



**NATIONAL  
AMATEUR  
BODY  
BUILDERS  
ASSOCIATION**



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**Uitslag Belgisch Kampioenschap Bench Press 2004  
Resultats Championnat De Belgique Bench Press 2004**

**Herentals 25/04/2004**

  = RECORD

|  | Cat. | Naam | Club | L.G. | Coëf. | 1 | 2 | 3 | 4 | B.P. | Ptn. |
|--|------|------|------|------|-------|---|---|---|---|------|------|
|--|------|------|------|------|-------|---|---|---|---|------|------|

**Dames Juniors 20-23 jaar-ans**

|   |           |                          |                             |      |        |      |      |      |  |      |       |
|---|-----------|--------------------------|-----------------------------|------|--------|------|------|------|--|------|-------|
| 1 | Jun 20-23 | <b>Ocquet Vanessa</b>    | Powerclub Diksmuide         | 69,0 | 0,7119 | 50,0 | 55,0 | 57,5 |  | 55,0 | 39,15 |
| 2 | Jun 20-23 | <b>De Almeida Olivia</b> | Body Training Philippeville | 80,2 | 0,6318 | 55,0 | 60,0 | 65,0 |  | 60,0 | 37,91 |
| 3 | Jun 20-23 | <b>Geldof Darly</b>      | Powerclub Diksmuide         | 61,8 | 0,7889 | 35,0 | 40,0 | 42,5 |  | 40,0 | 31,56 |
| 4 | Jun 20-23 | <b>Geldof Daisy</b>      | Powerclub Diksmuide         | 54,0 | 0,9111 | 27,5 | 32,5 | 35,0 |  | 32,5 | 29,61 |

**Dames Veteranen 40-49 jaar-ans**

|   |           |                              |                             |      |        |      |      |      |  |      |       |
|---|-----------|------------------------------|-----------------------------|------|--------|------|------|------|--|------|-------|
| 1 | Vet 45-49 | <b>Pieniakowski Jeaninne</b> | Marfac Gym Herentals        | 77,7 | 0,6467 | 55,0 | 60,0 | 62,5 |  | 60,0 | 38,80 |
| 2 | Vet 40-44 | <b>Meulders Martine</b>      | Marfac Gym Herentals        | 52,7 | 0,9368 | 32,5 | 37,5 | 37,5 |  | 37,5 | 35,13 |
| 3 | Vet 40-44 | <b>Timmermans Annie</b>      | Body Training Philippeville | 56,7 | 0,8630 | 35,0 | 40,0 | 42,5 |  | 40,0 | 34,52 |
| 4 | Vet 45-49 | <b>De Haes Yolanda</b>       | Marfac Gym Herentals        | 58,8 | 0,8301 | 20,0 | 25,0 | 27,5 |  | 25,0 | 20,75 |

**Dames Seniors**

|   |         |                             |                        |      |        |      |      |      |  |      |       |
|---|---------|-----------------------------|------------------------|------|--------|------|------|------|--|------|-------|
| 1 | Seniors | <b>Van Den Berghe Sonja</b> | Sanitas Sport Wichelen | 71,7 | 0,6890 | 52,5 | 57,5 | 60,0 |  | 60,0 | 41,34 |
|---|---------|-----------------------------|------------------------|------|--------|------|------|------|--|------|-------|

**Dames Internationales**

|   |              |                         |                             |      |        |      |      |      |  |      |       |
|---|--------------|-------------------------|-----------------------------|------|--------|------|------|------|--|------|-------|
| 1 | I. Vet 40-44 | <b>Dujardin Yveline</b> | Body Training Philippeville | 52,0 | 0,9515 | 72,5 | 80,0 | 87,5 |  | 80,0 | 76,12 |
|---|--------------|-------------------------|-----------------------------|------|--------|------|------|------|--|------|-------|

**Heren Juniors 13-19 jaar-ans**

|   |           |                          |                             |      |        |       |       |       |       |       |       |
|---|-----------|--------------------------|-----------------------------|------|--------|-------|-------|-------|-------|-------|-------|
| 1 | Jun 18-19 | <b>Borgers Sebastien</b> | Body Training Philippeville | 81,5 | 0,6246 | 145,0 | 155,0 | 165,0 |       | 155,0 | 96,81 |
| 2 | Jun 16-17 | <b>Ponlot Yannick</b>    | Body Training Philippeville | 78,8 | 0,6399 | 122,5 | 127,5 | 131,0 | 132,5 | 130,0 | 83,19 |
| 3 | Jun 18-19 | <b>Boons Hans</b>        | Marfac Gym Herentals        | 61,7 | 0,7902 | 90,0  | 95,0  | 97,5  |       | 97,5  | 77,04 |
| 4 | Jun 13-15 | <b>Van Roy Jan</b>       | Marfac Gym Herentals        | 53,7 | 0,9169 | 35,0  | 40,0  | 42,5  |       | 40,0  | 36,68 |

**Juniors 20-23 jaar-ans**

|   |           |                       |                         |       |        |       |       |       |  |       |        |
|---|-----------|-----------------------|-------------------------|-------|--------|-------|-------|-------|--|-------|--------|
| 1 | Jun 20-23 | <b>Bruylandt Bart</b> | Gold Gym Geraardsbergen | 113,1 | 0,5331 | 205,0 | 220,0 | 222,5 |  | 220,0 | 117,28 |
| 2 | Jun 20-23 | <b>Wouters Tom</b>    | Marfac Gym Herentals    | 89,7  | 0,5865 | 92,5  | 97,5  | 100,0 |  | 97,5  | 57,18  |
| 3 | Jun 20-23 | <b>Valkiers Bram</b>  | Marfac Gym Herentals    | 59,6  | 0,8185 | 60,0  | 65,0  | 70,0  |  | 65,0  | 53,20  |

**Heren Veteranen 40 tot en met 59 jaar**

|   |           |                           |                      |       |        |       |       |       |  |       |       |
|---|-----------|---------------------------|----------------------|-------|--------|-------|-------|-------|--|-------|-------|
| 1 | Vet 40-44 | <b>De Roock Laurent</b>   | V.K. Aalst           | 97,5  | 0,5605 | 150,0 | 155,0 | 160,0 |  | 160,0 | 89,68 |
| 2 | Vet 55-59 | <b>Mercier Raymond</b>    | Powerclub Diksmuide  | 89,0  | 0,5893 | 125,0 | 130,0 | 135,0 |  | 130,0 | 76,61 |
| 3 | Vet 45-49 | <b>Van Den Eynden Luc</b> | Body Fit Turnhout    | 70,9  | 0,6955 | 102,5 | 107,5 | 123,0 |  | 107,5 | 74,77 |
| 4 | Vet 40-44 | <b>Van Roy Jean</b>       | Marfac Gym Herentals | 109,2 | 0,5375 | 120,0 | 125,0 | 125,0 |  | 120,0 | 64,50 |
| 5 | Vet 50-54 | <b>Sleecx Stan</b>        | Marfac Gym Herentals | 90,3  | 0,5842 | 80,0  | 85,0  | 87,5  |  | 85,0  | 49,66 |

| Seniors categorie 1 |         |                 |                        |      |        |       |       |       |  |       |       |
|---------------------|---------|-----------------|------------------------|------|--------|-------|-------|-------|--|-------|-------|
| 1                   | Seniors | Baetens Gunter  | Marfac Gym Herentals   | 85,0 | 0,6069 | 145,0 | 150,0 | 150,0 |  | 145,0 | 88,00 |
| 2                   | Seniors | Claus Geert     | Sanitas Sport Wichelen | 80,6 | 0,6295 | 110,0 | 115,0 | 120,0 |  | 120,0 | 75,54 |
| 3                   | Seniors | Bruyneel Franky | Sanitas Sport Wichelen | 80,4 | 0,6307 | 110,0 | 117,5 | 122,5 |  | 117,5 | 74,11 |
| 4                   | Seniors | Offermans Hans  | Marfac Gym Herentals   | 79,3 | 0,6370 | 100,0 | 105,0 | 115,0 |  | 115,0 | 73,26 |
| 5                   | Seniors | Stoops Jozef    | Marfac Gym Herentals   | 85,8 | 0,6031 | 107,5 | 112,5 | 115,0 |  | 112,5 | 67,85 |
| 6                   | Seniors | Vissers Tom     | Marfac Gym Herentals   | 73,8 | 0,6730 | 85,0  | 90,0  | 92,5  |  | 92,5  | 62,25 |
| 7                   | Seniors | De Peuter Paul  | Marfac Gym Herentals   | 85,1 | 0,6064 | 92,5  | 97,5  | 100,0 |  | 97,5  | 59,12 |

| Seniors categorie 2 |         |                     |                             |       |        |       |       |       |  |       |       |
|---------------------|---------|---------------------|-----------------------------|-------|--------|-------|-------|-------|--|-------|-------|
| 1                   | Seniors | Van der Velde Chris | Marfac Gym Herentals        | 97,6  | 0,5602 | 165,0 | 170,0 | 175,0 |  | 175,0 | 98,04 |
| 2                   | Seniors | Raets David         | Marfac Gym Herentals        | 99,9  | 0,5543 | 150,0 | 155,0 | 155,0 |  | 150,0 | 83,15 |
| 3                   | Seniors | Smirnov Dimitri     | Spartacus Gent              | 103,2 | 0,5471 | 135,0 | 150,0 | 165,0 |  | 150,0 | 82,07 |
| 4                   | Seniors | Fostier Jean Luc    | Body Training Philippeville | 97,5  | 0,5605 | 130,0 | 140,0 | 145,0 |  | 140,0 | 78,47 |
| 5                   | Seniors | Mauriën Geert       | Body Fit Turnhout           | 86,9  | 0,5982 | 125,0 | 130,0 | 130,0 |  | 130,0 | 77,77 |
| 6                   | Seniors | De Ceulaer Nic      | Marfac Gym Herentals        | 92,0  | 0,5779 | 115,0 | 120,0 | 120,0 |  | 115,0 | 66,46 |

| Heren Internationals |               |               |                             |       |        |       |       |   |  |     |      |
|----------------------|---------------|---------------|-----------------------------|-------|--------|-------|-------|---|--|-----|------|
| 1                    | I. Jun. 20-23 | Laureys Jimmy | Pat's Activity Center Bazel | 150,0 | 0,4930 | 200,0 | 200,0 | X |  | 0,0 | 0,00 |

| Beste Bench Press Dames |              |                      |                             |      |        |      |      |      |  |      |       |
|-------------------------|--------------|----------------------|-----------------------------|------|--------|------|------|------|--|------|-------|
| 1                       | I. Vet 40-44 | Dujardin Yveline     | Body Training Philippeville | 52,0 | 0,9515 | 72,5 | 80,0 | 87,5 |  | 80,0 | 76,12 |
| 2                       | Seniors      | Van Den Berghe Sonja | Sanitas Sport Wichelen      | 71,7 | 0,6890 | 52,5 | 57,5 | 60,0 |  | 60,0 | 41,34 |
| 3                       | Jun 20-23    | Ocquet Vanessa       | Powerclub Diksmuide         | 69,0 | 0,7119 | 50,0 | 55,0 | 57,5 |  | 55,0 | 39,15 |

| Beste Bench Press Heren |           |                     |                             |       |        |       |       |       |  |       |        |
|-------------------------|-----------|---------------------|-----------------------------|-------|--------|-------|-------|-------|--|-------|--------|
| 1                       | Jun 20-23 | Bruylandt Bart      | Gold Gym Geraardsbergen     | 113,1 | 0,5331 | 205,0 | 220,0 | 222,5 |  | 220,0 | 117,28 |
| 2                       | Seniors   | Van der Velde Chris | Marfac Gym Herentals        | 97,6  | 0,5602 | 165,0 | 170,0 | 175,0 |  | 175,0 | 98,04  |
| 3                       | Jun 18-19 | Borgers Sebastien   | Body Training Philippeville | 81,5  | 0,6246 | 145,0 | 155,0 | 165,0 |  | 155,0 | 96,81  |

| Juryleden     |  |  |                  |  |  |                     |  |  |                  |  |  |
|---------------|--|--|------------------|--|--|---------------------|--|--|------------------|--|--|
| Claus Geert   |  |  | Timmermans Annie |  |  | Mariën Chris        |  |  | Dujardin Yveline |  |  |
| Mercier Chris |  |  | Mercier Raymond  |  |  | Lanotte Jean Claude |  |  |                  |  |  |

| Volgende Wedstrijden: |                      |  |  |  |  |           |  |  |  |  |  |
|-----------------------|----------------------|--|--|--|--|-----------|--|--|--|--|--|
| 17.10.2004            | Dead Lift            |  |  |  |  | Herentals |  |  |  |  |  |
| 21.11.2004            | Totaal               |  |  |  |  | Herentals |  |  |  |  |  |
| 05.12.2004            | Algemene vergadering |  |  |  |  | Herentals |  |  |  |  |  |