

-53 M**PL EQUIPPED****Sub-Junior**

Lift	NAT		VGPF	
SQ	minimum	110	minimum	110
BP	minimum	70	minimum	70
DL	Gianni De Greve	122,5	Gianni De Greve	122,5
TOT	minimum	305	minimum	305

Junior

Lift	NAT		VGPF	
SQ	minimum	150	minimum	150
BP	minimum	85	minimum	85
DL	minimum	150	minimum	150
TOT	minimum	385	minimum	385

-59 M**PL EQUIPPED****Sub-Junior**

Lift	NAT		VGPF	
SQ	minimum	135	minimum	135
BP	minimum	80	minimum	80
DL	Ken Emmerechts	150	Ken Emmerechts	150
TOT	minimum	350	minimum	350

Junior

Lift	NAT		VGPF	
SQ	minimum	160	minimum	160
BP	Kenny De Groote	95	Kenny De Groote	95
DL	minimum	180	minimum	180
TOT	minimum	430	minimum	430

Senior

Lift	NAT		VGPF	
SQ	minimum	205	minimum	205
BP	Michael Nalinne	122,5	minimum	120
DL	minimum	210	minimum	210
TOT	minimum	535	minimum	535

Master 1 (40+)

Lift	NAT		VGPF	
SQ	minimum	160	minimum	160
BP	minimum	115	minimum	115
DL	Paul Vernimmen	168	minimum	150
TOT	minimum	440	minimum	440

Master 2 (50+)

Lift	NAT		VGPF	
SQ	minimum	155	minimum	155
BP	minimum	90	minimum	90
DL	Paul Vernimmen	168	minimum	145
TOT	minimum	405	minimum	405

Master 3 (60+)

Lift	NAT		VGPF	
SQ	Paul Vernimmen	123	minimum	115
BP	Paul Vernimmen	86	minimum	85
DL	Paul Vernimmen	168	minimum	120
TOT	Paul Vernimmen	372,5	minimum	320

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	110	minimum	110
BP	minimum	65	minimum	65
DL	minimum	110	minimum	110
TOT	minimum	300	minimum	300

-66 M**PL EQUIPPED****Sub-Junior**

Lift	NAT		VGPF	
SQ	Geoffrey Mignolet	187,5	minimum	140
BP	Geoffrey Mignolet	130	minimum	100
DL	Geoffrey Mignolet	212,5	Masimo Van Herewegen	150
TOT	Geoffrey Mignolet	520	minimum	390

Junior

Lift	NAT		VGPF	
SQ	Geoffrey Mignolet	187,5	minimum	185
BP	Geoffrey Mignolet	130	Maarten Wijns	125
DL	Geoffrey Mignolet	212,5	Maarten Wijns	200
TOT	Geoffrey Mignolet	520	Maarten Wijns	500

Senior

Lift	NAT		VGPF	
SQ	minimum	210	minimum	210
BP	Geoffrey Mignolet	130	minimum	130
DL	minimum	215	minimum	215
TOT	minimum	555	minimum	555

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Jean Quertinmont	165	minimum	165
BP	minimum	120	minimum	120
DL	Jean Quertinmont	175	minimum	165
TOT	minimum	480	minimum	480

Master 2 (50+)

Lift	NAT		VGPF	
SQ	Jean Quertinmont	165	minimum	160
BP	minimum	105	minimum	105
DL	Jean Quertinmont	175	minimum	155
TOT	Jean Quertinmont	440	minimum	440

Master 3 (60+)

Lift	NAT		VGPF	
SQ	minimum	145	minimum	145
BP	minimum	95	minimum	95
DL	minimum	145	minimum	145
TOT	minimum	380	minimum	380

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	120	minimum	120
BP	minimum	75	minimum	75
DL	minimum	120	minimum	120
TOT	minimum	345	minimum	345

-74 M**PL EQUIPPED****Sub-Junior**

Lift	NAT		VGPF	
SQ	Geoffrey Mignolet	240	Jonathan Kerremans	220
BP	Geoffrey Mignolet	152,5	Jonathan Kerremans	145
DL	Geoffrey Mignolet	240	Jonathan Kerremans	227,5
TOT	Geoffrey Mignolet	622,5	Jonathan Kerremans	592,5

Junior

Lift	NAT		VGPF	
SQ	Gregory Ostyn	260	Geovanni De Visscher	245
BP	Geovanni De Visscher	215	Geovanni De Visscher	215
DL	Gregory Ostyn	285	Geovanni De Visscher	250
TOT	Gregory Ostyn	735	Geovanni De Visscher	710

Senior

Lift	NAT		VGPF	
SQ	Gregory Ostyn	260	Emmerik Vanhee	245,5
BP	Geovanni De Visscher	215	Geovanni De Visscher	215
DL	Gregory Ostyn	285	Emmerik Vanhee	255
TOT	Gregory Ostyn	735	Geovanni De Visscher	710

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Roger Remy	220	Roger Vandevelde	220
BP	Roger Vandevelde	145	Roger Vandevelde	145
DL	Roger Remy	247,5	Roger Vandevelde	220
TOT	Roger Remy	587,5	Roger Vandevelde	580

Master 2 (50+)

Lift	NAT		VGPF	
SQ	Roger Remy	220	Roger Vandevelde	220
BP	Roger Vandevelde	145	Roger Vandevelde	145
DL	Roger Remy	247,5	Roger Vandevelde	220
TOT	Roger Remy	587,5	Roger Vandevelde	580

Master 3 (60+)

Lift	NAT		VGPF	
SQ	Roger Vandevelde	220	Roger Vandevelde	220
BP	Roger Vandevelde	145	Roger Vandevelde	145
DL	Roger Remy	238	Roger Vandevelde	220
TOT	Roger Vandevelde	580	Roger Vandevelde	580

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	160	minimum	160
BP	minimum	90	minimum	90
DL	minimum	160	minimum	160
TOT	minimum	425	minimum	425

-83 M**PL EQUIPPED****Sub-Junior**

Lift	NAT		VGPF	
SQ	Jonathan Kerremans	220	Jonathan Kerremans	220
BP	Jonathan Kerremans	152,5	Jonathan Kerremans	152,5
DL	Wytse Van Geeteruyen	230,5	Wytse Van Geeteruyen	230,5
TOT	Jonathan Kerremans	602,5	Jonathan Kerremans	602,5

Junior

Lift	NAT		VGPF	
SQ	Tanguy Penasse	310	Jonathan Kerremans	280
BP	Geovanni De Visscher	250	Geovanni De Visscher	250
DL	Gregory Ostyn	292,5	Jonathan Kerremans	252,5
TOT	Tanguy Penasse	772,5	Geovanni De Visscher	760

Senior

Lift	NAT		VGPF	
SQ	Tanguy Penasse	310	Jonathan Kerremans	280
BP	Geovanni De Visscher	250	Geovanni De Visscher	250
DL	Gregory Ostyn	292,5	Vincent Van De Perre	262,5
TOT	Tanguy Penasse	772,5	Geovanni De Visscher	760

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Jimmy Van De Wiel	235	Jimmy Van De Wiel	235
BP	Jimmy Van De Wiel	185	Jimmy Van De Wiel	185
DL	Roger Remy	250	Jan Theys	230
TOT	Jimmy Van De Wiel	635	Jimmy Van De Wiel	635

Master 2 (50+)

Lift	NAT		VGPF	
SQ	Roger Remy	226	Roger Vandevelde	225
BP	Daniel Reybrouck	155	Roger Vandevelde	140
DL	Roger Remy	250	Eddy Vrijders	210
TOT	Roger Remy	588,5	Roger Vandevelde	575

Master 3 (60+)

Lift	NAT		VGPF	
SQ	Roger Remy	226	Roger Vandevelde	225
BP	Daniel Reybrouck	155	Roger Vandevelde	140
DL	Roger Remy	237,5	Roger Vandevelde	210
TOT	Roger Remy	588,5	Roger Vandevelde	575

Master 4 (70+)

Lift	NAT		VGPF	
SQ	Jozef Lazou	180	Jozef Lazou	180
BP	Daniel Reybrouck	155	Jozef Lazou	95
DL	Jozef Lazou	185	Jozef Lazou	185
TOT	Jozef Lazou	460	Jozef Lazou	460

-93 M**PL EQUIPPED****Sub-Junior**

Lift	NAT		VGPF	
SQ	Remi Permentier	250	Mathias Elpers	187,5
BP	Remi Permentier	167,5	minimum	130
DL	Remi Permentier	235	Mathias Elpers	210
TOT	Remi Permentier	652,5	Mathias Elpers	517,5

Junior

Lift	NAT		VGPF	
SQ	Jonathan Kerremans	320	Jonathan Kerremans	320
BP	Jonathan Kerremans	207,5	Jonathan Kerremans	207,5
DL	Alan Peeters	292,5	Alan Peeters	292,5
TOT	Jonathan Kerremans	792,5	Jonathan Kerremans	792,5

Senior

Lift	NAT		VGPF	
SQ	Jonathan Kerremans	320	Jonathan Kerremans	320
BP	Emmerik Vanhee	232,5	Emmerik Vanhee	232,5
DL	Beny Verbeke	295	Beny Verbeke	295
TOT	Jonathan Kerremans	792,5	Jonathan Kerremans	792,5

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Beny Verbeke	243	Beny Verbeke	243
BP	Jean Marc De Ro	170	Jean Marc De Ro	170
DL	Beny Verbeke	295	Beny Verbeke	295
TOT	Beny Verbeke	658	Beny Verbeke	658

Master 2 (50+)

Lift	NAT		VGPF	
SQ	Beny Verbeke	243	Beny Verbeke	243
BP	Christian Van Mulders	157,5	Christian Van Mulders	157,5
DL	Beny Verbeke	295	Beny Verbeke	295
TOT	Beny Verbeke	658	Beny Verbeke	658

Master 3 (60+)

Lift	NAT		VGPF	
SQ	Francis Mezzanotte	170	minimum	155
BP	Daniel Reybrouck	155,5	Martin Theysens	117,5
DL	Francis Mezzanotte	190	minimum	160
TOT	Francis Mezzanotte	495	minimum	430

Master 4 (70+)

Lift	NAT		VGPF	
SQ	Daniel Reybrouck	160	Martin Theysens	140
BP	Daniel Reybrouck	155,5	Martin Theysens	117,5
DL	Vincent Palazzo	182,5	Martin Theysens	152,5
TOT	Daniel Reybrouck	485	Martin Theysens	410

-105 M**PL EQUIPPED****Sub-Junior**

Lift	NAT		VGPF	
SQ	Matthieu Ausloos	240	Mathias Elpers	215
BP	Matthieu Ausloos	162,5	minimum	135
DL	Matthieu Ausloos	233	Mathias Elpers	232,5
TOT	Matthieu Ausloos	628	Mathias Elpers	580

Junior

Lift	NAT		VGPF	
SQ	Alan Peeters	345	Alan Peeters	345
BP	Alan Peeters	222,5	Alan Peeters	222,5
DL	Jeroen Van Heesvelde	300	Jeroen Van Heesvelde	300
TOT	Alan Peeters	857,5	Alan Peeters	857,5

Senior

Lift	NAT		VGPF	
SQ	Jeroen Van Heesvelde	365	Jeroen Van Heesvelde	365
BP	Jeroen Van Heesvelde	267,5	Jeroen Van Heesvelde	267,5
DL	Jeroen Van Heesvelde	332,5	Jeroen Van Heesvelde	332,5
TOT	Jeroen Van Heesvelde	947,5	Jeroen Van Heesvelde	947,5

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Rob Laethem	285	Rob Laethem	285
BP	Rob Laethem	190	Rob Laethem	190
DL	Rob Laethem	257,5	Rob Laethem	257,5
TOT	Rob Laethem	732,5	Rob Laethem	732,5

Master 2 (50+)

Lift	NAT		VGPF	
SQ	Serge Piret	225	Hugo De Grauwe	206
BP	Fabrizio Scorcioni	165	minimum	145
DL	Serge Monseu	252,5	Hugo De Grauwe	235
TOT	Serge Piret	607,5	Hugo De Grauwe	561

Master 3 (60+)

Lift	NAT		VGPF	
SQ	Jean Luc Collart	210	Hugo De Grauwe	206
BP	Jean Luc Collart	152,5	Hugo De Grauwe	120
DL	Serge Monseu	252,5	Hugo De Grauwe	235
TOT	Serge Monseu	583	Hugo De Grauwe	561

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	175	minimum	175
BP	minimum	115	minimum	115
DL	minimum	175	minimum	175
TOT	minimum	515	minimum	515

-120 M**PL EQUIPPED****Sub-Junior**

Lift	NAT		VGPF	
SQ	Glenn Goeman	240	Glenn Goeman	240
BP	Glenn Goeman	140	Glenn Goeman	140
DL	Glenn Goeman	270	Glenn Goeman	270
TOT	Glenn Goeman	650	Glenn Goeman	650

Junior

Lift	NAT		VGPF	
SQ	Steve Ringoot	330	Steve Ringoot	330
BP	Steve Ringoot	225	Steve Ringoot	225
DL	Steve Ringoot	300	Steve Ringoot	300
TOT	Steve Ringoot	830	Steve Ringoot	830

Senior

Lift	NAT		VGPF	
SQ	Orhan Bilican	425	Orhan Bilican	425
BP	Orhan Bilican	334	Orhan Bilican	334
DL	Jeroen Van Heesvelde	340	Jeroen Van Heesvelde	340
TOT	Orhan Bilican	1077,5	Orhan Bilican	1077,5

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Jean Luc Collart	370	minimum	245
BP	Jean Luc Collart	225	minimum	175
DL	Jean Luc Collart	310	minimum	250
TOT	Jean Luc Collart	890	minimum	670

Master 2 (50+)

Lift	NAT		VGPF	
SQ	Jean Luc Collart	370	minimum	215
BP	Jean Luc Collart	225	minimum	155
DL	Jean Luc Collart	310	minimum	220
TOT	Jean Luc Collart	890	minimum	590

Master 3 (60+)

Lift	NAT		VGPF	
SQ	Jean Luc Collart	281	minimum	230
BP	Jean Luc Collart	200	minimum	140
DL	Jean Luc Collart	240	minimum	230
TOT	Jean Luc Collart	712,5	minimum	610

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	200	minimum	200
BP	minimum	130	minimum	130
DL	minimum	200	minimum	200
TOT	minimum	575	minimum	575

+120 M**PL EQUIPPED****Sub-Junior**

Lift	NAT		VGPF	
SQ	Sebastien Dechamps	320	Minimum	230
BP	Sebastien Dechamps	187,5	Minimum	145
DL	Sebastien Dechamps	292,5	Minimum	230
TOT	Sebastien Dechamps	800	Minimum	605

Junior

Lift	NAT		VGPF	
SQ	Sebastien Dechamps	372,5	Steve Ringoot	360
BP	Sebastien Dechamps	250	Steve Ringoot	222,5
DL	Sebastien Dechamps	305,5	Steve Ringoot	305
TOT	Sebastien Dechamps	913	Steve Ringoot	872,5

Senior

Lift	NAT		VGPF	
SQ	Orhan Bilican	405	Orhan Bilican	405
BP	Orhan Bilican	315	Orhan Bilican	315
DL	Ringoot Steve	330	Ringoot Steve	330
TOT	Orhan Bilican	1040	Orhan Bilican	1040

Master 1 (40+)

Lift	NAT		VGPF	
SQ	Orhan Bilican	380	Orhan Bilican	380
BP	Orhan Bilican	260	Orhan Bilican	260
DL	Orhan Bilican	320	Orhan Bilican	320
TOT	Orhan Bilican	960	Orhan Bilican	960

Master 2 (50+)

Lift	NAT		VGPF	
SQ	minimum	300	minimum	300
BP	minimum	185	minimum	185
DL	Johan Kerremans	310	Johan Kerremans	310
TOT	minimum	790	minimum	790

Master 3 (60+)

Lift	NAT		VGPF	
SQ	minimum	250	minimum	250
BP	minimum	160	minimum	160
DL	minimum	250	minimum	250
TOT	minimum	700	minimum	700

Master 4 (70+)

Lift	NAT		VGPF	
SQ	minimum	230	minimum	230
BP	minimum	140	minimum	140
DL	minimum	230	minimum	230
TOT	minimum	600	minimum	600