



NATIONAL
AMATEUR
BODY
BUILDERS
ASSOCIATION



Uitslag Belgisch Kampioenschap Totaal 2019
Resultats Championnats De Belgique Total 2019
Diksmuide 17 november-novembre 2019

SECRETARIAAT: Vossenbergh 44, 2200 Herentals 014/21.96.38
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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 Juniors 13 - 15 Years																			
1	Jun 13-15	Noben Femke	Bodyforce Opplabeek	96,5	0,5633	55,0	62,5	67,5	62,5	35,0	40,0	45,0	45,0	77,5	82,5	90,0	90,0	197,5	111,25
Women Veterans 55 - 59 Years																			
1	Vet 55-59	Timmermans Annie	Powerclub Diksmuide	55,3	0,8870	55,0	60,0	70,0	60,0	30,0	35,0	35,0	30,0	90,0	95,0	X	95,0	185,0	164,10
Women Seniors																			
1	Seniors	Awouters Jolien	Bodyforce Opplabeek	64,7	0,7546	70,0	70,0	72,5	72,5	37,5	42,5	45,0	45,0	80,0	85,0	90,0	90,0	207,5	156,58
Men Juniors 16 - 23 years																			
1	Jun 20-23	Bormans Michael	Bodyforce Opplabeek	110,6	0,5358	190,0	202,5	205,0	205,0	135,0	142,5	147,5	142,5	210,0	225,0	230,0	230,0	577,5	309,42
2	Jun 18-19	Deschagt Robbe	Powerclub Diksmuide	79,1	0,6382	145,0	160,0	165,0	160,0	105,0	115,0	117,5	115,0	195,0	215,0	215,0	195,0	470,0	299,95
3	Jun 16-17	Vermulst Gabriel	Marfac Gym Herentals	80,4	0,6307	150,0	150,0	150,0	150,0	90,0	95,0	110,0	110,0	150,0	165,0	180,0	180,0	440,0	277,51
4	Jun 20-23	Didden Robin	Bodyforce Opplabeek	86,1	0,6018	132,5	132,5	142,5	142,5	90,0	100,0	105,0	100,0	175,0	182,5	190,0	190,0	432,5	260,28
5	Jun 20-23	Driesen Pieter	Bodyforce Opplabeek	102,0	0,5495	140,0	147,5	155,0	155,0	97,5	102,5	107,5	107,5	180,0	190,0	195,0	195,0	457,5	251,40
Men Veterans 50 - 54 Years																			
1	Vet 50-54	Awouters Marc	Bodyforce Opplabeek	82,7	0,6183	107,5	112,5	112,5	112,5	65,0	70,0	72,5	72,5	120,0	130,0	137,5	137,5	322,5	199,40
Men Seniors																			
1	Seniors	Heyninck Jonathan	Marfac Gym Herentals	86,6	0,5995	175,0	185,0	195,0	195,0	117,5	127,5	135,0	135,0	195,0	207,5	220,0	220,0	550,0	329,73
2	Seniors	Vandaele Matthias	Powerclub Diksmuide	88,5	0,5914	165,0	175,0	X	175,0	130,0	135,0	140,0	135,0	220,0	230,0	235,0	235,0	545,0	322,31
3	Seniors	Noben Ward	Bodyforce Opplabeek	95,4	0,5666	152,0	160,0	167,5	167,5	112,5	120,0	127,5	127,5	210,0	222,5	232,5	232,5	527,5	298,88
4	Seniors	Derycke Frederik	Powerclub Diksmuide	95,9	0,5651	145,0	160,0	165,0	165,0	150,0	157,5	157,5	150,0	160,0	175,0	182,5	182,5	497,5	281,14
5	Seniors	Schraeyen Kenny	Marfac Gym Herentals	91,1	0,5812	135,0	145,0	155,0	155,0	100,0	105,0	107,5	107,5	185,0	195,0	202,5	202,5	465,0	270,26
6	Seniors	De Wit Brendon	Powerclub Diksmuide	76,7	0,6530	115,0	125,0	130,0	125,0	87,5	92,5	100,0	92,5	182,5	190,0	195,0	195,0	412,5	269,36
7	Seniors	Geuns Geert	Bodyforce Opplabeek	88,2	0,5926	140,0	145,0	150,0	150,0	105,0	110,0	112,5	110,0	165,0	175,0	180,0	180,0	440,0	260,74
8	Seniors	De Seins Jonas	Powerclub Diksmuide	108,5	0,5384	162,5	170,0	170,0	162,5	100,0	105,0	110,0	110,0	190,0	200,0	207,5	207,5	480,0	258,43
9	Seniors	Savenay Andy	Bodyforce Opplabeek	96,8	0,5624	142,5	142,5	142,5	0,0	75,0	82,5	90,0	82,5	175,0	185,0	200,0	200,0	282,5	158,88

Men Elite

1	Elite	De Coninck Kristof	Marfac Gym Herentals	120,0	0,5270	220,0	240,0	X	240,0	160,0	170,0	X	160,0	315,0	336,0	340,0	335,0	735,0	387,35
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Beste Totaal Dames:

1	Vet 55-59	Timmermans Annie	Powerclub Diksmuide	55,3	0,8870	55,0	60,0	70,0	60,0	30,0	35,0	35,0	30,0	90,0	95,0	X	95,0	185,0	164,10
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Beste Totaal Heren:

1	Elite	De Coninck Kristof	Marfac Gym Herentals	120,0	0,5270	220,0	240,0	X	240,0	160,0	170,0	X	160,0	315,0	336,0	340,0	335,0	735,0	387,35
2	Seniors	Vandaele Matthias	Powerclub Diksmuide	88,5	0,5914	165,0	175,0	X	175,0	130,0	135,0	140,0	135,0	220,0	230,0	235,0	235,0	545,0	322,31
3	Seniors	Noben Ward	Bodyforce Opglabbeek	95,4	0,5666	152,0	160,0	167,5	167,5	112,5	120,0	127,5	127,5	210,0	222,5	232,5	232,5	527,5	298,88

Volgende Wedstrijden:

08-12-19

Algemene Vergadering

Herentals