



**NATIONAL  
AMATEUR  
BODY  
BUILDING  
ASSOCIATION**



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**Uitslag OPEN CONTEST Bench Press Maart 2010**  
**Résultats OPEN CONTEST Bench Press Mars 2010**

**Herentals 28/03/2010**

[Green Box] = RECORD

	Cat.	Naam	Club	L.G.	Coëf.	1	2	3	4	B.P.	Ptn.
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**Dames Seniors**

1	Seniors	Courteyn Peggy	Sanitas Sport Wichelen	82,2	0,6209	85,0	90,0	100,0		100,0	62,09
2	Seniors	Van Den Abbeele Sofie	Sanitas Sport Wichelen	47,7	1,0550	32,5	40,0	45,0		40,0	42,20
3	Jun 16-17	Vandecasteele Ranya	Powerclub Diksmuide	66,6	0,7347	45,0	50,0	52,5		50,0	36,74
4	Seniors	Verhenne Magdalena	Powerclub Diksmuide	64,7	0,7546	42,5	47,5	,0		47,5	35,84
5	Vet 45-49	Timmermans Annie	Powerclub Diksmuide	58,3	0,8376	25,0	30,0	35,0		35,0	29,32

**Dames Internationales - Internationaux**

1	Int.Jun.18-19	Wuyts Helen	Gilbert's Gym Turnhout	58,7	0,8316	85,0	90,0	90,0		90,0	74,84
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**Heren - Hommes Juniors 16 - 17 jaar - ans**

1	Jun 16-17	Amaradio David	A.S. Tubize Power Team	62,4	0,7814	102,5	107,5	107,5		102,5	80,09
2	Jun 16-17	Taeymans Vincent	Marfac Gym Herentals	70,1	0,7022	97,5	102,5	105,0		105,0	73,73
3	Jun 16-17	Heyvaert Vincent	Human Nature Sport Lebbeke	70,8	0,6964	92,5	97,5	97,5		97,5	67,90
4	Jun 16-17	Buyle Miguel	Sanitas Sport Wichelen	60,7	0,8033	67,5	75,0	80,0		80,0	64,26
5	Jun 16-17	Peeters Alan	Gilbert's Gym Turnhout	66,8	0,7327	75,0	82,5	85,0		85,0	62,28
6	Jun 16-17	Verheijen Nikita	Marfac Gym Herentals	75,4	0,6617	75,0	80,0	82,5		80,0	52,94
7	Jun 16-17	Emael Michael	Powerclub Diksmuide	98,9	0,5568	80,0	90,0	100,0		90,0	50,11

**Heren - Hommes Juniors 18 - 19 jaar - ans**

1	Jun 18-19	Amaradio Salvatore	A.S. Tubize Power Team	70,0	0,7031	125,0	130,5	130,5		125,0	87,89
2	Jun 18-19	Mariën Lenn	Gilbert's Gym Turnhout	74,6	0,6673	100,0	110,0	120,0		120,0	80,08
3	Jun 18-19	Roels Tom	Sanitas Sport Wichelen	67,9	0,7220	90,0	100,0	105,0		105,0	75,81
4	Jun 18-19	Ballon Luc	Human Nature Sport Lebbeke	88,9	0,5897	120,0	125,0	125,0		120,0	70,76
5	Jun 18-19	Carlé Kenneth	Sanitas Sport Wichelen	63,0	0,7741	75,0	80,0	80,0		75,0	58,06

**Heren - Hommes Juniors 20 - 23 jaar - ans**

1	Jun 20-23	Bilican Muhammed	Human Nature Sport Lebbeke	94,6	0,5691	206,0	206,0	215,0		215,0	122,36
2	Jun 20-23	Colianni Ricardo	A.S. Tubize Power Team	73,9	0,6723	130,0	135,0	135,0		130,0	87,40
3	Jun 20-23	Gotajner David	Human Nature Sport Lebbeke	63,1	0,7729	102,5	120,0	120,0		102,5	79,22
4	Jun 20-23	De Vos Ricky	Human Nature Sport Lebbeke	110,9	0,5354	105,0	115,0	120,0		120,0	64,25
5	Jun 20-23	Descan Kevin	Powerclub Diksmuide	63,1	0,7729	75,0	82,5	90,0		82,5	63,76
6	Jun 20-23	Gregoire Mathieu	Sanitas Sport Wichelen	90,4	0,5838	90,0	100,0	105,0		105,0	61,30
7	Jun 20-23	Van Den Abbeele Kevin	Sanitas Sport Wichelen	57,8	0,8453	60,0	70,0	75,0		70,0	59,17

**Heren Veteranen - Hommes Vétérans 40 - 44 jaar - ans**

1	Vet 40-44	Bakeland Anthony	Powerclub Diksmuide	91,8	0,5786	170,0	180,0	190,5	195,0	190,0	109,93
2	Vet 40-44	Janssen Geert	Gilbert's Gym Turnhout	86,9	0,5982	130,0	140,0	145,0		145,0	86,74
3	Vet 40-44	Gheldof Marcel	Sanitas Sport Wichelen	101,4	0,5508	140,0	150,0	160,0		150,0	82,62

**Heren Veteranen - Hommes Vétérans 45 - 74 jaar - ans**

1	Vet 45-49	<b>Vandecasteele Johan</b>	<b>Powerclub Diksmuide</b>	84,5	0,6093	170,0	175,0	180,0	185,0	180,0	109,67
2	Vet 55-59	<b>Verhofstadt Johnny</b>	Human Nature Sport Lebbeke	103,8	0,5459	165,0	172,5	177,5		177,5	96,90
3	Vet 70-74	<b>Theyssens Martin</b>	<b>Gilbert's Gym Turnhout</b>	91,0	0,5815	115,0	122,5	127,5	130,0	127,5	74,14

### Heren - Hommes Seniors

1	Seniors	<b>Bilican Orhan</b>	Human Nature Sport Lebbeke	113,7	0,5326	240,0	,0	,0		240,0	127,82
2	Seniors	<b>Houbracken Kim</b>	<b>Sanitas Sport Wichelen</b>	68,5	0,7164	120,0	127,5	132,5		127,5	91,34
3	Seniors	<b>Giusti Massimo</b>	Human Nature Sport Lebbeke	79,1	0,6382	130,0	130,0	150,0		130,0	82,97
4	Seniors	<b>Ballon Guy</b>	Human Nature Sport Lebbeke	93,1	0,5740	135,0	140,0	150,0		140,0	80,36
5	Seniors	<b>Schafer Danny</b>	<b>Marfac Gym Herentals</b>	76,6	0,6537	117,5	122,5	125,0		122,5	80,08
6	Seniors	<b>Courteyn Ronny</b>	<b>Sanitas Sport Wichelen</b>	96,2	0,5642	125,0	135,0	140,0		135,0	76,17
7	Seniors	<b>Kempnaers Michel</b>	<b>Marfac Gym Herentals</b>	70,8	0,6964	90,0	95,0	97,5		97,5	67,90
8	Seniors	<b>De Martelaer Pieter</b>	<b>Sanitas Sport Wichelen</b>	83,3	0,6152	105,0	110,0	110,0		110,0	67,67
9	Seniors	<b>Verbeke Gert</b>	Human Nature Sport Lebbeke	92,7	0,5754	85,0	100,0	100,0		100,0	57,54
10	Seniors	<b>De Martelaer Floris</b>	<b>Sanitas Sport Wichelen</b>	79,4	0,6364	75,0	85,0	85,0		75,0	47,73

### Heren Internationales - Internationaux

1	Int.Jun.20-23	<b>Van Den Abbee Tim</b>	<b>Sanitas Sport Wichelen</b>	63,0	0,7741	120,0	,0	,0		120,0	92,89
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### Beste - Meilleur résultat Bench Press Dames

1	Int.Jun.18-19	<b>Wuyts Helen</b>	<b>Gilbert's Gym Turnhout</b>	58,7	0,8316	85,0	90,0	90,0		90,0	74,84
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### Beste - Meilleurs résultats Bench Press Heren - Hommes

1	Seniors	<b>Bilican Orhan</b>	Human Nature Sport Lebbeke	113,7	0,5326	240,0	,0	,0		240,0	127,82
2	Jun 20-23	<b>Bilican Muhammed</b>	Human Nature Sport Lebbeke	94,6	0,5691	206,0	206,0	215,0		215,0	122,36
3	Vet 40-44	<b>Bakeland Anthony</b>	<b>Powerclub Diksmuide</b>	91,8	0,5786	170,0	180,0	190,5	195,0	190,0	109,93

### Juryleden

Mercier Raymond	Timmermans Annie	Mariën Chris
Mercier Chris	Claus Geert	Van De Velde Jean Pierre

### Volgende Wedstrijden:

25.04.2010	Bench Press	Herentals
17.10.2010	Dead Lift + Open Contest Bench Press	Herentals
21.11.2010	Totaal + Open Contest Bench Press	Herentals
05.12.2010	Algemene vergadering	Herentals