



NATIONAL  
AMATEUR  
BODY  
BUILDERS  
ASSOCIATION



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**Uitslag OPEN CONTEST Bench Press Maart 2019**  
**Résultats OPEN CONTEST Bench Press Mars 2019**

**Diksmuide 17/03/2019**

= RECORD

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

1	Jun 18-19	Gobbin Thebe	Pat's Activity Center Baze	63,5	0,7682	30,0	35,0	37,5		35,0	26,89
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**Dames Seniors**

1	Seniors	Coussee Evelyne	Powerclub Diksmuide	106,8	0,5408	77,5	77,5	85,0		85,0	45,97
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**Heren - Hommes Juniors 13-23 jaar - ans**

1	Jun 20-23	Cheaitli Hatem	Pat's Activity Center Baze	88,9	0,5897	165,0	170,0	X		170,0	100,25
2	Jun 20-23	Lorenc Krystian	Powerclub Diksmuide	86,5	0,6000	105,0	115,0	125,0		115,0	69,00
3	Jun 13-15	Alali Jamil	Pat's Activity Center Baze	78,5	0,6418	75,0	81,0	85,0	87,5	85,0	54,55

**Heren - Hommes Veteranen - Vétérans 40-79 jaar - ans**

1	Vet 40-44	De Roeck Davy	Gym Ysebaert Geraardsbe	98,9	0,5568	100,0	125,0	150,0		150,0	83,52
2	Vet 70-74	Kerwyn Hervé	Powerclub Diksmuide	82,4	0,6198	105,0	112,5	121,5		112,5	69,73
3	Vet 60-64	Van den Eynden Luc	Powerclub Diksmuide	73,7	0,6737	92,5	97,5	104,0		97,5	65,69
4	Vet 75-79	Theyssens Martin	Powerclub Diksmuide	89,5	0,5873	60,0	65,0	X		60,0	35,24

**Heren - Hommes Seniors**

1	Seniors	Derycke Fredrik	Powerclub Diksmuide	92,3	0,5768	125,0	135,0	142,5		142,5	82,19
2	Seniors	Bethuyne Jeroen	Powerclub Diksmuide	80,2	0,6318	120,0	127,5	130,0		130,0	82,13
3	Seniors	Lampo Robby	Powerclub Diksmuide	120,1	0,5269	110,0	115,0	115,0		115,0	60,59

**Beste - Meilleur résultat Bench Press Dames**

1	Seniors	Coussee Evelyne	Powerclub Diksmuide	106,8	0,5408	77,5	77,5	85,0		85,0	45,97
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**Beste - Meilleurs résultats Bench Press Heren - Hommes**

1	Jun 20-23	Cheaitli Hatem	Pat's Activity Center Baze	88,9	0,5897	165,0	170,0	X		170,0	100,25
2	Vet 40-44	De Roeck Davy	Gym Ysebaert Geraardsbe	98,9	0,5568	100,0	125,0	150,0		150,0	83,52
3	Seniors	Derycke Fredrik	Powerclub Diksmuide	92,3	0,5768	125,0	135,0	142,5		142,5	82,19

**Juryleden**

Mercier Raymond	Timmermans Annie	Bakeland Anthony
Claus Geert		

**Volgende Wedstrijden:**

12.05.2019	Bench Press	Diksmuide
13.10.2019	Dead Lift + Open Contest Bench Press	Diksmuide
17.11.2019	Totaal + Open Contest Bench Press	Diksmuide
08.12.2019	Algemene vergadering	Herentals