

LIGUE FRANCOPHONE DES POIDS ET HALTERES

Association sans but lucratif

POWERLIFTING

2024



Résultats des compétitions





I C 1 POWER CLASSIC / EQUIPPED + B P SINGLE CLASSIC / EQUIPPED

SERAING 13 /14 Janvier 2024

Full name	Club	Team	nat	Birth date	Sex	CAT AGE	P C	CA T	SQ	BP	DL	Total	PTS	Categories
Zakaria Hicor	O P L	1	BE	23/10/1993	M	Seniors	104,7 8	105	285	185	310	780	96,396	Power Classic
Andréa Bianconi	O P L	1	BE	04/12/2001	M	Juniors	82,56	83	220	120	265	605	83,973	Power Classic
Julie Muscolino	O P L	1	BE	20/10/1987	F	Seniors	51,06	52	120	57,5	147,5	325	83,376	Power Classic
Boermans Yanis	O P L	1	BE	22/07/2004	M	Juniors	72,70	74	175	100	230	505	74,825	Power Classic
													338,570	
Florian Gillissen	SERAING	1	BE	31/10/1995	M	Seniors	104,7 8	105	300	157,5	305	762,5	94,234	Power Classic
Magerat Jason	SERAING	1	BE	26/08/2003	M	Juniors	77,88	83	175	180	220	575	82,218	Power Classic
Nathan BRONCKART	SERAING	1	BE	26/07/2006	M	Sub-juniors	91,44	93	207,5	120	285	612,5	80,794	Power Classic
Lucas LAURENT	SERAING	1	BE	23/06/1997	M	Seniors	95,04	105	210	145	252,5	607,5	78,640	Power Classic
													335,886	
Clara Haulot	N S A R 1	1	BE	28/08/2001	F	Juniors	62,80	63	155	80	165	400	87,693	Power Classic
Léo Beauchot	N S A R 1	1	BE	15/01/2006	M	Sub-juniors	73,88	74	190	132,5	240	562,5	82,650	Power Classic
Sacha Puccinotti	N S A R 1	1	BE	02/06/2006	M	Sub-juniors	78,72	83	192,5	130	220	542,5	77,146	Power Classic
Christopher Dufour	N S A R 1	1	BE	26/12/1991	M	Seniors	90,54	93	190	162,5	205	557,5	73,897	Power Classic
													321,386	
Anne Daineffe	A P E X	1	BE	03/01/1982	F	Master 40	63,06	69	148	85	152,5	385,5	84,289	Power Classic
Bastien Georges	A P E X	1	BE	26/04/2006	M	Sub-juniors	89,00	93	230	137,5	245	612,5	81,878	Power Classic
Nathan Igben	A P E X	1	BE	21/12/2003	M	Juniors	82,00	83	225	130	220	575	80,085	Power Classic
Eugène Bailly	A P E X	1	BE	07/07/2004	M	Juniors	80,24	83	197,5	135	190	522,5	73,579	Power Classic
													319,831	
Léonard Moke	BEARS CAVE	1	BE	02/08/2000	M	Seniors	80,48	83	240	122,5	293	655,5	92,169	Power Classic
Ulric Vanstalle-Magnée	BEARS CAVE	1	BE	10/02/2004	M	Juniors	73,84	74	190	117,5	220	527,5	77,529	Power Classic
Ethan Meyssen	BEARS CAVE	1	BE	30/01/2007	M	Sub-juniors	73,08	74	182,5	117,5	205	505	74,622	Power Classic
Kenny Mostin	BEARS CAVE	1	BE	14/06/1999	M	Seniors	81,00	83	180	115	227,5	522,5	73,227	Power Classic
													317,547	
VAMIG HEYBATOV	LA LOUVIERE	1	AZ	09/06/2001	M	Juniors	90,02	93	220	130	265	615	81,751	Power Classic
Alexy BREX	LA LOUVIERE	1	BE	06/08/2000	M	Seniors	119,6 68,86	74	175	120	225	520	79,267	Power Classic
Isam WADEH	LA LOUVIERE	1	BE	19/11/2003	M	Juniors	8	120	250	135	285	670	77,976	Power Classic
Théo ENGELBERT	LA LOUVIERE	1	BE	23/07/2003	M	Juniors	58,14	59	155	80	180	415	69,214	Power Classic
													308,208	
Simon Plennevaux	ZENITH	1	BE	19/01/2002	M	Juniors	92,36	93	245	145	245	635	83,352	Power Classic
Morgane Bouvy	ZENITH	1	BE	05/03/2002	F	Juniors	59,86	63	125	62,5	150	337,5	76,413	Power Classic
Thibault Marichal	ZENITH	1	BE	11/06/2005	M	Juniors	88,42	93	200	132,5	220	552,5	74,097	Power Classic
Nathan Peeters	ZENITH	1	BE	01/02/2008	M	Sub-juniors	92,18	93	180	115	210	505	66,351	Power Classic
													300,213	
Ryan Deblaere	A P E X	3	BE	09/07/2004	M	Juniors	58,69	59	155	87,5	205	447,5	74,259	Power Classic
Nathan Lachapelle	A P E X	3	BE	28/10/1995	M	Seniors	101,7 2	105	192,5	125	275	592,5	74,249	Power Classic
Kylian Dupriez	A P E X	3	BE	11/02/2002	M	Juniors	71,82	74	160	105	205	470	70,083	Power Classic
Pauline Barré	A P E X	3	BE	09/03/1993	F	Seniors	62,60	63	105	60	140	305	67,005	Power Classic

Loriano Mary	N S A R 3	3	BE	06/11/2006	M	Sub-juniors	65,10	66	155	95	167,5	417,5	65,557	Power Classic	
Marie Louchart	N S A R 4	3	BE	18/06/2007	F	Sub-juniors	51,00	52	90	50	110	250	64,202	Power Classic	
													261,742		
Noah Legrain	N S A R 2	2	BE	02/12/2003	M	Juniors	65,28	66	180	127,5	180	487,5	76,436	Power Classic	
Alessio Domina	N S A R 2	2	BE	20/02/2006	M	Sub-juniors	73,38	74	155	115	220	490	72,252	Power Classic	
Magnier Maeva	N S A R 3	2	BE	05/08/2004	F	Juniors	62,50	63	120	47,5	135	302,5	66,525	Power Classic	
Antoine Haulot	N S A R 2	2	BE	29/07/2003	M	Juniors	92,40	93	190	120	*/	310	40,683	Power Classic	
													255,896		
Nicolas Delplanque	N S A R 5	4	BE	28/03/2000	M	Seniors	92,88	93	180	120	195	495	64,797	Power Classic	
Matizzio Ascoli	N S A R 4	4	BE	14/02/2006	M	Sub-juniors	56,40	59	130	77,5	165	372,5	63,147	Power Classic	
Gabriel Carette	N S A R 4	4	BE	30/12/2005	M	Juniors	77,50	83	140	95	205	440	63,073	Power Classic	
Matteo Giansello	N S A R 4	4	BE	02/06/2006	M	Sub-juniors	65,72	66	132,5	85	165	382,5	59,760	Power Classic	
													250,777		
Lydwyn LECRENIER	SERAING	5	BE	05/12/2005	F	Juniors	74,30	76	125	72,5	150	347,5	69,261	Power Classic	
Lola CHARPENTIER	SERAING	5	BE	18/06/2008	F	Sub-juniors	67,36	69	117,5	67,5	120	305	64,056	Power Classic	
Emma GIORDANO	SERAING	5	BE	13/10/2009	F	Sub-juniors	73,86	76	122,5	70,5	125	318	63,567	Power Classic	
Chloé VANDEWEYER	SERAING	5	BE	31/12/2006	F	Sub-juniors	62,48	63	90	52,5	102,5	245	53,890	Power Classic	
													250,774		
Marvin SINGLETON	SERAING	6	BE	08/07/1994	M	Seniors	75,58	83	160	92,5	210	462,5	67,161	Power Classic	
Chloé RAISON	SERAING	6	BE	12/12/2001	F	Juniors	49,45	52	87,5	47,5	110	245	64,694	Power Classic	
Loréane GILSOUL	SERAING	6	BE	25/11/2004	F	Juniors	67,54	69	107,5	60	115	282,5	59,239	Power Classic	
Amaurine CHAPLIER	SERAING	6	BE	18/09/2005	F	Juniors	51,40	52	80	45	100	225	57,387	Power Classic	
													248,481		
Thomas CARABIN	SERAING	7	BE	21/04/1996	M	Seniors	80,74	83	165	105	180	450	63,170	Power Classic	
Yago IRRERA	SERAING	7	BE	10/03/2006	M	Sub-juniors	64,10	66	140	77,5	167,5	385	60,952	Power Classic	
Mathéo CHRISTIAENS	SERAING	7	BE	27/05/2005	M	Juniors	69,98	74	135	95	152,5	382,5	57,815	Power Classic	
													181,937		
Nawâl ARRAS	LA LOUV	2	BE	02/09/2004	F	Juniors	62,94	63	105	55	140	300	65,675	Power Classic	
Aymerine DEBIEVE	LA LOUV	2	BE	18/11/2004	F	Juniors	56,64	57	90	45	130	265	62,457	Power Classic	
Serge Piret	LA LOUV	2	BE	01/10/1958	M	Master 60	100,5	2	105	140	105	180	425	53,558	Power Classic
													181,690		
Mattéo Van Vynckt	BEARS CAVE	2	BE	15/01/2006	M	Sub-juniors	73,02	74	210	125	247,5	582,5	86,111	Power Classic	
Tristan Tislair	BEARS CAVE	2	BE	10/09/1996	M	Seniors	92,00	93	210	132,5	262,5	605	79,566	Power Classic	
													165,677		
Anne-Sophie Brysse	ATP Perf	3	BE	06/09/2000	F	Seniors	61,64	63	140	77,5	147,5	365	81,006	Power Classic	
Ethel Vandiest	ATP Perf	3	BE	21/04/1991	F	Seniors	62,54	63	100	55	130	285	62,650	Power Classic	
													143,656		
Stéphane Vercruysse	ALPHA ACAD	1	BE	06/10/1995	M	Seniors	90,76	93	230	132,5	250	612,5	81,091	Power Classic	
Veronique Valaëys	ALPHA ACAD	1	BE	11/09/1977	F	Master 40	75,56	76	115	63	127,5	305,5	60,397	Power Classic	
													141,488		
Maxime Melckmans	A P E X	5	BE	14/05/2007	M	Sub-juniors	70,00	74	160	77,5	200	437,5	66,119	Power Classic	
Samthan Vanden Steen	A P E X	5	BE	11/12/1990	F	Seniors	74,92	76	112,5	57,5	132,5	302,5	60,048	Power Classic	
													126,167		
Rayen Abdi	SMART&STR ONG	2	BE	12/05/2002	M	Juniors	86,70	93	152,5	95	205	452,5	61,282	Power Classic	
Pavel Radkov	SMART&STR ONG	2	BE	17/05/2007	M	Sub-juniors	70,20	74	115	80	172,5	367,5	55,456	Power Classic	
													116,738		
Mathieu Ausloos	ENGHIEN	1	BE	11/12/2000	M	Seniors	109,9	6	120	175	142,5	185	502,5	60,736	Power Classic
Ridvan Kuraoglu	ENGHIEN	1	BE	25/03/1959	M	Master	90,26	93	181	110	190	481	53,854	Power Classic	

Deegan Renaut	CSS Flor	1	BE	16/02/2004	M	Juniors	73,98	74	207,5	110	245	562,5	82,592	Power Classic
Alexandre Klein	HWL TEAM1	1	BE	01/10/2002	M	Juniors	88,70	93	215	120	270	605	81,011	Power Classic
Samuel Delattre	Hal Mons	1	BE	05/08/2005	M	Juniors	78,80	83	200	102,5	232,5	535	76,040	Power Classic
Louis Badot	O P L	3	BE	05/03/1999	M	Seniors	88,88	93	160	75	180	415	55,513	Power Classic
Ethan Van San	N S A R 5	5	BE	09/07/2005	M	Juniors	73,68	74	95	80	145	320	47,085	Power Classic

Full name	Club	Team	NAT	Birth date	Sex	CAT AGE	P C	CA T	SQ	BP	DL	Total	PTS	Categories	
Frederik Derycke	METTET	1	BE	13/01/1985	M	Seniors	104,9	2	105	160	193,5	180	533,5	54,549	Power Equipped
Declercq Kelvin	METTET	1	BE	08/08/1990	M	Seniors	66,66	74	150	90	160	400	53,201	Power Equipped	
Sven Vandenbroucke	METTET	1	BE	31/10/1995	M	Seniors	92,98	93	170	110	185	465	50,434	Power Equipped	
Cyril Henquin	O P L	1	BE	12/01/1997	M	Seniors	84,58	93	210	112,5	260	582,5	66,536	Power Equipped	
Guillaume Dehan	O P L	1	BE	21/01/1995	M	Seniors	73,86	74	*/	140	225	365	45,289	Power Equipped	
Céline Spina	SERAING	1	BE	12/08/1998	F	Seniors	68,48	69	140	110,5	168	418,5	72,219	Power Equipped	
Francis Mezzanotte	CSS Flor	1	BE	28/05/1963	M	Master 60	85,72	93	170	135	190	495	56,112	Power Equipped	

Full name	Club	Team	NAT	Birth date	Sex	CAT AGE	P C	CA T	SQ	BP	DL	Total	PTS	Categories
Deckers Mathieu	O P L	1	BE	17/01/2002	M	Juniors	79,32	83		135		135	49,688	BP EQ

Full name	Club	Team	NAT	Birth date	Sex	CAT AGE	P C	CA T	SQ	BP	DL	Total	PTS	Categories
Lionel Versele	METTET	1	BE	28/01/1989	M	Seniors	103,6	8	105	160		160	72,065	BP CL
Jonathan Crombrugge	METTET	1	BE	07/07/1987	M	Seniors	72,22	74		117,5		117,5	63,481	BP CL
Michel Dubucq	CSS FLOR	1	BE	05/06/1957	M	Master 60	115,3	0	120	157,5		157,5	67,608	BP CL
Roger Remy	CSS FLOR	1	BE	08/04/1953	M	Master 70	79,00	83		97,5		97,5	50,239	BP CL
Alexandre Gaillard	SERAING	1	BE	09/03/1995	M	Seniors	95,70	105		125		125	58,484	BP CL

Arbitres

Coinne Zoé - Remy Roger - Warnier Jean-Claude - Lerot Viviane - Stradiot Mehdi - Collart Jean-Luc - Collart Virginie - Delvaux Alexandre (examen réussi) -

RECORDS DE Belgique POWERLIFTING CLASSIC	CA T	SQUA T	BEN CH	DL
ASCOLI MATIZIO	SUB JUNIOR	-59	130	
ENGELBERT THEO	JUNIOR	-59	155	

RECORDS L F P H POWERLIFTING EQUIPPED	CAT	SQ UA T	BENC H	DL	TO TA L
SPINA CELINE	DAME SENIOR	-69	110,5	168	
DERIJCKE FREDERIK	SENIOR	-105	193,5		49
MEZZANOTTE FRANCIS	MASTER 60	-93	170	190	5
MEZZANOTTE FRANCIS	MASTER 50	-93	170	190	49 5

RECORDS DE Belgique BENCH PRESS SINGLE CLASSIC	CA T	BEN CH
DAINEFFE ANNE DAME MASTER 40	-69	85
MAGERAT JASON JUNIOR	-83	180

RECORDS L F P H BENCH PRESS SINGLE CLASSIC	CAT	BENC H
MAGERAT JASON JUNIOR	-83	180
MAGERAT JASON SENIOR	-83	180
GIORDANO EMMA DAME SUB JUNIOR	-76	70,5
VALAEYS VERONIQUE DAME MASTER 40	-76	63
HICOR ZAKARIA SENIOR	-105	185