

-43 V**PL CLASSIC****Sub-Junior**

Lift	NAT		VGPF	
SQ	minimum	65	minimum	65
BP	minimum	40	minimum	40
DL	minimum	67,5	minimum	67,5
TOT	minimum	172,5	minimum	172,5

Junior

Lift	NAT		VGPF	
SQ	minimum	70	minimum	70
BP	minimum	45	minimum	45
DL	minimum	72,5	minimum	72,5
TOT	minimum	187,5	minimum	187,5

-47 V**PL CLASSIC****Sub-Junior**

Lift	NAT		VGPF	
SQ	Amelia Sedda	75	minimum	70
BP	minimum	40	minimum	40
DL	Amelia Sedda	80	minimum	70
TOT	Amelia Sedda	190	minimum	180

Junior

Lift	NAT		VGPF	
SQ	Amelia Sedda	80,5	minimum	75
BP	Amelia Sedda	45	minimum	45
DL	Amelia Sedda	110,5	minimum	75
TOT	Amelia Sedda	236	minimum	195

Senior

Lift	NAT		VGPF	
SQ	Romy Tisson	87,5	Romy Tisson	90
BP		50		50
DL	Amelia Sedda	110,5	Romy Tisson	117,5
TOT	Romy Tisson	237,5	Romy Tisson	250

Master 1 (40+)

Lift	NAT		VGPF	
SQ	minimum	75	minimum	75
BP	minimum	45	minimum	45
DL	minimum	75	minimum	75
TOT	minimum	195	minimum	195

Master 2 (50+)

Lift	NAT		VGPF	
SQ	minimum	65	minimum	65
BP	minimum	35	minimum	35
DL	minimum	65	minimum	65
TOT	minimum	165	minimum	165

Master 3 (60+)

Lift	NAT		VGPF	
SQ	minimum	60	minimum	60
BP	minimum	30	minimum	30
DL	minimum	60	minimum	60
TOT	minimum	150	minimum	150

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	57,5	minimum	57,5
BP	minimum	27,5	minimum	27,5
DL	minimum	57,5	minimum	57,5
TOT	minimum	140	minimum	140

-52 V**PL CLASSIC****Sub-Junior**

Lift	NAT		VGPF	
SQ	Merandino Fiorella	112,5	minimum	75
BP	Merandino Fiorella	65	minimum	45
DL	Merandino Fiorella	150	minimum	75
TOT	Merandino Fiorella	325	minimum	195

Junior

Lift	NAT		VGPF	
SQ	Merandino Fiorella	117,5	Dasha Haemers	107,5
BP	Merandino Fiorella	70	Annelies Van de Velde	65
DL	Merandino Fiorella	152,5	Annelies Van de Velde	127,5
TOT	Merandino Fiorella	340	Dasha Haemers	283

Senior

Lift	NAT		VGPF	
SQ	Dasha Haemers	130	Dasha Haemers	130
BP	Dasha Haemers	72,5	Dasha Haemers	72,5
DL	Julie Muscolino	153,5	Stefanie Verhulst	150
TOT	Stefanie Verhulst	345	Stefanie Verhulst	345

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Carine Stallaert	95	Carine Stallaert	95
BP	Carine Stallaert	57,5	Carine Stallaert	57,5
DL	Carine Stallaert	127,5	Carine Stallaert	127,5
TOT	Carine Stallaert	270	Carine Stallaert	270

Master 2 (50+)

Lift	NAT		VGPF	
SQ	Carine Stallaert	95	Carine Stallaert	95
BP	Carine Stallaert	57,5	Carine Stallaert	57,5
DL	Carine Stallaert	127,5	Carine Stallaert	127,5
TOT	Carine Stallaert	270	Carine Stallaert	270

Master 3 (60+)

Lift	NAT		VGPF	
SQ	Carine Stallaert	85	Carine Stallaert	85
BP	Carine Stallaert	45	Carine Stallaert	45
DL	Carine Stallaert	105	Carine Stallaert	105
TOT	Carine Stallaert	235	Carine Stallaert	235

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	62,5	minimum	62,5
BP	minimum	32,5	minimum	32,5
DL	minimum	62,5	minimum	62,5
TOT	minimum	155	minimum	155

-57 V**PL CLASSIC****Sub-Junior**

Lift	NAT		VGPF	
SQ	Maeva Dero	135	Annelien Vandenabeele	120
BP	Maeva Dero	72,5	Annelies Van De Velde	60,5
DL	Maeva Dero	173,5	Ines Ceulemans	130
TOT	Maeva Dero	373,5	Ines Ceulemans	295

Junior

Lift	NAT		VGPF	
SQ	Dasha Haemers	136	Dasha Haemers	136
BP	Yana Rombouts	73	Yana Rombouts	73
DL	Maeva Dero	173,5	Julie De Preter	147,5
TOT	Maeva Dero	373,5	Dasha Haemers	346

Senior

Lift	NAT		VGPF	
SQ	Dasha Haemers	150	Dasha Haemers	150
BP	Zoe Coinne	85,5	Noe Kesinirat Saritkriang	77,5
DL	Elise Rummens	192,5	Elise Rummens	192,5
TOT	Elise Rummens	402,5	Elise Rummens	402,5

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Elise Rummens	138	Elise Rummens	138
BP	Elise Rummens	75	Elise Rummens	75
DL	Elise Rummens	192,5	Elise Rummens	192,5
TOT	Elise Rummens	402,5	Elise Rummens	402,5

Master 2 (50+)

Lift	NAT		VGPF	
SQ	Kimberly Ellis	115	Kimberly Ellis	115
BP	Kimberly Ellis	70	Kimberly Ellis	70
DL	Kimberly Ellis	145	Kimberly Ellis	145
TOT	Kimberly Ellis	330	Kimberly Ellis	330

Master 3 (60+)

Lift	NAT		VGPF	
SQ	minimum	70	minimum	70
BP	minimum	40	minimum	40
DL	minimum	70	minimum	70
TOT	minimum	180	minimum	180

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	67,5	minimum	67,5
BP	minimum	37,5	minimum	37,5
DL	minimum	67,5	minimum	67,5
TOT	minimum	170	minimum	170

-63 V**PL CLASSIC****Sub-Junior**

Lift	NAT		VGPF	
SQ	Lou Boonen	127	Elien Magiels	125
BP	Lou Boonen	65	Elien Magiels	63
DL	Lou Boonen	153	Aube De Coninck	130
TOT	Lou Boonen	345	Dorien Ballet	315

Junior

Lift	NAT		VGPF	
SQ	Clara Haulot	162,5	Jana Dutordoir	150
BP	Clara Haulot	85,5	Jana Verwimp	83,5
DL	Clara Haulot	182,5	Jana Dutordoir	175
TOT	Clara Haulot	430,5	Jana Dutordoir	395

Senior

Lift	NAT		VGPF	
SQ	Clara Haulot	162,5	Jana Dutordoir	152,5
BP	Anne Daineffe	93	Anne Daineffe	93
DL	Michelle Maas	190,5	Michelle Maas	190,5
TOT	Clara Haulot	430,5	Jana Dutordoir	407,5

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Anne Daineffe	147,5	Anne Daineffe	147,5
BP	Anne Daineffe	93	Anne Daineffe	93
DL	Evelien Artoos	160	Evelien Artoos	160
TOT	Anne Daineffe	388	Anne Daineffe	388

Master 2 (50+)

Lift	NAT		VGPF	
SQ	Kimberly Ellis	115	Kimberly Ellis	115
BP	Kimberly Ellis	68	Kimberly Ellis	68
DL	Kimberly Ellis	137,5	Kimberly Ellis	137,5
TOT	Kimberly Ellis	320,5	Kimberly Ellis	320,5

Master 3 (60+)

Lift	NAT		VGPF	
SQ	minimum	75	minimum	75
BP	minimum	45	minimum	45
DL	minimum	75	minimum	75
TOT	minimum	195	minimum	195

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	72,5	minimum	72,5
BP	minimum	42,5	minimum	42,5
DL	minimum	72,5	minimum	72,5
TOT	minimum	185	minimum	185

-69 V**PL CLASSIC****Sub-Junior**

Lift	NAT		VGPF	
SQ	Zohra Van Lent	148	Zohra Van Lent	148
BP	Lola Charpentier	75	Zita Depoorter	60
DL	Zita Depoorter	160	Zita Depoorter	160
TOT	Zita Depoorter	360	Zita Depoorter	360

Junior

Lift	NAT		VGPF	
SQ	Kaya Goosens	170,5	Kaya Goosens	170,5
BP	Kaya Goosens	93	Kaya Goosens	93
DL	Clara Haulot	185	Kaya Goosens	180
TOT	Kaya Goosens	443,5	Kaya Goosens	443,5

Senior

Lift	NAT		VGPF	
SQ	Kaya Goosens	170,5	Kaya Goosens	170,5
BP	Kaya Goosens	93	Kaya Goosens	93
DL	Chiara Callens	190	Chiara Callens	190
TOT	Kaya Goosens	443,5	Kaya Goosens	443,5

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Anne Daineffe	148	Wendy Michiels	110
BP	Anne Daineffe	85	Kathleen Compagnie	81
DL	Anne Daineffe	152,5	Wendy Michiels	140
TOT	Anne Daineffe	385,5	Wendy Michiels	320

Master 2 (50+)

Lift	NAT		VGPF	
SQ	Wendy Michiels	107,5	Wendy Michiels	107,5
BP	Wendy Michiels	72,5	Wendy Michiels	72,5
DL	Wendy Michiels	140	Wendy Michiels	140
TOT	Wendy Michiels	320	Wendy Michiels	320

Master 3 (60+)

Lift	NAT		VGPF	
SQ	minimum	80	minimum	80
BP	minimum	50	minimum	50
DL	minimum	80	minimum	80
TOT	minimum	210	minimum	210

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	77,5	minimum	77,5
BP	minimum	47,5	minimum	47,5
DL	minimum	77,5	minimum	77,5
TOT	minimum	200	minimum	200

-76 V**PL CLASSIC****Sub-Junior**

Lift	NAT		VGPF	
SQ	Shirley Gaens	132,5	Shirley Gaens	132,5
BP	Noa Van Looy	76	Noa Van Looy	76
DL	Luna Claes	147,5	Luna Claes	147,5
TOT	Luna Claes	350	Luna Claes	350

Junior

Lift	NAT		VGPF	
SQ	Luna Coronado	175	Luna Coronado	175
BP	Ellen Goorman	93,5	Ellen Goorman	93,5
DL	Yente Van Meel	187,5	Yente Van Meel	187,5
TOT	Luna Coronado	452,5	Luna Coronado	452,5

Senior

Lift	NAT		VGPF	
SQ	Luna Coronado	175	Luna Coronado	175
BP	Bieke Vandabeele	95	Bieke Vandabeele	95
DL	Yente Van Meel	187,5	Yente Van Meel	187,5
TOT	Luna Coronado	452,5	Luna Coronado	452,5

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Katrien Adriaensens	132,5	Katrien Adriaensens	132,5
BP	Wendy Michiels	75	Wendy Michiels	75
DL	Anne-Mieke Nuyts	172,5	Anne-Mieke Nuyts	172,5
TOT	Anne-Mieke Nuyts	370	Anne-Mieke Nuyts	370

Master 2 (50+)

Lift	NAT		VGPF	
SQ	minimum	87,5	minimum	87,5
BP	minimum	57,5	minimum	57,5
DL	minimum	87,5	minimum	87,5
TOT	minimum	232,5	minimum	232,5

Master 3 (60+)

Lift	NAT		VGPF	
SQ	minimum	82,5	minimum	82,5
BP	minimum	52,5	minimum	52,5
DL	minimum	82,5	minimum	82,5
TOT	minimum	217,5	minimum	217,5

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	80	minimum	80
BP	minimum	50	minimum	50
DL	minimum	80	minimum	80
TOT	minimum	210	minimum	210

-84 V**PL CLASSIC****Sub-Junior**

Lift	NAT		VGPF	
SQ	Alice Pizzoferrato	140,5	Alice Pizzoferrato	140,5
BP	Nadege Dechamps	90	Alice Pizzoferrato	70
DL	Alice Pizzoferrato	158	Alice Pizzoferrato	158
TOT	Nadege Dechamps	382,5	Alice Pizzoferrato	368,5

Junior

Lift	NAT		VGPF	
SQ	Luna Coronado	165	Luna Coronado	165
BP	Bo Haek	90,5	Bo Haek	90,5
DL	Luna Coronado	170	Luna Coronado	170
TOT	Luna Coronado	402,5	Luna Coronado	402,5

Senior

Lift	NAT		VGPF	
SQ	Sonita Muluh	195	Sonita Muluh	195
BP	Sonita Muluh	95	Sonita Muluh	95
DL	Sonita Muluh	230	Sonita Muluh	230
TOT	Sonita Muluh	520	Sonita Muluh	520

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Evelyne Roos	130	Evelyne Roos	130
BP	minimum	70	minimum	70
DL	Evelyne Roos	162,5	Evelyne Roos	162,5
TOT	Evelyne Roos	357,5	Evelyne Roos	357,5

Master 2 (50+)

Lift	NAT		VGPF	
SQ	minimum	90	minimum	90
BP	minimum	60	minimum	60
DL	minimum	90	minimum	90
TOT	minimum	240	minimum	240

Master 3 (60+)

Lift	NAT		VGPF	
SQ	minimum	85	minimum	85
BP	minimum	55	minimum	55
DL	minimum	85	minimum	85
TOT	minimum	225	minimum	225

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	82,5	minimum	82,5
BP	minimum	52,5	minimum	52,5
DL	minimum	82,5	minimum	82,5
TOT	minimum	215	minimum	215

+84 V**PL CLASSIC****Sub-Junior**

Lift	NAT		VGPF	
SQ	Najwa Khata	122,5	Najwa Khata	122,5
BP	minimum	70	minimum	70
DL	Najwa Khata	165	Najwa Khata	165
TOT	Najwa Khata	335	Najwa Khata	335

Junior

Lift	NAT		VGPF	
SQ	Fatima Elouafi	170,5	Ellen Depreitere	162,5
BP	Fatima Elouafi	85	Bo Haek	84,5
DL	Fatima Elouafi	210	Ellen Depreitere	190
TOT	Fatima Elouafi	465	Ellen Depreitere	420

Senior

Lift	NAT		VGPF	
SQ	Sonita Muluh	300,5	Sonita Muluh	300,5
BP	Sonita Muluh	147,5	Sonita Muluh	147,5
DL	Sonita Muluh	260,5	Sonita Muluh	260,5
TOT	Sonita Muluh	708	Sonita Muluh	708

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Evelyne Roos	152,5	Evelyne Roos	152,5
BP	Evelyne Roos	75	Evelyne Roos	75
DL	Evelyne Roos	173	Evelyne Roos	173
TOT	Evelyne Roos	397,5	Evelyne Roos	397,5

Master 2 (50+)

Lift	NAT		VGPF	
SQ	minimum	95	minimum	95
BP	minimum	65	minimum	65
DL	minimum	95	minimum	95
TOT	minimum	255	minimum	255

Master 3 (60+)

Lift	NAT		VGPF	
SQ	minimum	90	minimum	90
BP	minimum	60	minimum	60
DL	minimum	90	minimum	90
TOT	minimum	240	minimum	240

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	87,5	minimum	87,5
BP	minimum	57,5	minimum	57,5
DL	minimum	87,5	minimum	87,5
TOT	minimum	230	minimum	230