



NATIONAL
AMATEUR
BODY
BUILDERS
ASSOCIATION



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Uitslag Belgisch Kampioenschap Squat 2019
Resultats Championnat De Belgique Squat 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	55,0	60,0	65,0		60,0	46,09
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Dames Seniors

1	Seniors	Coussee Evelyne	Powerclub Diksmuide	106,8	0,5408	35,0	45,0	55,0		55,0	29,74
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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	180,0	185,0		185,0	109,09
2	Jun 20-23	Lorenc Krystian	Powerclub Diksmuide	86,5	0,6000	145,0	150,0	160,0		160,0	96,00
3	Jun 13-15	Alali Jamal	Pat's Activity Center Baze	78,5	0,6418	115,0	125,0	130,0		130,0	83,43

Heren - Hommes Veteranen - Vétérans 60-79 jaar - ans

1	Vet 60-64	Van den Eynden Luc	Powerclub Diksmuide	73,7	0,6737	132,5	132,5	135,0	142,5	135,0	90,95
2	Vet 75-79	Theyssens Martin	Powerclub Diksmuide	89,5	0,5873	x	75,0	80,0		0,0	0,00

Heren - Hommes Seniors

1	Seniors	Derycke Frederik	Powerclub Diksmuide	92,3	0,5768	130,0	135,0	157,5		157,5	90,85
2	Seniors	Lampo Robby	Powerclub Diksmuide	120,1	0,5269	160,0	170,0	170,0		170,0	89,57
3	Seniors	Pauwaert Sidney	Powerclub Diksmuide	81,2	0,6262	135,0	142,5	147,5		142,5	89,23

Heren - Hommes Buitenlanders - Etrangers

1	Buitenl.	Van Son Michiel	Marfac Gym Herentals	74,0	0,6716	160,0	170,0	177,5	180,0	177,5	119,21
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Beste - Meilleur résultat Squat Dames

1	Jun 18-19	Gobbin Thebe	Pat's Activity Center Baze	63,5	0,7682	55,0	60,0	65,0		60,0	46,09
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Beste - Meilleur résultat Squat Heren - Hommes

1	Buitenl.	Van Son Michiel	Marfac Gym Herentals	74,0	0,6716	160,0	170,0	177,5	180,0	177,5	119,21
2	Jun 20-23	Cheaitli Hatem	Pat's Activity Center Baze	88,9	0,5897	165,0	180,0	185,0		185,0	109,09
3	Jun 20-23	Lorenc Krystian	Powerclub Diksmuide	86,5	0,6000	145,0	150,0	160,0		160,0	96,00

Juryleden

Mercier Raymond	Claus Geert	Bakeland Anthony
Timmermans Annie		

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