71.85	72	110.0	60.0	145.0	315.0	63.8546
Ellis	Kim (USA)	Powermove	F-M1	61.20	63	87.5	60.0	105.0	252.5	56.3075

Bench Classic - Mannen

Name	Team	Age Group	Body Wt	WT Class	SQ	BP	DL	TOTAL	IPF GL Pts.
Neyt	Alain	KSW	M-M1	100.90	105	155.0	155.0	155.0	70.7082
Costadura	Danilo	KOG	M-Open	79.65	83	110.0	110.0	110.0	56.4390
Van den Broeck	Jeroen	Stamina	M-Open	107.00	120	112.5	112.5	112.5	49.9380
Ysschol	Dries	Powermove	M-SubJun	71.25	74	0.0	0.0	DSQ	
Cordemans	Kevin	Powermove	M-Open	76.65	83	0.0	0.0	DSQ	

Power Equipped - Mannen

Name	Team	Age Group	Body Wt	WT Class	SQ	BP	DL	TOTAL	IPF GL Pts.	
De Ro	Jean-Marc	HNS	M-M1	85.45	93	75.0	75.0	75.0	225.0	25.5510

Scheidsrechters:

Gaetan Impens (KOG)
Thiebe Sleuwaert (Powermove)
Niels Boermans (DO-It)

Kathleen Compagnie (Garage Gym)
Jeroen Van Heesvelde (HNS)
Emmerik Vanhee (HNS)

Wedstrijdsecretariaat:

Rik Houben (GarageGym16)

Elise Rummens (Powermove)



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Records van België - Classic - Powerlifting / Bench Single

Naam	M/F	Leeftijd groep	LG Klasse	Squat	Bench	DL	TOT	Bench Single
Haemers Dasha	F	Jun	-52	107.5		120.5	283	
Haemers Dasha	F	Open	-52	107.5				
Rummens Elise	F	Open	-57		70.5	157.5	338	70.5
Roos Evelyne	F	M1	-84	110		157.5	327.5	
Van Geeteruyen Wytse	M	Jun	-83			273		
Van Geeteruyen Wytse	M	Open	-83			273		
Ceuppens Niels	M	SubJun	-93		170			170

Records VGPF - Classic - Powerlifting / Bench Single

Naam	M/F	Leeftijd groep	LG Klasse	Squat	Bench	DL	TOT	Bench Single
Haemers Dasha	F	Jun	-52	107.5	55	120.5	283	55
Haemers Dasha	F	Open	-52	107.5				
Rummens Elise	F	Open	-57		70.5	157.5	338	70.5
Roos Evelyne	F	M1	-84	110		157.5	327.5	
Roos Evelyne	F	Open	-84			157.5		
Pavone Alessio	M	Jun	-66	140	110	175	425	
Van Geeteruyen Wytse	M	Jun	-83			273		
Van Geeteruyen Wytse	M	Open	-83			273		
Ceuppens Niels	M	SubJun	-93		170*			170
Dedeurwaerder Kenny	M	M1	-93	205	140	250	595	
Neyt Alain	M	M1	-105					155

*Nog niet gevalideerd