

## BDFPF TEAM BENCH EQUIPPED 2012

<b>1</b>	82,5 KG Sudarminto	Indra	M	Planet Fitness	21 JR	76,6	140	160	170	<b>173</b>	111,13
	100 KG Smet	Rudy	M	Planet Fitness	44 M1	93,0	145	155	165		94,776
	145 KG Backelant	Wilhelm	M	Planet fitness	49 M2	138,9	220	<del>230</del>			111,01
	52 KG De Lauw	Luc	M	Plannet Fitness	47 M2	51,0	70	80		<b>85</b>	82,739
<b>399,66</b>											
<b>2</b>	145 KG Dechamps	Jerome	M	Castors	24 SR	128,8	205	215	220		113,61
	145 KG Dechamps	Sebastien	M	Castors	19 T3	130,7	207,5	<b>215,5</b>	<del>-220</del>		110,53
	75 KG Jacmart	Jeremy	M	Castors	21 JR	70,6	115	<del>-120</del>	<del>-120</del>		80,27
	- 80 KG Dechamps	Nadege	V	Castors	16 T2	76,3	100	<b>110</b>	<del>-115</del>		78,397
<b>382,81</b>											
<b>3</b>	100 KG Vermote	Gianni	M	Isogym	40 M1	99,4	152,5	162,5	170		94,435
	56 KG Vermeulen	Sven	M	Iso Gym	20 JR	55,1	90	100	105	<b>-110</b>	93,513
	82,5 KG Soenens	Gillis	M	Isogym	22 JR	78,1	130	137,5	142,5		91,799
	75 KG Hallewaert	Bart	M	Isogym	43 M1	75,0	130	138	<del>-140</del>		91,369
<b>371,12</b>											
<b>4</b>	67,5 KG Van den Abbeek	Tim	M	Gilberts Gym	24 SR	62,2	<del>-130</del>	130	<del>-132,5</del>		101,91
	67,5 KG Houbraken	Kim	M	Gilberts Gym	29 SR	67,3	125	132,5	<del>-137,5</del>		96,434
	90 KG Janssen	Geert	M	Gilberts Gym	44 M1	83,1	120	130	140		86,268
	- 63 KG Wuyts	Helen	V	Gilberts Gym	21 JR	62,4	87,5	92,5		<b>95</b>	79,078
<b>363,69</b>											
<b>5</b>	90 KG Verbeke	Beny	M	Isogym	47 M2	86,0	125	130	135		81,297
	125 KG Golsteyn	Bart	M	Isogym	47 M2	120,1	150	<del>-157,5</del>	<del>-157,5</del>		79,035
	75 KG Cuyllle	Angelo	M	Isogym	19 T3	73,4	110	<del>-115,5</del>	115,5	117,5	77,74
	100 KG Velghe	Jonas	M	Isogym	20 JR	96,6	125	<del>-135</del>	135		76,005
<b>314,08</b>											
<b>6</b>	75 KG Vandoorne	Billy	M	KBBC	74 M7	74,6	<b>90</b>	<b>95</b>	<del>-97,5</del>		63,394
	90 KG Huyse	Elliot	M	KBBC	21 JR	85,7	115	125	<del>-132,5</del>		75,45
	90 KG Dejans	Angelo	M	KBBC	24 SR	86,1	125	130	135		81,243
	90 KG Vanhoenacker	Tom	M	KBCC	24 SR	86,3	110	<del>-115</del>	117,5		70,606
<b>290,69</b>											
<b>7</b>	90 KG Vanglabeke	Nick	M	Fit 4 Fun	29 SR	85,5	135	<del>-140</del>	<del>-140</del>		81,608
	90 KG Wouters	Sammuel	M	Fit 4 Fun	24 SR	89,7	97,5	<del>-102,5</del>	<del>-102,5</del>		57,184
	100 KG Verstraeten	Wouter	M	Fit 4 Fun	35 SR	95,5	145	<del>-150</del>	<del>-150</del>		82,114
<b>220,9</b>											
<b>8</b>	67,5 KG Krikilion	Dirk	M	Patton Team	52 M3	67,3	95	105	107,5	113	78,239
	90 KG Theyssens	Martin	M	Patton Team	73 M7	89,0	110	<del>-117,5</del>	<del>-117,5</del>		64,823
<b>143,06</b>											
<b>9</b>	67,5 KG Bruneel	Angelo	M	Isogym	19 T3	63,9	85	<del>-90</del>	90		<b>68,724</b>
<b>10</b>	- 44 KG Van Casteren	Hanne	V	Gilberts Gym	14 T1	40,0	25	32,5	<b>-35</b>		<b>38,799</b>
<b>11</b>	125 KG Van Hove	Gilbert	M	Castors	62 M5	118,2	40				<b>21,144</b>

# BELGIAN DRUG FREE POWERLIFTING FEDERATION

## BENCH - PRESS EQUIPPED : BELGIAN RECORDS

### WOMEN - 44 KG

T1 (14-15)	Van Casteren Hanne	32,5	25/11/2012
T2 (16-17)	Van Casteren Hanne	32,5	25/11/2012
T3 (18-19)		35	
JR (20-23)		42,5	
SR (24-39)		55	
M1 (40-44)		42,5	
M2 (45-49)		32,5	
M3 (50-54)		30	
M4 (55-59)		30	
M5 (60-64)		320	
M6 (65-69)		30	
M7 (70-74)		30	
M8 (75-79)		30	
M9 (80-84)		30	

### WOMEN - 47,5 KG

T1 (14-15)		32,5	
T2 (16-17)	Desmet Cindy	42	11/11/1996
T3 (18-19)	Desmet Cindy	42	
JR (20-23)		45	
SR (24-39)	Colijn Brigitte	72,5	14/12/1991
M1 (40-44)		45	
M2 (45-49)		35	
M3 (50-54)		32,5	
M4 (55-59)		32,5	
M5 (60-64)		32,5	
M6 (65-69)		32,5	
M7 (70-74)		32,5	
M8 (75-79)		32,5	
M9 (80-84)		32,5	

### WOMEN - 50,5 KG

T1 (14-15)		35	
T2 (16-17)		37,5	
T3 (18-19)		40	
JR (20-23)		47,5	
SR (24-39)		60	
M1 (40-44)		47,5	
M2 (45-49)		37,5	
M3 (50-54)		35	
M4 (55-59)		35	
M5 (60-64)		35	
M6 (65-69)		35	
M7 (70-74)		35	
M8 (75-79)		35	
M9 (80-84)		35	

### WOMEN - 53 KG

T1 (14-15)		37,5	
T2 (16-17)	Malotteau Severine	53	7/09/2002
T3 (18-19)	Malotteau Severine	53	7/09/2002
JR (20-23)	Verleye Christelle	55	30/09/1995
SR (24-39)	Moretti Alicia	67,5	10/12/1994
M1 (40-44)		50	
M2 (45-49)		40	
M3 (50-54)		37,5	
M4 (55-59)		37,5	
M5 (60-64)		37,5	
M6 (65-69)		37,5	
M7 (70-74)		37,5	
M8 (75-79)		37,5	
M9 (80-84)		37,5	

### WOMEN - 55,5 KG

T1 (14-15)	Pastore Sabrina	50	2/04/2000
T2 (16-17)	Guylink Sofie	65	25/11/2012
T3 (18-19)	Wuyts Helen	80	11/12/2010
JR (20-23)	Wuyts Helen	80	11/12/2010
SR (24-39)	Wuyts Helen	80	11/12/2010
M1 (40-44)		50	
M2 (45-49)		45	
M3 (50-54)		40	
M4 (55-59)		40	
M5 (60-64)		40	
M6 (65-69)		40	
M7 (70-74)		40	
M8 (75-79)		40	
M9 (80-84)		40	

### WOMEN - 58,5 KG

T1 (14-15)	Dutry Delphine	45	9/04/2005
T2 (16-17)	Wuyts Helen	75	17/05/2009
T3 (18-19)	Wuyts Helen	85	24/04/2010
JR (20-23)	Wuyts Helen	85	24/04/2010
SR (24-39)	Wuyts Helen	85	24/04/2010
M1 (40-44)		55	
M2 (45-49)	Bouillon Josette	50	25/09/1999
M3 (50-54)	Bouillon Josette	50	25/09/1999
M4 (55-59)	Bouillon Josette	50	25/09/1999
M5 (60-64)		42,5	
M6 (65-69)		42,5	
M7 (70-74)		42,5	
M8 (75-79)		42,5	
M9 (80-84)		42,5	

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# BELGIAN DRUG FREE POWERLIFTING FEDERATION

## BENCH - PRESS EQUIPPED : BELGIAN RECORDS

### WOMEN - 63 KG

T1 (14-15)	Malotteau Severine	67,5	30/09/2001
T2 (16-17)	Malotteau Severine	67,5	30/09/2001
T3 (18-19)	Wuyts Helen	87,5	12/12/2009
JR (20-23)	Wuyts Helen	95	9/12/2012
SR (24-39)	Wuyts Helen	95	9/12/2012
M1 (40-44)	Bonalini Patricia	57,5	23/11/2002
M2 (45-49)		55	
M3 (50-54)	Bouillon Josette	50	12/02/2000
M4 (55-59)	Bouillon Josette	50	12/02/2000
M5 (60-64)		45	
M6 (65-69)		45	
M7 (70-74)		45	
M8 (75-79)		45	
M9 (80-84)		45	

### WOMEN - 70 KG

T1 (14-15)	Severine Malotteau	60	25/11/2000
T2 (16-17)	Lambert Marie-Laure	65	14/05/2005
T3 (18-19)	Lambert Marie-Laure	70	4/09/2005
JR (20-23)	Lambert Marie-Laure	70	4/09/2005
SR (24-39)	Morales Laurence	82,5	8/12/1991
M1 (40-44)		60	
M2 (45-49)	Lerot Viviane	56,5	12/03/2011
M3 (50-54)	Lerot Viviane	56,5	12/03/2011
M4 (55-59)	Loux Colette	56	19/05/1996
M5 (60-64)		47,5	
M6 (65-69)		47,5	
M7 (70-74)		47,5	
M8 (75-79)		47,5	
M9 (80-84)		47,5	

### WOMEN - 80 KG

T1 (14-15)	Dechamps Nadege	109	26/11/2011
T2 (16-17)	Dechamps Nadege	110	9/12/2012
T3 (18-19)	Dechamps Nadege	110	9/12/2012
JR (20-23)	Dechamps Nadege	110	9/12/2012
SR (24-39)	Dechamps Nadege	110	9/12/2012
M1 (40-44)		65	
M2 (45-49)		55	
M3 (50-54)		50	
M4 (55-59)		50	
M5 (60-64)		50	
M6 (65-69)		50	
M7 (70-74)		50	
M8 (75-79)		50	
M9 (80-84)		50	

### WOMEN - 90 KG

T1 (14-15)		55	
T2 (16-17)		60	
T3 (18-19)		65	
JR (20-23)		70	
SR (24-39)		90	
M1 (40-44)		70	
M2 (45-49)		60	
M3 (50-54)		55	
M4 (55-59)		55	
M5 (60-64)		55	
M6 (65-69)		55	
M7 (70-74)		55	
M8 (75-79)		55	
M9 (80-84)		55	

### WOMEN + 90 KG

T1 (14-15)		57,5	
T2 (16-17)		62,5	
T3 (18-19)		70	
JR (20-23)		75	
SR (24-39)		92,5	
M1 (40-44)		72,5	
M2 (45-49)		62,5	
M3 (50-54)		57,5	
M4 (55-59)		57,5	
M5 (60-64)		57,5	
M6 (65-69)		57,5	
M7 (70-74)		57,5	
M8 (75-79)		57,5	
M9 (80-84)		57,5	

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# BELGIAN DRUG FREE POWERLIFTING FEDERATION

## BENCH - PRESS EQUIPPED : BELGIAN RECORDS

### MEN'S - 52 KG

T1 (14-15)	Barbier Jérémy	72,5	2/04/2000
T2 (16-17)	Barbier Jérémy	72,5	2/04/2000
T3 (18-19)	Barbier Jérémy	72,5	2/04/2000
JR (20-23)		82,5	
SR (24-39)	Verstraete	115	18/03/1995
M1 (40-44)	De Lauw Luc	85	9/12/2012
M2 (45-49)	De Lauw Luc	85	9/12/2012
M3 (50-54)		60	
M4 (55-59)		60	
M5 (60-64)		52,5	
M6 (65-69)		52,5	
M7 (70-74)		45	
M8 (75-79)		45	
M9 (80-84)		45	

### MEN'S - 56 KG

T1 (14-15)	Smet Indy	71	12/09/2009
T2 (16-17)	Da Silva Borg	77,5	19/05/1996
T3 (18-19)	Corijn Alexander	95	12/12/2009
JR (20-23)	Vermeulen Sven	105	25/11/2012
SR (24-39)	Buzzoni Claudio	115	16/02/1996
M1 (40-44)		82,5	
M2 (45-49)		72,5	
M3 (50-54)		65	
M4 (55-59)		65	
M5 (60-64)		57,5	
M6 (65-69)		57,5	
M7 (70-74)		50	
M8 (75-79)		50	
M9 (80-84)		50	

### MEN'S - 60 KG

T1 (14-15)	Couturiaux Ludovic	70,5	15/03/2003
T2 (16-17)	Tudisca Francesco	92,5	25/04/1999
T3 (18-19)	Tudisca Francesco	92,5	25/04/1999
JR (20-23)	Vermeiren Eric	107,5	18/03/1995
SR (24-39)		110	
M1 (40-44)	Manchel Fabrice	100	12/03/2011
M2 (45-49)		90	
M3 (50-54)		70	
M4 (55-59)		70	
M5 (60-64)		60	
M6 (65-69)		60	
M7 (70-74)		52,5	
M8 (75-79)		52,5	
M9 (80-84)		52,5	

### MEN'S - 67,5 KG

T1 (14-15)	Eeckhout Laurens	105	12/03/2011
T2 (16-17)	Mignolet Geoffrey	132,5	26/11/2011
T3 (18-19)	Mignolet Geoffrey	132,5	26/11/2011
JR (20-23)	Mignolet Geoffrey	132,5	26/11/2011
SR (24-39)	Goffin Vincent	148	3/06/2006
M1 (40-44)	V. Den Eynden Luc	120,5	24/02/2001
M2 (45-49)	Krikilion Dirk	113	9/12/2012
M3 (50-54)	Krikilion Dirk	113	9/12/2012
M4 (55-59)	Bruylants Jean-C	102,5	18/03/2001
M5 (60-64)		67,5	
M6 (65-69)		67,5	
M7 (70-74)		55	
M8 (75-79)		55	
M9 (80-84)		55	

### MEN'S - 75 KG

T1 (14-15)	Borgers Sebastien	112,5	12/12/1999
T2 (16-17)	Dandois Ben	125	30/09/1995
T3 (18-19)	Penasse Tanguy	150	11/10/2008
JR (20-23)	Sudarminto Indra	170	8/09/2012
SR (24-39)	Sudarminto Indra	170	8/09/2012
M1 (40-44)	Hallewaert Bart	142,5	12/03/2011
M2 (45-49)	Krikillion Dirk	130	17/10/2009
M3 (50-54)	Krikillion Dirk	127	12/03/2011
M4 (55-59)	Callemeyn Johny	123	12/03/2011
M5 (60-64)	Bruylants Jean-CI	115	13/04/2002
M6 (65-69)	Vandoorne Billy	108	3/04/2004
M7 (70-74)	Vandoorne Billy	95	9/12/2012
M8 (75-79)		57,5	
M9 (80-84)		57,5	

### MEN'S - 82,5 KG

T1 (14-15)	Borgers Sebastien	120,5	2/04/2000
T2 (16-17)	Ponlot Yannick	145	14/05/2005
T3 (18-19)	Borgers Sebastien	165	9/10/2004
JR (20-23)	Sudarminto Indra	173	9/12/2012
SR (24-39)	Servotte Geoffroy	192,5	17/09/2011
M1 (40-44)	Malotteau Michel	170	24/09/2000
M2 (45-49)	Malotteau Michel	170	24/09/2000
M3 (50-54)	Vanderstraeten S.	155	5/04/2003
M4 (55-59)	Remy Roger	127,5	26/10/2008
M5 (60-64)	De Baere Willy	107,5	14/05/2005
M6 (65-69)	De Baere Willy	107,5	14/05/2005
M7 (70-74)	Vandoorne Billy	95	25/11/2012
M8 (75-79)		60	
M9 (80-84)		60	

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# BELGIAN DRUG FREE POWERLIFTING FEDERATION

## BENCH - PRESS EQUIPPED : BELGIAN RECORDS

### MEN'S - 90 KG

T1 (14-15)	Tessandier Corentin	117,5	26/10/2008
T2 (16-17)	Tessandier Corentin	135	17/10/2009
T3 (18-19)	Serikov Serge	152,5	30/09/2001
JR (20-23)	Bilican Ohran	200	24/02/2001
SR (24-39)	Servotte Geoffroy	205	17/10/2010
M1 (40-44)	Jacobs Philippe	200,5	23/06/2012
M2 (45-49)	Malotteau Michel	175	30/09/2001
M3 (50-54)	Larue Gerard	162,5	30/09/1995
M4 (55-59)	Palazzo Vincent	145	24/05/1998
M5 (60-64)	Theyssens Martin	135,5	17/03/2007
M6 (65-69)	Theyssens Martin	135,5	17/03/2007
M7 (70-74)	Theyssens Martin	127,5	17/10/2010
M8 (75-79)		62,5	
M9 (80-84)		62,5	

### MEN'S - 100 KG

T1 (14-15)	Malotteau Louis	95	13/04/2002
T2 (16-17)	Aidara Christopher	123	26/10/2008
T3 (18-19)	Deprez Xavier	145	17/03/2007
JR (20-23)	Bilican Ohran	210	30/03/2002
SR (24-39)	Servotte Geoffroy	217,5	12/03/2011
M1 (40-44)	Malotteau Jean-Louis	205,5	28/05/2005
M2 (45-49)	Pepin Stephane	181	24/06/2001
M3 (50-54)	Pepin Stephane	170	13/04/2002
M4 (55-59)	Palazzo Vincent	142,5	25/04/1999
M5 (60-64)	Mertens René	140,5	27/09/2003
M6 (65-69)	Mertens René	140,5	27/09/2003
M7 (70-74)	Mertens René	140,5	27/09/2003
M8 (75-79)	Mertens René	137,5	11/10/2008
M9 (80-84)		65	

### MEN'S - 110 KG

T1 (14-15)		92,5	
T2 (16-17)	Malotteau Louis	122,5	13/03/2004
T3 (18-19)	Van Nijlen Filip	230	26/11/2000
JR (20-23)	Van Nijlen Filip	230	26/11/2000
SR (24-39)	Malotteau Jean-Louis	230,5	17/10/2009
M1 (40-44)	Malotteau Jean-Louis	230,5	17/10/2009
M2 (45-49)	Malotteau Jean-Louis	230,5	17/10/2009
M3 (50-54)	Dieu Noël	160	24/09/2000
M4 (55-59)	Dieu Noël	160	24/09/2000
M5 (60-64)	Dieu Noël	160	24/09/2000
M6 (65-69)	Dieu Noël	160	24/09/2000
M7 (70-74)	Mertens René	142	17/03/2007
M8 (75-79)	Mertens René	132,5	30/05/2009
M9 (80-84)		67,5	

### MEN'S - 125 KG

T1 (14-15)	Dechamps Sebastien	130,5	26/10/2008
T2 (16-17)	Dechamps Sebastien	175	11/12/2010
T3 (18-19)	Van Nijlen Filip	230	24/09/2000
JR (20-23)	Van Nijlen Filip	230	24/09/2000
SR (24-39)	Van Nijlen Filip	230	24/09/2000
M1 (40-44)	Collart Jean-Luc	222,5	17/03/2007
M2 (45-49)	Collart Jean-Luc	222,5	17/03/2007
M3 (50-54)	Goovaerts Marc	163	12/12/2009
M4 (55-59)	Rogé Johan	155	17/10/2009
M5 (60-64)	Rogé Johan	155	17/10/2009
M6 (65-69)		95	
M7 (70-74)		70	
M8 (75-79)		70	
M9 (80-84)		70	

### MEN'S - 145 KG

T1 (14-15)		97,5	
T2 (16-17)	Dechamps Sebastien	175	12/03/2011
T3 (18-19)	Dechamps Sebastien	215,5	9/12/2012
JR (20-23)	Dechamps Sebastien	215,5	9/12/2012
SR (24-39)	Backelant Wilhelm	253	21/10/2006
M1 (40-44)	Backelant Wilhelm	253	21/10/2006
M2 (45-49)	Backelant Wilhelm	245,5	30/05/2009
M3 (50-54)	Goovaerts Marc	165	12/03/2011
M4 (55-59)	Rogé Johan	157,5	6/09/2008
M5 (60-64)		100	
M6 (65-69)		100	
M7 (70-74)		75	
M8 (75-79)		75	
M9 (80-84)		75	

### MEN'S + 145 KG

T1 (14-15)		100	
T2 (16-17)		112,5	
T3 (18-19)		125	
JR (20-23)		160	
SR (24-39)	Backelant Wilhelm	260	12/12/2009
M1 (40-44)	Backelant Wilhelm	260	12/12/2009
M2 (45-49)	Backelant Wilhelm	260	12/12/2009
M3 (50-54)		112,5	
M4 (55-59)		112,5	
M5 (60-64)		100	
M6 (65-69)		100	
M7 (70-74)		75	
M8 (75-79)		75	
M9 (80-84)		75	

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