



NATIONAL
AMATEUR
BODY
BUILDING
ASSOCIATION



Uitslag Belgisch Kampioenschap Totaal 2009
Resultats Championnats De Belgique Total 2009
Herentals 29 november-novembre 2009

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Pl.	Cat.	Naam	Club	L.G.	Coëf.	Squat				Bench Press				Dead Lift				Tot.	Ptn.
						1	2	3	B.P.	1	2	3	B.P.	1	2	3	B.P.		
Women Seniors																			
1	Seniors	Courteyn Peggy	Sanitas Sport Wichelen	78,9	0,6394	140,0	120,0	125,0	125,0	90,0	95,0	100,0	100,0	120,0	130,0	140,0	140,0	365,0	233,38
2	Seniors	Verhenne Magdalena	Powerclub Diksmuide	62,4	0,7814	70,0	75,0	80,0	80,0	40,0	45,0	45,0	45,0	115,0	125,0	130,0	130,0	255,0	199,26
3	Vet 45-49	Timmermans Annie	Powerclub Diksmuide	57,9	0,8437	60,0	75,0	X	75,0	30,0	35,0	40,0	35,0	90,0	95,0	105,0	105,0	215,0	181,40
4	Seniors	Van Den Abbeele Sofie	Sanitas Sport Wichelen	48,4	1,0364	45,0	52,5	55,0	55,0	32,5	37,5	40,0	40,0	55,0	75,0	80,0	80,0	175,0	181,37
5	Jun 13-15	Bakeland Astrid	Powerclub Diksmuide	56,1	0,8731	60,0	65,0	70,0	70,0	40,0	47,5	47,5	40,0	80,0	85,0	90,5	90,0	200,5	175,06
6	Jun 16-17	Vandecasteele Ranya	Powerclub Diksmuide	67,1	0,7297	50,0	55,0	60,0	55,0	40,0	45,0	45,0	40,0	80,0	90,0	95,0	95,0	190,0	138,64

Women Internationals																			
1	Int.Jun.18-19	Wuyts Helen	Gilbert's Gym Turnhout	59,3	0,8228	130,0	145,0	152,5	152,5	80,0	85,0	85,0	85,0	160,0	172,5	X	172,5	410,0	337,35

Men Juniors 16-19 years																			
1	Jun 16-17	Emael Michael	Powerclub Diksmuide	95,4	0,5666	120,0	135,0	150,0	150,0	85,0	90,0	97,5	90,0	150,0	160,0	167,5	167,5	407,5	230,89
2	Jun 18-19	Carlé Kenneth	Sanitas Sport Wichelen	60,7	0,8033	70,0	75,0	82,5	82,5	65,0	75,0	75,0	75,0	100,0	110,0	120,0	120,0	277,5	222,92
3	Jun 16-17	Braes Laurens	Powerclub Diksmuide	80,7	0,6290	110,0	125,0	132,5	110,0	80,0	87,5	92,5	87,5	140,0	155,0	155,0	155,0	352,5	221,72
4	Jun 18-19	Wangermez Wauter	Powerclub Diksmuide	72,8	0,6805	115,0	115,0	125,0	0,0	80,0	87,5	95,0	95,0	135,0	150,0	165,0	165,0	260,0	176,93

Men Juniors 20-23 years																			
1	Jun 20-23	De Reuse Benny	Powersport Lebbeke	75,6	0,6603	145,0	150,0	160,0	150,0	115,0	115,0	122,5	115,0	190,0	205,0	220,0	205,0	470,0	310,34
2	Jun 20-23	Descan Kevin	Powerclub Diksmuide	61,7	0,7902	110,0	120,0	125,0	125,0	82,5	87,5	87,5	82,5	152,5	165,0	170,0	165,0	372,5	294,35
3	Jun 20-23	Van Roy Jan	Marfac Gym Herentals	79,7	0,6347	120,0	135,0	155,0	155,0	80,0	85,0	92,5	85,0	180,0	190,0	195,0	195,0	435,0	276,09
4	Jun 20-23	Gregoire Mathieu	Sanitas Sport Wichelen	91,2	0,5808	90,0	100,0	110,0	110,0	90,0	95,0	102,5	95,0	130,0	140,0	150,0	150,0	355,0	206,18
5	Jun 20-23	Van Den Abbeele Kevin	Sanitas Sport Wichelen	57,3	0,8532	60,0	50,0	60,0	60,0	50,0	57,5	62,5	62,5	60,0	75,0	105,0	105,0	227,5	194,10

Men Masters 40-44 years																			
1	Vet 40-44	Bakeland Anthony	Powerclub Diksmuide	87,2	0,5969	150,0	150,0	160,0	160,0	160,0	170,0	175,0	175,0	180,0	190,0	200,0	190,0	525,0	313,37
2	Vet 40-44	Stoops Jozef	Marfac Gym Herentals	97,9	0,5594	127,5	127,5	137,5	137,5	120,0	125,0	130,0	125,0	182,5	187,5	195,0	195,0	457,5	255,93
3	Vet 40-44	Gheldof Marcel	Sanitas Sport Wichelen	99,6	0,5550	100,0	,0	,0	100,0	155,0	165,0	170,0	170,0	150,0	165,0	175,0	175,0	445,0	246,98

Men Masters 50-74 years																			
1	Vet 50-54	Tibbe Norbert	Powerclub Diksmuide	81,4	0,6251	170,0	185,0	195,0	170,0	125,0	132,5	135,0	132,5	205,0	227,5	235,0	235,0	537,5	335,99
2	Vet 50-54	Lippens Rudy	Sanitas Sport Wichelen	94,5	0,5694	175,0	185,0	190,0	190,0	142,5	142,5	147,5	142,5	180,0	200,0	220,0	220,0	552,5	314,59
3	Vet 70-74	Theyssens Martin	Franco's Power Gym Schoten	89,4	0,5877	135,0	145,0	155,0	145,0	115,0	122,5	127,5	122,5	135,0	155,0	162,5	162,5	430,0	252,71

Men Seniors																			
1	Seniors	Houbracken Kim	Sanitas Sport Wichelen	67,0	0,7307	145,0	155,0	165,0	155,0	117,5	125,0	130,0	125,0	165,0	175,0	185,0	185,0	465,0	339,78
2	Seniors	Bruyneel Franky	Sanitas Sport Wichelen	88,3	0,5922	150,0	175,0	180,0	180,0	115,0	125,0	130,0	130,0	160,0	190,0	220,0	190,0	500,0	296,10
3	Seniors	Vanoverschelde Jody	Powerclub Diksmuide	108,9	0,5378	200,0	220,0	220,0	0,0	120,0	127,5	127,5	127,5	250,0	280,0	300,5	280,0	407,5	219,15
4	Seniors	Maenhout Youri	Powerclub Diksmuide	95,0	0,5678	220,0	235,0	235,0	0,0	150,0	150,0	150,0	150,0	215,0	235,0	,0	235,0	385,0	218,60

Men Internationals																			
1	Seniors	Van Den Bossche Bart	Powersport Lebbeke	81,5	0,6246	150,0	160,0	200,0	200,0	140,0	145,0	147,5	145,0	192,5	202,5	212,5	212,5	557,5	348,21
2	Int.Jun.20-23	Van Den Abbeele Tim	Sanitas Sport Wichelen	63,0	0,7741	135,0	142,5	150,0	142,5	125,0	130,0	135,0	135,0	150,0	165,0	175,0	165,0	442,5	342,54

Beste Totaal Dames:																			
1	Int.Jun.18-19	Wuyts Helen	Gilbert's Gym Turnhout	59,3	0,8228	130,0	145,0	152,5	152,5	80,0	85,0	85,0	85,0	160,0	172,5	,0	172,5	410,0	337,35

Beste Totaal Heren:																			
1	Seniors	Van Den Bossche Bart	Powersport Lebbeke	81,5	0,6246	150,0	160,0	200,0	200,0	140,0	145,0	147,5	145,0	192,5	202,5	212,5	212,5	557,5	348,21
2	Int.Jun.20-23	Van Den Abbeele Tim	Sanitas Sport Wichelen	63,0	0,7741	135,0	142,5	150,0	142,5	125,0	130,0	135,0	135,0	150,0	165,0	175,0	165,0	442,5	342,54
3	Seniors	Houbracken Kim	Sanitas Sport Wichelen	67,0	0,7307	145,0	155,0	165,0	155,0	117,5	125,0	130,0	125,0	165,0	175,0	185,0	185,0	465,0	339,78

Juryleden:

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

Volgende Wedstrijden:

Algemene Vergadering Herentals