

3ÈME TOUR INTERCLUBS LFPH POWERLIFTING CLASSIC

Le 30 / 04 / 2022 A SERAING

				<u>SQ</u>	<u>BP</u>	<u>DL</u>	<u>TOT</u>	<u>PTS</u>
SERAING 1								
MALO ROMAN	Senior	82.36	SERAING	235.5	125	270	630.5	87.620
GILISSEN FLORIAN	Senior	100.72	SERAING	242.5	142.5	285	670	84.353
HAID JEAN-PHILIPPE	Junior	92.0	SERAING	225	135	273	633	83.248
								255.221
N S A R 1								
ERNST CLEMENT	Junior	83.7	N S A R	220	130	247.5	597.5	82.360
COINNE ZOE	DA Sen	54.34	N S A R	110	72.5	135	317.5	77.292
PIERQUIN CHARLES	Junior	73.92	N S A R	150	90	185	425	62.429
								222.081
H S P C 1								
DI LIBERTO VINCENT	Senior	84.98	H S P C	200	132.5	225	557.5	76.262
MERGAUX GAUTHIER	Senior	84.34	H S P C	190	122.5	240	552.5	75.866
BRENNET ANTOINE	Senior	92.42	H S P C	180	110	240	530	69.547
								221.675
ZENITH 1								
BACQ THIBAUT	Senior	102.6	ZENITH	220	140	240	600	74.884
CAVRENNE NATHAN	Junior	82.16	ZENITH	175	110	230	515	71.658
NASSAR NADI ALEXANDRE	Junior	90.82	ZENITH	160	122.5	225	507.5	67.168
								213.710
SERAING 2								
GODFROID MAXIME	Senior	80.14	SERAING	180	115	230	525	73.979
LEFEBVRE THOMAS	Senior	83.82	SERAING	177.5	127.5	220	525	72.315
DYKMANS ALEXIA	DA Sen	55.34	SERAING	100	50	112.5	262.5	62.984
								209.278
FLORENNES								
FOURNAUX ANTOINE	Senior	79.1	FLORENNES	177.5	105	205	487.5	69.154
DEFRAEY CATHERINE	Da Sen	67.34	FLORENNES	120	67.5	135	322.5	67.743
REMY ROGER	Mas 60	79.12	FLORENNES	140	103	185	428	60.706
								197.603
N S A R 2								
FIORITI YOHAN	Senior	107.12	N S A R	200	142.5	225	567.5	69.420
STRADIOT TOMMY	Junior	72.02	N S A R	147.5	85	180	412.5	61.420
CAMBRE ARMELLE	DA Jun	82.04	N S A R	95	52.5	130	277.5	52.903
								183.743
SERAING 3								
NOIRHOMME TOM	Junior	82.36	SERAING	175	122.5	222.5	520	72.264
DELVAUX ALEXANDRE	Junior	65.76	SERAING	115	80	160	355	55.446
CARABIN THOMAS	Senior	75.56	SERAING	105	75	140	320	46.475
								174.185

LA LOUVIERE 1

KAMAL DIANA (FRA)	DA Sen	61.78	La Louviere	105	62.5	140	307.5	68.141
WASTIEL STEVEN	Senior	117.78	La Louviere	215	110	220	545	63.875
SICORELLO ANGELO	Sub Jun	82.72	La Louviere	/	90	210	300	41.599
								173.615

O P L

BAALI NAHEL (FRA)	Junior	81.6	O P L	200	157.5	290	647.5	90.407
								90.407

LA LOUVIERE 2

ROELANDT LIZZY	DA Sen	66.4	La Louviere	122.5	67.5	145	335	70.950
								70.950

ZENITH 2

PLENNEVAUX SIMON	Junior	84.86	ZENITH	165	110	205	480	65.707
								65.707

H S P C 2

CAPPART ALICE	DA Sen	56.6	H S P C	87.5	57.5	120	265	62.575
								62.575

N S A R 3

LEBAILLY HUGO	Junior	61.18	N S A R	105	85	177.5	367.5	59.643
								59.643

B W S

ROTUNNO ROMEO	Junior	67.92	B W S	130	90	165	385	59.114
								59.114

C H F SOIGNES

KURAOGLU RIDVAN	Mas 60	91.8	CHF Soignes	135	125	170	430	56.611
								56.611

SERAING 4

DANNOSET JUSTINE	DA Sen	72.82	SERAING	105	50	105	260	52.344
								52.344

LA MEUTE

COLLIN ANDY	Senior	95.0	La Meute	/	147.5	240	387.5	50.172
								50.172

**Arbitres : Warnier Jean Claude – Lerot Viviane – Collart Virginie
Collart Jean Luc – Lory Florian – Remy Roger**

RECORDS DE BELGIQUE POWERLIFTING CLASSIC						
Nom - prénom	Âge	Catégorie	SQUAT	BENCH	DL	TOTAL
KURAOGLU RIDVAN	MASTER 60	-93		125	170	430
MALO ROMAN	SENIOR	-83	235.5			
REMY ROGER	MASTER 60	-83		103		

RECORDS DE BELGIQUE POWERLIFTING CLASSIC						
Nom - prénom	Âge	Catégorie	SQUAT	BENCH	DL	TOTAL
KURAOGLU RIDVAN	MASTER 60	-93		125	170	430
MALO ROMAN	SENIOR	-83	235.5			
REMY ROGER	MASTER 60	-83		103		

RECORDS DE LA LIGUE FRANCOPHONE POWERLIFTING CLASSIC

Nom - prénom	Âge	Catégorie	SQUAT	BENCH	DL	TOTAL
KURAOGLU RIDVAN	MASTER 60	-93		125	170	430
MALO ROMAN	SENIOR	-83	235.5			
H Aid JEAN-PHILIPPE	JUNIOR	-93			273	
ROELANDT LIZZY	DAME SENIOR	-69			145	
REMY ROGER	MASTER 60	-83		103		

3ÈME TOUR INTERCLUBS LFPH POWERLIFTING EQUIPPED

Le 30 / 04 / 2022 à SERAING

				<u>SQ</u>	<u>BP</u>	<u>DL</u>	<u>TOT</u>	<u>PTS</u>
O P L 1								
SAINT THUILE LUCAS	JUN	82.98	O P L	220	140	225	585	67.564
SPINA CELINE	DA SEN	64.16	O P L	125	85	160	370	66.117
OSTYN GREGORY	JUN	78.74	O P L	/	/	275	275	32.773
								166.454
LA LOUVIERE								
PIRET SERGE	M 60	99.36	LA LOUVIERE	150	112.5	190	452.5	47.467
								47.467

**Arbitres : Warnier Jean Claude – Lerot Viviane – Remy Roger
Collart Jean Luc – Collart Virginie – Lory Florian**

RECORDS DE BELGIQUE POWERLIFTING EQ						
Nom - prénom	Âge	Catégorie	SQUAT	BENCH	DL	TOTAL
SPINA CELINE	DA SENIOR	-69			160	
RECORDS DE LA LIGUE FRANCOPHONE POWERLIFTING EQ						
Nom - prénom	Âge	Catégorie	SQUAT	BENCH	DL	TOTAL
SPINA CELINE	DA SENIOR	- 69	125	85	160	370
RECORDS DE LA LIGUE FRANCOPHONE BENCH PRESS SINGLE						
SPINA CELINE	DA SENIOR	- 69		85		

TROISIEME TOUR INTERCLUBS LFPH BENCH-PRESS

SINGLE CLASSIC

Le 30 / 04 / 2022 à SERAING

				<u>BP</u>	<u>PTS</u>
P C METTET 1					
CROMBRUGGE JONATHAN	SENIOR	70.26	METTET	122.5	67.166
VERSELE LIONEL	SENIOR	103.88	METTET	142.5	64.125
DERIJCKE FREDERIK	SENIOR	101.26	METTET	140	63.758
					195.049
CSS FLORENNES					
DUBUCQ MICHEL	MAS 60	115.12	FLORENNES	157.5	67.654
DEFRAEY CATHERINE	DA SEN	67.34	FLORENNES	67.5	54.426
REMY ROGER	MAS 60	79.12	FLORENNES	103	53.031
					175.111
P C METTET 2					
LEROT VIVIANE	DA M 60	61.06	METTET	45	38.241
					38.241

Arbitres : Collart Virginie – Warnier Jean-Claude - Lory Florian - Collart Jean-Luc