

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

		Squat		Bench Press		Deadlift		TOTAAL
-47	minimum	80	minimum	50	Romy Tisson	82,5	minimum	210
-52	Dasha Haemers	130	Dasha Haemers	72,5	Stefanie Verhulst	142,5	Dasha Haemers	342,5
-57	Dasha Haemers	136	Zoe Coinne	77,5	Elise Rummens	167,5	Elise Rummens	361
-63	Hanne Wouters	142,5	Anne Daineffe	88	Hanne Wouters	190	Hanne Wouters	395
-69	Hanne Wouters	145	Kathleen Compagnie	81	Hanne Wouters	187,5	Hanne Wouters	400
-76	Marie Feyaerts	150	Bieke Vandenabeele	95	Marie Feyaerts	165	Marie Feyaerts	397,5
-84	Sonita Muluh	195	Sonita Muluh	95	Sonita Muluh	230	Sonita Muluh	520
+84	Sonita Muluh	207,5	Sonita Muluh	105	Sonita Muluh	250	Sonita Muluh	552,5

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

		Squat		Bench Press		Deadlift		TOTAAL
-47	minimum	80	minimum	50	Romy Tisson	82,5	minimum	210
-52	Dasha Haemers	130	Dasha Haemers	72,5	Stefanie Verhulst	142,5	Dasha Haemers	342,5
-57	Dasha Haemers	136	Jella Troch	73,5	Elise Rummens	167,5	Elise Rummens	361
-63	Hanne Wouters	142,5	Anne Daineffe	88	Hanne Wouters	190	Hanne Wouters	395
-69	Hanne Wouters	145	Kathleen Compagnie	81	Hanne Wouters	187,5	Hanne Wouters	400
-76	Marie Feyaerts	150	Bieke Vandenabeele	95	Marie Feyaerts	165	Marie Feyaerts	397,5
-84	Sonita Muluh	195	Sonita Muluh	95	Sonita Muluh	230	Sonita Muluh	520
+84	Sonita Muluh	207,5	Sonita Muluh	105	Sonita Muluh	250	Sonita Muluh	552,5

BELGISCHE RECORDS CLASSIC 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 75	Carine Stallaert 95	Elise Rummens 125,5	Evelien Artoos 120	Kathleen Compagnie 102,5	Evelyne Roos 120	Evelyne Roos 130	Evelyne Roos 135
Bench press	minimum 45	Carine Stallaert 57,5	Elise Rummens 73	Anne Daineffe 85	Kathleen Compagnie 81	Wendy Michiels 67,5	minimum 70	minimum 75
Deadlift	minimum 75	Carine Stallaert 127,5	Elise Rummens 167,5	Evelien Artoos 145	Kathleen Compagnie 127,5	Evelyne Roos 157,5	Evelyne Roos 160	Evelyne Roos 165
Totaal	minimum 195	Carine Stallaert 270	Elise Rummens 361	Anne Daineffe 331	Kathleen Compagnie 311	Evelyne Roos 335	Evelyne Roos 357,5	Evelyne Roos 370
	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 65	Carine Stallaert 95	minimum 75	minimum 80	minimum 85	minimum 87,5	minimum 90	minimum 95
Bench press	minimum 35	Carine Stallaert 57,5	minimum 45	minimum 50	minimum 55	minimum 57,5	minimum 60	minimum 65
Deadlift	minimum 65	Carine Stallaert 127,5	minimum 75	minimum 80	Viviane Lerot 110,5	minimum 87,5	minimum 90	minimum 95
Totaal	minimum 165	Carine Stallaert 270	minimum 195	minimum 210	Viviane Lerot 227,5	minimum 232,5	minimum 240	minimum 255
	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 60	minimum 65	minimum 70	minimum 75	minimum 80	minimum 82,5	minimum 85	minimum 90
Bench press	minimum 30	minimum 35	minimum 40	minimum 45	minimum 50	minimum 52,5	minimum 55	minimum 60
Deadlift	minimum 60	minimum 65	minimum 70	minimum 75	minimum 80	minimum 82,5	minimum 85	minimum 90
Totaal	minimum 150	minimum 165	minimum 180	minimum 195	minimum 210	minimum 217,5	minimum 225	minimum 240
	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 57,5	minimum 62,5	minimum 67,5	minimum 72,5	minimum 77,5	minimum 80	minimum 82,5	minimum 87,5
Bench press	minimum 27,5	minimum 32,5	minimum 37,5	minimum 42,5	minimum 47,5	minimum 50	minimum 52,5	minimum 57,5
Deadlift	minimum 57,5	minimum 62,5	minimum 67,5	minimum 72,5	minimum 77,5	minimum 80	minimum 82,5	minimum 87,5
Totaal	minimum 140	minimum 155	minimum 170	minimum 185	minimum 200	minimum 210	minimum 215	minimum 230

VLAAMSE RECORDS CLASSIC 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 75	Carine Stallaert 95	Elise Rummens 125,5	Evelien Artoos 120	Kathleen Compagnie 102,5	Evelyne Roos 120	Evelyne Roos 130	Evelyne Roos 135
Bench press	minimum 45	Carine Stallaert 57,5	Elise Rummens 73	Anne Daineffe 85	Kathleen Compagnie 81	Wendy Michiels 67,5	minimum 70	minimum 75
Deadlift	minimum 75	Carine Stallaert 127,5	Elise Rummens 167,5	Evelien Artoos 145	Kathleen Compagnie 127,5	Evelyne Roos 157,5	Evelyne Roos 160	Evelyne Roos 165
Totaal	minimum 195	Carine Stallaert 270	Elise Rummens 361	Anne Daineffe 331	Kathleen Compagnie 311	Evelyne Roos 335	Evelyne Roos 357,5	Evelyne Roos 370
	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 65	Carine Stallaert 95	minimum 75	minimum 80	minimum 85	minimum 87,5	minimum 90	minimum 95
Bench press	minimum 35	Carine Stallaert 57,5	minimum 45	minimum 50	minimum 55	minimum 57,5	minimum 60	minimum 65
Deadlift	minimum 65	Carine Stallaert 127,5	minimum 75	minimum 80	minimum 85	minimum 87,5	minimum 90	minimum 95
Totaal	minimum 165	Carine Stallaert 270	minimum 195	minimum 210	minimum 225	minimum 232,5	minimum 240	minimum 255
	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 60	minimum 65	minimum 70	minimum 75	minimum 80	minimum 82,5	minimum 85	minimum 90
Bench press	minimum 30	minimum 35	minimum 40	minimum 45	minimum 50	minimum 52,5	minimum 55	minimum 60
Deadlift	minimum 60	minimum 65	minimum 70	minimum 75	minimum 80	minimum 82,5	minimum 85	minimum 90
Totaal	minimum 150	minimum 165	minimum 180	minimum 195	minimum 210	minimum 217,5	minimum 225	minimum 240
	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 57,5	minimum 62,5	minimum 67,5	minimum 72,5	minimum 77,5	minimum 80	minimum 82,5	minimum 87,5
Bench press	minimum 27,5	minimum 32,5	minimum 37,5	minimum 42,5	minimum 47,5	minimum 50	minimum 52,5	minimum 57,5
Deadlift	minimum 57,5	minimum 62,5	minimum 67,5	minimum 72,5	minimum 77,5	minimum 80	minimum 82,5	minimum 87,5
Totaal	minimum 140	minimum 155	minimum 170	minimum 185	minimum 200	minimum 210	minimum 215	minimum 230

BELGISCHE RECORDS CLASSIC Powerlifting**DAMES****Junior**

		Squat		Bench Press		Deadlift		TOTAAL
-43	minimum	70	minimum	45	minimum	72,5	minimum	187,5
-47	minimum	75	minimum	45	minimum	75	minimum	195
-52	Dasha Haemers	107,5	Lien Nguyen Thi Mai	57,5	Dasha Haemers	120,5	Dasha Haemers	283
-57	Dasha Haemers	136	Zoe Coinne	72,5	Dasha Haemers	146	Dasha Haemers	346
-63	Anissa Vandewijngaert	128	Anne Sophie Brysse	73,5	Maxima Roy	155	Anne Sophie Brysse	344
-69	Nais Hallou	122,5	Nais Hallou	70	Lieselot Van de Putte	143	Nais Hallou	322,5
-76	Marie Feyaerts	150	Marie Feyaerts	82,5	Marie Feyaerts	165	Marie Feyaerts	397,5
-84	Bo Haek	145	Bo Haek	90,5	Bo Haek	158	Bo Haek	393,5
+84	Klomkhang Ye	150	Klomkhang Ye	82,5	Ellen Depreitere	172,5	Klomkhang Ye	385

VLAAMSE RECORDS CLASSIC Powerlifting**DAMES****Junior**

		Squat		Bench Press		Deadlift		TOTAAL
-43	minimum	70	minimum	45	minimum	72,5	minimum	187,5
-47	minimum	75	minimum	45	minimum	75	minimum	195
-52	Dasha Haemers	107,5	Dasha Haemers	55	Dasha Haemers	120,5	Dasha Haemers	283
-57	Dasha Haemers	136	Dasha Haemers	67,5	Dasha Haemers	146	Dasha Haemers	346
-63	Anissa Vandewijngaert	128	Elien Magielse	63	Maxima Roy	155	Anissa Vandewijngaert	333,5
-69	Elisa Obbers	118	Monica Kortleven	65,5	Lieselot Van de Putte	143	Lieselot Van de Putte	323
-76	Marie Feyaerts	150	Marie Feyaerts	82,5	Marie Feyaerts	165	Marie Feyaerts	397,5
-84	Bo Haek	145	Bo Haek	90,5	Bo Haek	158	Bo Haek	393,5
+84	Klomkhang Ye	150	Klomkhang Ye	82,5	Ellen Depreitere	172,5	Klomkhang Ye	385

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

		Squat		Bench Press		Deadlift		TOTAAL
-43	minimum	65	minimum	40	minimum	67,5	minimum	172,5
-47	minimum	70	minimum	40	minimum	70	minimum	180
-52	minimum	75	minimum	45	Fiorella Merandino	92,5	minimum	195
-57	Annelien Vandenabeele	120	Annelies Van De Velde	60,5	Annelien Vandenabeele	125	Annelien Vandenabeele	287,5
-63	Elien Magielse	117,5	Elien Magielse	63	Elien Magielse	115	Elien Magielse	290,5
-69	minimum	90	minimum	60	minimum	90	minimum	240
-76	Noa Van Looy	116	Noa Van Looy	62,5	Noa Van Looy	132,5	Noa Van Looy	311
-84	Nadege Dechamps	135	Nadege Dechamps	90	Nadege Dechamps	157,5	Nadege Dechamps	382,5
+84	minimum	100	minimum	70	minimum	100	minimum	270

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

		Squat		Bench Press		Deadlift		TOTAAL
-43	minimum	65	minimum	40	minimum	67,5	minimum	172,5
-47	minimum	70	minimum	40	minimum	70	minimum	180
-52	minimum	75	minimum	45	minimum	75	minimum	195
-57	Annelien Vandenabeele	120	Annelies Van De Velde	60,5	Annelien Vandenabeele	125	Annelien Vandenabeele	287,5
-63	Elien Magielse	117,5	Elien Magielse	63	Elien Magielse	115	Elien Magielse	290,5
-69	minimum	90	minimum	60	minimum	90	minimum	240
-76	Noa Van Looy	116	Noa Van Looy	62,5	Noa Van Looy	132,5	Noa Van Looy	311
-84	minimum	95	minimum	65	minimum	95	minimum	255
+84	minimum	100	minimum	70	minimum	100	minimum	270