

# -53 H

## Sub-Junior

LIFT	NAT		VGPF	
SQ		110		110
BP		70		70
DL	De Greve Gianni	122.5	De Greve Gianni	122.5
TOT		305		305

## Junior

LIFT	NAT		VGPF	
SQ		150		150
BP		85		85
DL		150		150
TOT		385		385

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## Sub-Junior

LIFT	NAT		VGPF	
SQ		135		135
BP		80		80
DL	Emmerechts Ken	150	Emmerechts Ken	150
TOT		350		350

## Junior

LIFT	NAT		VGPF	
SQ		160		160
BP	De Groote Kenny	95	De Groote Kenny	95
DL		180		180
TOT		430		430

## Senior

LIFT	NAT		VGPF	
SQ		205		205
BP	Nalinne Michael	122.5		120
DL		210		210
TOT		535		535

## Master 1 (40+)

LIFT	NAT		VGPF	
SQ		160		160
BP		115		115
DL	Vernimmen Paul	168		150
TOT		440		440

## Master 2 (50+)

LIFT	NAT		VGPF	
SQ		155		155
BP		90		90
DL	Vernimmen Paul	168		145
TOT		405		405

## Master 3 (60+)

LIFT	NAT		VGPF	
SQ	Vernimmen Paul	123		115
BP	Vernimmen Paul	86		85
DL	Vernimmen Paul	168		120
TOT	Vernimmen Paul	372,5		320

## Master 4 (70+)

LIFT	NAT		VGPF	
SQ		110		110
BP		65		65
DL		110		110
TOT		300		300

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## Sub-Junior

LIFT	NAT		VGPF	
SQ	Mignolet Geoffrey	187.5		140
BP	Mignolet Geoffrey	130		100
DL	Mignolet Geoffrey	212.5	VanHerewegen Masimo	150
TOT	Mignolet Geoffrey	520		390

## Junior

LIFT	NAT		VGPF	
SQ	Blockmans Nick	267,5	Blockmans Nick	267,5
BP	Blockmans Nick	157,5	Blockmans Nick	157,5
DL	Blockmans Nick	250	Blockmans Nick	250
TOT	Blockmans Nick	670	Blockmans Nick	670

## Senior

LIFT	NAT		VGPF	
SQ	Blockmans Nick	267,5	Blockmans Nick	267,5
BP	Blockmans Nick	157,5	Blockmans Nick	157,5
DL	Blockmans Nick	250	Blockmans Nick	250
TOT	Blockmans Nick	670	Blockmans Nick	670

## Master 1 (40+)

LIFT	NAT		VGPF	
SQ	Quertinmont Jean	165		165
BP		120		120
DL	Quertinmont Jean	175		165
TOT		480		480

## Master 2 (50+)

LIFT	NAT		VGPF	
SQ	Quertinmont Jean	165		160
BP		105		105
DL	Quertinmont Jean	175		155
TOT	Quertinmont Jean	440		440

## Master 3 (60+)

LIFT	NAT		VGPF	
SQ		145		145
BP		95		95
DL		145		145
TOT		380		380

## Master 4 (70+)

LIFT	NAT		VGPF	
SQ		120		120
BP		75		75
DL		120		120
TOT		345		345

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## Sub-Junior

LIFT	NAT		VGPF	
SQ	Mignolet Geoffrey	240	Kerremans Jonathan	220
BP	Mignolet Geoffrey	152.5	Kerremans Jonathan	145
DL	Mignolet Geoffrey	240	Kerremans Jonathan	227,5
TOT	Mignolet Geoffrey	622.5	Kerremans Jonathan	592,5

## Junior

LIFT	NAT		VGPF	
SQ	Ostyn Gregory	260	DeVisscher Geovanni	245
BP	De Visscher Geovanni	215	DeVisscher Geovanni	215
DL	Ostyn Gregory	297,5	DeVisscher Geovanni	250
TOT	Ostyn Gregory	740	DeVisscher Geovanni	710

## Senior

LIFT	NAT		VGPF	
SQ	Ostyn Gregory	260	Van Hee Emerik	245,5
BP	De Visscher Geovanni	215	De Visscher Geovanni	215
DL	Ostyn Gregory	297,5	Van Hee Emerik	255
TOT	Ostyn Gregory	740	De Visscher Geovanni	710

## Master 1 (40+)

LIFT	NAT		VGPF	
SQ	Remy Roger	220	Vandevelde Roger	220
BP	Vandevelde Roger	145	Vandevelde Roger	145
DL	Remy Roger	247.5	Vandevelde Roger	220
TOT	Remy Roger	587.5	Vandevelde Roger	580

## Master 2 (50+)

LIFT	NAT		VGPF	
SQ	Remy Roger	220	Vandevelde Roger	220
BP	Vandevelde Roger	145	Vandevelde Roger	145
DL	Remy Roger	247.5	Vandevelde Roger	220
TOT	Remy Roger	587.5	Vandevelde Roger	580

## Master 3 (60+)

LIFT	NAT		VGPF	
SQ	Vandevelde Roger	220	Vandevelde Roger	220
BP	Vandevelde Roger	145	Vandevelde Roger	145
DL	Remy Roger	238	Vandevelde Roger	220
TOT	Vandevelde Roger	580	Vandevelde Roger	580

## Master 4 (70+)

LIFT	NAT		VGPF	
SQ		160		160
BP		90		90
DL		160		160
TOT		425		425

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## Sub-Junior

LIFT	NAT		VGPF	
SQ	Kerremans Jonathan	220	Kerremans Jonathan	220
BP	Kerremans Jonathan	152,5	Kerremans Jonathan	152,5
DL	VanGeeteruyen Wytse	230,5	VanGeeteruyen Wytse	230,5
TOT	Kerremans Jonathan	602,5	Kerremans Jonathan	602,5

## Junior

LIFT	NAT		VGPF	
SQ	Penasse Tanguy	310	Kerremans Jonathan	280
BP	De Visscher Giovanni	250	De Visscher Giovanni	250
DL	Ostyn Gregory	292,5	Kerremans Jonathan	252,5
TOT	Penasse Tanguy	772,5	De Visscher Giovanni	760

## Senior

LIFT	NAT		VGPF	
SQ	Penasse Tanguy	310	Kerremans Jonathan	280
BP	De Visscher Giovanni	250	De Visscher Giovanni	250
DL	Ostyn Gregory	292,5	VanDePerre Vincent	262,5
TOT	Penasse Tanguy	772,5	De Visscher Giovanni	760

## Master 1 (40+)

LIFT	NAT		VGPF	
SQ	VanDeWiel Jimmy	235	VanDeWiel Jimmy	235
BP	VanDeWiel Jimmy	185	VanDeWiel Jimmy	185
DL	Remy Roger	250	Theys Jan	230
TOT	VanDeWiel Jimmy	635	VanDeWiel Jimmy	635

## Master 2 (50+)

LIFT	NAT		VGPF	
SQ	Remy Roger	226	Vandevelde Roger	225
BP	Reybrouck Daniel	155	Vandevelde Roger	140
DL	Remy Roger	250	Vrijders Eddy	210
TOT	Remy Roger	588,5	Vandevelde Roger	575

## Master 3 (60+)

LIFT	NAT		VGPF	
SQ	Remy Roger	226	Vandevelde Roger	225
BP	Reybrouck Daniel	155	Vandevelde Roger	140
DL	Remy Roger	237,5	Vandevelde Roger	210
TOT	Remy Roger	588,5	Vandevelde Roger	575

## Master 4 (70+)

LIFT	NAT		VGPF	
SQ	Lazou Jozef	180	Lazou Jozef	180
BP	Reybrouck Daniel	155	Lazou Jozef	95
DL	Lazou Jozef	185	Lazou Jozef	185
TOT	Lazou Jozef	460	Lazou Jozef	460

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## Sub-Junior

LIFT	NAT		VGPF	
SQ	Permentier Remi	250	Elpers Mathias	187.5
BP	Permentier Remi	167,5		130
DL	Permentier Remi	235	Elpers Mathias	210
TOT	Permentier Remi	652,5	Elpers Mathias	517.5

## Junior

LIFT	NAT		VGPF	
SQ	Kerremans Jonathan	320	Kerremans Jonathan	320
BP	Kerremans Jonathan	207,5	Kerremans Jonathan	207,5
DL	Peeters Alan	292,5	Peeters Alan	292,5
TOT	Kerremans Jonathan	792,5	Kerremans Jonathan	792,5

## Senior

LIFT	NAT		VGPF	
SQ	Kerremans Jonathan	320	Kerremans Jonathan	320
BP	Van Hee Emmerik	232,5	Van Hee Emmerik	232,5
DL	Verbeke Beny	295	Verbeke Beny	295
TOT	Kerremans Jonathan	792,5	Kerremans Jonathan	792,5

## Master 1 (40+)

LIFT	NAT		VGPF	
SQ	Verbeke Beny	243	Verbeke Beny	243
BP	De Ro Jean Marc	170	De Ro Jean Marc	170
DL	Verbeke Beny	295	Verbeke Beny	295
TOT	Verbeke Beny	658	Verbeke Beny	658

## Master 2 (50+)

LIFT	NAT		VGPF	
SQ	Verbeke Beny	243	Verbeke Beny	243
BP	De Ro Jean-Marc	158	De Ro Jean-Marc	158
DL	Verbeke Beny	295	Verbeke Beny	295
TOT	Verbeke Beny	658	Verbeke Beny	658

## Master 3 (60+)

LIFT	NAT		VGPF	
SQ	Mezzanotte Francis	170		155
BP	Reybrouck Daniel	155.5	Theyssens Martin	117.5
DL	Mezzanotte Francis	190		160
TOT	Mezzanotte Francis	495		430

## Master 4 (70+)

LIFT	NAT		VGPF	
SQ	Reybrouck Daniel	160	Theyssens Martin	140
BP	Reybrouck Daniel	155.5	Theyssens Martin	117.5
DL	Palazzo Vincent	182.5	Theyssens Martin	152.5
TOT	Reybrouck Daniel	485	Theyssens Martin	410

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## Sub-Junior

LIFT	NAT		VGPF	
SQ	Ausloos Matthieu	240	Elpers Mathias	215
BP	Ausloos Matthieu	162,5		135
DL	Ausloos Matthieu	233	Elpers Mathias	232,5
TOT	Ausloos Matthieu	628	Elpers Mathias	580

## Junior

LIFT	NAT		VGPF	
SQ	Peeters Alan	345	Peeters Alan	345
BP	Peeters Alan	222,5	Peeters Alan	222,5
DL	Van Heesvelde Jeroen	300	Van Heesvelde Jeroen	300
TOT	Peeters Alan	857,5	Peeters Alan	857,5

## Senior

LIFT	NAT		VGPF	
SQ	Van Heesvelde Jeroen	365	Van Heesvelde Jeroen	365
BP	Van Heesvelde Jeroen	267,5	Van Heesvelde Jeroen	267,5
DL	Van Heesvelde Jeroen	332,5	Van Heesvelde Jeroen	332,5
TOT	Van Heesvelde Jeroen	947,5	Van Heesvelde Jeroen	947,5

## Master 1 (40+)

LIFT	NAT		VGPF	
SQ	Laethem Rob	285	Laethem Rob	285
BP	Laethem Rob	210	Laethem Rob	210
DL	Laethem Rob	257,5	Laethem Rob	257,5
TOT	Laethem Rob	732,5	Laethem Rob	732,5

## Master 2 (50+)

LIFT	NAT		VGPF	
SQ	Piret Serge	225	De Grauwe Hugo	206
BP	Scorcioni Fabrizio	165		145
DL	Monseu Serge	252,5	De Grauwe Hugo	235
TOT	Piret Serge	607,5	De Grauwe Hugo	561

## Master 3 (60+)

LIFT	NAT		VGPF	
SQ	Collart Jean Luc	210	De Grauwe Hugo	206
BP	Collart Jean Luc	152,5	De Grauwe Hugo	120
DL	Monseu Serge	252,5	De Grauwe Hugo	235
TOT	Monseu Serge	583	De Grauwe Hugo	561

## Master 4 (70+)

LIFT	NAT		VGPF	
SQ		175		175
BP		115		115
DL		175		175
TOT		515		515

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## Sub-Junior

LIFT	NAT		VGPF	
SQ	Goeman Glenn	240	Goeman Glenn	240
BP	Goeman Glenn	140	Goeman Glenn	140
DL	Goeman Glenn	270	Goeman Glenn	270
TOT	Goeman Glenn	650	Goeman Glenn	650

## Junior

LIFT	NAT		VGPF	
SQ	Ringoot Steve	330	Ringoot Steve	330
BP	Ringoot Steve	225	Ringoot Steve	225
DL	Ringoot Steve	300	Ringoot Steve	300
TOT	Ringoot Steve	830	Ringoot Steve	830

## Senior

LIFT	NAT		VGPF	
SQ	Bilican Orhan	425	Bilican Orhan	425
BP	Bilican Orhan	334	Bilican Orhan	334
DL	Van Heesvelde Jeroen	340	Van Heesvelde Jeroen	340
TOT	Bilican Orhan	1077,5	Bilican Orhan	1077,5

## Master 1 (40+)

LIFT	NAT		VGPF	
SQ	Collart Jean Luc	370		245
BP	Collart Jean Luc	225		175
DL	Collart Jean Luc	310		250
TOT	Collart Jean Luc	890		670

## Master 2 (50+)

LIFT	NAT		VGPF	
SQ	Collart Jean Luc	370		215
BP	Collart Jean Luc	225		155
DL	Collart Jean Luc	310		220
TOT	Collart Jean Luc	890		590

## Master 3 (60+)

LIFT	NAT		VGPF	
SQ	Collart Jean Luc	281		230
BP	Collart Jean Luc	200		140
DL	Collart Jean Luc	240		230
TOT	Collart Jean Luc	712,5		610

## Master 4 (70+)

LIFT	NAT		VGPF	
SQ		200		200
BP		130		130
DL		200		200
TOT		575		575

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### Sub-Junior

LIFT	NAT		VGPF	
SQ	Dechamps Sebastien	320		230
BP	Dechamps Sebastien	187.5		145
DL	Dechamps Sebastien	292.5		230
TOT	Dechamps Sebastien	800		605

### Junior

LIFT	NAT		VGPF	
SQ	Dechamps Sebastien	372,5	Ringoot Steve	360
BP	Dechamps Sebastien	250	Ringoot Steve	222.5
DL	Dechamps Sebastien	305,5	Ringoot Steve	305
TOT	Dechamps Sebastien	913	Ringoot Steve	872.5

### Senior

LIFT	NAT		VGPF	
SQ	Bilican Orhan	405	Bilican Orhan	405
BP	Bilican Orhan	315	Bilican Orhan	315
DL	Ringoot Steve	330	Ringoot Steve	330
TOT	Bilican Orhan	1040	Bilican Orhan	1040

### Master 1 (40+)

LIFT	NAT		VGPF	
SQ	Bilican Orhan	380	Bilican Orhan	380
BP	Bilican Orhan	260	Bilican Orhan	260
DL	Bilican Orhan	320	Bilican Orhan	320
TOT	Bilican Orhan	960	Bilican Orhan	960

### Master 2 (50+)

LIFT	NAT		VGPF	
SQ		300		300
BP		185		185
DL	Kerremans Johan	310	Kerremans Johan	310
TOT		790		790

### Master 3 (60+)

LIFT	NAT		VGPF	
SQ		250		250
BP		160		160
DL		250		250
TOT		700		700

### Master 4 (70+)

LIFT	NAT		VGPF	
SQ		230		230
BP		140		140
DL		230		230
TOT		600		600