

BELGISCHE RECORDS EQUIPPED Powerlifting**DAMES****SENIOREN (OPEN KLASSE)**

		Squat		Bench Press		Deadlift		TOTAAL
-47	minimum	110	minimum	70	minimum	115	minimum	295
-52	Jennifer Heaysman	155	Jennifer Heaysman	85	Linda Van Riet	137,5	Jennifer Heaysman	370
-57	minimum	130	minimum	85	minimum	135	minimum	350
-63	Anne Daineffe	167,5	Kathleen Compagnie	107,5	Anne Daineffe	170	Anne Daineffe	430
-69	Kathleen Compagnie	150	Kathleen Compagnie	107,5	minimum	155	minimum	415
-76	Nadege Dechamps	172,5	Nadege Dechamps	112,5	Nadege Dechamps	167,5	Nadege Dechamps	450
-84	Nadege Dechamps	200	Nadege Dechamps	135	Nadege Dechamps	187,5	Nadege Dechamps	512,5
+84	minimum	175	minimum	115	minimum	180	minimum	470

VLAAMSE RECORDS EQUIPPED Powerlifting**DAMES****SENIOREN (OPEN KLASSE)**

		Squat		Bench Press		Deadlift		TOTAAL
-47	minimum	110	minimum	70	minimum	115	minimum	295
-52	Jennifer Heaysman	155	Jennifer Heaysman	85	Linda Van Riet	137,5	Jennifer Heaysman	370
-57	minimum	130	minimum	85	minimum	135	minimum	350
-63	Anne Daineffe	167,5	Kathleen Compagnie	107,5	Anne Daineffe	170	Anne Daineffe	430
-69	Kathleen Compagnie	150	Kathleen Compagnie	107,5	minimum	155	minimum	415
-76	minimum	155	minimum	105	minimum	160	minimum	435
-84	minimum	160	minimum	110	minimum	165	minimum	455
+84	minimum	175	minimum	115	minimum	180	minimum	470

BELGISCHE RECORDS EQUIPPED Powerlifting

MASTERS (DAMES)

	-47		-52		-57		-63		-69		-76		-84		+84	
	Master 1 (+40)		Master 1 (+40)		Master 1 (+40)		Master 1 (+40)		Master 1 (+40)		Master 1 (+40)		Master 1 (+40)		Master 1 (+40)	
Squat	minimum	95	Carine Stallaert	127,5	minimum	115	Kathleen Compagnie	165	Kathleen Compagnie	150	minimum	137,5	minimum	145	minimum	155
Bench press	minimum	60	Carine Stallaert	72,5	minimum	80	Kathleen Compagnie	107,5	Kathleen Compagnie	107,5	minimum	95	minimum	100	minimum	110
Deadlift	minimum	100	Carine Stallaert	135	minimum	120	Kathleen Compagnie	157,5	Kathleen Compagnie	152,5	minimum	142,5	minimum	150	minimum	160
Totaal	minimum	255	Carine Stallaert	325	minimum	315	Kathleen Compagnie	427,5	Kathleen Compagnie	395	minimum	375	minimum	395	minimum	425
	Master 2 (+50)		Master 2 (+50)		Master 2 (+50)		Master 2 (+50)		Master 2 (+50)		Master 2 (+50)		Master 2 (+50)		Master 2 (+50)	
Squat	minimum	85	Carine Stallaert	127,5	minimum	95	minimum	100	Viviane Lerot	110	minimum	112,5	minimum	115	minimum	120
Bench press	minimum	50	Carine Stallaert	72,5	minimum	60	minimum	65	minimum	70	minimum	75	minimum	80	minimum	85
Deadlift	minimum	90	Carine Stallaert	133	minimum	100	minimum	105	Viviane Lerot	120,5	Viviane Lerot	120	minimum	120	minimum	125
Totaal	minimum	225	Carine Stallaert	325	minimum	255	minimum	270	minimum	295	minimum	305	minimum	315	minimum	330
	Master 3 (+60)		Master 3 (+60)		Master 3 (+60)		Master 3 (+60)		Master 3 (+60)		Master 3 (+60)		Master 3 (+60)		Master 3 (+60)	
Squat	minimum	70	minimum	75	minimum	80	minimum	90	minimum	95	minimum	100	minimum	105	minimum	115
Bench press	minimum	45	minimum	50	minimum	55	minimum	60	minimum	65	minimum	70	minimum	75	minimum	80
Deadlift	minimum	75	minimum	80	minimum	85	minimum	95	minimum	100	minimum	105	minimum	110	minimum	120
Totaal	minimum	190	minimum	205	minimum	220	minimum	245	minimum	260	minimum	275	minimum	290	minimum	315
	Master 4 (+70)		Master 4 (+70)		Master 4 (+70)		Master 4 (+70)		Master 4 (+70)		Master 4 (+70)		Master 4 (+70)		Master 4 (+70)	
Squat	minimum	60	minimum	65	minimum	70	minimum	80	minimum	85	minimum	92,5	minimum	95	minimum	105
Bench press	minimum	35	minimum	40	minimum	45	minimum	50	minimum	55	minimum	60	minimum	65	minimum	70
Deadlift	minimum	65	minimum	70	minimum	75	minimum	85	minimum	90	minimum	95	minimum	100	minimum	110
Totaal	minimum	180	minimum	195	minimum	210	minimum	235	minimum	250	minimum	265	minimum	280	minimum	305

VLAAMSE RECORDS EQUIPPED Powerlifting

MASTERS (DAMES)

	-47		-52		-57		-63		-69		-76		-84		+84	
	Master 1 (+40)		Master 1 (+40)		Master 1 (+40)		Master 1 (+40)		Master 1 (+40)		Master 1 (+40)		Master 1 (+40)		Master 1 (+40)	
Squat	minimum	95	Carine Stallaert	127,5	minimum	115	Kathleen Compagnie	165	Kathleen Compagnie	150	minimum	137,5	minimum	145	minimum	155
Bench press	minimum	60	Carine Stallaert	72,5	minimum	80	Kathleen Compagnie	107,5	Kathleen Compagnie	107,5	minimum	95	minimum	100	minimum	110
Deadlift	minimum	100	Carine Stallaert	135	minimum	120	Kathleen Compagnie	157,5	Kathleen Compagnie	152,5	minimum	142,5	minimum	150	minimum	160
Totaal	minimum	255	Carine Stallaert	325	minimum	315	Kathleen Compagnie	427,5	Kathleen Compagnie	395	minimum	375	minimum	395	minimum	425
	Master 2 (+50)		Master 2 (+50)		Master 2 (+50)		Master 2 (+50)		Master 2 (+50)		Master 2 (+50)		Master 2 (+50)		Master 2 (+50)	
Squat	minimum	85	Carine Stallaert	127,5	minimum	95	minimum	100	minimum	110	minimum	112,5	minimum	115	minimum	120
Bench press	minimum	50	Carine Stallaert	72,5	minimum	60	minimum	65	minimum	70	minimum	75	minimum	80	minimum	85
Deadlift	minimum	90	Carine Stallaert	133	minimum	100	minimum	105	minimum	115	minimum	117,5	minimum	120	minimum	125
Totaal	minimum	225	Carine Stallaert	325	minimum	255	minimum	270	minimum	295	minimum	305	minimum	315	minimum	330
	Master 3 (+60)		Master 3 (+60)		Master 3 (+60)		Master 3 (+60)		Master 3 (+60)		Master 3 (+60)		Master 3 (+60)		Master 3 (+60)	
Squat	minimum	70	minimum	75	minimum	80	minimum	90	minimum	95	minimum	100	minimum	105	minimum	115
Bench press	minimum	45	minimum	50	minimum	55	minimum	60	minimum	65	minimum	70	minimum	75	minimum	80
Deadlift	minimum	75	minimum	80	minimum	85	minimum	95	minimum	100	minimum	105	minimum	110	minimum	120
Totaal	minimum	190	minimum	205	minimum	220	minimum	245	minimum	260	minimum	275	minimum	290	minimum	315
	Master 4 (+70)		Master 4 (+70)		Master 4 (+70)		Master 4 (+70)		Master 4 (+70)		Master 4 (+70)		Master 4 (+70)		Master 4 (+70)	
Squat	minimum	60	minimum	65	minimum	70	minimum	80	minimum	85	minimum	92,5	minimum	95	minimum	105
Bench press	minimum	35	minimum	40	minimum	45	minimum	50	minimum	55	minimum	60	minimum	65	minimum	70
Deadlift	minimum	65	minimum	70	minimum	75	minimum	85	minimum	90	minimum	95	minimum	100	minimum	110
Totaal	minimum	180	minimum	195	minimum	210	minimum	235	minimum	250	minimum	265	minimum	280	minimum	305

BELGISCHE RECORDS EQUIPPED Powerlifting**DAMES****Junior**

		Squat		Bench Press		Deadlift		TOTAAL
-43	minimum	100	minimum	60	minimum	105	minimum	250
-47	minimum	105	minimum	70	minimum	110	minimum	265
-52	minimum	110	minimum	75	minimum	115	minimum	295
-57	minimum	120	minimum	80	minimum	125	minimum	320
-63	minimum	130	minimum	85	minimum	135	minimum	340
-69	minimum	145	minimum	90	minimum	150	minimum	375
-76	Nadege Dechamps	172,5	Nadege Dechamps	112,5	Nadege Dechamps	167,5	Nadege Dechamps	450
-84	Nadege Dechamps	200	Nadege Dechamps	135	Nadege Dechamps	187,5	Nadege Dechamps	512,5
+84	minimum	160	minimum	110	minimum	165	minimum	425

VLAAMSE RECORDS EQUIPPED Powerlifting**DAMES****Junior**

		Squat		Bench Press		Deadlift		TOTAAL
-43	minimum	100	minimum	60	minimum	105	minimum	250
-47	minimum	105	minimum	70	minimum	110	minimum	265
-52	minimum	110	minimum	75	minimum	115	minimum	295
-57	minimum	120	minimum	80	minimum	125	minimum	320
-63	minimum	130	minimum	85	minimum	135	minimum	340
-69	minimum	145	minimum	90	minimum	150	minimum	375
-76	minimum	150	minimum	97,5	minimum	155	minimum	392,5
-84	minimum	155	minimum	105	minimum	160	minimum	410
+84	minimum	160	minimum	110	minimum	165	minimum	425

BELGISCHE RECORDS EQUIPPED Powerlifting**DAMES****Sub-Junior**

		Squat		Bench Press		Deadlift		TOTAAL
-43	minimum	80	minimum	50	minimum	85	minimum	220
-47	minimum	90	minimum	55	minimum	95	minimum	240
-52	minimum	100	minimum	60	minimum	105	minimum	265
-57	minimum	110	minimum	65	minimum	115	minimum	290
-63	minimum	115	minimum	70	minimum	120	minimum	305
-69	minimum	125	minimum	75	minimum	130	minimum	330
-76	Nadege Dechamps	172,5	Nadege Dechamps	112,5	Nadege Dechamps	167,5	Nadege Dechamps	450
-84	Nadege Dechamps	200	Nadege Dechamps	135	Nadege Dechamps	187,5	Nadege Dechamps	512,5
+84	minimum	145	minimum	95	minimum	150	minimum	390

VLAAMSE RECORDS EQUIPPED Powerlifting**DAMES****Sub-Junior**

		Squat		Bench Press		Deadlift		TOTAAL
-43	minimum	80	minimum	50	minimum	85	minimum	220
-47	minimum	90	minimum	55	minimum	95	minimum	240
-52	minimum	100	minimum	60	minimum	105	minimum	265
-57	minimum	110	minimum	65	minimum	115	minimum	290
-63	minimum	115	minimum	70	minimum	120	minimum	305
-69	minimum	125	minimum	75	minimum	130	minimum	330
-76	minimum	127,5	minimum	77,5	minimum	132,5	minimum	337,5
-84	minimum	130	minimum	80	minimum	135	minimum	345
+84	minimum	145	minimum	95	minimum	150	minimum	390