

-43 V				
PL CLASSIC				
Sub-Junior				
Lift	NAT		VPF	
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		VPF	
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		VPF	
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		VPF	
SQ	Darla Blaya	87,5	Darla Blaya	87,5
BP	Amelia Sedda	45	minimum	45
DL	Amelia Sedda	110,5	Darla Blaya	107,5
TOT	Darla Blaya	237,5	Darla Blaya	237,5
Senior				
Lift	NAT		VPF	
SQ	Julie Muscolino	115	Romy Tisson	95
BP	Julie Muscolino	60		50
DL	Julie Muscolino	150	Romy Tisson	120
TOT	Julie Muscolino	325	Romy Tisson	255
Master 1 (40+)				
Lift	NAT		VPF	
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		VPF	
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		VPF	
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		VPF	
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		VPF	
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		VPF	
SQ	Merandino Fiorella	117,5	Dasha Haemers	107,5
BP	Merandino Fiorella	70	Annelies Van de Velde	65,5
DL	Merandino Fiorella	152,5	Annelies Van de Velde	130
TOT	Merandino Fiorella	340	Annelies Van de Velde	295,5
Senior				
Lift	NAT		VPF	
SQ	Stefanie Verhulst	132,5	Stefanie Verhulst	132,5
BP	Dasha Haemers	72,5	Dasha Haemers	72,5
DL	Julie Muscolino	154,5	Stefanie Verhulst	150
TOT	Stefanie Verhulst	347,5	Stefanie Verhulst	347,5
Master 1 (40+)				
Lift	NAT		VPF	
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		VPF	
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		VPF	
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		VPF	
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		VPF	
SQ	Maeva Dero	142,5	Annelien Vandenabeele	120
BP	Maeva Dero	82,5	Annelies Van De Velde	60,5
DL	Maeva Dero	175	Ines Ceulemans	130
TOT	Maeva Dero	397,5	Ines Ceulemans	295
Junior				
Lift	NAT		VPF	
SQ	Maeva Dero	142,5	Dasha Haemers	136
BP	Maeva Dero	82,5	Yana Rombouts	73
DL	Maeva Dero	175	Julie De Preter	147,5
TOT	Maeva Dero	397,5	Dasha Haemers	346
Senior				
Lift	NAT		VPF	
SQ	Dasha Haemers	150	Dasha Haemers	150
BP	Zoe Coinne	88	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		VPF	
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		VPF	
SQ	Kimberly Ellis	117,5	Kimberly Ellis	117,5
BP	Kimberly Ellis	70	Kimberly Ellis	70
DL	Kimberly Ellis	150	Kimberly Ellis	150
TOT	Kimberly Ellis	335	Kimberly Ellis	335
Master 3 (60+)				
Lift	NAT		VPF	
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		VPF	
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		VPF	
SQ	Maeva Dero	146	Lieze Vancoillie	135
BP	Maeva Dero	82,5	Dorien Ballet	65
DL	Maeva Dero	183	Aube De Coninck	130
TOT	Maeva Dero	411,5	Lieze Vancoillie	325
Junior				
Lift	NAT		VPF	
SQ	Clara Haulot	166	Jana Dutordoir	150
BP	Clara Haulot	93	Jana Verwimp	83,5
DL	Clara Haulot	185	Jana Dutordoir	175
TOT	Clara Haulot	442,5	Jana Dutordoir	395
Senior				
Lift	NAT		VPF	
SQ	Sahyuri Lalime	177,5	Sahyuri Lalime	177,5
BP	Anne Daineffe	93	Anne Daineffe	93
DL	Sahyuri Lalime	200	Sahyuri Lalime	200
TOT	Sahyuri Lalime	470	Sahyuri Lalime	470
Master 1 (40+)				
Lift	NAT		VPF	
SQ	Sahyuri Lalime	177,5	Sahyuri Lalime	177,5
BP	Anne Daineffe	93	Anne Daineffe	93
DL	Sahyuri Lalime	200	Sahyuri Lalime	200
TOT	Sahyuri Lalime	470	Sahyuri Lalime	470
Master 2 (50+)				
Lift	NAT		VPF	
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		VPF	
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		VPF	
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		VPF	
SQ	Zohra Van Lent	170	Zohra Van Lent	170
BP	Lola Charpentier	85	Zita Depoorter	70
DL	Zita Depoorter	165	Zita Depoorter	165
TOT	Zita Depoorter	387,5	Zohra Van Lent	387,5
Junior				
Lift	NAT		VPF	
SQ	Kaya Goosens	175	Kaya Goosens	175
BP	Kaya Goosens	95	Kaya Goosens	95
DL	Kaya Goosens	187,5	Kaya Goosens	187,5
TOT	Kaya Goosens	457,5	Kaya Goosens	457,5
Senior				
Lift	NAT		VPF	
SQ	Kaya Goosens	175	Kaya Goosens	175
BP	Naïs Hallou	95	Kaya Goosens	95
DL	Chiara Callens	190	Chiara Callens	190
TOT	Kaya Goosens	457,5	Kaya Goosens	457,5
Master 1 (40+)				
Lift	NAT		VPF	
SQ	Anne Daineffe	148	Wendy Michiels	121
BP	Anne Daineffe	85	Kathleen Compagnie	81
DL	Anne Daineffe	152,5	Wendy Michiels	142,5
TOT	Anne Daineffe	385,5	Wendy Michiels	341
Master 2 (50+)				
Lift	NAT		VPF	
SQ	Wendy Michiels	121	Wendy Michiels	121
BP	Wendy Michiels	77,5	Wendy Michiels	77,5
DL	Wendy Michiels	142,5	Wendy Michiels	142,5
TOT	Wendy Michiels	341	Wendy Michiels	341
Master 3 (60+)				
Lift	NAT		VPF	
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		VPF	
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		VPF	
SQ	Shirley Gaens	132,5	Shirley Gaens	132,5
BP	Emma Giordano	77,5	Noa Van Looy	76
DL	Luna Claes	158	Luna Claes	158
TOT	Luna Claes	360,5	Luna Claes	360,5
Junior				
Lift	NAT		VPF	
SQ	Luna Coronado	197,5	Luna Coronado	197,5
BP	Luna Coronado	102,5	Luna Coronado	102,5
DL	Luna Coronado	192,5	Luna Coronado	192,5
TOT	Luna Coronado	492,5	Luna Coronado	492,5
Senior				
Lift	NAT		VPF	
SQ	Luna Coronado	197,5	Luna Coronado	197,5
BP	Luna Coronado	102,5	Luna Coronado	102,5
DL	Luna Coronado	192,5	Luna Coronado	192,5
TOT	Luna Coronado	492,5	Luna Coronado	492,5
Master 1 (40+)				
Lift	NAT		VPF	
SQ	Katrien Adriaenssens	137,5	Katrien Adriaenssens	137,5
BP	Anne-Mieke Nuyts	75,5	Anne-Mieke Nuyts	75,5
DL	Anne-Mieke Nuyts	175	Anne-Mieke Nuyts	175
TOT	Anne-Mieke Nuyts	370	Anne-Mieke Nuyts	370
Master 2 (50+)				
Lift	NAT		VPF	
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		VPF	
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		VPF	
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		VPF	
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		VPF	
SQ	Luna Coronado	195	Luna Coronado	195
BP	Luna Bonnet	100,5	Luna Bonnet	100,5
DL	Luna Coronado	190	Luna Coronado	190
TOT	Luna Coronado	485	Luna Coronado	485
Senior				
Lift	NAT		VPF	
SQ	Sonita Muluh	195	Sonita Muluh	195
BP	Luna Bonnet	100,5	Luna Bonnet	100,5
DL	Sonita Muluh	230	Sonita Muluh	230
TOT	Sonita Muluh	520	Sonita Muluh	520
Master 1 (40+)				
Lift	NAT		VPF	
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		VPF	
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		VPF	
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		VPF	
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		VPF	
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		VPF	
SQ	Fatima Elouafi	190	Ellen Depreitere	162,5
BP	Fatima Elouafi	97,5	Bo Haek	84,5
DL	Fatima Elouafi	210	Ellen Depreitere	190
TOT	Fatima Elouafi	490	Ellen Depreitere	420
Senior				
Lift	NAT		VPF	
SQ	Sonita Muluh	311	Sonita Muluh	311
BP	Sonita Muluh	152,5	Sonita Muluh	152,5
DL	Sonita Muluh	267,5	Sonita Muluh	267,5
TOT	Sonita Muluh	731	Sonita Muluh	731
Master 1 (40+)				
Lift	NAT		VPF	
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		VPF	
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		VPF	
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		VPF	
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