

<b>-43 D</b>						
<b>EQUIPPED</b>						
<b>Sub-Junior</b>						
LIFT	NAT		LFPH		VGPF	
SQ		80				80
BP		50				50
DL		85				85
TOT		220				220
<b>Junior</b>						
LIFT	NAT		LFPH		VGPF	
SQ		100				100
BP		60				60
DL		105				105
TOT		250				250

**-47 D****EQUIPPED****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		60				60
BP		35				35
DL		65				65
TOT		180				180

<b>-52 D</b>						
<b>EQUIPPED</b>						
<b>Sub-Junior</b>						
LIFT	NAT		LFPH		VGPF	
SQ		100				100
BP		60				60
DL		105				105
TOT		265				265
<b>Junior</b>						
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
<b>Senior</b>						
LIFT	NAT		LFPH		VGPF	
SQ	Heaysman Jennifer	155	Claes Maroussia	80	Heaysman Jennifer	155
BP	Heaysman Jennifer	85	Claes Maroussia	37,5	Heaysman Jennifer	85
DL	Van Riet Linda	137.5	Claes Maroussia	95	Van Riet Linda	137.5
TOT	Heaysman Jennifer	370	Claes Maroussia	212,5	Heaysman Jennifer	370
<b>Master 1 (40+)</b>						
LIFT	NAT		LFPH		VGPF	
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
<b>Master 2 (50+)</b>						
LIFT	NAT		LFPH		VGPF	
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
<b>Master 3 (60+)</b>						
LIFT	NAT		LFPH		VGPF	
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
<b>Master 4 (70+)</b>						
LIFT	NAT		LFPH		VGPF	
SQ		65				65
BP		40				40
DL		70				70
TOT		195				195

CAT -52 kg

RECORDS CONDENSES  
POWERLIFTING

DAMES



<b>-57 D</b>						
<b>EQUIPPED</b>						
<b>Sub-Junior</b>						
LIFT	NAT		LFPH		VGPF	
SQ		110				110
BP		65				65
DL		115				115
TOT		290				290
<b>Junior</b>						
LIFT	NAT		LFPH		VGPF	
SQ		120	Claes Maroussia	110		120
BP		80	Claes Maroussia	70		80
DL		125	Claes Maroussia	115,5		125
TOT		320	Claes Maroussia	293		320
<b>Senior</b>						
LIFT	NAT		LFPH		VGPF	
SQ	Heaysman Jennifer	170	Claes Maroussia	110	Heaysman Jennifer	170
BP	Heaysman Jennifer	92,5	Hufkens Angelique	72,5	Heaysman Jennifer	92,5
DL	Heaysman Jennifer	147,5	Cantamessa Caroline	117,5	Heaysman Jennifer	147,5
TOT	Heaysman Jennifer	405	Claes Maroussia	293	Heaysman Jennifer	405
<b>Master 1 (40+)</b>						
LIFT	NAT		LFPH		VGPF	
SQ		115	Hufkens Angelique	75		115
BP		80	Hufkens Angelique	72,5		80
DL		120	Hufkens Angelique	105		120
TOT		315	Hufkens Angelique	252,5		315
<b>Master 2 (50+)</b>						
LIFT	NAT		LFPH		VGPF	
SQ		95				95
BP		60				60
DL		100				100
TOT		255				255
<b>Master 3 (60+)</b>						
LIFT	NAT		LFPH		VGPF	
SQ		80				80
BP		55				55
DL		85				85
TOT		220				220
<b>Master 4 (70+)</b>						
LIFT	NAT		LFPH		VGPF	
SQ		70				70
BP		45				45
DL		75				75
TOT		210				210

**-63 D****EQUIPPED****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	Daineffe Anne	185	Spina Celine	152,5	Daineffe Anne	185
BP	Compagnie Kathleen	110	Spina Celine	103	Compagnie Kathleen	110
DL	Daineffe Anne	170	Spina Celine	165	Daineffe Anne	170
TOT	Daineffe Anne	445	Spina Celine	412,5	Daineffe Anne	445

**Master 1 (40+)**

LIFT	NAT		LFPH		VGPF	
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		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		80				80
BP		50				50
DL		85				85
TOT		235				235

# -69 D

## EQUIPPED

### Sub-Junior

LIFT	NAT		LFPH		VGPF	
SQ		125				125
BP		75				75
DL		130				130
TOT		330				330

### Junior

LIFT	NAT		LFPH		VGPF	
SQ		145				145
BP		90				90
DL		150				150
TOT		375				375

### Senior

LIFT	NAT		LFPH		VGPF	
SQ	Compagnie Kathleen	180	Spina Celine	155	Compagnie Kathleen	180
BP	Compagnie Kathleen	122,5	Spina Celine	110,5	Compagnie Kathleen	122,5
DL	Spina Celine	168	Spina Celine	168	Compagnie Kathleen	167,5
TOT	Compagnie Kathleen	470	Spina Celine	425	Compagnie Kathleen	470

### Master 1 (40+)

LIFT	NAT		LFPH		VGPF	
SQ	Compagnie Kathleen	180	Lerot Viviane	110	Compagnie Kathleen	180
BP	Compagnie Kathleen	122,5	Lerot Viviane	57.5	Compagnie Kathleen	122,5
DL	Compagnie Kathleen	167,5	Lerot Viviane	120.5	Compagnie Kathleen	167,5
TOT	Compagnie Kathleen	470	Lerot Viviane	282.5	Compagnie Kathleen	470

### Master 2 (50+)

LIFT	NAT		LFPH		VGPF	
SQ	Michiels Wendy	165	Lerot Viviane	110	Michiels Wendy	165
BP	Michiels Wendy	100	Lerot Viviane	57.5	Michiels Wendy	100
DL	Michiels Wendy	165	Lerot Viviane	120.5	Michiels Wendy	165
TOT	Michiels Wendy	430	Lerot Viviane	282.5	Michiels Wendy	430

### 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		85				85
BP		55				55
DL		90				90
TOT		250				250

# -76 D

## EQUIPPED

### Sub-Junior

LIFT	NAT		LFPH		VGPF	
SQ	Dechamps Nadege	172,5	Dechamps Nadege	172,5		127,5
BP	Dechamps Nadege	112,5	Dechamps Nadege	112,5		77,5
DL	Dechamps Nadege	167,5	Dechamps Nadege	167,5		132,5
TOT	Dechamps Nadege	450	Dechamps Nadege	450		337,5

### Junior

LIFT	NAT		LFPH		VGPF	
SQ	Dechamps Nadege	172,5	Dechamps Nadege	172,5		150
BP	Dechamps Nadege	112,5	Dechamps Nadege	112,5		97,5
DL	Dechamps Nadege	167,5	Dechamps Nadege	167,5		155
TOT	Dechamps Nadege	450	Dechamps Nadege	450		392,5

### Senior

LIFT	NAT		LFPH		VGPF	
SQ	Michiels Wendy	173	Dechamps Nadege	172,5	Michiels Wendy	173
BP	Dechamps Nadege	112,5	Dechamps Nadege	112,5	Michiels Wendy	107,5
DL	Dechamps Nadege	167,5	Dechamps Nadege	167,5	Michiels Wendy	167,5
TOT	Dechamps Nadege	450	Dechamps Nadege	450	Michiels Wendy	435

### Master 1 (40+)

LIFT	NAT		LFPH		VGPF	
SQ	Michiels Wendy	173	Lerot Viviane	107,5	Michiels Wendy	173
BP	Michiels Wendy	107,5	Lerot Viviane	55	Michiels Wendy	107,5
DL	Michiels Wendy	167,5	Lerot Viviane	120	Michiels Wendy	167,5
TOT	Michiels Wendy	435	Lerot Viviane	282,5	Michiels Wendy	435

### Master 2 (50+)

LIFT	NAT		LFPH		VGPF	
SQ		112,5	Lerot Viviane	107,5		112,5
BP		75	Lerot Viviane	55		75
DL	Lerot Viviane	120	Lerot Viviane	120		117,5
TOT		305	Lerot Viviane	282,5		305

### Master 3 (60+)

LIFT	NAT		LFPH		VGPF	
SQ		100				100
BP		70				70
DL		105				105
TOT		275				275

### Master 4 (70+)

LIFT	NAT		LFPH		VGPF	
SQ		92,5				92,5
BP		60				60
DL		95				95
TOT		265				265



<b>-84 D</b>						
<b>EQUIPPED</b>						
<b>Sub-Junior</b>						
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
<b>Junior</b>						
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
<b>Senior</b>						
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
<b>Master 1 (40+)</b>						
LIFT	NAT		LFPH		VGPF	
SQ		145				145
BP		100				100
DL		150				150
TOT		395				395
<b>Master 2 (50+)</b>						
LIFT	NAT		LFPH		VGPF	
SQ		115				115
BP		80				80
DL		120				120
TOT		315				315
<b>Master 3 (60+)</b>						
LIFT	NAT		LFPH		VGPF	
SQ		105				105
BP		75				75
DL		110				110
TOT		290				290
<b>Master 4 (70+)</b>						
LIFT	NAT		LFPH		VGPF	
SQ		95				95
BP		65				65
DL		100				100
TOT		280				280

<b>+84 D</b>						
<b>EQUIPPED</b>						
<b>Sub-Junior</b>						
LIFT	NAT		LFPH		VGPF	
SQ		145				145
BP		95				95
DL		150				150
TOT		390				390
<b>Junior</b>						
LIFT	NAT		LFPH		VGPF	
SQ		160				160
BP		110				110
DL		165				165
TOT		425				425
<b>Senior</b>						
LIFT	NAT		LFPH		VGPF	
SQ		175	Coussee Evelyne	96		175
BP		115	Coussee Evelyne	82,5		115
DL		180	Coussee Evelyne	120		180
TOT		470	Coussee Evelyne	296		470
<b>Master 1 (40+)</b>						
LIFT	NAT		LFPH		VGPF	
SQ		155				155
BP		110				110
DL		160				160
TOT		425				425
<b>Master 2 (50+)</b>						
LIFT	NAT		LFPH		VGPF	
SQ		120				120
BP		85				85
DL		125				125
TOT		330				330
<b>Master 3 (60+)</b>						
LIFT	NAT		LFPH		VGPF	
SQ		115				115
BP		80				80
DL		120				120
TOT		315				315
<b>Master 4 (70+)</b>						
LIFT	NAT		LFPH		VGPF	
SQ		105				105
BP		70				70
DL		110				110
TOT		305				305