

POWERLIFTING

2017



Résultats des compétitions



1 TOUR INTERCLUBS LFPH POWERLIFTING EQUIPPED

Le 19/03/2017 à FLORENNES

					SQ	BP	DL	TOT	PTS
METTET 1									
COLLART JEAN LUC	M 50	118.0	Mettet	290	207.5	230	727.5	419.91	
VERNIMMEN PAUL	M 60	54.9	Mettet	115.5	82.5	160	358	332.33	
DERYCKE FREDERIK	Sen	94.2	Mettet	185	157.5	187.5	530	330.93	
									1083.17
LA LOUVIERE 1									
QUERTINMONT JEAN	M 50	70.0	La Louviere	175	120	175	470	352.22	
PIRET SERGE	M 50	101.0	La Louviere	210	135	220	565	342.50	
NALINNE MARC	M 50	77.0	La Louviere	175	95	200	470	328.95	
									1023.67
ENGHIEN 1									
AUSLOOS MATHIEU	SubJun	92.5	Enghien	172.5	122.5	190	485	305.45	
CLAES MAROUSSIA	Da Jun	54.9	Enghien	90	55	105	250	298.75	
CLAES ANTHONY	Junior	78.3	Enghien	160	97.5	165	422.5	292.45	
									896.65
SERAING 1									
KOCABAS JONATHAN	Sen	91.5	Seraing	275	0	265	540	341.87	
HUFKENS ANGELIQUE	D M 40	52.5	Seraing	75	72.5	105	252.5	313.83	
HOUBRECHTS ISABELLE	Da Sen	70.5	Seraing	75	0	112.5	187.5	185.63	
									841.33
G T P 1									
MIGNOLET GEOFFREY	Jun	79.0	GTP	240	170	240	650	447.33	
									447.33
FLORENNES 1									
PATRU VALENTIN	M 40	138.4	Florennes	315	155	280	750	419.85	
									419.85
METTET 2									
COUSSEE EVELYNE	Da Sen	97.6	Mettet	95	80	110.5	285.5	239.48	
									239.48

**Arbitres : Collart Virginie – Warnier Jean Claude – Palazzo Vincent
Collart Jean Luc – Desmidt Christophe**

RECORDS DE BELGIQUE POWERLIFTING						
Nom - prénom	Âge	Catégorie	SQUAT	BENCH	DL	TOTAL
VERNIMMEN PAUL	MASTER 60	-59	115.5		160	358
VERNIMMEN PAUL	MASTER 50	-59			160	
VERNIMMEN PAUL	MASTER 40	-59			160	

RECORDS DE BELGIQUE BENCH-PRESS SINGLE						
Nom - prénom	Âge	Catégorie	BENCH			
RECORDS DE LA LIGUE FRANCOPHONE POWERLIFTING						
Nom - prénom	Âge	Catégorie	SQUAT	BENCH	DL	TOTAL
CLAES MAROUSSIA	DAME JUNIOR	-57	90	55	105	250
CLAES MAROUSSIA	DAME SENIOR	-57	90			
COUSSEE EVELYNE	DAME SENIOR	84 +	95	80	110.5	285.5
HUFKENS ANGELIQUE	DAME MASTER 40	-57	75	72.5	105	252.5
HUFKENS ANGELIQUE	DAME SENIOR	-57		72.5		
VERNIMMEN PAUL	MASTER 60	-59	115.5	82.5	160	358
VERNIMMEN PAUL	MASTER 50	-59	115.5	82.5	160	358
VERNIMMEN PAUL	MASTER 40	-59	115.5	82.5	160	358
AUSLOOS MATHIEU	SUB JUNIOR	-93	172.5	122.5	190	485
RECORDS DE LA LIGUE FRANCOPHONE BENCH PRESS SINGLE						
Nom - prénom	Âge	Catégorie	BENCH			
AUSLOOS MATHIEU	SUB JUNIOR	-93	122.5			

1 TOUR INTERCLUBS LFPH POWERLIFTING CLASSIC

Le 19/03/2017 A FLORENNES

				SQ	BP	DL	TOT	PTS
SERAING 1								
BELLE SAMUEL	Junior	72.0	SERAING	147.5	97.5	195	440	322.83
BERTRAND MICHEL	M 60	73.5	SERAING	160.5	93	165	418.5	302.49
WERY GAETAN	Junior	51.0	SERAING	100	75	120	295	295.47
								920.79
ENGHIEN 1								
DE VOS CHRISTOPHE	M 40	101.0	ENGHIEN	160	150	207.5	517.5	313.71
CORNOU JEREMY	Junior	65.9	ENGHIEN	135	80	170	385	302.69
PERMENTIER REMI	SubJun	94.5	ENGHIEN	180.5	100	187.5	468	291.80
								908.20
ENGHIEN 2								
COLET RENAUD	Senior	103.8	ENGHIEN	170	110	195	475	285.00
THEAGEN SEBASTIEN	Junior	115.5	ENGHIEN	140	95	145	380	220.55
DE VOS NOAH	SubJun	105.0	ENGHIEN	80	62.5	127.5	270	161.35
								666.90
METTET 1								
MEZZANOTTE FRANCIS	M 50	82.5	METTET	170.5	121	240	531.5	356.05
LEROT VIVIANE	Da M 50	67.0	METTET	67.5	50	110	227.5	233.44
								589.49

FLORENNES 1

PIRON ROGER (LUX)	M 50	94.2	FLORENNES	155.5	107.5	195	458	285.98
BOURGUIGNON ARNAUD	Senior	87.9	FLORENNES	137.5	115	175	427.5	276.29
								562.27

SERAING 2

JAMINON SAMUEL	Senior	52.5	SERAING	85	77.5	125	287.5	279.31
								279.31

NEW BUCKS GYM

GRAINDORGE DIMITRI	Senior	82.1	N B GYM	217.5	147.5	0	365	245.24
								245.24

**Arbitres : Collart Virginie – Warnier Jean Claude – Desmidt Christophe
Collart Jean Luc – Palazzo Vincent**

RECORDS DE BELGIQUE POWERLIFTING CLASSIC

Nom - prénom	Âge	Catégorie	SQUAT	BENCH	DL	TOTAL
BERTRAND MICHEL	MASTER 60	-74	160.5	93		
BERTRAND MICHEL	MASTER 50	-74	160.5			
MEZZANOTTE FRANCIS	MASTER 50	-83	170.5	121	240	531.5
MEZZANOTTE FRANCIS	MASTER 40	-83			240	
LEROT VIVIANE	DAME MASTER 50	-72			110	227.5
LEROT VIVIANE	DAME MASTER 40	-72			110	
LEROT VIVIANE	SENIOR	-72			110	
WERY GAETAN	JUNIOR	-53		75	120	295
PERMENTIER REMI	SUB JUNIOR	-105	180.5			
CORNOU JEREMY	JUNIOR	-66	135		170	

RECORDS DE LA LIGUE FRANCOPHONE POWERLIFTING CLASSIC

Nom - prénom	Âge	Catégorie	SQUAT	BENCH	DL	TOTAL
BERTRAND MICHEL	MASTER 60	-74	160.5	93		
BERTRAND MICHEL	MASTER 50	-74	160.5			
BERTRAND MICHEL	MASTER 40	-74	160.5			
PIRON ROGER (LUX)	MASTER 50	-105	155.5			
DE VOS CHRISTOPHE	MASTER 40	-105				517.5
DE VOS CHRISTOPHE	SENIOR	-105				517.5
COLET RENAUD	SENIOR	-105	170			
MEZZANOTTE FRANCIS	MASTER 50	-83	170.5	121	240	531.5
MEZZANOTTE FRANCIS	MASTER 40	-83	170.5	121	240	531.5
LEROT VIVIANE	DAME MASTER 50	-72		50	110	227.5
LEROT VIVIANE	DAME MASTER 40	-72		50	110	227.5
LEROT VIVIANE	SENIOR	-72		50	110	227.5

HNS LEBBEKE 4

Edmund Billi	M1	98.7	105	Lebbeke	0.0	x	x	x
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POWER EQUIPPED

Naam	Cat.	LG.	GK	CLUB	SQUAT	BENCH	DL	TOT.	Wilk's
PPC MERCHTEM									
Carine Stallaert	D M2	51.2	52	Merchtem	115.0	65.0	112.5	292.5	369.0

BENCH SINGLE CLASSIC

Naam	Cat.	LG.	GK	CLUB	BENCH	TOT.	Wilk's
PC DIKSMUIDE							
Johan Vandecasteele	M2	91.7	93	Diksmuide	162.5	162.5	102.8

Scheidsrechters :

Thierry Zutterman - Fernand Laplace - Christophe Desmidt - François De Laere - Jeroen Leemans

Records van België POWERLIFTING CLASSIC :

	NAAM	Leeftijdsgroep	Klasse	Squat	Bench	DL	TOT
CLASSIC	Anne Daineffe	Dame Senior	63			147.5	347.5
CLASSIC	Rik De Grauwe	SubJunior	66	130.0	105.0	160.0	395.0
CLASSIC	Rik De Grauwe	Junior	66	130.0	105.0	160.0	395.0
CLASSIC	Rik De Grauwe	Senior	66		105.0		
CLASSIC	Sverre Van Geeteruyen	SubJunior	83	200.0	145.0		560.0
CLASSIC	Jimmy Van De Wiel	Master 40	83	185.0	152.5		542.5
CLASSIC	Rob Esselens	Junior	93	250.0			685.0
CLASSIC	Rob Esselens	Senior	93	250.0			685.0
CLASSIC	Orhan Bilican	Senior	120+	345.0		325.0	
CLASSIC	Steve Ringoot	Senior	120+				850.5
CLASSIC	John Vercruyce	Junior	120+		175.0		690.0
CLASSIC	Marianne Nykjaer	Dame Senior	84+			140.0	

Records van België BENCH SINGLE CLASSIC :

CLASSIC	Rik De Grauwe	SubJunior	66		105.0		
CLASSIC	Sverre Van Geeteruyen	SubJunior	83		145.0		
CLASSIC	Jimmy Van De Wiel	Master 40	83		152.5		
CLASSIC	Rob Esselens	Junior	93		175		
CLASSIC	Johan VanDeCasteele	Master 50	93		162.5		
CLASSIC	John Vercruyce	Junior	120+		175.0		

Records VGGF POWERLIFTING CLASSIC :

NAAM	Leeftijdsgroep	Klasse	Squat	Bench	DL	TOT
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CLASSIC	Anne Daineffe	Dame Senior	63			147.5	347.5
CLASSIC	Rik De Grauwe	SubJunior	66	130.0	105.0	160.0	395.0
CLASSIC	Rik De Grauwe	Junior	66	130.0	105.0	160.0	395.0
CLASSIC	Rik De Grauwe	Senior	66		105.0	160.0	
CLASSIC	Sverre Van Geeteruyen	SubJunior	83	200.0	145.0		560.0
CLASSIC	Jimmy Van De Wiel	Master 40	83	185.0	152.5	205	542.5
CLASSIC	Rob Esselens	Junior	93	250.0			685.0
CLASSIC	Rob Esselens	Senior	93	250.0			685.0
CLASSIC	Orhan Bilican	Senior	120+	345.0		325.0	
CLASSIC	Steve Ringoot	Senior	120+				850.5
CLASSIC	John Vercruyce	Junior	120+		175.0	265.0	690.0
CLASSIC	Marianne Nykjaer	Dame Senior	84+			140.0	

Records VGPF BENCH SINGLE CLASSIC :

CLASSIC	Rik De Grauwe	SubJunior	66		105.0
CLASSIC	Sverre Van Geeteruyen	SubJunior	83		145.0
CLASSIC	Jimmy Van De Wiel	Master 40	83		152.5
CLASSIC	Rob Esselens	Junior	93		175
CLASSIC	Johan VanDeCastelee	Master 50	93		162.5
CLASSIC	Johan VanDeCastelee	Master 40	93		162.5
CLASSIC	John Vercruyce	Junior	120+		175.0

POWERLIFTING INTERCLUB 2 VGPF – LEBBEKE – 26/03/2017

POWER CLASSIC

Naam	Cat.	LG.	GK	CLUB	SQUAT	BENCH	DL	TOT.	Wilk's
PPC MERCHTEM 1									
Steve Ringoot	Sen	148.5	120+	PPC Merchtem	300.0	222.5	325.5	848.0	469.88
Rob Esselens	Jun	92.0	-93	PPC Merchtem	240.0	175.0	255.0	670.0	423.11
Gunnar De Vadder	Sen	135.7	120+	PPC Merchtem	265.0	200.0	285.0	750.0	421.13
									1314.12
HNS LEBBEKE 1									
Jeroen Van Heesvelde	Sen	104.5	-105	HNS Lebbeke	280.5	205.0	270.0	755.5	452.24
Lieven De Saedeleer	Sen	92.9	-93	HNS Lebbeke	232.5	157.5	245.0	635.0	399.10
Simon Podevijn	Jun	92.0	-93	HNS Lebbeke	230.0	130.0	262.5	622.5	393.11
									1244.45
PPC MERCHTEM 2									
Anne Daineffe	D Sen	62.1	-63	PPC Merchtem	125.0	72.5	140.0	337.5	366.46
Yannick Verbinnen	Sen	98.6	-105	PPC Merchtem	215.0	115.0	227.5	557.5	341.25
Rik De Grauwe	SubJun	65.9	-66	PPC Merchtem	135.0	108.0	162.5	405.5	318.80
									1026.51
HNS LEBBEKE 2									
Johan De Pauw	Sen	82.7	-83	HNS Lebbeke	190.0	137.5	217.5	545.0	364.55
Mathias Podevijn	Sen	119.9	-120	HNS Lebbeke	180.0	150.0	240.0	570.0	327.75
Walt Raemakers	Jun	82.0	-83	HNS Lebbeke	170.0	117.5	195.0	482.5	324.43
									1016.73

HNS LEBBEKE 3

David Thaey	Sen	94.5	-105	HNS Lebbeke	190.0	120.0	210.0	520.0	324.22
Jennifer Heaysman(GBR)	D Sen	56.8	-57	HNS Lebbeke	105.0	60.0	110.0	275.0	319.99
Jordi Paridaens	SubJun	72.3	-74	HNS Lebbeke	155.0	90.0	182.5	427.5	312.72
									956.93

HNS LEBBEKE 4

Edmund Billi(TCH)	M 40	97.9	-105	HNS Lebbeke	147.5	130.0	210.0	487.5	299.28
Jonas Vandenberghe	Sen	100.2	-105	HNS Lebbeke	172.5	122.5	190.0	485.0	294.93
Cedric Coolen	Jun	89.6	-93	HNS Lebbeke	150.0	120.0	180.0	450.0	287.91
									882.12

KO GENT 1

Kenta Umegae	Sen	65.2	-66	Olympic Gent	162.5	82.5	183.0	428.0	339.49
Tom Van Delm	Jun	70.8	-74	Olympic Gent	130.0	77.5	157.5	365.0	271.20
Jarrick Mertens	Sen	100.7	-105	Olympic Gent	140.0	110.0	190.0	440.0	267.04
									877.73

PC DIKSMUIDE 1

Dries Willaert	Sen	101.1	-105	PC Diksmuide	242.5	167.5	275.0	685.0	415.11
Brendon De Wit	Sen	78.8	-83	PC Diksmuide	125.0	85.0	185.0	395.0	272.27
									687.38

PPC MERCHTEM 3

Carine Stallaert	D M50	51.6	-52	PPC Merchtem	85	50	105	240	300.98
Jeroen Leemans	Sen	80.9	-83	PPC Merchtem	145	122.5	120	387.5	262.69
									563.67

KS WAREGEM 1

Bram Capoen	Sen	65.7	-66	KS Waregem	147.5	106.0	167.5	421.0	331.79
									331.79

HNS LEBBEKE 5

Furkan Bilican	SubJun	105.0	-105	HNS Lebbeke	175.0	105.0	175.0	455.0	271.91
									271.91

POWER EQUIPPED

Naam	Cat.	LG.	GK	CLUB	SQUAT	BENCH	DL	TOT.	Wilk's
HNS LEBBEKE 1									
Emmerik Vanhee	Sen	79.5	-83	HNS Lebbeke	260.0	205.0	245.0	710.0	486.63
Jonathan Kerremans	Jun	81.7	-83	HNS Lebbeke	260.0	195.0	245.0	700.0	471.73
									958.36

BENCH SINGLE CLASSIC

Naam	Cat.	LG.	GK	CLUB	BENCH	TOT.	Wilk's
PC DIKSMUIDE							
Johan Vandecasteele	M 50	89.6	-93	PC Diksmuide	162.5	162.5	103.97
							103.97

Scheidsrechters :

Thierry Zutterman - Fernand Laplace - Christophe Desmidt - François De Laere -Jeroen Leemans

Records van België POWERLIFTING:

CLASSIC/ EQ	NAAM	Leeftijdsgroep	Klasse	Squat	Bench	DL	TOT	Bench single
CL	Kenta Umegae	Sen	-66	162.5		183	428	
CL	Rik De Grauwe	Sen	-66		108.0			108.0

CL	Rik De Grauwe	Junior	-66		108		405.5	108.0
CL	Rik De Grauwe	SubJunior	-66	135.0	108.0	162.5	405.5	108.0
CL	Simon Podevijn	Sen	-93			262.5		
CL	Simon Podevijn	Junior	-93			262.5		
CL	Jeroen Van Heesvelde	Sen	-105	280.5	205.0		755.5	205.0
CL	Steve Ringoot	Sen	+120		222.5	325.5		222.5

Records VGPF POWERLIFTING:

CLASSIC/ EQ	NAAM	Leeftijdsgroep	Klasse	Squat	Bench	DL	TOT	Bench single
CL	Kenta Umegae	Sen	-66	162.5		183	428	
CL	Rik De Grauwe	Sen	-66		108.0			108.0
CL	Rik De Grauwe	Junior	-66	135.0	108	162.5	405.5	108.0
CL	Rik De Grauwe	SubJunior	-66	135.0	108.0	162.5	405.5	108.0
CL	Simon Podevijn	Sen	-93			262.5		
CL	Simon Podevijn	Junior	-93			262.5		
CL	Jeroen Van Heesvelde	Sen	-105	280.5	205.0		755.5	205.0
CL	Steve Ringoot	Sen	+120		222.5	325.5		222.5

RESULTATS ATHLETES BELGES

EUROPEAN CHAMPIONSHIPS POWERLIFTING CLASSIC

SUB JUNIOR / JUNIOR / OPEN

THISTED, DANEMARK 12 - 19/03/2017

SUB JUNIOR	CAT	PC	SQUAT	BENCH	DL	TOTAL	PTS
VAN GEETERUYEN SVERRER	-83	81,14	200	145	217,5	562,5	380,64

2ème au TOTAL - TRES BELLE PRESTATION MEDAILLE D'ARGENT
EN PLUS ARGENT EN SQUAT / OR EN BENCH / BRONZE AU DEADLIFT

JUNIOR	CAT	PC	SQUAT	BENCH	DL	TOTAL	PTS
ESSELENS ROB	-93	91,88	*/	182,5	262,5	DISQ	

MALHEUREUSEMENT ELIMINE AU SQUAT

JUNIOR	CAT	PC	SQUAT	BENCH	DL	TOTAL	PTS
PEETERS ALAN	-105	104,10	245	190	292,5	727,5	436,06

6ème au TOTAL
MEDAILLE D'ARGENT AU BENCH PRESS

SENIOR	CAT	PC	SQUAT	BENCH	DL	TOTAL	PTS
RINGOOT STEVE	120 +	150,08	327,5	220	322,5	870	481,37

TRES BELLE **5ème** PLACE AU TOTAL
eEN PLUS MEDAILLE DE BRONZE AU BENCH PRESS

SENIOR DAME	CAT	PC	SQUAT	BENCH	DL	TOTAL	PTS
DAINEFFE ANNE	-63	61,88	127,5	77,5	152,5	357,5	389,21

8ème PLACE AU TOTAL

Records

CAT

RECORDS DE Belgique POWERLIFTING CLASSIC	CAT	SQUAT	BENCH	DL	TOTAL
VAN GEETTRUYEN SVERRER	-83	SUB JUN			562,5

RINGOOT STEVE	120 +	SENIOR	220	870
DAINEFFE ANNE	-63	DAME SEN	152,5	357,5

RECORD POWERLIFTING CLASSIC V G P F	SQUAT	BENCH	DL	TOTAL
RINGOOT STEVE	120 +	SENIOR	220	870
VAN GEETTRUYEN SVERRE	-83	SUB JUN		562,5
DAINEFFE ANNE	-63	DAME SEN	152,5	357,5

RECORDS DE Belgique BENCH SINGLE CLASSIC	BENCH
RINGOOT STEVE	120 + SENIOR 220

RECORD BENCH PRESS SINGLE CLASSIC V G P F	BENCH
RINGOOT STEVE	120 + SENIOR 220

AJUSTEMENT DE RECORDS

RESULTATS ATHLETE BELGE
3è CHAMPIONNATS D'EUROPE CLASSIC
SUB JUNIOR / JUNIOR ET OPEN
THISTED DANEMARK DU 12 AU 19 - 03 - 2017

JUNIOR	CAT	PC	SQUAT	BENCH	DL	TOTAL	PTS
ESSELENS ROB	-93	91,88	0	182,5	262,5	DISQ	

MALHEUREUSEMENT ELIMINE AU SQUAT

RECORDS

RECORDS de Belgique BENCH PRESS SINGLE CLASSIC	BENCH
ESSELENS ROB -93 JUNIOR	182,5
ESSELENS ROB -93 SENIOR	182,5

RECORD VGPF BENCH PRESS SINGLE CLASSIC	BENCH
ESSELENS ROB -93 JUNIOR	182,5
ESSELENS ROB -93 SENIOR	182,5