

BDFPF BK. CHAMP BEL SQUAT UNEQ 2013

BK. SQUATU UNEQUIPPED 2013

W.Class								1é	2é	3é	4	points	
1	1	- 44 KG	Van Casteren	Hanne	V	Gilberts Gym	15 T1	41,6	55	60	65	75,26	
1	1	- 50,5 KG	Van Vlasselaer	Marijke	V	Planet Fitness	25 SR	49,9	75	82,5	90	82,63	
1	1	52 KG	De Lauw	Luc	M	Planet Fitness	48 M2	51,7	70	80	90	95	86,22
2	1	52 KG	Devos	Lorenzo	M	Body 2 Fit	16 T2	48,2	60	62,5	65	65,10	
1	1	56 KG	Devos	Gillian	M	Zwevegem	14 T1	55,0	70	72,5	77,5	64,70	
1	1	67,5 KG	Van den Abbeele	Tim	M	Gilberts Gym	25 SR	66,1	130	140	155	103,57	
2	1	67,5 KG	Abd Rabbihi	Hassan	M	Gilberts Gym	22 JR	67,4	115	130	140	101,75	
3	1	67,5 KG	Vanhee	Emmerik	M	Isogym	23 JR	66,3	110	120	125	92,21	
1	1	75 KG	Tirth	Ram	M	Dynamic Gym	40 M1	74,2	175	175	180	117,27	
2	1	75 KG	Smet	Frederick	M	Planet Fitness	23 JR	74,0	160	165	172,5	115,82	
3	2	75 KG	Devos	Kurt	M	Zwevegem	42 M1	71,3	110	110	112,5	76,15	
1	1	82,5 KG	Sudarminto	Indra	M	Planet Fitness	22 JR	76,5	200	215	230	150,49	
2	1	82,5 KG	Brams	Bert	M	Planet Fitness	28 SR	78,7	170	185	200	118,49	
3	2	82,5 KG	Soenens	Gillis	M	Isogym	23 JR	80,3	147,5	155	162,5	97,84	
4	3	82,5 KG	Cuyille	Angelo	M	Isogym	20 JR	80,7	140	150	155	97,50	
1	1	90 KG	Peeters	Alan	M	Gilberts Gym	19 T3	86,5	180	190	200	120,00	
2	1	90 KG	Verbeke	Beny	M	Isogym	48 M2	86,6	165	175	185	110,91	
3	1	90 KG	Theyssens	Martin	M	Patton Team	73 M7	84,3	90	100	110	67,12	

 Nat Record

 World Record

 European Record

 Best Lifter

BELGIAN DRUG FREE POWERLIFTING FEDERATION

SQUAT UNEQUIPPED : BELGIAN RECORDS

WOMEN - 44 KG

T1 (14-15)	Van Casteren Hanne (28/07/2013)	67,5
T2 (16-17)	Van Casteren Hanne (28/07/2013)	67,5
T3 (18-19)	Van Casteren Hanne (28/07/2013)	67,5
JR (20-23)	Van Casteren Hanne (28/07/2013)	67,5
SR (24-39)	Van Casteren Hanne (28/07/2013)	67,5
M1 (40-44)		60
M2 (45-49)		55
M3 (50-54)		50
M4 (55-59)		45
M5 (60-64)		40
M6 (65-69)		35
M7 (70-74)		30
M8 (75-79)		30
M9 (80-84)		30

WOMEN - 47,5 KG

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

WOMEN - 50,5 KG

T1 (14-15)		55
T2 (16-17)		60
T3 (18-19)		65
JR (20-23)		70
SR (24-39)	Van Vlasselaer Marijke(12/10/2013)	82,5
M1 (40-44)		70
M2 (45-49)		65
M3 (50-54)		60
M4 (55-59)		55
M5 (60-64)		50
M6 (65-69)		45
M7 (70-74)		40
M8 (75-79)		40
M9 (80-84)		40

WOMEN - 53 KG

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

WOMEN - 55,5 KG

T1 (14-15)		65
T2 (16-17)		70
T3 (18-19)		75
JR (20-23)		80
SR (24-39)		85
M1 (40-44)		80
M2 (45-49)		75
M3 (50-54)		70
M4 (55-59)		65
M5 (60-64)		60
M6 (65-69)		55
M7 (70-74)		50
M8 (75-79)		50
M9 (80-84)		50

WOMEN - 58,5 KG

T1 (14-15)		70
T2 (16-17)	Wuyts Helen 05 -2009	112,5
T3 (18-19)	Wuyts Helen 09 - 2009	120
JR (20-23)	Wuyts Helen 09 -2009	120
SR (24-39)	Wuyts Helen 09 - 2009	120
M1 (40-44)		85
M2 (45-49)		80
M3 (50-54)		75
M4 (55-59)		70
M5 (60-64)		65
M6 (65-69)		60
M7 (70-74)		55
M8 (75-79)		55
M9 (80-84)		55

Nieuw - Nouveau RECORD

BELGIAN DRUG FREE POWERLIFTING FEDERATION

SQUAT UNEQUIPPED : BELGIAN RECORDS

WOMEN - 63 KG

T1 (14-15)		75
T2 (16-17)		80
T3 (18-19)	Wuyts Helen 10 - 2010	122,5
JR (20-23)	Wuyts Helen 16/9/11	125
SR (24-39)	Wuyts Helen 16/9/11	125
M1 (40-44)		90
M2 (45-49)		85
M3 (50-54)		80
M4 (55-59)		75
M5 (60-64)		70
M6 (65-69)		65
M7 (70-74)		60
M8 (75-79)		60
M9 (80-84)		60

WOMEN - 70 KG

T1 (14-15)		80
T2 (16-17)		85
T3 (18-19)		90
JR (20-23)	Wuyts Helen (28/07/2013)	125
SR (24-39)	Wuyts Helen (28/07/2013)	125
M1 (40-44)		95
M2 (45-49)		90
M3 (50-54)		85
M4 (55-59)		80
M5 (60-64)		75
M6 (65-69)		70
M7 (70-74)		65
M8 (75-79)		65
M9 (80-84)		65

WOMEN - 80 KG

T1 (14-15)	Dechamps Nadege (7/04/2012)	125
T2 (16-17)	Dechamps Nadege (7/04/2012)	125
T3 (18-19)	Dechamps Nadege (7/04/2012)	125
JR (20-23)	Dechamps Nadege (7/04/2012)	125
SR (24-39)		125
M1 (40-44)		100
M2 (45-49)		95
M3 (50-54)		90
M4 (55-59)		85
M5 (60-64)		80
M6 (65-69)		75
M7 (70-74)		70
M8 (75-79)		70
M9 (80-84)		70

WOMEN - 90 KG

T1 (14-15)		90
T2 (16-17)		95
T3 (18-19)		100
JR (20-23)		105
SR (24-39)		110
M1 (40-44)		105
M2 (45-49)		100
M3 (50-54)		95
M4 (55-59)		90
M5 (60-64)		85
M6 (65-69)		80
M7 (70-74)		75
M8 (75-79)		75
M9 (80-84)		75

WOMEN + 90 KG

T1 (14-15)		90
T2 (16-17)		95
T3 (18-19)		100
JR (20-23)		105
SR (24-39)		110
M1 (40-44)		105
M2 (45-49)		100
M3 (50-54)		95
M4 (55-59)		90
M5 (60-64)		85
M6 (65-69)		80
M7 (70-74)		75
M8 (75-79)		75
M9 (80-84)		75

Nieuw - Nouveau RECORD

BELGIAN DRUG FREE POWERLIFTING FEDERATION

SQUAT UNEQUIPPED : BELGIAN RECORDS

MEN'S - 52 KG

T1 (14-15)		65
T2 (16-17)		70
T3 (18-19)		7
JR (20-23)		80
SR (24-39)	De Lauw Luc(12/10/2013)	95
M1 (40-44)	De Lauw Luc(12/10/2013)	95
M2 (45-49)	De Lauw Luc(12/10/2013)	95
M3 (50-54)		70
M4 (55-59)		65
M5 (60-64)		60
M6 (65-69)		55
M7 (70-74)		50
M8 (75-79)		50
M9 (80-84)		50

MEN'S - 56 KG

T1 (14-15)	Devos Gillian(12/10/2013)	72,5
T2 (16-17)		75
T3 (18-19)		80
JR (20-23)	Vermeulen Sven (7/04/2012)	110
SR (24-39)	Vermeulen Sven (7/04/2012)	110
M1 (40-44)		85
M2 (45-49)		80
M3 (50-54)		75
M4 (55-59)		70
M5 (60-64)		65
M6 (65-69)		60
M7 (70-74)		55
M8 (75-79)		55
M9 (80-84)		55

MEN'S - 60 KG

T1 (14-15)		75
T2 (16-17)		80
T3 (18-19)	Jacmart Jeremy (25/09/2011)	115
JR (20-23)	Jacmart Jeremy (25/09/2011)	115
SR (24-39)	Maréchal Thierry 10 -2000	125
M1 (40-44)		90
M2 (45-49)		85
M3 (50-54)		75
M4 (55-59)		70
M5 (60-64)		65
M6 (65-69)		60
M7 (70-74)		60
M8 (75-79)		60
M9 (80-84)		60

MEN'S - 67,5 KG

T1 (14-15)	Eckhout Laurens 03 - 2010	100
T2 (16-17)	Mignolet Geoffrey (25/09/2011)	175
T3 (18-19)	Mignolet Geoffrey (25/09/2011)	175
JR (20-23)	Mignolet Geoffrey (25/09/2011)	175
SR (24-39)	Mignolet Geoffrey (25/09/2011)	175
M1 (40-44)	Callemeyn Johny 03 -2009	135
M2 (45-49)	Callemeyn Johny 03 -2009	135
M3 (50-54)	Callemeyn Johny 03 -2009	135
M4 (55-59)	Callemeyn Johny 03 -2009	135
M5 (60-64)		100
M6 (65-69)		95
M7 (70-74)	Hamerlinck Gilbert(11/05/2013)	92,5
M8 (75-79)		85
M9 (80-84)		80

MEN'S - 75 KG

T1 (14-15)	Van Gucht Maikel (25/09/2011)	140
T2 (16-17)	Van Gucht Maikel (25/09/2011)	140
T3 (18-19)	De Vissher Geovanni (7/04/2012)	180
JR (20-23)	Sudarminto Indra (7/04/2012)	230
SR (24-39)	Sudarminto Indra (7/04/2012)	230
M1 (40-44)	Hallewaert Bart (7/04/2012)	185
M2 (45-49)	Callemeyn Johny 06-2006	162,5
M3 (50-54)	Callemeyn Johny 06-2006	162,5
M4 (55-59)	Callemeyn Johny 03 - 2010	155
M5 (60-64)		120
M6 (65-69)		110
M7 (70-74)		105
M8 (75-79)		100
M9 (80-84)		95

MEN'S - 82,5 KG

T1 (14-15)		120
T2 (16-17)	Peeters Alan (25/09/2011)	152,5
T3 (18-19)	Sudarminto Indra 03 - 2010	190,5
JR (20-23)	Sudarminto Indra (07/09/2012)	232,5
SR (24-39)	Sudarminto Indra (07/09/2012)	232,5
M1 (40-44)	Remy Roger 03 -2009	180
M2 (45-49)	Remy Roger 03 -2009	180
M3 (50-54)	Remy Roger 03 -2009	180
M4 (55-59)	Remy Roger 03 -2009	180
M5 (60-64)	Theyssens Martin 10 -2000	140
M6 (65-69)		120
M7 (70-74)		110
M8 (75-79)		105
M9 (80-84)		100

Nieuw - Nouveau RECORD

BELGIAN DRUG FREE POWERLIFTING FEDERATION

SQUAT UNEQUIPPED : BELGIAN RECORDS

MEN'S - 90 KG

T1 (14-15)	Jans Ben (25/09/2011)	150
T2 (16-17)	Jans Ben (25/09/2011)	150
T3 (18-19)	Peeters Alan(12/10/2013)	200
JR (20-23)	Peeters Alan(12/10/2013)	200
SR (24-39)	Servotte Geoffroy 04 -2007	262,5
M1 (40-44)	Vandelanoitte	200
M2 (45-49)	Verbeke Beny (25/09/2011)	190
M3 (50-54)		170
M4 (55-59)		165
M5 (60-64)	Theyssens Martin 09 -2007	157,5
M6 (65-69)	Theyssens Martin 09 -2007	157,5
M7 (70-74)	Theyssens Martin 05 -2010	152,5
M8 (75-79)		105
M9 (80-84)		100

MEN'S - 100 KG

T1 (14-15)		135
T2 (16-17)	Van Roy Yannick 03 - 09	160
T3 (18-19)		170
JR (20-23)	Velghe Jonas (28/07/2013)	232,5
SR (24-39)	Servotte G. 03 - 08	265
M1 (40-44)		200
M2 (45-49)		190
M3 (50-54)		180
M4 (55-59)		170
M5 (60-64)		150
M6 (65-69)	Theyssens Martin 03 - 10	147,5
M7 (70-74)	Theyssens Martin 03 - 10	147,5
M8 (75-79)		110
M9 (80-84)		105

MEN'S - 110 KG

T1 (14-15)		145
T2 (16-17)		160
T3 (18-19)	Van Roy Yannick 03 - 10	192,5
JR (20-23)	Van Roy Yannick (7/04/2012)	212,5
SR (24-39)	Van Roy Yannick (7/04/2012)	212,5
M1 (40-44)		210
M2 (45-49)		200
M3 (50-54)		190
M4 (55-59)		180
M5 (60-64)	Leonard Michel 03 - 09	160,5
M6 (65-69)		135
M7 (70-74)		130
M8 (75-79)		125
M9 (80-84)		120

MEN'S - 125 KG

T1 (14-15)	Dechamps Sebastien 03 - 09	230
T2 (16-17)	Dechamps Sebastien 14/03/10	245
T3 (18-19)	Dechamps Sebastien 14/03/10	245
JR (20-23)	Dechamps Jerome	255
SR (24-39)	Collart J-L 03 - 08	300
M1 (40-44)	Collart J-L 03 - 08	300
M2 (45-49)	Collart J-L 03 - 08	300
M3 (50-54)	Collart Jean-Luc 03 - 10	272,5
M4 (55-59)		190
M5 (60-64)		170
M6 (65-69)		150
M7 (70-74)		135
M8 (75-79)		130
M9 (80-84)		125

MEN'S - 145 KG

T1 (14-15)		160
T2 (16-17)		170
T3 (18-19)	Dechamps Sebastien (7/04/2012)	250
JR (20-23)	Dechamps Sebastien (7/04/2012)	250
SR (24-39)	Dechamps Jerome (7/04/2012)	250
M1 (40-44)		220
M2 (45-49)		210
M3 (50-54)		200
M4 (55-59)		190
M5 (60-64)		170
M6 (65-69)		150
M7 (70-74)		135
M8 (75-79)		130
M9 (80-84)		125

MEN'S + 145 KG

T1 (14-15)		165
T2 (16-17)		175
T3 (18-19)		195
JR (20-23)		210
SR (24-39)		240
M1 (40-44)		225
M2 (45-49)		215
M3 (50-54)		205
M4 (55-59)		195
M5 (60-64)		175
M6 (65-69)		155
M7 (70-74)		140
M8 (75-79)		135
M9 (80-84)		130

Nieuw - Nouveau RECORD