

**-43 D****Sub-Junior**

LIFT	NAT		LFPH		VGPF	
SQ		80				80
BP		50				50
DL		85				85
TOT		220				220

**Junior**

LIFT	NAT		LFPH		VGPF	
SQ		100				100
BP		60				60
DL		105				105
TOT		250				250

**Senior**

LIFT	NAT		LFPH		VGPF	
SQ						
BP						
DL						
TOT						

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

LIFT	NAT		LFPH		VGPF	
SQ		90				90
BP		55				55
DL		95				95
TOT		240				240

**Junior**

LIFT	NAT		LFPH		VGPF	
SQ		105	Claes Maroussia	55		105
BP		70	Claes Maroussia	30		70
DL		110	Claes Maroussia	65		110
TOT		265	Claes Maroussia	150		265

**Senior**

LIFT	NAT		LFPH		VGPF	
SQ		110	Claes Maroussia	55		110
BP		70	Claes Maroussia	30		70
DL		115	Claes Maroussia	65		115
TOT		295	Claes Maroussia	150		295

**Master 1 (40+)**

LIFT	NAT		LFPH		VGPF	
SQ		95				95
BP		60				60
DL		100				100
TOT		255				255

**Master 2 (50+)**

LIFT	NAT		LFPH		VGPF	
SQ		85				85
BP		50				50
DL		90				90
TOT		225				225

**Master 3 (60+)**

LIFT	NAT		LFPH		VGPF	
SQ		70				70
BP		45				45
DL		75				75
TOT		190				190

**Master 4 (70+)**

LIFT	NAT		LFPH		VGPF	
SQ						
BP						
DL						
TOT						

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

LIFT	NAT		LFPH		VGPF	
SQ		100				100
BP		60				60
DL		105				105
TOT		265				265

**Junior**

LIFT	NAT		LFPH		VGPF	
SQ		110	Claes Maroussia	80		110
BP		75	Claes Maroussia	37,5		75
DL		115	Claes Maroussia	95		115
TOT		295	Claes Maroussia	212,5		295

**Senior**

LIFT	NAT		LFPH		VGPF	
SQ	Stallaert Carine	125	Claes Maroussia	80	Stallaert Carine	125
BP		80	Claes Maroussia	37,5		80
DL	Van Riet Linda	137.5	Claes Maroussia	95	Van Riet Linda	137.5
TOT	Stallaert Carine	325	Claes Maroussia	212,5	Stallaert Carine	325

**Master 1 (40+)**

LIFT	NAT		LFPH		VGPF	
SQ	Stallaert Carine	125			Stallaert Carine	125
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		LFPH		VGPF	
SQ	Stallaert Carine	125			Stallaert Carine	125
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		LFPH		VGPF	
SQ		75				75
BP		50				50
DL		80				80
TOT		205				205

**Master 4 (70+)**

LIFT	NAT		LFPH		VGPF	
SQ						
BP						
DL						
TOT						

**-57 D****Sub-Junior**

LIFT	NAT		LFPH		VGPF	
SQ		110				110
BP		65				65
DL		115				115
TOT		290				290

**Junior**

LIFT	NAT		LFPH		VGPF	
SQ		120	Claes Maroussia	87,5		120
BP		80	Claes Maroussia	50		80
DL		125	Claes Maroussia	100		125
TOT		320	Claes Maroussia	237,5		320

**Senior**

LIFT	NAT		LFPH		VGPF	
SQ		130	Claes Maroussia	87,5		130
BP		85	Cantamessa Caroline	52,5		85
DL		135	Cantamessa Caroline	117,5		135
TOT		350	Cantamessa Caroline	255		350

**Master 1 (40+)**

LIFT	NAT		LFPH		VGPF	
SQ		115				115
BP		80				80
DL		120				120
TOT		315				315

**Master 2 (50+)**

LIFT	NAT		LFPH		VGPF	
SQ		95				95
BP		60				60
DL		100				100
TOT		255				255

**Master 3 (60+)**

LIFT	NAT		LFPH		VGPF	
SQ		80				80
BP		55				55
DL		85				85
TOT		220				220

**Master 4 (70+)**

LIFT	NAT		LFPH		VGPF	
SQ		80				80
BP		55				55
DL		85				85
TOT		220				220

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

LIFT	NAT		LFPH		VGPF	
SQ		115				115
BP		70				70
DL		120				120
TOT		305				305

**Junior**

LIFT	NAT		LFPH		VGPF	
SQ		130				130
BP		85				85
DL		135				135
TOT		340				340

**Senior**

LIFT	NAT		LFPH		VGPF	
SQ		140				140
BP		90				90
DL		145				145
TOT		375				375

**Master 1 (40+)**

LIFT	NAT		LFPH		VGPF	
SQ		120				120
BP		85				85
DL		125				125
TOT		330				330

**Master 2 (50+)**

LIFT	NAT		LFPH		VGPF	
SQ		100				100
BP		65				65
DL		105				105
TOT		270				270

**Master 3 (60+)**

LIFT	NAT		LFPH		VGPF	
SQ		90				90
BP		60				60
DL		95				95
TOT		245				245

**Master 4 (70+)**

LIFT	NAT		LFPH		VGPF	
SQ						
BP						
DL						
TOT						

**-72 D****Sub-Junior**

LIFT	NAT		LFPH		VGPF	
SQ	Dechamps Nadege	145	Dechamps Nadege	145		125
BP	Dechamps Nadege	82.5	Dechamps Nadege	82.5		75
DL	Dechamps Nadege	140	Dechamps Nadege	140		130
TOT	Dechamps Nadege	367.5	Dechamps Nadege	367.5		330

**Junior**

LIFT	NAT		LFPH		VGPF	
SQ	Dechamps Nadege	145	Dechamps Nadege	145		145
BP		90	Dechamps Nadege	82.5		90
DL		150	Dechamps Nadege	140		150
TOT		375	Dechamps Nadege	367.5		375

**Senior**

LIFT	NAT		LFPH		VGPF	
SQ		150	Dechamps Nadege	145		150
BP		100	Dechamps Nadege	82.5		100
DL		155	Dechamps Nadege	140		155
TOT		415	Dechamps Nadege	367.5		415

**Master 1 (40+)**

LIFT	NAT		LFPH		VGPF	
SQ		130	Lerot Viviane	110		130
BP		90	Lerot Viviane	57.5		90
DL		135	Lerot Viviane	120.5		135
TOT		355	Lerot Viviane	282.5		355

**Master 2 (50+)**

LIFT	NAT		LFPH		VGPF	
SQ	Lerot Viviane	110	Lerot Viviane	110		110
BP		70	Lerot Viviane	57.5		70
DL	Lerot Viviane	120.5	Lerot Viviane	120.5		115
TOT		295	Lerot Viviane	282.5		295

**Master 3 (60+)**

LIFT	NAT		LFPH		VGPF	
SQ		95				95
BP		65				65
DL		100				100
TOT		260				260

**Master 4 (70+)**

LIFT	NAT		LFPH		VGPF	
SQ						
BP						
DL						
TOT						

**-84 D****Sub-Junior**

LIFT	NAT		LFPH		VGPF	
SQ	Dechamps Nadege	200	Dechamps Nadege	200		130
BP	Dechamps Nadege	135	Dechamps Nadege	135		80
DL	Dechamps Nadege	187,5	Dechamps Nadege	187,5		135
TOT	Dechamps Nadege	512,5	Dechamps Nadege	512,5		345

**Junior**

LIFT	NAT		LFPH		VGPF	
SQ	Dechamps Nadege	200	Dechamps Nadege	200		155
BP	Dechamps Nadege	135	Dechamps Nadege	135		105
DL	Dechamps Nadege	187,5	Dechamps Nadege	187,5		160
TOT	Dechamps Nadege	512,5	Dechamps Nadege	512,5		410

**Senior**

LIFT	NAT		LFPH		VGPF	
SQ	Dechamps Nadege	200	Dechamps Nadege	200		160
BP	Dechamps Nadege	135	Dechamps Nadege	135		110
DL	Dechamps Nadege	187,5	Dechamps Nadege	187,5		165
TOT	Dechamps Nadege	512,5	Dechamps Nadege	512,5		455

**Master 1 (40+)**

LIFT	NAT		LFPH		VGPF	
SQ		145				145
BP		100				100
DL		150				150
TOT		395				395

**Master 2 (50+)**

LIFT	NAT		LFPH		VGPF	
SQ		115				115
BP		80				80
DL		120				120
TOT		315				315

**Master 3 (60+)**

LIFT	NAT		LFPH		VGPF	
SQ		105				105
BP		75				75
DL		110				110
TOT		290				290

**Master 4 (70+)**

LIFT	NAT		LFPH		VGPF	
SQ						
BP						
DL						
TOT						

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

LIFT	NAT		LFPH		VGPF	
SQ		145				145
BP		95				95
DL		150				150
TOT		390				390

**Junior**

LIFT	NAT		LFPH		VGPF	
SQ		160				160
BP		110				110
DL		165				165
TOT		425				425

**Senior**

LIFT	NAT		LFPH		VGPF	
SQ		175	Coussee Evelyne	80,5		175
BP		115	Coussee Evelyne	70		115
DL		180	Coussee Evelyne	110		180
TOT		470	Coussee Evelyne	258		470

**Master 1 (40+)**

LIFT	NAT		LFPH		VGPF	
SQ		155				155
BP		110				110
DL		160				160
TOT		425				425

**Master 2 (50+)**

LIFT	NAT		LFPH		VGPF	
SQ		120				120
BP		85				85
DL		125				125
TOT		330				330

**Master 3 (60+)**

LIFT	NAT		LFPH		VGPF	
SQ		115				115
BP		80				80
DL		120				120
TOT		315				315

**Master 4 (70+)**

LIFT	NAT		LFPH		VGPF	
SQ						
BP						
DL						
TOT						