

-43 D						
RAW						
Sub-Junior						
LIFT	NAT		LFPH		VGPF	
SQ		65				65
BP		40				40
DL		67,5				67,5
TOT		172,5				172,5
Junior						
LIFT	NAT		LFPH		VGPF	
SQ		70				70
BP		45				45
DL		72,5				72,5
TOT		187,5				187,5
LIFT	NAT		LFPH		VGPF	
SQ						
BP						
DL						
TOT						

-47 D						
RAW						
Sub-Junior						
LIFT	NAT		LFPH		VGPF	
SQ		70				70
BP		40				40
DL		70				70
TOT		180				180
Junior						
LIFT	NAT		LFPH		VGPF	
SQ		75	Claes Maroussia	57,5		75
BP		45	Claes Maroussia	30		45
DL		75	Claes Maroussia	67,5		75
TOT		195	Claes Maroussia	155		195
Senior						
LIFT	NAT		LFPH		VGPF	
SQ		80	Claes Maroussia	57,5		80
BP		50	Claes Maroussia	30		50
DL		80	Claes Maroussia	67,5		80
TOT		210	Claes Maroussia	155		210
Master 1 (40+)						
LIFT	NAT		LFPH		VGPF	
SQ		75				75
BP		45				45
DL		75				75
TOT		195				195
Master 2 (50+)						
LIFT	NAT		LFPH		VGPF	
SQ		65				65
BP		35				35
DL		65				65
TOT		165				165
Master 3 (60+)						
LIFT	NAT		LFPH		VGPF	
SQ		60				60
BP		30				30
DL		60				60
TOT		150				150
Master 4 (70+)						
LIFT	NAT		LFPH		VGPF	
SQ		57,5				57,5
BP		27,5				27,5
DL		57,5				57,5
TOT		140				140

-52 D						
RAW						
Sub-Junior						
LIFT	NAT		LFPH		VGPF	
SQ		75				75
BP		45				45
DL		75				75
TOT		195				195
Junior						
LIFT	NAT		LFPH		VGPF	
SQ		80				80
BP		50				50
DL		80				80
TOT		210				210
Senior						
LIFT	NAT		LFPH		VGPF	
SQ	Stallaert Carine	95	Lolljee Anusha	60	Stallaert Carine	95
BP	Stallaert Carine	57,5	Lolljee Anusha	30	Stallaert Carine	57,5
DL	Stallaert Carine	127,5	Lolljee Anusha	85	Stallaert Carine	127,5
TOT	Stallaert Carine	270	Lolljee Anusha	175	Stallaert Carine	270
Master 1 (40+)						
LIFT	NAT		LFPH		VGPF	
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		LFPH		VGPF	
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		LFPH		VGPF	
SQ		65				65
BP		35				35
DL		65				65
TOT		165				165
Master 4 (70+)						
LIFT	NAT		LFPH		VGPF	
SQ		62,5				62,5
BP		32,5				32,5
DL		62,5				62,5
TOT		155				155

-57 D						
RAW						
Sub-Junior						
LIFT	NAT		LFPH		VGPF	
		80				80
		50				50
		80				80
		210				210
Junior						
LIFT	NAT		LFPH		VGPF	
SQ		85	Claes Maroussia	70		85
BP		55	Claes Maroussia	45		55
DL	Claes Maroussia	90	Claes Maroussia	90		85
TOT		225	Claes Maroussia	205		225
Senior						
LIFT	NAT		LFPH		VGPF	
SQ		90	Cantamessa Caroline	80		90
BP		60	Cantamessa Caroline	45		60
DL	Cantamessa Caroline	115	Cantamessa Caroline	115		90
TOT	Cantamessa Caroline	240	Cantamessa Caroline	240		240
Master 1 (40+)						
LIFT	NAT		LFPH		VGPF	
SQ		85				85
BP		55				55
DL		85				85
TOT		225				225
Master 2 (50+)						
LIFT	NAT		LFPH		VGPF	
SQ		75				75
BP		45				45
DL		75				75
TOT		195				195
Master 3 (60+)						
LIFT	NAT		LFPH		VGPF	
SQ		70				70
BP		40				40
DL		70				70
TOT		180				180
Master 4 (70+)						
LIFT	NAT		LFPH		VGPF	
SQ		67,5				67,5
BP		37,5				37,5
DL		67,5				67,5
TOT		170				170

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

LIFT	NAT		LFPH		VGPF	
SQ		85				85
BP		55				55
DL		85				85
TOT		225				225

Junior

LIFT	NAT		LFPH		VGPF	
SQ	Vandenwijngaert Anissa	128			Vandenwijngaert Anissa	128
BP	Vandenwijngaert Anissa	60			Vandenwijngaert Anissa	60
DL	Vandenwijngaert Anissa	145,5			Vandenwijngaert Anissa	145,5
TOT	Vandenwijngaert Anissa	333,5			Vandenwijngaert Anissa	333,5

Senior

LIFT	NAT		LFPH		VGPF	
SQ	Vandenwijngaert Anissa	128	Beys Fanny	70	Vandenwijngaert Anissa	128
BP	Vandenabeele Bieke	87,5	Beys Fanny	45	Vandenabeele Bieke	87,5
DL	Vandenwijngaert Anissa	145,5	Beys Fanny	100	Vandenwijngaert Anissa	145,5
TOT	Vandenwijngaert Anissa	333,5	Beys Fanny	215	Vandenwijngaert Anissa	333,5

Master 1 (40+)

LIFT	NAT		LFPH		VGPF	
SQ		90	Beys Fanny	70		90
BP		60	Beys Fanny	45		60
DL	Beys Fanny	100	Beys Fanny	100		90
TOT		240	Beys Fanny	215		240

Master 2 (50+)

LIFT	NAT		LFPH		VGPF	
SQ		80				80
BP		50				50
DL		80				80
TOT		210				210

Master 3 (60+)

LIFT	NAT		LFPH		VGPF	
SQ		75				75
BP		45				45
DL		75				75
TOT		195				195

Master 4 (70+)

LIFT	NAT		LFPH		VGPF	
SQ		72,5				72,5
BP		42,5				42,5
DL		72,5				72,5
TOT		185				185

-72 D						
RAW						
Sub-Junior						
LIFT	NAT		LFPH		VGPF	
SQ		90				90
BP		60				60
DL		90				90
TOT		240				240
Junior						
LIFT	NAT		LFPH		VGPF	
SQ		95				95
BP		65				65
DL		95				95
TOT		255				255
Senior						
LIFT	NAT		LFPH		VGPF	
SQ		100	Lerot Viviane	67,5		100
BP	Vandenabeele Bieke	95	Lerot Viviane	47,5	Vandenabeele Bieke	95
DL	Lerot Viviane	102,5	Lerot Viviane	102,5		100
TOT		270	Lerot Viviane	215		270
Master 1 (40+)						
LIFT	NAT		LFPH		VGPF	
SQ		95	Lerot Viviane	67,5		95
BP		65	Lerot Viviane	47,5		65
DL	Lerot Viviane	102,5	Lerot Viviane	102,5		95
TOT		255	Lerot Viviane	215		255
Master 2 (50+)						
LIFT	NAT		LFPH		VGPF	
SQ		85	Lerot Viviane	67,5		85
BP		55	Lerot Viviane	47,5		55
DL	Lerot Viviane	102,5	Lerot Viviane	102,5		85
TOT		225	Lerot Viviane	215		225
Master 3 (60+)						
LIFT	NAT		LFPH		VGPF	
SQ		80				80
BP		50				50
DL		80				80
TOT		210				210
Master 4 (70+)						
LIFT	NAT		LFPH		VGPF	
SQ		77,5				77,5
BP		47,5				47,5
DL		77,5				77,5
TOT		200				200

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

LIFT	NAT		LFPH		VGPF	
SQ	Dechamps Nadege	135	Dechamps Nadege	135		95
BP	Dechamps Nadege	90	Dechamps Nadege	90		65
DL	Dechamps Nadege	157,5	Dechamps Nadege	157,5		95
TOT	Dechamps Nadege	382,5	Dechamps Nadege	382,5		255

Junior

LIFT	NAT		LFPH		VGPF	
SQ	Dechamps Nadege	135	Dechamps Nadege	135		100
BP	Dechamps Nadege	90	Dechamps Nadege	90		70
DL	Dechamps Nadege	157,5	Dechamps Nadege	157,5		100
TOT	Dechamps Nadege	382,5	Dechamps Nadege	382,5		270

Senior

LIFT	NAT		LFPH		VGPF	
SQ	Dechamps Nadege	135	Dechamps Nadege	135		105
BP	Dechamps Nadege	90	Dechamps Nadege	90		75
DL	Dechamps Nadege	157,5	Dechamps Nadege	157,5		105
TOT	Dechamps Nadege	382,5	Dechamps Nadege	382,5		285

Master 1 (40+)

LIFT	NAT		LFPH		VGPF	
SQ		100				100
BP		70				70
DL		100				100
TOT		270				270

Master 2 (50+)

LIFT	NAT		LFPH		VGPF	
SQ		90				90
BP		60				60
DL		90				90
TOT		240				240

Master 3 (60+)

LIFT	NAT		LFPH		VGPF	
SQ		85				85
BP		55				55
DL		85				85
TOT		225				225

Master 4 (70+)

LIFT	NAT		LFPH		VGPF	
SQ		82,5				82,5
BP		52,5				52,5
DL		82,5				82,5
TOT		215				215

+84 D						
RAW						
Sub-Junior						
LIFT	NAT		LFPH		VGPF	
SQ		100				100
BP		70				70
DL		100				100
TOT		270				270
Junior						
LIFT	NAT		LFPH		VGPF	
SQ		105	Chatillon Manon	82,5		105
BP		75	Chatillon Manon	60		75
DL	Chatillon Manon	110,5	Chatillon Manon	110,5		105
TOT		285	Chatillon Manon	253		285
Senior						
LIFT	NAT		LFPH		VGPF	
SQ		110	Chatillon Manon	82,5		110
BP		80	Chatillon Manon	60		80
DL	Chatillon Manon	110,5	Chatillon Manon	110,5		110
TOT		300	Chatillon Manon	253		300
Master 1 (40+)						
LIFT	NAT		LFPH		VGPF	
SQ		105				105
BP		75				75
DL		105				105
TOT		285				285
Master 2 (50+)						
LIFT	NAT		LFPH		VGPF	
SQ		95				95
BP		65				65
DL		95				95
TOT		255				255
Master 3 (60+)						
LIFT	NAT		LFPH		VGPF	
SQ		90				90
BP		60				60
DL		90				90
TOT		240				240
Master 4 (70+)						
LIFT	NAT		LFPH		VGPF	
SQ		87,5				87,5
BP		57,5				57,5
DL		87,5				87,5
TOT		230				230