VGPF Interclub 3

08/05/2022
Plaats: Strive

Club	Naam	M/V	L.G.	Klasse	Geb. J	Cat.	Snatch	Cl&J	Total	Sinc	IC Sinc
KOG 1	Nina Sterckx	V	56.26	U20	2002	-59	92	103	195	274.92	371.15
KOG 1	Julie De Wispelaere	V	53.04	U17	2006	-55	66	79	145	213.09	287.67
KOG 1	Tom Goegebuer	M	63.60	M45	1975	-67	87	106	193	270.20	270.20
											929.02
KOG 2	Nathalie Lebbe	V	59.98	SEN	1992	-64	78	100	178	240.54	324.73
KOG 2	Yasmine Bader	V	61.55	SEN	1998	-64	70	89	159	211.39	285.37
KOG 2	Cas Decancq	M	84.65	SEN	2001	-89	104	134	238	283.13	283.13
											893.23
CFD 1	Eva Stassijns	V	62.85	SEN	1998	-64	73	92	165	216.56	292.36
CFD 1	Elissa Burghgraeve	V	74.95	SEN	1993	-76	76	91	167	199.01	268.66
CFD 1	Kenneth Cuylaerts	M	99.70	SEN	1990	-102	97	127	224	248.66	248.66
											809.68
STR 1	Feike Welter	V	73.10	SEN	1991	-76	75	94	169	203.91	275.28
STR 1	Berend Mariën	M	80.75	U17	2005	-81	101	125	226	275.16	275.16
STR 1	Simon Kaerts	M	90.70	SEN	1994	-96	85	120	205	236.35	236.35
											786.79
KOG 3	Tibo Dierickx	M	80.10	U17	2005	-81	103	118	221	270.18	270.18
KOG 3	Jens Van Beek	M	62.25	SEN	1997	-67	75	102	177	251.39	251.39
KOG 3	Els Maes	V	67.85	M40	1981	-71	60	79	139	174.48	235.55
											757.12
PSZ 1	Thomas Boskamp	M	94.35	SEN	1999	-96	100	140	240	272.17	272.17
PSZ 1	Didier Van Endert	M	78.65	SEN	1991	-81	85	110	195	240.66	240.66
PSZ 1	Dylan De Lanoy	M	73.35	SEN	1995	-81	80	105	185	237.20	237.20
											750.03
CFK 1	Nizar Sarhane	M	89.00	SEN	1989	-89	120	150	270	313.88	313.88
CFK 1	Elle Seynaeve	V	48.10	U15	2007	-49	43	52	95	150.34	202.95
CFK 1	Jeroen Seynaeve	M	93.15	M45	1975	-96	70	85	155	176.70	176.70
											693.53
CFM 1	Sofie Van der Jonckheyd	V	68.20	M35	1985	-71	67	88	155	194.01	261.92
CFM 1	Bert De Smedt	M	86.50	M40	1980	-89	82	107	189	222.57	222.57
CFM 1	Philippe Dricot	M	77.25	SEN	1996	-81	68	83	151	188.14	188.14
											672.63

CFD 2	Kaat Raman	V	72.60	SEN	1994	-76	63	87	150	181.62	245.18
CFD 2	Charlotte Van Acker	V	79.75	SEN	1992	-81	56	79	135	156.28	210.97
CFD 2	Bram Burghgrave	M	78.55	SEN	1991	-81	66	92	158	195.13	195.13
											651.28
DC 1	Dorien Van Tiggel	V	68.95	SEN	1995	-71	52	75	127	158.01	213.32
DC 1	Tijs Dexters	M	79.50	M35	1986	-81	60	105	165	202.50	202.50
DC 1	Robyn Dries	V	63.00	SEN	1995	-64	45	61	107	138.92	187.54
											603.36
STR 3	Quinten Gaethofs	M	76.05	SEN	1992	-81	81	95	176	221.16	221.16
STR 3	Raoul Decoster	M	75.90	SEN	1991	-81	66	90	156	196.24	196.24
STR 3	Miucha de Cardaso Reis	V	73.65	M35	1983	-76	46	64	110	132.22	178.50
											595.90
BCE 1	Tom Coppens	M	65.90	SEN	1993	-67	63	95	158	216.14	216.14
BCE 1	Elana Willems	V	75.25	SEN	1997	-76	47	72	119	141.53	191.07
BCE 1	Jana Gemmel	V	71.40	SEN	1995	-76	46	56	102	124.57	168.17
											575.38
KOG 4	Jan Sterckx	M	58.76	U15	2008	-61	71	93	164	242.47	242.47
KOG 4	Nik Van Oppens	M	96.85	U20	2002	-102	98	115	213	239.06	239.06
											481.53
STR 2	Kenneth Jacobs	M	94.00	SEN	1991	-96	93	110	203	230.56	230.56
STR 2	Manuela Peeters	V	60.50	M40	1980	-64	0	0	0	0.00	0.00
STR 2	Andy Reyskens	M	95.75	M35	1983	-96	85	98	183	206.31	206.31
											436.87
PSZ 2	Kenta Umegae	M	74.35	M35	1987	-81	94	116	210	267.21	267.21
PSZ 2	Trish Poppe	V	74.25	U20	2003	-76	39	51	90	107.75	145.46
											412.67
HKG 1	Arnold Devriendt	M	90.30	SEN	1996	-96	111	135	246	284.16	284.16
HKG 1	Chesney Callens	M	73.00	SEN	1992	-73	93	0	93	119.30	119.30
											403.46
HOW 1	Imany D'Hondt	V	53.42	U15	2008	-55	26	37	63	92.11	124.35
HOW 1	Alessandro De Vreese	M	47.60	U15	2007	-49	30	40	70	122.06	122.06
HOW 1	Silke Vijverman	V	36.48	U15	2009	-40	19	24	43	86.90	117.32
											363.73
CFG 1	Stanzi Wieman	V	63.55	SEN	1994	-64	46	63	109	142.11	191.84
CFG 1	Julie Paternotte	V	70.15	SEN	1999	-71	46	56	102	125.73	169.74
CFG 1	Astrid Boonants	V	71.50	SEN	1994	-76	57	70	127	154.98	209.23
											570.81
CFLK 1	Lawrence Raemdonck	M	88.25	M40	1980	-89	73	99	172	200.71	200.71
CFLK 1	David Smet	M	90.25	M40	1981	-96	58	80	138	159.45	159.45
											360.16
A21 1	Jana Deblauwe	V	71.80	U17	2006	-76	31	40	71	86.46	116.72
A21 1	Lia Marie Torres Amarante	V	52.56	U15	2010	-55	21	29	50	73.97	99.85
A21 1	Lena Deblauwe	V	55.74	U15	2008	-59	19	31	50	70.94	95.77
											312.34

OM 1	Sam Weekhout	M	95.65	SEN	2000	-96	115	147	262	295.50	295.50
												295.50
PAC 1	Bert De Taeye	M	95.00	SEN	1990	-96	96	125	221	249.93	249.93
												249.93
BCE 2	Jasper Vanhoutte	M	81.75	SEN	1995	-89	88	115	203	245.63	245.63
												245.63
STR 4	Vicky Verreycken	V	57.86	M35	1984	-59	56	71	127	175.70	237.19
												237.19
CFL 1	Ines Jeuris	V	69.90	M35	1986	-71	61	80	141	174.14	235.09
												235.09
A21 2	Hanne Lauwers	V	63.65	U15	2007	-64	28	45	73	95.08	128.36
A21 2	Mia Marie Torres Amarante	V	39.88	U15	2011	-40	17	20	37	68.72	92.77
												221.13
CFM 2	Daniël Askari	M	66.35	U20	2004	-67	61	95	156	212.48	212.48
												212.48
KSW 1	Stijn De Meerleer	M	70.00	SEN	1998	-73	72	87	159	209.52	209.52
												209.52

Club afkortingen

BCE 1&2 = Barbell Club Endgame Lochristi
CFD 1 &2 = Lifters Teams CrossFit Deinze
CFG = Lifters Team CrossFit Gent
CFLK 1&2 = Lifters Team CrossFit Lokeren
CFM = Lifters Teams CrossFit Moves Antwerpen
HKG = Helix Krachtsport Gent
HOW = Holthem Olympic Weightlifting
KOG 1,2,3 &4= Koninklijk Olympic Gent
KSW = Krachtsport Waregem
OM 1&2 = Omnimove
PPCM = Physical Powerclub Merchtem
PSZ = Powersport Zaventem
STR 1,2 &3= Strive Houthalen
CFL = Lifters Team CrossFit Lummen

Scheidsrechters:

Michel Vereecke,Glenn Van Thuyne, Jozef Lazou, Chesney Callens
Yasmine Bader, Nathalie Lebbe, Bram Tusschans

Examens scheidsrechter nationaal (afgenomen Glenn Van Thuyne)

Eva Stassijns (examen geslaagd)

Wedstrijdsecretariaat:

Jord Gabriël, Bieke Vandenabeele

Belgische Records	Club	F/M	BW CL	Cat.	Snatch	C&J	TOT
Berend Mariën	STR	M	-81	U17		125	226
Berend Mariën	STR	M	-81	U20		125	226
Tibo Dierickx	KOG	M	-81	U17	103		
Bert De Smedt	CFM	M	-89	M40			189
Jan Sterckx	KOG	M	-61	U15	71	93	164
Jan Sterckx	KOG	M	-61	U17	71	93	164
Jan Sterckx	KOG	M	-61	U20		93	
Kenta Umegae	PSZ	M	-81	M35	94		210
Sofie Van der Jonckheyd	CFM	V	-71	M35	67	88	155

VGPF Records	Club	F/M	BW CL	Cat.	Snatch	C&J	TOT
Berend Mariën	STR	M	-81	U17		125	226
Berend Mariën	STR	M	-81	U20		125	226
Tibo Dierickx	KOG	M	-81	U17	103		
Bert De Smedt	CFM	M	-89	M40	82	107	189
Jan Sterckx	KOG	M	-61	U15	71	93	164
Jan Sterckx	KOG	M	-61	U17	71	93	164
Jan Sterckx	KOG	M	-61	U20		93	
Kenta Umegae	PSZ	M	-81	M35	94	116	210
Sofie Van der Jonckheyd	CFM	V	-71	M35	67	88	155

VGPF Interclub 3 - Plaats: STR - 08/05/2022

Individuele Punten Ranking (Mannen Sinclair/ Vrouwen Sinclair x 1.35)

	me	Club	M/V	Class	B. Year	Cat.	B.W.	Snatch	Cl&J	Total	Sinc	IC Sinc
1	**Nina Sterckx**	KOG	V	U20	2002	-59	56.26	92	103	195	274.92	**371.15**
2	**Nathalie Lebbe**	KOG	V	SEN	1992	-64	59.98	78	100	178	240.54	**324.73**
3	**Nizar Sarhane**	CFK	M	SEN	1989	-89	89.00	120	150	270	313.88	**313.88**
4	**Sam Weekhout**	OM	M	SEN	2000	-96	95.65	115	147	262	295.50	**295.50**
5	**Eva Stassijns**	CFD	V	SEN	1998	-64	62.85	73	92	165	216.56	**292.36**
6	**Julie De Wispelaere**	KOG	V	U17	2006	-55	53.04	66	79	145	213.09	**287.67**
7	**Yasmine Bader**	KOG	V	SEN	1998	-64	61.55	70	89	159	211.39	**285.37**
8	**Arnold Devriendt**	HKG	M	SEN	1996	-96	90.30	111	135	246	284.16	**284.16**
9	**Cas Decancq**	KOG	M	SEN	2001	-89	84.65	104	134	238	283.13	**283.13**
10	**Feike Welter**	STR	V	SEN	1991	-76	73.10	75	94	169	203.91	**275.28**
11	**Berend Mariën**	STR	M	U17	2005	-81	80.75	101	125	226	275.16	**275.16**
12	**Thomas Boskamp**	PSZ	M	SEN	1999	-96	94.35	100	140	240	272.17	**272.17**
13	**Tom Goegebuer**	KOG	M	M45	1975	-67	63.60	87	106	193	270.20	**270.20**
14	**Tibo Dierickx**	KOG	M	U17	2005	-81	80.10	103	118	221	270.18	**270.18**
15	**Elissa Burghgraeve**	CFD	V	SEN	1993	-76	74.95	76	91	167	199.01	**268.66**
16	**Kenta Umegae**	PSZ	M	M35	1987	-81	74.35	94	116	210	267.21	**267.21**
17	**Sofie Van der Jonckheyd**	CFM	V	M35	1985	-71	68.20	67	88	155	194.01	**261.92**
18	**Jens Van Beek**	KOG	M	SEN	1997	-67	62.25	75	102	177	251.39	**251.39**
19	**Bert De Taeye**	PAC	M	SEN	1990	-96	95.00	96	125	221	249.93	**249.93**
20	**Kenneth Cuylaerts**	CFD	M	SEN	1990	-102	99.70	97	127	224	248.66	**248.66**
21	**Jasper Vanhoutte**	BCE	M	SEN	1995	-89	81.75	88	115	203	245.63	**245.63**
22	**Kaat Raman**	CFD	V	SEN	1994	-76	72.60	63	87	150	181.62	**245.18**
23	**Jan Sterckx**	KOG	M	U15	2008	-61	58.76	71	93	164	242.47	**242.47**
24	**Didier Van Endert**	PSZ	M	SEN	1991	-81	78.65	85	110	195	240.66	**240.66**
25	**Nik Van Oppens**	KOG	M	U20	2002	-102	96.85	98	115	213	239.06	**239.06**
26	**Dylan De Lanoy**	PSZ	M	SEN	1995	-81	73.35	80	105	185	237.20	**237.20**
27	**Vicky Verreycken**	STR	V	M35	1984	-59	57.86	56	71	127	175.70	**237.19**
28	**Simon Kaerts**	STR	M	SEN	1994	-96	90.70	85	120	205	236.35	**236.35**
29	**Els Maes**	KOG	V	M40	1981	-71	67.85	60	79	139	174.48	**235.55**
30	**Ines Jeuris**	CFL	V	M35	1986	-71	69.90	61	80	141	174.14	**235.09**
31	**Kenneth Jacobs**	STR	M	SEN	1991	-96	94.00	93	110	203	230.56	**230.56**
32	**Bert De Smedt**	CFM	M	M40	1980	-89	86.50	82	107	189	222.57	**222.57**
33	**Quinten Gaethofs**	STR	M	SEN	1992	-81	76.05	81	95	176	221.16	**221.16**
34	**Tom Coppens**	BCE	M	SEN	1993	-67	65.90	63	95	158	216.14	**216.14**
35	**Dorien Van Tiggel**	DC	V	SEN	1995	-71	68.95	52	75	127	158.01	**213.32**
36	**Daniël Askari**	CFM	M	U20	2004	-67	66.35	61	95	156	212.48	**212.48**
37	**Charlotte Van Acker**	CFD	V	SEN	1992	-81	79.75	56	79	135	156.28	**210.97**
38	**Stijn De Meerleer**	KSW	M	SEN	1998	-73	70.00	72	87	159	209.52	**209.52**
39	**Astrid Boonants**	CFG	V	SEN	1994	-76	71.50	57	70	127	154.98	**209.23**
40	**Andy Reyskens**	STR	M	M35	1983	-96	95.75	85	98	183	206.31	**206.31**
41	**Elle Seynaeve**	CFK	V	U15	2007	-49	48.10	43	52	95	150.34	**202.95**
42	**Tijs Dexters**	DC	M	M35	1986	-81	79.50	60	105	165	202.50	**202.50**
43	**Lawrence Raemdonck**	CFLK	M	M40	1980	-89	88.25	73	99	172	200.71	**200.71**
44	**Raoul Decoster**	STR	M	SEN	1991	-81	75.90	66	90	156	196.24	**196.24**
45	**Bram Burghgrave**	CFD	M	SEN	1991	-81	78.55	66	92	158	195.13	**195.13**
46	**Stanzi Wieman**	CFG	V	SEN	1994	-64	63.55	46	63	109	142.11	**191.84**
47	**Elana Willems**	BCE	V	SEN	1997	-76	75.25	47	72	119	141.53	**191.07**
48	**Robyn Dries**	DC	V	SEN	1995	-64	63.00	46	61	107	140.23	**189.32**
49	**Philippe Dricot**	CFM	M	SEN	1996	-81	77.25	68	83	151	188.14	**188.14**
50	**Miucha De Cardaso Reis**	STR	V	M35	1983	-76	73.65	46	64	110	132.22	**178.50**
51	**Jeroen Seynaeve**	CFK	M	M45	1975	-96	93.15	70	85	155	176.70	**176.70**
52	**Julie Paternotte**	CFG	V	SEN	1999	-71	70.15	46	56	102	125.73	**169.74**
53	**Jana Gemmel**	BCE	V	SEN	1995	-76	71.40	46	56	102	124.57	**168.17**
54	**David Smet**	CFLK	M	M40	1981	-96	90.25	58	80	138	159.45	**159.45**
55	**Trish Poppe**	PSZ	V	U20	2003	-76	74.25	39	51	90	107.75	**145.46**
56	**Hanne Lauwers**	Area 21	V	U15	2007	-64	63.65	28	45	73	95.08	**128.36**
57	**Imany D'Hondt**	HOW	V	U15	2008	-55	53.42	26	37	63	92.11	**124.35**
58	**Alessandro De Vreese**	HOW	M	U15	2007	-49	47.60	30	40	70	122.06	**122.06**
59	**Chesney Callens**	HKG	M	SEN	1992	-73	73.00	93	0	93	119.30	**119.30**
60	**Silke Vijverman**	HOW	V	U15	2009	-40	36.48	19	24	43	86.90	**117.32**
61	**Jana Deblauwe**	Area 21	V	U17	2006	-76	71.80	31	40	71	86.46	**116.72**
62	**Lia Marie Torres Amarante**	Area 21	V	U15	2010	-55	52.56	21	29	50	73.97	**99.85**
63	**Lena Deblauwe**	Area 21	V	U15	2008	-59	55.74	19	31	50	70.94	**95.77**
64	**Mia Marie Torres Amarante**	Area 21	V	U15	2011	-40	39.88	17	20	37	68.72	**92.77**
65	**Manuela Peeters**	STR	V	M40	1980	-64	60.50	0	0	0	0.00	**0.00**

Team Klassement VGPF

	Club	LIGA	IC1 - PTN	IC2 - PTN	IC3 - PTN	Totaal
1	KOG 1	VGPF	865.15	922.87	929.02	2717.04
2	CFD 1	VGPF	790.13	817.05	809.68	2416.86
3	KOG 2	VGPF	789.82	673.92	893.23	2356.97
4	Strive 1	VGPF	643.65	656.35	786.79	2086.79
5	PSZ 1	VGPF	756.93	546.16	750.03	2053.12
6	CFD 2	VGPF	634.42	656.16	651.28	1941.86
7	KOG 3	VGPF	578.69	501.04	757.12	1836.85
8	OM 1	VGPF	644.13	758.08	295.50	1697.71
9	BCE 1	VGPF	603.16	475.57	575.38	1654.11
10	CFM 1	VGPF	669.58	256.76	672.63	1598.97
11	Strive 2	VGPF	465.74	685.78	436.87	1588.39
12	HKG 1	VGPF	627.46	529.81	403.46	1560.73
13	CFG 1	VGPF	300.06	473.34	570.81	1344.21
14	DC 1	VGPF	550.65	0	603.36	1154.01
15	CFK 1	VGPF	316.89	0	693.53	1010.42
16	CFLK 1	VGPF	0	565.7	360.16	925.86
17	KOG 4	VGPF	0	411.26	481.53	892.79
18	Strive 3	VGPF	0	213.05	595.9	808.95
19	CFM 2	VGPF	564.5	0	212.48	776.98
20	KSW 1	VGPF	201.16	177.6	209.52	588.28
21	HOW 1	VGPF	0	211.56	363.73	575.29
22	CFLK 2	VGPF	0	527.05	0	527.05
23	BCE 2	VGPF	0	208.24	245.63	453.87
24	PSZ 2	VGPF	0	0	412.67	412.67
25	DC 2	VGPF	355.93	0	0	355.93
26	CFWW 1	VGPF	0	317.17	0	317.17
27	A21 1	VGPF	0	0	312.34	312.34
28	PAC 1	VGPF	0	0	249.93	249.93
29	CFS7 1	VGPF	244.72	0	0	244.72
30	Strive 4	VGPF	0	0	237.19	237.19
31	CFL 1	VGPF	0	0	235.09	235.09
32	A21 2	VGPF	0	0	221.13	221.13
32	PPCM 1	VGPF	0	178.14	0	178.14