

# -43 D

## EQUIPPED

### Sub-Junior

LIFT	NAT		VPF	
SQ		80		80
BP		50		50
DL		85		85
TOT		220		220

### Junior

LIFT	NAT		VPF	
SQ		100		100
BP		60		60
DL		105		105
TOT		250		250

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**-47 D****EQUIPPED****Sub-Junior**

LIFT	NAT		VPF	
SQ		90		90
BP		55		55
DL		95		95
TOT		240		240

**Junior**

LIFT	NAT		VPF	
SQ		105		105
BP		70		70
DL		110		110
TOT		265		265

**Senior**

LIFT	NAT		VPF	
SQ		110		110
BP		70		70
DL		115		115
TOT		295		295

**Master 1 (40+)**

LIFT	NAT		VPF	
SQ		95		95
BP		60		60
DL		100		100
TOT		255		255

**Master 2 (50+)**

LIFT	NAT		VPF	
SQ		85		85
BP		50		50
DL		90		90
TOT		225		225

**Master 3 (60+)**

LIFT	NAT		VPF	
SQ		70		70
BP		45		45
DL		75		75
TOT		190		190

**Master 4 (70+)**

LIFT	NAT		VPF	
SQ		60		60
BP		35		35
DL		65		65
TOT		180		180

**-52 D****EQUIPPED****Sub-Junior**

LIFT	NAT		VPF	
SQ		100		100
BP		60		60
DL		105		105
TOT		265		265

**Junior**

LIFT	NAT		VPF	
SQ		110		110
BP		75		75
DL		115		115
TOT		295		295

**Senior**

LIFT	NAT		VPF	
SQ	Heaysman Jennifer	155	Heaysman Jennifer	155
BP	Heaysman Jennifer	85	Heaysman Jennifer	85
DL	Van Riet Linda	137.5	Van Riet Linda	137.5
TOT	Heaysman Jennifer	370	Heaysman Jennifer	370

**Master 1 (40+)**

LIFT	NAT		VPF	
SQ	Stallaert Carine	127.5	Stallaert Carine	127.5
BP	Stallaert Carine	72.5	Stallaert Carine	72.5
DL	Stallaert Carine	135	Stallaert Carine	135
TOT	Stallaert Carine	325	Stallaert Carine	325

**Master 2 (50+)**

LIFT	NAT		VPF	
SQ	Stallaert Carine	127.5	Stallaert Carine	127.5
BP	Stallaert Carine	72.5	Stallaert Carine	72.5
DL	Stallaert Carine	133	Stallaert Carine	133
TOT	Stallaert Carine	325	Stallaert Carine	325

**Master 3 (60+)**

LIFT	NAT		VPF	
SQ	Stallaert Carine	115	Stallaert Carine	115
BP	Stallaert Carine	62.5	Stallaert Carine	62.5
DL	Stallaert Carine	120	Stallaert Carine	120
TOT	Stallaert Carine	290	Stallaert Carine	290

**Master 4 (70+)**

LIFT	NAT		VPF	
SQ		65		65
BP		40		40
DL		70		70
TOT		195		195

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## EQUIPPED

### Sub-Junior

LIFT	NAT		VPF	
SQ		110		110
BP		65		65
DL		115		115
TOT		290		290

### Junior

LIFT	NAT		VPF	
SQ		120		120
BP		80		80
DL		125		125
TOT		320		320

### Senior

LIFT	NAT		VPF	
SQ	Heaysman Jennifer	170	Heaysman Jennifer	170
BP	Heaysman Jennifer	92.5	Heaysman Jennifer	92.5
DL	Heaysman Jennifer	147.5	Heaysman Jennifer	147.5
TOT	Heaysman Jennifer	405	Heaysman Jennifer	405

### Master 1 (40+)

LIFT	NAT		VPF	
SQ		115		115
BP		80		80
DL		120		120
TOT		315		315

### Master 2 (50+)

LIFT	NAT		VPF	
SQ		95		95
BP		60		60
DL		100		100
TOT		255		255

### Master 3 (60+)

LIFT	NAT		VPF	
SQ		80		80
BP		55		55
DL		85		85
TOT		220		220

### Master 4 (70+)

LIFT	NAT		VPF	
SQ		70		70
BP		45		45
DL		75		75
TOT		210		210

**-63 D****EQUIPPED****Sub-Junior**

LIFT	NAT		VPF	
SQ		115		115
BP		70		70
DL		120		120
TOT		305		305

**Junior**

LIFT	NAT		VPF	
SQ		130		130
BP		85		85
DL		135		135
TOT		340		340

**Senior**

LIFT	NAT		VPF	
SQ	Daineffe Anne	185	Daineffe Anne	185
BP	Spina Celine	120	Compagnie Kathleen	110
DL	Bocquet Eva	185	Daineffe Anne	170
TOT	Daineffe Anne	445	Daineffe Anne	445

**Master 1 (40+)**

LIFT	NAT		VPF	
SQ	Daineffe Anne	185	Daineffe Anne	185
BP	Compagnie Kathleen	110	Compagnie Kathleen	110
DL	Daineffe Anne	162.5	Daineffe Anne	162.5
TOT	Daineffe Anne	445	Daineffe Anne	445

**Master 2 (50+)**

LIFT	NAT		VPF	
SQ		100		100
BP		65		65
DL		105		105
TOT		270		270

**Master 3 (60+)**

LIFT	NAT		VPF	
SQ		90		90
BP		60		60
DL		95		95
TOT		245		245

**Master 4 (70+)**

LIFT	NAT		VPF	
SQ		80		80
BP		50		50
DL		85		85

TOT		235		235
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**-69 D****EQUIPPED****Sub-Junior**

LIFT	NAT		VPF	
SQ		125		125
BP		75		75
DL		130		130
TOT		330		330

**Junior**

LIFT	NAT		VPF	
SQ		145		145
BP		90		90
DL		150		150
TOT		375		375

**Senior**

LIFT	NAT		VPF	
SQ	Daineffe Anne	181	Compagnie Kathleen	180
BP	Compagnie Kathleen	125	Compagnie Kathleen	125
DL	Daineffe Anne	173	Compagnie Kathleen	167.5
TOT	Compagnie Kathleen	470	Compagnie Kathleen	470

**Master 1 (40+)**

LIFT	NAT		VPF	
SQ	Daineffe Anne	181	Compagnie Kathleen	180
BP	Compagnie Kathleen	125	Compagnie Kathleen	125
DL	Daineffe Anne	173	Compagnie Kathleen	167.5
TOT	Compagnie Kathleen	470	Compagnie Kathleen	470

**Master 2 (50+)**

LIFT	NAT		VPF	
SQ	Michiels Wendy	165	Michiels Wendy	165
BP	Michiels Wendy	100	Michiels Wendy	100
DL	Michiels Wendy	165	Michiels Wendy	165
TOT	Michiels Wendy	430	Michiels Wendy	430

**Master 3 (60+)**

LIFT	NAT		VPF	
SQ		95		95
BP		65		65
DL		100		100
TOT		260		260

**Master 4 (70+)**

LIFT	NAT		VPF	
SQ		85		85
BP		55		55
DL		90		90
TOT		250		250

**-76 D****EQUIPPED****Sub-Junior**

LIFT	NAT		VPF	
SQ	Dechamps Nadege	172.5		127.5
BP	Dechamps Nadege	112.5		77.5
DL	Dechamps Nadege	167.5		132.5
TOT	Dechamps Nadege	450		337.5

**Junior**

LIFT	NAT		VPF	
SQ	Dechamps Nadege	172.5		150
BP	Dechamps Nadege	112.5		97.5
DL	Dechamps Nadege	167.5		155
TOT	Dechamps Nadege	450		392.5

**Senior**

LIFT	NAT		VPF	
SQ	Michiels Wendy	175.5	Michiels Wendy	175.5
BP	Spina Celine	115	Michiels Wendy	107.5
DL	Michiels Wendy	175	Michiels Wendy	175
TOT	Michiels Wendy	450.5	Michiels Wendy	450.5

**Master 1 (40+)**

LIFT	NAT		VPF	
SQ	Michiels Wendy	175.5	Michiels Wendy	175.5
BP	Michiels Wendy	107.5	Michiels Wendy	107.5
DL	Michiels Wendy	175	Michiels Wendy	175
TOT	Michiels Wendy	450.5	Michiels Wendy	450.5

**Master 2 (50+)**

LIFT	NAT		VPF	
SQ	Michiels Wendy	175.5	Michiels Wendy	175.5
BP	Michiels Wendy	105	Michiels Wendy	105
DL	Michiels Wendy	175	Michiels Wendy	175
TOT	Michiels Wendy	450.5	Michiels Wendy	450.5

**Master 3 (60+)**

LIFT	NAT		VPF	
SQ		100		100
BP		70		70
DL		105		105
TOT		275		275

**Master 4 (70+)**

LIFT	NAT		VPF	
SQ		92.5		92.5
BP		60		60
DL		95		95
TOT		265		265

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## EQUIPPED

### Sub-Junior

LIFT	NAT		VPF	
SQ	Dechamps Nadege	200		130
BP	Dechamps Nadege	135		80
DL	Dechamps Nadege	187.5		135
TOT	Dechamps Nadege	512.5		345

### Junior

LIFT	NAT		VPF	
SQ	Dechamps Nadege	200		155
BP	Dechamps Nadege	135		105
DL	Dechamps Nadege	187.5		160
TOT	Dechamps Nadege	512.5		410

### Senior

LIFT	NAT		VPF	
SQ	Dechamps Nadege	200		160
BP	Dechamps Nadege	135		110
DL	Dechamps Nadege	187.5		165
TOT	Dechamps Nadege	512.5		455

### Master 1 (40+)

LIFT	NAT		VPF	
SQ		145		145
BP		100		100
DL		150		150
TOT		395		395

### Master 2 (50+)

LIFT	NAT		VPF	
SQ		115		115
BP		80		80
DL		120		120
TOT		315		315

### Master 3 (60+)

LIFT	NAT		VPF	
SQ		105		105
BP		75		75
DL		110		110
TOT		290		290

### Master 4 (70+)

LIFT	NAT		VPF	
SQ		95		95
BP		65		65
DL		100		100
TOT		280		280

**+84 D****EQUIPPED****Sub-Junior**

LIFT	NAT		VPF	
SQ		145		145
BP		95		95
DL		150		150
TOT		390		390

**Junior**

LIFT	NAT		VPF	
SQ		160		160
BP		110		110
DL		165		165
TOT		425		425

**Senior**

LIFT	NAT		VPF	
SQ	Evelyne Roos	200	Evelyne Roos	200
BP		115		115
DL	Evelyne Roos	180.5	Evelyne Roos	180.5
TOT	Evelyne Roos	470	Evelyne Roos	470

**Master 1 (40+)**

LIFT	NAT		VPF	
SQ	Evelyne Roos	200	Evelyne Roos	200
BP		110		110
DL	Evelyne Roos	180.5	Evelyne Roos	180.5
TOT	Evelyne Roos	470	Evelyne Roos	470

**Master 2 (50+)**

LIFT	NAT		VPF	
SQ		120		120
BP		85		85
DL		125		125
TOT		330		330

**Master 3 (60+)**

LIFT	NAT		VPF	
SQ		115		115
BP		80		80
DL		120		120
TOT		315		315

**Master 4 (70+)**

LIFT	NAT		VPF	
SQ		105		105
BP		70		70
DL		110		110
TOT		305		305