

-43 V				
CLASSIC				
Sub-Junior				
LIFT	NAT		VPF	
SQ		65		65
BP		40		40
DL		67.5		67.5
TOT		172.5		172.5
Junior				
LIFT	NAT		VPF	
SQ		70		70
BP		45		45
DL		72.5		72.5
TOT		187.5		187.5

-47 V				
CLASSIC				
Sub-Junior				
LIFT	NAT		VPF	
SQ	Sedda Amelia	75		70
BP		40		40
DL	Sedda Amelia	80		70
TOT	Sedda Amelia	190		180
Junior				
LIFT	NAT		VPF	
SQ	Blaya Darla	87.5	Blaya Darla	87.5
BP	Sedda Amelia	45		45
DL	Sedda Amelia	110.5	Blaya Darla	107.5
TOT	Blaya Darla	237.5	Blaya Darla	237.5
Senior				
LIFT	NAT		VPF	
SQ	Muscolino Julie	115	Tisson Romy	95
BP	Muscolino Julie	60		50
DL	Muscolino Julie	150	Tisson Romy	120
TOT	Muscolino Julie	325	Tisson Romy	255
Master 1 (40+)				
LIFT	NAT		VPF	
SQ		75		75
BP		45		45
DL		75		75
TOT		195		195
Master 2 (50+)				
LIFT	NAT		VPF	
SQ		65		65
BP		35		35
DL		65		65
TOT		165		165
Master 3 (60+)				
LIFT	NAT		VPF	
SQ		60		60
BP		30		30
DL		60		60
TOT		150		150
Master 4 (70+)				
LIFT	NAT		VPF	
SQ		57.5		57.5
BP		27.5		27.5
DL		57.5		57.5
TOT		140		140

-52 V				
CLASSIC				
Sub-Junior				
LIFT	NAT		VPF	
SQ	Louchart Marie	113		75
BP	Merandino Fiorella	65		45
DL	Merandino Fiorella	150		75
TOT	Merandino Fiorella	325		195
Junior				
LIFT	NAT		VPF	
SQ	Merandino Fiorella	117.5	Haemers Dasha	107.5
BP	Merandino Fiorella	70	Van De Velde Annelies	65.5
DL	Merandino Fiorella	152.5	Van De Velde Annelies	130
TOT	Merandino Fiorella	340	Van De Velde Annelies	295.5
Senior				
LIFT	NAT		VPF	
SQ	Verhulst Stefanie	132.5	Verhulst Stefanie	132.5
BP	Verhulst Stefanie	75	Verhulst Stefanie	75
DL	Muscolino Julie	154.5	Verhulst Stefanie	150
TOT	Verhulst Stefanie	355	Verhulst Stefanie	355
Master 1 (40+)				
LIFT	NAT		VPF	
SQ	Stallaert Carine	95	Stallaert Carine	95
BP	Stallaert Carine	57.5	Stallaert Carine	57.5
DL	Stallaert Carine	127.5	Stallaert Carine	127.5
TOT	Stallaert Carine	270	Stallaert Carine	270
Master 2 (50+)				
LIFT	NAT		VPF	
SQ	Stallaert Carine	95	Stallaert Carine	95
BP	Stallaert Carine	57.5	Stallaert Carine	57.5
DL	Stallaert Carine	127.5	Stallaert Carine	127.5
TOT	Stallaert Carine	270	Stallaert Carine	270
Master 3 (60+)				
LIFT	NAT		VPF	
SQ	Stallaert Carine	85	Stallaert Carine	85
BP	Stallaert Carine	45	Stallaert Carine	45
DL	Stallaert Carine	105	Stallaert Carine	105
TOT	Stallaert Carine	235	Stallaert Carine	235
Master 4 (70+)				
LIFT	NAT		VPF	
SQ		62.5		62.5
BP		32.5		32.5
DL		62.5		62.5
TOT		155		155

-57 V				
CLASSIC				
Sub-Junior				
LIFT	NAT		VPF	
SQ	Dero Maeva	142.5	Vandenabeele Annelien	120
BP	Dero Maeva	82.5	VanDeVelde Annelies	60.5
DL	Dero Maeva	175 *	Ceulemans Ines	130
TOT	Dero Maeva	397,5 *	Ceulemans Ines	295
Junior				
LIFT	NAT		VPF	
SQ	Dero Maeva	142.5	Haemers Dasha	136
BP	Dero Maeva	82.5	Rombouts Yana	73
DL	Dero Maeva	175	De Preter Julie	147.5
TOT	Dero Maeva	397.5	Haemers Dasha	346
Senior				
LIFT	NAT		VPF	
SQ	Haemers Dasha	150	Haemers Dasha	150
BP	Coinne Zoe	92.5	Saritkriang Noe Kesinigrat	77.5
DL	Rummens Elise	192.5	Rummens Elise	192.5
TOT	Rummens Elise	402.5	Rummens Elise	402.5
Master 1 (40+)				
LIFT	NAT		VPF	
SQ	Rummens Elise	138	Rummens Elise	138
BP	Rummens Elise	75.5	Rummens Elise	75.5
DL	Rummens Elise	192.5	Rummens Elise	192.5
TOT	Rummens Elise	402.5	Rummens Elise	402.5
Master 2 (50+)				
LIFT	NAT		VPF	
SQ	Ellis Kimberly	117.5	Ellis Kimberly	117.5
BP	Ellis Kimberly	70	Ellis Kimberly	70
DL	Ellis Kimberly	150	Ellis Kimberly	150
TOT	Ellis Kimberly	335	Ellis Kimberly	335
Master 3 (60+)				
LIFT	NAT		VPF	
SQ		70		70
BP		40		40
DL		70		70
TOT		180		180
Master 4 (70+)				
LIFT	NAT		VPF	
SQ		67.5		67.5
BP		37.5		37.5
DL		67.5		67.5
TOT		170		170

* European Sub-Junior Record

-63 D				
CLASSIC				
Sub-Junior				
LIFT	NAT		VPF	
SQ	Dero Maeva	146	Vancoillie Lieze	135
BP	Dero Maeva	82.5	Ballet Dorien	75
DL	Dero Maeva	183	Vincke Louise	152.5
TOT	Dero Maeva	411.5	Ballet Dorien	345
Junior				
LIFT	NAT		VPF	
SQ	Haulot Clara	166	Dutordoir Jana	150
BP	Haulot Clara	93	Verwimp Jana	83.5
DL	Haulot Clara	185	Dutordoir Jana	175
TOT	Haulot Clara	442.5	Dutordoir Jana	395
Senior				
LIFT	NAT		VPF	
SQ	Lalime Sahyuri	185 *	Lalime Sahyuri	185
BP	Daineffe Anne	93	Lalime Sahyuri	97.5
DL	Lalime Sahyuri	202.5	Lalime Sahyuri	202.5
TOT	Lalime Sahyuri	485	Lalime Sahyuri	485
Master 1 (40+)				
LIFT	NAT		VPF	
SQ	Lalime Sahyuri	185	Lalime Sahyuri	185
BP	Lalime Sahyuri	97.5	Lalime Sahyuri	97.5
DL	Lalime Sahyuri	202.5	Lalime Sahyuri	202.5
TOT	Lalime Sahyuri	485	Lalime Sahyuri	485
Master 2 (50+)				
LIFT	NAT		VPF	
SQ	Ellis Kimberly	115	Ellis Kimberly	115
BP	Ellis Kimberly	68	Ellis Kimberly	68
DL	Ellis Kimberly	137.5	Ellis Kimberly	137.5
TOT	Ellis Kimberly	320.5	Ellis Kimberly	320.5
Master 3 (60+)				
LIFT	NAT		VPF	
SQ		75		75
BP		45		45
DL		75		75
TOT		195		195
Master 4 (70+)				
LIFT	NAT		VPF	
SQ		72.5		72.5
BP		42.5		42.5
DL		72.5		72.5
TOT		185		185

-69 V**CLASSIC****Sub-Junior**

LIFT	NAT		VPF	
SQ	Van Lent Zohra	172.5	Van Lent Zohra	172.5
BP	Charpentier Lola	85	Van Lent Zohra	75
DL	Van Lent Zohra	167.5	Van Lent Zohra	167.5
TOT	Van Lent Zohra	415	Van Lent Zohra	415

Junior

LIFT	NAT		VPF	
SQ	Lhoir Alix	177.5	Goossens Kaya	175
BP	Janssens Elien	98	Janssens Elien	98
DL	Goossens Kaya	187.5	Goossens Kaya	187.5
TOT	Goossens Kaya	457.5	Goossens Kaya	457.5

Senior

LIFT	NAT		VPF	
SQ	Lhoir Alix	177.5	Goossens Kaya	175
BP	Goossens Kaya	100	Goossens Kaya	100
DL	Dutordoir Jana	205	Dutordoir Jana	205
TOT	Dutordoir Jana	462.5	Dutordoir Jana	462.5

Master 1 (40+)

LIFT	NAT		VPF	
SQ	Daineffe Anne	148	Michiels Wendy	121
BP	Daineffe Anne	85	Compagnie Kathleen	81
DL	Daineffe Anne	152.5	Michiels Wendy	142.5
TOT	Daineffe Anne	385.5	Michiels Wendy	341

Master 2 (50+)

LIFT	NAT		VPF	
SQ	Michiels Wendy	121	Michiels Wendy	121
BP	Michiels Wendy	77.5	Michiels Wendy	77.5
DL	Michiels Wendy	142.5	Michiels Wendy	142.5
TOT	Michiels Wendy	341	Michiels Wendy	341

Master 3 (60+)

LIFT	NAT		VPF	
SQ		80		80
BP		50		50
DL		80		80
TOT		210		210

Master 4 (70+)

LIFT	NAT		VPF	
SQ		77.5		77.5
BP		47.5		47.5
DL		77.5		77.5
TOT		200		200

-76 V				
CLASSIC				
Sub-Junior				
LIFT	NAT		VPF	
SQ	Vandevorst Zana	142.5	Vandevorst Zana	142.5
BP	Claes Luna	81	Claes Luna	81
DL	Claes Luna	173.5	Claes Luna	173.5
TOT	Claes Luna	392.5	Claes Luna	392.5
Junior				
LIFT	NAT		VPF	
SQ	Coronado Luna	202.5	Coronado Luna	202.5
BP	Coronado Luna	113	Coronado Luna	113
DL	Coronado Luna	197.5	Coronado Luna	197.5
TOT	Coronado Luna	513	Coronado Luna	513
Senior				
LIFT	NAT		VPF	
SQ	Coronado Luna	202.5	Coronado Luna	202.5
BP	Coronado Luna	113	Coronado Luna	113
DL	Coronado Luna	197.5	Coronado Luna	197.5
TOT	Coronado Luna	513	Coronado Luna	513
Master 1 (40+)				
LIFT	NAT		VPF	
SQ	Adriaensens Katrien	137.5	Adriaensens Katrien	137.5
BP	Nuyts Anne-Mieke	77.5	Nuyts Anne-Mieke	77.5
DL	Nuyts Anne-Mieke	180	Nuyts Anne-Mieke	180
TOT	Nuyts Anne-Mieke	390	Nuyts Anne-Mieke	390
Master 2 (50+)				
LIFT	NAT		VPF	
SQ	Nuyts Anne-Mieke	137.5	Nuyts Anne-Mieke	137.5
BP	Nuyts Anne-Mieke	77.5	Nuyts Anne-Mieke	77.5
DL	Nuyts Anne-Mieke	180	Nuyts Anne-Mieke	180
TOT	Nuyts Anne-Mieke	390	Nuyts Anne-Mieke	390
Master 3 (60+)				
LIFT	NAT		VPF	
SQ		82.5		82.5
BP		52.5		52.5
DL		82.5		82.5
TOT		217.5		217.5
Master 4 (70+)				
LIFT	NAT		VPF	
SQ		80		80
BP		50		50
DL		80		80
TOT		210		210

-84 V				
CLASSIC				
Sub-Junior				
LIFT	NAT		VPF	
SQ	Pizzoferrato Alice	140.5	Pizzoferrato Alice	140.5
BP	Dechamps Nadege	90	Pizzoferrato Alice	70
DL	Pizzoferrato Alice	158	Pizzoferrato Alice	158
TOT	Dechamps Nadege	382.5	Pizzoferrato Alice	368.5
Junior				
LIFT	NAT		VPF	
SQ	Coronado Luna	195	Coronado Luna	195
BP	Bonnet Luna	103	Bonnet Luna	103
DL	Coronado Luna	190	Coronado Luna	190
TOT	Coronado Luna	485	Coronado Luna	485
Senior				
LIFT	NAT		VPF	
SQ	Muluh Sonita Kyen	195	Muluh Sonita Kyen	195
BP	Bonnet Luna	103	Bonnet Luna	103
DL	Muluh Sonita Kyen	230	Muluh Sonita Kyen	230
TOT	Muluh Sonita Kyen	520	Muluh Sonita Kyen	520
Master 1 (40+)				
LIFT	NAT		VPF	
SQ	Roos Evelyne	130	Roos Evelyne	130
BP		70		70
DL	Roos Evelyne	162.5	Roos Evelyne	162.5
TOT	Roos Evelyne	357.5	Roos Evelyne	357.5
Master 2 (50+)				
LIFT	NAT		VPF	
SQ	Genot Isabelle	100		90
BP		60		60
DL	Genot Isabelle	135.5		90
TOT	Genot Isabelle	273		240
Master 3 (60+)				
LIFT	NAT		VPF	
SQ	Genot Isabelle	100		85
BP		55		55
DL	Genot Isabelle	135.5		85
TOT	Genot Isabelle	273		225
Master 4 (70+)				
LIFT	NAT		VPF	
SQ		82.5		82.5
BP		52.5		52.5
DL		82.5		82.5
TOT		215		215

+84 V				
CLASSIC				
Sub-Junior				
LIFT	NAT		VPF	
SQ	Khata Najwa	122.5	Khata Najwa	122.5
BP		70		70
DL	Khata Najwa	165	Khata Najwa	165
TOT	Khata Najwa	335	Khata Najwa	335
Junior				
LIFT	NAT		VPF	
SQ	Elouafi Fatima	205	Depreitere Ellen	162.5
BP	Elouafi Fatima	98	Haek Bo	84.5
DL	Elouafi Fatima	210	Depreitere Ellen	190
TOT	Elouafi Fatima	503	Depreitere Ellen	420
Senior				
LIFT	NAT		VPF	
SQ	Muluh Sonita Kyen	318 *	Muluh Sonita Kyen	318
BP	Muluh Sonita Kyen	157.5	Muluh Sonita Kyen	157.5
DL	Muluh Sonita Kyen	267.5	Muluh Sonita Kyen	267.5
TOT	Muluh Sonita Kyen	735,5 *	Muluh Sonita Kyen	735.5
Master 1 (40+)				
LIFT	NAT		VPF	
SQ	Roos Evelyne	152.5	Roos Evelyne	152.5
BP	Roos Evelyne	75	Roos Evelyne	75
DL	Roos Evelyne	173	Roos Evelyne	173
TOT	Roos Evelyne	397.5	Roos Evelyne	397.5
Master 2 (50+)				
LIFT	NAT		VPF	
SQ		95		95
BP		65		65
DL		95		95
TOT		255		255
Master 3 (60+)				
LIFT	NAT		VPF	
SQ		90		90
BP		60		60
DL		90		90
TOT		240		240
Master 4 (70+)				
LIFT	NAT		VPF	
SQ		87.5		87.5
BP		57.5		57.5
DL		87.5		87.5
TOT		230		230

* World Records