



NATIONAL
AMATEUR
BODY
BUILDERS
ASSOCIATION



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Powerlifting Recordlijst Heren

17 November - Novembre 2019

| | Juniors 13-15 | | Juniors 16-17 | | Juniors 18-19 | | Juniors 20-23 | | Seniors | |
|--|-----------------|-------|----------------|-------|-------------------|-------|--------------------|--------------|--------------------|-------|
| 52 kg | | | | | | | | | | |
| Squat | Logothetis E. | 95,0 | Logothetis E. | 95,0 | Logothetis E. | 95,0 | Logothetis E. | 95,0 | Matthyskens C. | 130,0 |
| Bench Press | Plyyser N. | 65,0 | Roels-Moortgat | 65,0 | Roels-Moortgat | 65,0 | Kaya M. | 128,5 | Kaya M. | 128,5 |
| Dead Lift | Logothetis E. | 92,5 | Willems E. | 110,0 | Madeleine Y. | 130,0 | Madeleine Y. | 130,0 | Melis J. | 147,5 |
| Totaal | Logothetis E. | 220,0 | Roels K. | 242,5 | Roels K. | 242,5 | Roels K. | 242,5 | Matthyskens C. | 360,0 |
| 56 kg | | | | | | | | | | |
| Squat | De Boodt M. | 90,0 | Laureyssen Ch. | 115,0 | Yilmas P. | 130,0 | Yilmas P. | 130,0 | Matthyskens C. | 150,0 |
| Bench Press | Buyle M. | 67,5 | Roels K. | 82,5 | Jackers D. | 82,5 | Jackers D. | 82,5 | Verstraeten U. | 105,0 |
| Dead Lift | De Boodt M. | 117,5 | Laureyssen Ch. | 135,0 | Van Wijmelbeke H. | 150,0 | Van Wijmelbeke H. | 150,0 | Matthyskens C. | 168,0 |
| Totaal | De Boodt M. | 255,0 | Laureyssen Ch. | 297,5 | Van Wijmelbeke H. | 330,0 | Van Wijmelbeke H. | 330,0 | Matthyskens C. | 408,0 |
| 60 kg | | | | | | | | | | |
| Squat | De Saedeleer I. | 95,0 | Laureyssen Ch. | 120,0 | Oster O. | 175,0 | Oster O. | 175,0 | Celis R. | 210,0 |
| Bench Press | Boeve R. | 80,0 | Boeve A. | 92,5 | V.D. Abbeele T. | 125,0 | V.D. Abbeele T. | 125,0 | Celis R. | 132,5 |
| Dead Lift | De Saedeleer I. | 135,5 | Valkiers B. | 143,0 | Oster O. | 210,0 | Oster O. | 210,0 | Celis R. | 225,0 |
| Totaal | De Saedeleer I. | 300,5 | Valkiers B. | 318,0 | Oster O. | 477,5 | Oster O. | 477,5 | Celis R. | 567,5 |
| 67,5 kg | | | | | | | | | | |
| Squat | Logothetis E. | 115,0 | Janssens D. | 155,0 | Jacobs F. | 195,0 | Jacobs F. | 195,0 | Loncke S. | 233,5 |
| Bench Press | Amaradio D. | 100,0 | Boeve R. | 121,0 | Jacobs F. | 130,0 | Van Den Abbeele T. | 145,5 | Van Den Abbeele T. | 150,0 |
| Dead Lift | Willaert D. | 175,0 | Lateur D. | 180,0 | Jacobs F. | 222,5 | Jacobs F. | 222,5 | Elyn W. | 260,5 |
| Totaal | Triest G. | 275,0 | Boeve R. | 420,0 | Jacobs F. | 542,5 | Jacobs F. | 542,5 | Elyn W. | 638,5 |
| 75 kg | | | | | | | | | | |
| Squat | Kerremans J. | 172,5 | Kerremans J. | 205,0 | Maenhout Y. | 215,0 | Maenhout Y. | 215,0 | Loncke S. | 270,5 |
| Bench Press | Kerremans J. | 117,5 | Kerremans J. | 140,0 | Amaradio D. | 142,5 | De Visscher G. | 157,5 | Thijs J. | 180,0 |
| Dead Lift | Kerremans J. | 180,5 | Kerremans J. | 225,5 | Faizi F. | 246,0 | Faizi F. | 246,0 | Thijs J. | 270,0 |
| Totaal | Kerremans J. | 470,5 | Kerremans J. | 570,5 | Faizi F. | 571,0 | De Visscher G. | 602,5 | Loncke S. | 703,0 |
| 82,5 kg | | | | | | | | | | |
| Squat | Alali J. | 130,0 | Borgers S. | 220,0 | Peeters A. | 225,5 | Peeters A. | 225,5 | Theys J. | 275,0 |
| Bench Press | Alali J. | 80,5 | Ponlot Y. | 147,5 | Peeters A. | 160,0 | Faizi F. | 180,0 | Amaradio D. | 187,5 |
| Dead Lift | Alali J. | 145,0 | Kollau R. | 245,0 | Kollau R. | 245,0 | Faizi F. | 272,5 | Verbeke B. | 320,0 |
| Totaal | Alali J. | 350,5 | Borgers S. | 590,5 | Peeters A. | 610,5 | Faizi F. | 625,0 | Verbeke B. | 725,0 |
| 90 kg | | | | | | | | | | |
| Squat | Emael M. | 130,0 | De Winter Ch. | 190,0 | Servotte G. | 265,0 | Peeters A. | 290,0 | Vanhansewyck G. | 290,0 |
| Bench Press | Cappelle W. | 103,0 | Cheaitli H. | 163,0 | Cheaitli H. | 163,5 | Borgers S. | 180,0 | Vandecasteele J. | 190,5 |
| Dead Lift | Migom L. | 165,0 | Willaert D. | 240,0 | Khachatur Z. | 247,5 | Borgers S. | 260,0 | Verbeke B. | 306,0 |
| Totaal | Emael M. | 360,0 | De Winter Ch. | 520,0 | Khachatur Z. | 632,5 | Borgers S. | 660,0 | Vanhansewyck G. | 746,0 |
| 100 kg | | | | | | | | | | |
| Squat | | | Willaert D. | 260,0 | Willaert D. | 260,0 | Zohrabyan K. | 280,5 | Bilican M. | 300,0 |
| Bench Press | | | Cheaitli H. | 165,0 | De Roeck D. | 173,0 | Bilican M. | 215,0 | Bilican M. | 220,0 |
| Dead Lift | | | Willaert D. | 260,0 | Corvers M. | 265,0 | Bilican M. | 265,5 | Willaert D. | 315,0 |
| Totaal | | | Willaert D. | 650,0 | Corvers M. | 667,5 | Zohrabyan K. | 700,5 | Bilican M. | 770,0 |
| 110 kg | | | | | | | | | | |
| Squat | | | Van Nijlen F. | 210,0 | Van Nijlen F. | 210,0 | Tancre K. | 216,0 | Bilican O. | 340,0 |
| Bench Press | | | Van Nijlen F. | 180,0 | Van Nijlen F. | 201,0 | Van Nijlen F. | 201,0 | Bilican O. | 245,0 |
| Dead Lift | | | Van Nijlen F. | 210,0 | Migom B. | 210,5 | Tancre K. | 241,0 | Bilican O. | 302,5 |
| Totaal | | | Van Nijlen F. | 600,0 | Van Nijlen F. | 600,0 | Van Nijlen F. | 600,0 | Bilican O. | 887,5 |
| 125 kg | | | | | | | | | | |
| Squat | | | | | Van Nijlen F. | 225,0 | De Groof T. | 240,0 | Bilican O. | 340,5 |
| Bench Press | | | | | Migom L. | 200,0 | Van Nijlen F. | 220,0 | Bilican O. | 290,0 |
| Dead Lift | | | | | Migom L. | 205,0 | Kartal K. | 221,0 | Van Hoof N. | 272,5 |
| Totaal | | | | | Van Nijlen F. | 645,0 | Podevijn M. | 650,0 | Bilican O. | 941,0 |
| 140 kg | | | | | | | | | | |
| Squat | | | | | | | Vercruyce J. | 280,0 | Dhooghe D. | 302,5 |
| Bench Press | | | | | | | Migom L. | 175,0 | Vercruyce J. | 185,0 |
| Dead Lift | | | | | | | | Vercruyce J. | 280,5 | |
| Totaal | | | | | | | Vercruyce J. | 715,0 | De Coninck K. | 766,0 |
| 140+ kg | | | | | | | | | | |
| Squat | | | | | | | Laureys J. | 300,0 | Laureys J. | 300,0 |
| Bench Press | | | | | | | Laureys J. | 200,0 | Veldeman F. | 205,0 |
| Dead Lift | | | | | | | Laureys J. | 330,0 | Laureys J. | 330,0 |
| Totaal | | | | | | | Laureys J. | 820,0 | Laureys J. | 820,0 |
| = Nieuw record - Nouveau record | | | | | | | | | | |