

**-43 V**

**PL CLASSIC**

**Sub-Junior**

<b>Lift</b>	<b>NAT</b>		<b>VGPF</b>	
<b>SQ</b>	minimum	65	minimum	65
<b>BP</b>	minimum	40	minimum	40
<b>DL</b>	minimum	67,5	minimum	67,5
<b>TOT</b>	minimum	172,5	minimum	172,5

**Junior**

<b>Lift</b>	<b>NAT</b>		<b>VGPF</b>	
<b>SQ</b>	minimum	70	minimum	70
<b>BP</b>	minimum	45	minimum	45
<b>DL</b>	minimum	72,5	minimum	72,5
<b>TOT</b>	minimum	187,5	minimum	187,5

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

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

**Junior**

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

**Senior**

Lift	NAT		VGPF	
<b>SQ</b>	Julie Muscolino	115	Romy Tisson	90
<b>BP</b>	Julie Muscolino	60		50
<b>DL</b>	Julie Muscolino	150	Romy Tisson	117,5
<b>TOT</b>	Julie Muscolino	325	Romy Tisson	250

**Master 1 (40+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	75	minimum	75
<b>BP</b>	minimum	45	minimum	45
<b>DL</b>	minimum	75	minimum	75
<b>TOT</b>	minimum	195	minimum	195

**Master 2 (50+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	65	minimum	65
<b>BP</b>	minimum	35	minimum	35
<b>DL</b>	minimum	65	minimum	65
<b>TOT</b>	minimum	165	minimum	165

**Master 3 (60+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	60	minimum	60
<b>BP</b>	minimum	30	minimum	30
<b>DL</b>	minimum	60	minimum	60
<b>TOT</b>	minimum	150	minimum	150

**Master 4 (70+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	57,5	minimum	57,5
<b>BP</b>	minimum	27,5	minimum	27,5
<b>DL</b>	minimum	57,5	minimum	57,5
<b>TOT</b>	minimum	140	minimum	140

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

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

**Junior**

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

**Senior**

Lift	NAT		VGPF	
<b>SQ</b>	Dasha Haemers	130	Dasha Haemers	130
<b>BP</b>	Dasha Haemers	72,5	Dasha Haemers	72,5
<b>DL</b>	Julie Muscolino	154,5	Stefanie Verhulst	150
<b>TOT</b>	Stefanie Verhulst	345	Stefanie Verhulst	345

**Master 1 (40+)**

Lift	NAT		VGPF	
<b>SQ</b>	Carine Stallaert	95	Carine Stallaert	95
<b>BP</b>	Carine Stallaert	57,5	Carine Stallaert	57,5
<b>DL</b>	Carine Stallaert	127,5	Carine Stallaert	127,5
<b>TOT</b>	Carine Stallaert	270	Carine Stallaert	270

**Master 2 (50+)**

Lift	NAT		VGPF	
<b>SQ</b>	Carine Stallaert	95	Carine Stallaert	95
<b>BP</b>	Carine Stallaert	57,5	Carine Stallaert	57,5
<b>DL</b>	Carine Stallaert	127,5	Carine Stallaert	127,5
<b>TOT</b>	Carine Stallaert	270	Carine Stallaert	270

**Master 3 (60+)**

Lift	NAT		VGPF	
<b>SQ</b>	Carine Stallaert	85	Carine Stallaert	85
<b>BP</b>	Carine Stallaert	45	Carine Stallaert	45
<b>DL</b>	Carine Stallaert	105	Carine Stallaert	105
<b>TOT</b>	Carine Stallaert	235	Carine Stallaert	235

**Master 4 (70+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	62,5	minimum	62,5
<b>BP</b>	minimum	32,5	minimum	32,5
<b>DL</b>	minimum	62,5	minimum	62,5
<b>TOT</b>	minimum	155	minimum	155

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

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

**Junior**

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

**Senior**

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

**Master 1 (40+)**

Lift	NAT		VGPF	
<b>SQ</b>	Elise Rummens	138	Elise Rummens	138
<b>BP</b>	Elise Rummens	75	Elise Rummens	75
<b>DL</b>	Elise Rummens	192,5	Elise Rummens	192,5
<b>TOT</b>	Elise Rummens	402,5	Elise Rummens	402,5

**Master 2 (50+)**

Lift	NAT		VGPF	
<b>SQ</b>	Kimberly Ellis	115	Kimberly Ellis	115
<b>BP</b>	Kimberly Ellis	70	Kimberly Ellis	70
<b>DL</b>	Kimberly Ellis	145	Kimberly Ellis	145
<b>TOT</b>	Kimberly Ellis	330	Kimberly Ellis	330

**Master 3 (60+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	70	minimum	70
<b>BP</b>	minimum	40	minimum	40
<b>DL</b>	minimum	70	minimum	70
<b>TOT</b>	minimum	180	minimum	180

**Master 4 (70+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	67,5	minimum	67,5
<b>BP</b>	minimum	37,5	minimum	37,5
<b>DL</b>	minimum	67,5	minimum	67,5
<b>TOT</b>	minimum	170	minimum	170

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

Lift	NAT		VGPF	
<b>SQ</b>	Maeva Dero	137,5	Elien Magielse	125
<b>BP</b>	Maeva Dero	75	Elien Magielse	63
<b>DL</b>	Maeva Dero	175	Aube De Coninck	130
<b>TOT</b>	Maeva Dero	387,5	Dorien Ballet	315

**Junior**

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

**Senior**

Lift	NAT		VGPF	
<b>SQ</b>	Sahyuri Lalime	177,5	Sahyuri Lalime	177,5
<b>BP</b>	Anne Daineffe	93	Anne Daineffe	93
<b>DL</b>	Sahyuri Lalime	200	Sahyuri Lalime	200
<b>TOT</b>	Sahyuri Lalime	470	Sahyuri Lalime	470

**Master 1 (40+)**

Lift	NAT		VGPF	
<b>SQ</b>	Sahyuri Lalime	177,5	Sahyuri Lalime	177,5
<b>BP</b>	Anne Daineffe	93	Anne Daineffe	93
<b>DL</b>	Sahyuri Lalime	200	Sahyuri Lalime	200
<b>TOT</b>	Sahyuri Lalime	470	Sahyuri Lalime	470

**Master 2 (50+)**

Lift	NAT		VGPF	
<b>SQ</b>	Kimberly Ellis	115	Kimberly Ellis	115
<b>BP</b>	Kimberly Ellis	68	Kimberly Ellis	68
<b>DL</b>	Kimberly Ellis	137,5	Kimberly Ellis	137,5
<b>TOT</b>	Kimberly Ellis	320,5	Kimberly Ellis	320,5

**Master 3 (60+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	75	minimum	75
<b>BP</b>	minimum	45	minimum	45
<b>DL</b>	minimum	75	minimum	75
<b>TOT</b>	minimum	195	minimum	195

**Master 4 (70+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	72,5	minimum	72,5
<b>BP</b>	minimum	42,5	minimum	42,5
<b>DL</b>	minimum	72,5	minimum	72,5
<b>TOT</b>	minimum	185	minimum	185

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

Lift	NAT		VGPF	
<b>SQ</b>	Zohra Van Lent	148	Zohra Van Lent	148
<b>BP</b>	Lola Charpentier	75,5	Zita Depoorter	62,5
<b>DL</b>	Zita Depoorter	160	Zita Depoorter	160
<b>TOT</b>	Zita Depoorter	362,5	Zita Depoorter	362,5

**Junior**

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

**Senior**

Lift	NAT		VGPF	
<b>SQ</b>	Kaya Goosens	170,5	Kaya Goosens	170,5
<b>BP</b>	Naïs Hallou	95	Kaya Goosens	93
<b>DL</b>	Chiara Callens	190	Chiara Callens	190
<b>TOT</b>	Kaya Goosens	443,5	Kaya Goosens	443,5

**Master 1 (40+)**

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

**Master 2 (50+)**

Lift	NAT		VGPF	
<b>SQ</b>	Wendy Michiels	107,5	Wendy Michiels	107,5
<b>BP</b>	Wendy Michiels	72,5	Wendy Michiels	72,5
<b>DL</b>	Wendy Michiels	140	Wendy Michiels	140
<b>TOT</b>	Wendy Michiels	320	Wendy Michiels	320

**Master 3 (60+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	80	minimum	80
<b>BP</b>	minimum	50	minimum	50
<b>DL</b>	minimum	80	minimum	80
<b>TOT</b>	minimum	210	minimum	210

**Master 4 (70+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	77,5	minimum	77,5
<b>BP</b>	minimum	47,5	minimum	47,5
<b>DL</b>	minimum	77,5	minimum	77,5
<b>TOT</b>	minimum	200	minimum	200

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

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

**Junior**

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

**Senior**

Lift	NAT		VGPF	
<b>SQ</b>	Luna Coronado	175	Luna Coronado	175
<b>BP</b>	Bieke Vandenabeele	95	Bieke Vandenabeele	95
<b>DL</b>	Anne-Sophie Jost	190	Anne-Sophie Jost	190
<b>TOT</b>	Luna Coronado	452,5	Luna Coronado	452,5

**Master 1 (40+)**

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

**Master 2 (50+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	87,5	minimum	87,5
<b>BP</b>	minimum	57,5	minimum	57,5
<b>DL</b>	minimum	87,5	minimum	87,5
<b>TOT</b>	minimum	232,5	minimum	232,5

**Master 3 (60+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	82,5	minimum	82,5
<b>BP</b>	minimum	52,5	minimum	52,5
<b>DL</b>	minimum	82,5	minimum	82,5
<b>TOT</b>	minimum	217,5	minimum	217,5

**Master 4 (70+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	80	minimum	80
<b>BP</b>	minimum	50	minimum	50
<b>DL</b>	minimum	80	minimum	80
<b>TOT</b>	minimum	210	minimum	210

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

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

**Junior**

Lift	NAT		VGPF	
<b>SQ</b>	Luna Coronado	195	Luna Coronado	195
<b>BP</b>	Luna Coronado	100	Luna Coronado	100
<b>DL</b>	Luna Coronado	190	Luna Coronado	190
<b>TOT</b>	Luna Coronado	485	Luna Coronado	485

**Senior**

Lift	NAT		VGPF	
<b>SQ</b>	Sonita Muluh	195	Sonita Muluh	195
<b>BP</b>	Luna Coronado	100	Luna Coronado	100
<b>DL</b>	Sonita Muluh	230	Sonita Muluh	230
<b>TOT</b>	Sonita Muluh	520	Sonita Muluh	520

**Master 1 (40+)**

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

**Master 2 (50+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	90	minimum	90
<b>BP</b>	minimum	60	minimum	60
<b>DL</b>	minimum	90	minimum	90
<b>TOT</b>	minimum	240	minimum	240

**Master 3 (60+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	85	minimum	85
<b>BP</b>	minimum	55	minimum	55
<b>DL</b>	minimum	85	minimum	85
<b>TOT</b>	minimum	225	minimum	225

**Master 4 (70+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	82,5	minimum	82,5
<b>BP</b>	minimum	52,5	minimum	52,5
<b>DL</b>	minimum	82,5	minimum	82,5
<b>TOT</b>	minimum	215	minimum	215



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

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

**Junior**

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

**Senior**

Lift	NAT		VGPF	
<b>SQ</b>	Sonita Muluh	311	Sonita Muluh	311
<b>BP</b>	Sonita Muluh	152,5	Sonita Muluh	152,5
<b>DL</b>	Sonita Muluh	267,5	Sonita Muluh	267,5
<b>TOT</b>	Sonita Muluh	731	Sonita Muluh	731

**Master 1 (40+)**

Lift	NAT		VGPF	
<b>SQ</b>	Evelyne Roos	152,5	Evelyne Roos	152,5
<b>BP</b>	Evelyne Roos	75	Evelyne Roos	75
<b>DL</b>	Evelyne Roos	173	Evelyne Roos	173
<b>TOT</b>	Evelyne Roos	397,5	Evelyne Roos	397,5

**Master 2 (50+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	95	minimum	95
<b>BP</b>	minimum	65	minimum	65
<b>DL</b>	minimum	95	minimum	95
<b>TOT</b>	minimum	255	minimum	255

**Master 3 (60+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	90	minimum	90
<b>BP</b>	minimum	60	minimum	60
<b>DL</b>	minimum	90	minimum	90
<b>TOT</b>	minimum	240	minimum	240

**Master 4 (70+)**

Lift	NAT		VGPF	
<b>SQ</b>	minimum	87,5	minimum	87,5
<b>BP</b>	minimum	57,5	minimum	57,5
<b>DL</b>	minimum	87,5	minimum	87,5
<b>TOT</b>	minimum	230	minimum	230