

Laatste update records: 15/09/2024

BELGISCHE RECORDS GEWICHTHEFFEN

DAMES

SENIOREN (OPEN KLASSE)

		SNATCH		CLEAN&JERK		TOTAAL	
-45	minimum		55	minimum		68	123
-49	Nina Sterckx	KOG	89	Nina Sterckx	KOG	104	193
-55	Nina Sterckx	KOG	95	Nina Sterckx	KOG	118	213
-59	Nina Sterckx	KOG	102	Nina Sterckx	KOG	122	221
-64	Nina Sterckx	KOG	101	Nina Sterckx	KOG	123	224
-71	Manon Angonese	LFPH	95	Manon Angonese	LFPH	118	208
-76	Iris Dossche	CFG	88	Iris Dossche	CFG	104	190
-81	Ilke Lagrou	KOG	106	Ilke Lagrou	KOG	128	234
-87	Anna Van Bellinghen	LFPH	105	Ilke Lagrou	KOG	129	231
+87	Anna Van Bellinghen	LFPH	98	Anna Van Bellinghen	LFPH	123	219

VLAAMSE RECORDS GEWICHTHEFFEN

DAMES

SENIOREN (OPEN KLASSE)

		SNATCH		CLEAN&JERK		TOTAAL	
-45	minimum		55	minimum		68	123
-49	Nina Sterckx	KOG	89	Nina Sterckx	KOG	104	193
-55	Nina Sterckx	KOG	95	Nina Sterckx	KOG	118	213
-59	Nina Sterckx	KOG	102	Nina Sterckx	KOG	122	221
-64	Nina Sterckx	KOG	101	Nina Sterckx	KOG	123	224
-71	Merel Van Beers	OM	81	Eva Stassijns	DDC	102	183
-76	Iris Dossche	CFG	88	Iris Dossche	CFG	104	190
-81	Ilke Lagrou	KOG	106	Ilke Lagrou	KOG	128	234
-87	Ilke Lagrou	KOG	104	Ilke Lagrou	KOG	129	231
+87	minimum		83	minimum		101	184

BELGISCHE RECORDS GEWICHTHEFFEN**DAMES****JUNIOREN**

		SNATCH		CLEAN&JERK				TOTAAL	
-45	minimum		47	minimum		58	minimum	105	
-49	Nina Sterckx	KOG	89	Nina Sterckx	KOG	104	Nina Sterckx	KOG	193
-55	Nina Sterckx	KOG	95	Nina Sterckx	KOG	118	Nina Sterckx	KOG	213
-59	Nina Sterckx	KOG	95	Nina Sterckx	KOG	115	Nina Sterckx	KOG	208
-64	Annelien Vandenabeele	KOG	80	Merel Van Beers	OM	97	Annelien Vandenabeele	KOG	173
-71	Merel Van Beers	OM	81	Merel Van Beers	OM	103	Merel Van Beers	OM	183
-76	Doriane Holsbeek	LFPH	72	Doriane Holsbeek	LFPH	87	Doriane Holsbeek	LFPH	159
-81	minimum		68	minimum		84	minimum	152	
-87	minimum		71	minimum		86	minimum	157	
+87	minimum		71	minimum		86	minimum	157	

VLAAMSE RECORDS GEWICHTHEFFEN**DAMES****JUNIOREN**

		SNATCH		CLEAN&JERK				TOTAAL	
-45	minimum		47	minimum		58	minimum	105	
-49	Nina Sterckx	KOG	89	Nina Sterckx	KOG	104	Nina Sterckx	KOG	193
-55	Nina Sterckx	KOG	95	Nina Sterckx	KOG	118	Nina Sterckx	KOG	213
-59	Nina Sterckx	KOG	95	Nina Sterckx	KOG	115	Nina Sterckx	KOG	208
-64	Annelien Vandenabeele	KOG	80	Merel Van Beers	OM	97	Annelien Vandenabeele	KOG	173
-71	Merel Van Beers	OM	81	Merel Van Beers	OM	103	Merel Van Beers	OM	183
-76	minimum		67	minimum		81	minimum	148	
-81	minimum		68	minimum		84	minimum	152	
-87	minimum		71	minimum		86	minimum	157	
+87	minimum		71	minimum		86	minimum	157	

BELGISCHE RECORDS GEWICHTHEFFEN**MEISJES****KADETTEN (tot en met 17j)**

		SNATCH		CLEAN&JERK				TOTAAL	
-35	minimum		31	minimum	38	minimum		69	
-40	minimum		35	minimum	43	minimum		78	
-45	minimum		39	minimum	48	minimum		87	
-49	Nina Sterckx	KOG	83	Nina Sterckx	KOG	93	Nina Sterckx	KOG	176
-55	Nina Sterckx	KOG	88	Nina Sterckx	KOG	103	Nina Sterckx	KOG	190
-59	Nina Sterckx	KOG	83	Nina Sterckx	KOG	102	Nina Sterckx	KOG	185
-64	Andrada Galvao Pereira	LFPH	75	Andrada Galvao Pereira	LFPH	95	Andrada Galvao Pereira	LFPH	168
-71	Roos Van Beers	OM	74	Roos Van Beers	OM	83	Roos Van Beers	OM	157
-76	Sarah Peeters	LFPH	60	Sarah Peeters	LFPH	70	Sarah Peeters	LFPH	130
-81	minimum		57	minimum	69	minimum		126	
+81	minimum		59	minimum	71	minimum		130	

VLAAMSE RECORDS GEWICHTHEFFEN**MEISJES****KADETTEN (tot en met 17j)**

		SNATCH		CLEAN&JERK				TOTAAL	
-35	minimum		31	minimum	38	minimum		69	
-40	minimum		35	minimum	43	minimum		78	
-45	minimum		39	minimum	48	minimum		87	
-49	Nina Sterckx	KOG	83	Nina Sterckx	KOG	93	Nina Sterckx	KOG	176
-55	Nina Sterckx	KOG	88	Nina Sterckx	KOG	103	Nina Sterckx	KOG	190
-59	Nina Sterckx	KOG	83	Nina Sterckx	KOG	102	Nina Sterckx	KOG	185
-64	Merel Van Beers	OM	70	Merel Van Beers	OM	85	Merel Van Beers	OM	155
-71	Roos Van Beers	OM	74	Roos Van Beers	OM	83	Roos Van Beers	OM	157
-76	minimum		55	minimum	67	minimum		122	
-81	minimum		57	minimum	69	minimum		126	
+81	minimum		59	minimum	71	minimum		130	

BELGISCHE RECORDS GEWICHTHEFFEN**MEISJES****KADETTEN (tot en met 15j)**

			SNATCH			CLEAN&JERK			TOTAAL
-35	Milla Quintelier	CFDMD	29	Milla Quintelier	CFDMD	38	Milla Quintelier	CFDMD	67
-40	minimum		29	minimum		36	minimum		65
-45	Ella Quintelier	CFDMD	38	Ella Quintelier	CFDMD	49	Ella Quintelier	CFDMD	87
-49	Julie De Wispelaere	KOG	54	Julie De Wispelaere	KOG	63	Julie De Wispelaere	KOG	117
-55	Annelien Vandenabeele	KOG	71	Annelien Vandenabeele	KOG	91	Annelien Vandenabeele	KOG	162
-59	Annelien Vandenabeele	KOG	69	Andrada Galvao Pereira	LFPH	86	Andrada Galvao Pereira	LFPH	154
-64	Andrada Galvao Pereira	LFPH	75	Andrada Galvao Pereira	LFPH	95	Andrada Galvao Pereira	LFPH	168
-71	Alissa Ezzeddine	LFPH	58	Alissa Ezzeddine	LFPH	70	Alissa Ezzeddine	LFPH	126
-76	minimum		45	minimum		56	minimum		101
-81	minimum		47	minimum		57	minimum		104
+81	minimum		48	minimum		59	minimum		107

VLAAMSE RECORDS GEWICHTHEFFEN**MEISJES****KADETTEN (tot en met 15j)**

			SNATCH			CLEAN&JERK			TOTAAL
-35	Milla Quintelier	CFDMD	29	Milla Quintelier	CFDMD	38	Milla Quintelier	CFDMD	67
-40	minimum		29	minimum		36	minimum		65
-45	Ella Quintelier	CFDMD	38	Ella Quintelier	CFDMD	49	Ella Quintelier	CFDMD	87
-49	Julie De Wispelaere	KOG	54	Julie De Wispelaere	KOG	63	Julie De Wispelaere	KOG	117
-55	Annelien Vandenabeele	KOG	71	Annelien Vandenabeele	KOG	91	Annelien Vandenabeele	KOG	162
-59	Annelien Vandenabeele	KOG	69	Annelien Vandenabeele	KOG	80	Annelien Vandenabeele	KOG	149
-64	Lise Sterckx	KOG	62	Lise Sterckx	KOG	76	Lise Sterckx	KOG	138
-71	minimum		44	minimum		54	minimum		98
-76	minimum		45	minimum		56	minimum		101
-81	minimum		47	minimum		57	minimum		104
+81	minimum		48	minimum		59	minimum		107

BELGISCHE RECORDS GEWICHTHEFFEN -Sinds 1/11/2018 - Nog niet gevalideerd**MEISJES****KADETTEN (tot en met 13j)**

			SNATCH			CLEAN&JERK			TOTAAL
-25	minimum			minimum					
-30	Milla Quintelier	CFDMD	20	Milla Quintelier	CFDMD	24	Milla Quintelier	CFDMD	44
-35	Milla Quintelier	CFDMD	29	Milla Quintelier	CFDMD	38	Milla Quintelier	CFDMD	67
-40	Silke Vijverman	HOW	21	Silke Vijverman	HOW	27	Silke Vijverman	HOW	48
-45	Andrada Galvao Pereira	CHFS	35	Andrada Galvao Pereira	CHFS	43	Andrada Galvao Pereira	CHFS	78
-49	Andrada Galvao Pereira	CHFS	43	Andrada Galvao Pereira	CHFS	57	Andrada Galvao Pereira	CHFS	100
-55	Andrada Galvao Pereira	CHFS	51	Andrada Galvao Pereira	CHFS	61	Andrada Galvao Pereira	CHFS	112
-59	Andrada Galvao Pereira	CHFS	58	Andrada Galvao Pereira	CHFS	71	Andrada Galvao Pereira	CHFS	126
-64	Jamilia Ettijrini	KSW	28	Jamilia Ettijrini	KSW	35	Jamilia Ettijrini	KSW	63
-71	Jamilia Ettijrini	KSW	30	Jamilia Ettijrini	KSW	38	Jamilia Ettijrini	KSW	68
+71	Jamilia Ettijrini	KSW	39	Jamilia Ettijrini	KSW	48	Jamilia Ettijrini	KSW	87

VLAAMSE RECORDS GEWICHTHEFFEN**MEISJES****KADETTEN (tot en met 13j)**

			SNATCH			CLEAN&JERK			TOTAAL
-25	minimum			minimum					
-30	Milla Quintelier	CFDMD	20	Milla Quintelier	CFDMD	24	Milla Quintelier	CFDMD	44
-35	Milla Quintelier	CFDMD	29	Milla Quintelier	CFDMD	38	Milla Quintelier	CFDMD	67
-40	Silke Vijverman	HOW	21	Silke Vijverman	HOW	27	Silke Vijverman	HOW	48
-45	Ella Quintelier	CFDMD	31	Ella Quintelier	CFDMD	36	Ella Quintelier	CFDMD	67
-49	Auke De Vylder	CFDMD	30	Auke De Vylder	CFDMD	36	Auke De Vylder	CFDMD	65
-55	Auke De Vylder	CFDMD	41	Auke De Vylder	CFDMD	48	Auke De Vylder	CFDMD	89
-59	Jamilia Ettijrini	KSW	15	Jamilia Ettijrini	KSW	23	Jamilia Ettijrini	KSW	38
-64	Jamilia Ettijrini	KSW	28	Jamilia Ettijrini	KSW	35	Jamilia Ettijrini	KSW	63
-71	Jamilia Ettijrini	KSW	30	Jamilia Ettijrini	KSW	38	Jamilia Ettijrini	KSW	68
+71	Jamilia Ettijrini	KSW	39	Jamilia Ettijrini	KSW	48	Jamilia Ettijrini	KSW	87

BELGISCHE RECORDS MASTERS (DAMES)													
	-45	-49	-55	-59	-64	-71	-76	-81	-87	+87			
	Master 35-39	Master 35-39	Master 35-39	Master 35-39	Master 35-39	Master 35-39	Master 35-39	Master 35-39	Master 35-39	Master 35-39	Master 35-39	Master 35-39	Master 35-39
Snatch	40	43	47	Vicky Verreycken Strive 57	Annelien Crol OM 79	Lindsey Portee OM 71	Jeuris Ines CMC 72	Laetitia Beyne LFPH 65	minimum 60	minimum 62	minimum 60	minimum 62	minimum 62
Clean&Jerk	49	53	57	Vicky Verreycken Strive 74	Annelien Crol OM 94	Sofie Van Der Jonckheyd CFM 88	Jeuris Ines CMC 90	Laetitia Beyne LFPH 90	minimum 74	minimum 76	minimum 74	minimum 76	minimum 76
Totaal	89	96	104	Vicky Verreycken Strive 131	Annelien Crol OM 173	Sofie Van Der Jonckheyd CFM 155	Jeuris Ines CMC 162	Laetitia Beyne LFPH 155	minimum 134	minimum 138	minimum 134	minimum 138	minimum 138
	Master 40-44	Master 40-44	Master 40-44	Master 40-44	Master 40-44	Master 40-44	Master 40-44	Master 40-44	Master 40-44	Master 40-44	Master 40-44	Master 40-44	Master 40-44
Snatch	38	Elsie Peeters KOG 48	Elsie Peeters KOG 48	Virginie Lemoine 49	Els Maes KOG 66	Els Maes KOG 67	minimum 54	minimum 55	minimum 57	minimum 59	minimum 54	minimum 57	minimum 59
Clean&Jerk	46	Elsie Peeters KOG 65	Elsie Peeters KOG 62	Virginie Lemoine 57	Els Maes KOG 85	Els Maes KOG 86	Isabelle Steenhaut KOG 70	minimum 68	minimum 69	minimum 71	minimum 68	minimum 69	minimum 71
Totaal	84	Elsie Peeters KOG 113	Elsie Peeters KOG 110	Virginie Lemoine 106	Els Maes KOG 151	Els Maes KOG 153	Isabelle Steenhaut KOG 122	minimum 123	minimum 126	minimum 130	minimum 126	minimum 126	minimum 130
	Master 45-49	Master 45-49	Master 45-49	Master 45-49	Master 45-49	Master 45-49	Master 45-49	Master 45-49	Master 45-49	Master 45-49	Master 45-49	Master 45-49	Master 45-49
Snatch	36	38	Elsie Peeters KOG 44	minimum 44	minimum 46	Isabelle Steenhaut KOG 55	Isabelle Steenhaut KOG 56	minimum 52	minimum 54	minimum 55	minimum 54	minimum 55	minimum 55
Clean&Jerk	44	47	Elsie Peeters KOG 58	Praxedes Moreno Gomez LFPH 56	Corinne Huart 56	Isabelle Steenhaut KOG 66	Isabelle Steenhaut KOG 69	minimum 64	minimum 65	minimum 68	minimum 65	minimum 68	minimum 68
Totaal	80	85	Elsie Peeters KOG 102	Virginie Lemoine 97	minimum 102	Isabelle Steenhaut KOG 121	Isabelle Steenhaut KOG 124	minimum 116	minimum 119	minimum 123	minimum 119	minimum 123	minimum 123
	Master 50-54	Master 50-54	Master 50-54	Master 50-54	Master 50-54	Master 50-54	Master 50-54	Master 50-54	Master 50-54	Master 50-54	Master 50-54	Master 50-54	Master 50-54
Snatch	34	36	39	minimum 41	minimum 43	minimum 46	minimum 48	minimum 49	minimum 50	minimum 52	minimum 50	minimum 52	minimum 52
Clean&Jerk	41	44	48	minimum 51	minimum 53	minimum 56	minimum 58	minimum 60	minimum 62	minimum 64	minimum 62	minimum 64	minimum 64
Totaal	75	80	87	minimum 92	minimum 96	minimum 102	minimum 106	minimum 109	minimum 112	minimum 116	minimum 112	minimum 116	minimum 116
	Master 55-59	Master 55-59	Master 55-59	Master 55-59	Master 55-59	Master 55-59	Master 55-59	Master 55-59	Master 55-59	Master 55-59	Master 55-59	Master 55-59	Master 55-59
Snatch	31	33	36	minimum 38	minimum 40	minimum 42	Alea Fairchild LFPH 44	minimum 45	minimum 46	minimum 48	minimum 45	minimum 48	minimum 48
Clean&Jerk	38	41	45	minimum 47	minimum 49	minimum 52	Alea Fairchild LFPH 57	minimum 55	minimum 57	minimum 59	minimum 55	minimum 59	minimum 59
Totaal	69	74	81	minimum 85	minimum 89	minimum 94	Alea Fairchild LFPH 100	minimum 100	minimum 103	minimum 107	minimum 103	minimum 107	minimum 107
	Master 60-64	Master 60-64	Master 60-64	Master 60-64	Master 60-64	Master 60-64	Master 60-64	Master 60-64	Master 60-64	Master 60-64	Master 60-64	Master 60-64	Master 60-64
Snatch	28	31	33	minimum 35	minimum 36	minimum 39	minimum 40	Isabelle Genot LFPH 43	minimum 43	minimum 44	minimum 43	minimum 44	minimum 44
Clean&Jerk	35	37	41	minimum 42	minimum 45	minimum 47	Alea Fairchild LFPH 49	Isabelle Genot LFPH 58	minimum 52	minimum 54	minimum 52	minimum 54	minimum 54
Totaal	63	68	74	minimum 77	minimum 81	minimum 86	minimum 89	Isabelle Genot LFPH 100	minimum 95	minimum 98	minimum 95	minimum 98	minimum 98
	Master 65-69	Master 65-69	Master 65-69	Master 65-69	Master 65-69	Master 65-69	Master 65-69	Master 65-69	Master 65-69	Master 65-69	Master 65-69	Master 65-69	Master 65-69
Snatch	26	28	30	minimum 32	minimum 33	minimum 36	minimum 36	minimum 38	minimum 39	minimum 40	minimum 39	minimum 40	minimum 40
Clean&Jerk	32	34	37	minimum 38	minimum 41	minimum 43	minimum 45	minimum 46	minimum 47	minimum 49	minimum 46	minimum 49	minimum 49
Totaal	58	62	67	minimum 70	minimum 74	minimum 79	minimum 81	minimum 84	minimum 86	minimum 89	minimum 86	minimum 89	minimum 89
	Master 70-74	Master 70-74	Master 70-74	Master 70-74	Master 70-74	Master 70-74	Master 70-74	Master 70-74	Master 70-74	Master 70-74	Master 70-74	Master 70-74	Master 70-74
Snatch	23	25	27	minimum 28	minimum 30	minimum 32	minimum 32	minimum 34	minimum 35	minimum 36	minimum 35	minimum 36	minimum 36
Clean&Jerk	28	30	33	minimum 35	minimum 36	minimum 38	minimum 40	minimum 41	minimum 42	minimum 43	minimum 41	minimum 43	minimum 43
Totaal	51	55	60	minimum 63	minimum 66	minimum 70	minimum 72	minimum 75	minimum 77	minimum 79	minimum 75	minimum 79	minimum 79
	Master 75-80	Master 75-80	Master 75-80	Master 75-80	Master 75-80	Master 75-80	Master 75-80	Master 75-80	Master 75-80	Master 75-80	Master 75-80	Master 75-80	Master 75-80
Snatch	20	22	24	minimum 25	minimum 26	minimum 28	minimum 29	minimum 30	minimum 31	minimum 32	minimum 31	minimum 32	minimum 32
Clean&Jerk	25	26	29	minimum 30	minimum 32	minimum 34	minimum 35	minimum 36	minimum 37	minimum 38	minimum 36	minimum 38	minimum 38
Totaal	45	48	53	minimum 55	minimum 58	minimum 62	minimum 64	minimum 66	minimum 68	minimum 70	minimum 66	minimum 70	minimum 70
	Master 80-84	Master 80-84	Master 80-84	Master 80-84	Master 80-84	Master 80-84	Master 80-84	Master 80-84	Master 80-84	Master 80-84	Master 80-84	Master 80-84	Master 80-84
Snatch	17	18	20	minimum 21	minimum 22	minimum 23	minimum 24	minimum 25	minimum 26	minimum 27	minimum 25	minimum 26	minimum 27
Clean&Jerk	21	23	25	minimum 26	minimum 27	minimum 29	minimum 30	minimum 31	minimum 31	minimum 32	minimum 31	minimum 32	minimum 32
Totaal	38	41	45	minimum 47	minimum 49	minimum 52	minimum 54	minimum 56	minimum 57	minimum 59	minimum 56	minimum 59	minimum 59

VLAAMSE RECORDS MASTERS (DAMES)																									
	-45		-49		-55		-59		-64		-71		-76		-81		-87		+87						
	Master 35-39		Master 35-39		Master 35-39		Master 35-39		Master 35-39		Master 35-39		Master 35-39		Master 35-39		Master 35-39		Master 35-39						
Snatch	minimum	40	minimum	43	minimum	47	Vicky Verreycken	Strive	57	Annelien Crol	OM	79	Lindsey Portee	OM	71	Jeuris Ines	CMC	72	minimum	59	minimum	60	minimum	62	
Clean&Jerk	minimum	49	minimum	53	minimum	57	Vicky Verreycken	Strive	74	Annelien Crol	OM	94	Sofie Van Der Jonckheyd	CFM	88	Jeuris Ines	CMC	90	minimum	71	minimum	74	minimum	76	
Totaal	minimum	89	minimum	96	minimum	104	Vicky Verreycken	Strive	131	Annelien Crol	OM	173	Sofie Van Der Jonckheyd	CFM	155	Jeuris Ines	CMC	162	minimum	130	minimum	134	minimum	138	
	Master 40-44		Master 40-44		Master 40-44		Master 40-44		Master 40-44		Master 40-44		Master 40-44		Master 40-44		Master 40-44		Master 40-44						
Snatch	minimum	38	Elsie Peeters	KOG	48	Elsie Peeters	KOG	48	minimum	46	Els Maes	KOG	66	Els Maes	KOG	67	minimum	54	minimum	55	minimum	57	minimum	59	
Clean&Jerk	minimum	46	Elsie Peeters	KOG	65	Elsie Peeters	KOG	62	minimum	57	Els Maes	KOG	85	Els Maes	KOG	86	Isabelle Steenhaut	KOG	70	minimum	68	minimum	69	minimum	71
Totaal	minimum	84	Elsie Peeters	KOG	113	Elsie Peeters	KOG	110	minimum	103	Els Maes	KOG	151	Els Maes	KOG	153	Isabelle Steenhaut	KOG	122	minimum	123	minimum	126	minimum	130
	Master 45-49		Master 45-49		Master 45-49		Master 45-49		Master 45-49		Master 45-49		Master 45-49		Master 45-49		Master 45-49		Master 45-49						
Snatch	minimum	36	minimum	38	Elsie Peeters	KOG	44	minimum	44	minimum	46	Isabelle Steenhaut	KOG	55	Isabelle Steenhaut	KOG	56	minimum	52	minimum	54	minimum	55		
Clean&Jerk	minimum	44	minimum	47	Elsie Peeters	KOG	58	minimum	53	minimum	56	Isabelle Steenhaut	KOG	66	Isabelle Steenhaut	KOG	69	minimum	64	minimum	65	minimum	68		
Totaal	minimum	80	minimum	85	Elsie Peeters	KOG	102	minimum	97	minimum	102	Isabelle Steenhaut	KOG	121	Isabelle Steenhaut	KOG	124	minimum	116	minimum	119	minimum	123		
	Master 50-54		Master 50-54		Master 50-54		Master 50-54		Master 50-54		Master 50-54		Master 50-54		Master 50-54		Master 50-54		Master 50-54						
Snatch	minimum	34	minimum	36	minimum	39	minimum	41	minimum	43	minimum	46	minimum	48	minimum	49	minimum	50	minimum	50	minimum	52	minimum	52	
Clean&Jerk	minimum	41	minimum	44	minimum	48	minimum	51	minimum	53	minimum	56	minimum	58	minimum	60	minimum	62	minimum	62	minimum	64	minimum	64	
Totaal	minimum	75	minimum	80	minimum	87	minimum	92	minimum	96	minimum	102	minimum	106	minimum	109	minimum	112	minimum	109	minimum	112	minimum	116	
	Master 55-59		Master 55-59		Master 55-59		Master 55-59		Master 55-59		Master 55-59		Master 55-59		Master 55-59		Master 55-59		Master 55-59						
Snatch	minimum	31	minimum	33	minimum	36	minimum	38	minimum	40	minimum	42	minimum	44	minimum	45	minimum	46	minimum	46	minimum	48	minimum	48	
Clean&Jerk	minimum	38	minimum	41	minimum	45	minimum	47	minimum	49	minimum	52	minimum	54	minimum	55	minimum	57	minimum	57	minimum	59	minimum	59	
Totaal	minimum	69	minimum	74	minimum	81	minimum	85	minimum	89	minimum	94	minimum	98	minimum	100	minimum	103	minimum	103	minimum	107	minimum	107	
	Master 60-64		Master 60-64		Master 60-64		Master 60-64		Master 60-64		Master 60-64		Master 60-64		Master 60-64		Master 60-64		Master 60-64						
Snatch	minimum	28	minimum	31	minimum	33	minimum	35	minimum	36	minimum	39	minimum	40	minimum	41	minimum	43	minimum	44	minimum	44	minimum	44	
Clean&Jerk	minimum	35	minimum	37	minimum	41	minimum	42	minimum	45	minimum	47	minimum	49	minimum	51	minimum	52	minimum	54	minimum	54	minimum	54	
Totaal	minimum	63	minimum	68	minimum	74	minimum	77	minimum	81	minimum	86	minimum	89	minimum	92	minimum	95	minimum	98	minimum	98	minimum	98	
	Master 65-69		Master 65-69		Master 65-69		Master 65-69		Master 65-69		Master 65-69		Master 65-69		Master 65-69		Master 65-69		Master 65-69						
Snatch	minimum	26	minimum	28	minimum	30	minimum	32	minimum	33	minimum	36	minimum	36	minimum	38	minimum	39	minimum	39	minimum	40	minimum	40	
Clean&Jerk	minimum	32	minimum	34	minimum	37	minimum	38	minimum	41	minimum	43	minimum	45	minimum	46	minimum	47	minimum	47	minimum	49	minimum	49	
Totaal	minimum	58	minimum	62	minimum	67	minimum	70	minimum	74	minimum	79	minimum	81	minimum	84	minimum	86	minimum	84	minimum	86	minimum	89	
	Master 70-74		Master 70-74		Master 70-74		Master 70-74		Master 70-74		Master 70-74		Master 70-74		Master 70-74		Master 70-74		Master 70-74						
Snatch	minimum	23	minimum	25	minimum	27	minimum	28	minimum	30	minimum	32	minimum	32	minimum	34	minimum	35	minimum	35	minimum	36	minimum	36	
Clean&Jerk	minimum	28	minimum	30	minimum	33	minimum	35	minimum	36	minimum	38	minimum	40	minimum	41	minimum	42	minimum	42	minimum	43	minimum	43	
Totaal	minimum	51	minimum	55	minimum	60	minimum	63	minimum	66	minimum	70	minimum	72	minimum	75	minimum	77	minimum	77	minimum	79	minimum	79	
	Master 75-80		Master 75-80		Master 75-80		Master 75-80		Master 75-80		Master 75-80		Master 75-80		Master 75-80		Master 75-80		Master 75-80						
Snatch	minimum	20	minimum	22	minimum	24	minimum	25	minimum	26	minimum	28	minimum	29	minimum	30	minimum	31	minimum	31	minimum	32	minimum	32	
Clean&Jerk	minimum	25	minimum	26	minimum	29	minimum	30	minimum	32	minimum	34	minimum	35	minimum	36	minimum	37	minimum	37	minimum	38	minimum	38	
Totaal	minimum	45	minimum	48	minimum	53	minimum	55	minimum	58	minimum	62	minimum	64	minimum	66	minimum	68	minimum	68	minimum	70	minimum	70	
	Master 80-84		Master 80-84		Master 80-84		Master 80-84		Master 80-84		Master 80-84		Master 80-84		Master 80-84		Master 80-84		Master 80-84						
Snatch	minimum	17	minimum	18	minimum	20	minimum	21	minimum	22	minimum	23	minimum	24	minimum	25	minimum	26	minimum	26	minimum	27	minimum	27	
Clean&Jerk	minimum	21	minimum	23	minimum	25	minimum	26	minimum	27	minimum	29	minimum	30	minimum	31	minimum	31	minimum	31	minimum	32	minimum	32	
Totaal	minimum	38	minimum	41	minimum	45	minimum	47	minimum	49	minimum	52	minimum	54	minimum	56	minimum	57	minimum	57	minimum	59	minimum	59	

BELGISCHE RECORDS GEWICHTHEFFEN**MANNEN****SENIOREN (OPEN KLASSE)**

		SNATCH		CLEAN&JERK				TOTAAL	
-55	minimum		83	minimum		101	minimum	184	
-61	Jens Van Beek	A21	90	Jens Van Beek	A21	113	Jens Van Beek	A21	203
-67	Attila Aydogan	LFPH	110	Attila Aydogan	LFPH	130	Attila Aydogan	LFPH	240
-73	Attila Aydogan	LFPH	107	Loric Peters	LFPH	130	Stefano Vassallo	LFPH	233
-81	Youssef El Amrani	LFPH	125	Youssef El Amrani	LFPH	155	Youssef El Amrani	LFPH	275
-89	Burak Süngü	KOG	158	Burak Süngü	KOG	178	Burak Süngü	KOG	336
-96	Burak Süngü	KOG	161	Burak Süngü	KOG	180	Burak Süngü	KOG	341
-102	Seppe Housen	LFPH	137	Seppe Housen	LFPH	178	Seppe Housen	LFPH	313
-109	Seppe Housen	LFPH	140	Seppe Housen	LFPH	175	Seppe Housen	LFPH	310
+109	Tom Van Thienen	KOG	126	Nik Van Oppens	KOG	159	Tom Van Thienen	KOG	283

VLAAMSE RECORDS GEWICHTHEFFEN**MANNEN****SENIOREN (OPEN KLASSE)**

		SNATCH		CLEAN&JERK				TOTAAL	
-55	minimum		83	minimum		101	minimum	184	
-61	Jens Van Beek	A21	90	Jens Van Beek	A21	113	Jens Van Beek	A21	203
-67	Tom Goegebuer	KOG	104	Tom Goegbuer	KOG	127	Tom Goegebuer	KOG	230
-73	Tom Goegebuer	KOG	105	Ive Van Aggelpoel	KSW	129	Kenta Umegae	KOG	227
-81	Arnold Devriendt	BCE	108	Arnold Devriendt	BCE	132	Ymran Djavatkhanov	KOG	238
-89	Burak Süngü	KOG	158	Burak Süngü	KOG	178	Burak Süngü	KOG	336
-96	Burak Süngü	KOG	161	Burak Süngü	KOG	180	Burak Süngü	KOG	341
-102	Seppe Housen	CF3900	123	Thomas Boskamp	PSZ	153	Seppe Housen	CF3900	274
-109	Tom Van Thienen	KOG	122	Nik Van Oppens	KOG	151	Nik Van Oppens	BCE	271
+109	Tom Van Thienen	KOG	126	Nik Van Oppens	KOG	159	Tom Van Thienen	KOG	283

BELGISCHE RECORDS GEWICHTHEFFEN**MANNEN****JUNIOREN**

			SNATCH			CLEAN&JERK			TOTAAL
-55	minimum		71	minimum		87	minimum		158
-61	Jan Sterckx	KOG	82	Jan Sterckx	KOG	97	Jan Sterckx	KOG	177
-67	Attila Aydogan	LFPH	110	Attila Aydogan	LFPH	130	Attila Aydogan	LFPH	240
-73	Attila Aydogan	LFPH	107	Attila Aydogan	LFPH	125	Attila Aydogan	LFPH	228
-81	Berend Marien	STR	106	Berend Marien	STR	130	Berend Marien	STR	236
-89	Berend Marien	STR	121	Berend Marien	STR	142	Berend Marien	STR	262
-96	Berend Marien	STR	118	Berend Marien	STR	140	Berend Marien	STR	258
-102	Noah Kempen	LFPH	110	Noah Kempen	LFPH	130	Noah Kempen	LFPH	240
-109	minimum		103	minimum		125	minimum		228
+109	minimum		105	minimum		128	minimum		233

VLAAMSE RECORDS GEWICHTHEFFEN**MANNEN****JUNIOREN**

			SNATCH			CLEAN&JERK			TOTAAL
-55	minimum		71	minimum		87	minimum		158
-61	Jan Sterckx	KOG	82	Jan Sterckx	KOG	97	Jan Sterckx	KOG	177
-67	Jan Sterckx	KOG	91	Jan Sterckx	KOG	106	Jan Sterckx	KOG	196
-73	Cas Decancq	KOG	86	Cas Decancq	KOG	112	Cas Decancq	KOG	198
-81	Berend Marien	STR	106	Berend Marien	STR	130	Berend Marien	STR	236
-89	Berend Marien	STR	121	Berend Marien	STR	142	Berend Marien	STR	262
-96	Berend Marien	STR	118	Berend Marien	STR	140	Berend Marien	STR	258
-102	minimum		100	minimum		123	minimum		223
-109	minimum		103	minimum		125	minimum		228
+109	minimum		105	minimum		128	minimum		233

BELGISCHE RECORDS GEWICHTHEFFEN**JONGENS****KADETTEN (tot en met 17j)**

			SNATCH			CLEAN&JERK			TOTAAL
-44	minimum		50	minimum		60	minimum		110
-49	minimum		54	minimum		66	minimum		120
-55	Jan Sterckx	KOG	66	Jan Sterckx	KOG	81	Jan Sterckx	KOG	147
-61	Jan Sterckx	KOG	82	Jan Sterckx	KOG	97	Jan Sterckx	KOG	177
-67	Attila Aydogan	LFPH	95	Attila Aydogan	LFPH	112	Attila Aydogan	LFPH	207
-73	Guillaume Henrotte	LFPH	93	Guillaume Henrotte	LFPH	110	Guillaume Henrotte	LFPH	203
-81	Berend Marien	STR	106	Berend Marien	STR	130	Berend Marien	STR	236
-89	Stefan Laenen	OM	104	Stefan Laenen	OM	120	Stefan Laenen	OM	223
-96	minimum		82	minimum		100	minimum		182
-102	minimum		84	minimum		102	minimum		186
+102	minimum		86	minimum		104	minimum		190

VLAAMSE RECORDS GEWICHTHEFFEN**JONGENS****KADETTEN (tot en met 17j)**

			SNATCH			CLEAN&JERK			TOTAAL
-44	minimum		50	minimum		60	minimum		110
-49	minimum		54	minimum		66	minimum		120
-55	Jan Sterckx	KOG	66	Jan Sterckx	KOG	81	Jan Sterckx	KOG	147
-61	Jan Sterckx	KOG	82	Jan Sterckx	KOG	97	Jan Sterckx	KOG	177
-67	Jan Sterckx	KOG	91	Jan Sterckx	KOG	106	Jan Sterckx	KOG	196
-73	Berend Marien	STR	86	Berend Marien	STR	109	Berend Marien	STR	192
-81	Berend Marien	STR	106	Berend Marien	STR	130	Berend Marien	STR	236
-89	Stefan Laenen	OM	104	Stefan Laenen	OM	120	Stefan Laenen	OM	223
-96	minimum		82	minimum		100	minimum		182
-102	minimum		84	minimum		102	minimum		186
+102	minimum		86	minimum		104	minimum		190

BELGISCHE RECORDS GEWICHTHEFFEN**JONGENS****KADETTEN (tot en met 15j)**

			SNATCH		CLEAN&JERK			TOTAAL	
-44	Jan Sterckx	KOG	43	Jan Sterckx	KOG	54	Jan Sterckx	KOG	97
-49	Jan Sterckx	KOG	45	Jan Sterckx	KOG	61	Jan Sterckx	KOG	106
-55	Jan Sterckx	KOG	66	Jan Sterckx	KOG	81	Jan Sterckx	KOG	147
-61	Jan Sterckx	KOG	82	Jan Sterckx	KOG	97	Jan Sterckx	KOG	177
-67	Jan Sterckx	KOG	91	Jan Sterckx	KOG	106	Jan Sterckx	KOG	196
-73	Tibo Dierickx	KOG	73	Tibo Dierickx	KOG	89	Tibo Dierickx	KOG	162
-81	Tibo Dierickx	KOG	81	Tibo Dierickx	KOG	100	Tibo Dierickx	KOG	181
-89	minimum		64	minimum		78	minimum		142
-96	minimum		66	minimum		81	minimum		147
-102	minimum		68	minimum		82	minimum		150
+102	minimum		69	minimum		84	minimum		153

VLAAMSE RECORDS GEWICHTHEFFEN**JONGENS****KADETTEN (tot en met 15j)**

			SNATCH		CLEAN&JERK			TOTAAL	
-44	Jan Sterckx	KOG	43	Jan Sterckx	KOG	54	Jan Sterckx	KOG	97
-49	Jan Sterckx	KOG	45	Jan Sterckx	KOG	61	Jan Sterckx	KOG	106
-55	Jan Sterckx	KOG	66	Jan Sterckx	KOG	81	Jan Sterckx	KOG	147
-61	Jan Sterckx	KOG	82	Jan Sterckx	KOG	97	Jan Sterckx	KOG	177
-67	Jan Sterckx	KOG	91	Jan Sterckx	KOG	106	Jan Sterckx	KOG	196
-73	Tibo Dierickx	KOG	73	Tibo Dierickx	KOG	89	Tibo Dierickx	KOG	162
-81	Tibo Dierickx	KOG	81	Tibo Dierickx	KOG	100	Tibo Dierickx	KOG	181
-89	minimum		64	minimum		78	minimum		142
-96	minimum		66	minimum		81	minimum		147
-102	minimum		68	minimum		82	minimum		150
+102	minimum		69	minimum		84	minimum		153

BELGISCHE RECORDS GEWICHTHEFFEN -Sinds 1/11/2018 - Nog niet gevalideerd**JONGENS****KADETTEN (tot en met 13j)**

			SNATCH			CLEAN&JERK			TOTAAL
-34	Jan Sterckx	KOG	23	Jan Sterckx	KOG	33	Jan Sterckx	KOG	56
-39	Jan Sterckx	KOG	38	Jan Sterckx	KOG	48	Jan Sterckx	KOG	86
-44	Jan Sterckx	KOG	43	Jan Sterckx	KOG	54	Jan Sterckx	KOG	97
-49	Jan Sterckx	KOG	45	Jan Sterckx	KOG	61	Jan Sterckx	KOG	106
-55	Jan Sterckx	KOG	62	Jan Sterckx	KOG	75	Jan Sterckx	KOG	137
-61	Tibo Dierickx	KOG	49	Tibo Dierickx	KOG	65	Tibo Dierickx	KOG	114
-67	Daniel Yvanov Nsegna	LFPH	70	Daniel Yvanov Nsegna	LFPH	75	Daniel Yvanov Nsegna	LFPH	145
-73	Nolhan Pirsoul	La M€	37	Nolhan Pirsoul	La M€	48	Nolhan Pirsoul	La M€	85
-81	Nolhan Pirsoul	La M€	41	Nolhan Pirsoul	La M€	48	Nolhan Pirsoul	La M€	89
-89	minimum			minimum			minimum		
+89	minimum			minimum			minimum		

VLAAMSE RECORDS GEWICHTHEFFEN**JONGENS****KADETTEN (tot en met 13j)**

			SNATCH			CLEAN&JERK			TOTAAL
-34	Jan Sterckx	KOG	23	Jan Sterckx	KOG	33	Jan Sterckx	KOG	56
-39	Jan Sterckx	KOG	38	Jan Sterckx	KOG	48	Jan Sterckx	KOG	86
-44	Jan Sterckx	KOG	43	Jan Sterckx	KOG	54	Jan Sterckx	KOG	97
-49	Jan Sterckx	KOG	45	Jan Sterckx	KOG	61	Jan Sterckx	KOG	106
-55	Jan Sterckx	KOG	62	Jan Sterckx	KOG	75	Jan Sterckx	KOG	137
-61	Tibo Dierickx	KOG	49	Tibo Dierickx	KOG	65	Tibo Dierickx	KOG	114
-67	Jasper De Temmerman	KOG	31	Jasper De Temmerman	KOG	40	Jasper De Temmerman	KOG	71
-73	Jasper De Temmerman	KOG	25	Jasper De Temmerman	KOG	34	Jasper De Temmerman	KOG	59
-81	minimum			minimum			minimum		
-89	minimum			minimum			minimum		
+89	minimum			minimum			minimum		

BELGISCHE RECORDS MASTERS (MANNEN)														
	-55	-61	-67	-73	-81	-89	-96	-102	-109	+109				
	Master 35-39		Master 35-39		Master 35-39		Master 35-39		Master 35-39		Master 35-39		Master 35-39	
Snatch	minimum 61	minimum 66	Dexter Wegh KOG 91	Kenta Umegae PSZ 104	Christophe Orban LFPH 110	Christophe Orban LFPH 105	Valentin Clavareau LFPH 122	Mohammad Saleh LFPH 107	Mohammad Saleh LFPH 110	Tom Van Tienen KOG 107				
Clean&Jerk	minimum 74	minimum 80	Dexter Wegh KOG 109	Kenta Umegae PSZ 125	Christophe Orban LFPH 130	Christophe Orban LFPH 130	Valentin Clavareau LFPH 152	Mohammad Saleh LFPH 143	Mohammad Saleh LFPH 145	Tom Van Tienen KOG 138				
Totaal	minimum 135	minimum 146	Dexter Wegh KOG 197	Kenta Umegae PSZ 226	Christophe Orban LFPH 240	Christophe Orban LFPH 235	Valentin Clavareau LFPH 272	Mohammad Saleh LFPH 250	Mohammad Saleh LFPH 255	Tom Van Tienen KOG 244				
	Master 40-44		Master 40-44		Master 40-44		Master 40-44		Master 40-44		Master 40-44		Master 40-44	
Snatch	minimum 58	minimum 62	Tom Goegebuer KOG 104	Tom Goegebuer KOG 97	Thomas Bury LFPH 100	Giordano Crivellaro LFPH 87	Steven Boel CFA 91	Julien Louviaux LFPH 87	Julien Louviaux LFPH 92	Raphael Roth LFPH 106				
Clean&Jerk	minimum 70	minimum 76	Tom Goegebuer KOG 127	Tom Goegebuer KOG 123	Thomas Bury LFPH 123	Bert De smedt CFM 113	Steven Boel CFA 113	Julien Louviaux LFPH 110	Julien Louviaux LFPH 116	Raphael Roth LFPH 128				
Totaal	minimum 128	minimum 138	Tom Goegebuer KOG 230	Tom Goegebuer KOG 220	Thomas Bury LFPH 222	Bert De smedt CFM 193	Steven Boel CFA 204	Julien Louviaux LFPH 197	Julien Louviaux LFPH 208	Raphael Roth LFPH 233				
	Master 45-49		Master 45-49		Master 45-49		Master 45-49		Master 45-49		Master 45-49		Master 45-49	
Snatch	minimum 54	Jean-Paul Ferrari LFPH 61	Tom Goegebuer KOG 95	Tom Goegebuer KOG 105	Bruno Gustin LFPH 87	Michel Bertrand LFPH 76	David Putzer 117	David Putzer DC 118	Michael Verbeken LFPH 79	Raphael Roth LFPH 102				
Clean&Jerk	minimum 66	Jean-Paul Ferrari LFPH 80	Tom Goegebuer KOG 115	Tom Goegebuer KOG 120	Bruno Gustin LFPH 108	Dominique Jan LFPH 100	David Putzer 132	David Putzer DC 130	Michael Verbeken LFPH 105	Raphael Roth LFPH 130				
Totaal	minimum 120	Jean-Paul Ferrari LFPH 141	Tom Goegebuer KOG 210	Tom Goegebuer KOG 225	Bruno Gustin LFPH 192	Dominique Jan LFPH 176	David Putzer 249	David Putzer DC 248	Michael Verbeken LFPH 184	Raphael Roth LFPH 232				
	Master 50-54		Master 50-54		Master 50-54		Master 50-54		Master 50-54		Master 50-54		Master 50-54	
Snatch	minimum 51	Jean-Paul Ferrari LFPH 63	minimum 59	minimum 62	Bruno Gustin LFPH 83	minimum 68	minimum 70	minimum 72	minimum 73	minimum 75				
Clean&Jerk	minimum 62	Jean-Paul Ferrari LFPH 82	minimum 71	minimum 75	Bruno Gustin LFPH 105	minimum 83	minimum 86	minimum 88	minimum 90	minimum 92				
Totaal	minimum 113	Jean-Paul Ferrari LFPH 145	minimum 130	minimum 137	Bruno Gustin LFPH 188	minimum 151	minimum 156	minimum 160	minimum 163	minimum 167				
	Master 55-59		Master 55-59		Master 55-59		Master 55-59		Master 55-59		Master 55-59		Master 55-59	
Snatch	minimum 47	minimum 51	minimum 54	minimum 57	minimum 60	minimum 63	minimum 65	minimum 67	minimum 68	minimum 70				
Clean&Jerk	minimum 58	minimum 62	minimum 66	minimum 69	minimum 74	minimum 77	minimum 79	minimum 81	minimum 83	minimum 85				
Totaal	minimum 105	minimum 113	minimum 120	minimum 126	minimum 134	minimum 140	minimum 144	minimum 148	minimum 151	minimum 155				
	Master 60-64		Master 60-64		Master 60-64		Master 60-64		Master 60-64		Master 60-64		Master 60-64	
Snatch	minimum 43	minimum 46	minimum 50	Michel Bertrand LFPH 60	Michel Bertrand LFPH 55	minimum 58	minimum 59	minimum 61	minimum 62	minimum 63				
Clean&Jerk	minimum 53	minimum 57	minimum 60	Michel Bertrand LFPH 74	minimum 67	minimum 70	minimum 73	minimum 74	minimum 76	minimum 78				
Totaal	minimum 96	minimum 103	minimum 110	Michel Bertrand LFPH 134	minimum 122	minimum 128	minimum 132	minimum 135	minimum 138	minimum 141				
	Master 65-69		Master 65-69		Master 65-69		Master 65-69		Master 65-69		Master 65-69		Master 65-69	
Snatch	minimum 39	minimum 42	minimum 45	Michel Bertrand LFPH 54	Michel Bertrand LFPH 58	Friedhelm Dreckmeier LFPH 54	minimum 54	minimum 55	Philippe De Pauw LFPH 70	Philippe De Pauw LFPH 68				
Clean&Jerk	minimum 48	minimum 52	minimum 55	Michel Bertrand LFPH 67	Michel Bertrand LFPH 74	minimum 64	minimum 66	minimum 68	Philippe De Pauw LFPH 90	Philippe De Pauw LFPH 92				
Totaal	minimum 87	minimum 94	minimum 100	Michel Bertrand LFPH 121	Michel Bertrand LFPH 132	Friedhelm Dreckmeier LFPH 116	minimum 120	minimum 123	Philippe De Pauw LFPH 155	Philippe De Pauw LFPH 160				
	Master 70-74		Master 70-74		Master 70-74		Master 70-74		Master 70-74		Master 70-74		Master 70-74	
Snatch	minimum 35	minimum 38	minimum 40	minimum 42	minimum 45	minimum 47	minimum 48	minimum 49	minimum 50	minimum 52				
Clean&Jerk	minimum 43	minimum 46	minimum 49	minimum 52	minimum 54	minimum 57	minimum 59	minimum 60	minimum 62	minimum 63				
Totaal	minimum 78	minimum 84	minimum 89	minimum 94	minimum 99	minimum 104	minimum 107	minimum 109	minimum 112	minimum 115				
	Master 75-79		Master 75-79		Master 75-79		Master 75-79		Master 75-79		Master 75-79		Master 75-79	
Snatch	minimum 31	minimum 33	minimum 36	minimum 37	Jozef Lazou KSW 60	minimum 41	minimum 42	minimum 44	minimum 45	minimum 46				
Clean&Jerk	minimum 37	minimum 41	minimum 43	minimum 46	Jozef Lazou KSW 73	minimum 50	minimum 52	minimum 53	minimum 54	minimum 56				
Totaal	minimum 68	minimum 74	minimum 79	minimum 83	Jozef Lazou KSW 133	minimum 91	minimum 94	minimum 99	minimum 99	minimum 101				
	Master 80-84		Master 80-84		Master 80-84		Master 80-84		Master 80-84		Master 80-84		Master 80-84	
Snatch	minimum 26	minimum 28	minimum 30	minimum 32	Jozef Lazou KSW 58	minimum 35	minimum 36	minimum 37	minimum 37	minimum 39				
Clean&Jerk	minimum 32	minimum 34	minimum 36	minimum 38	Jozef Lazou KSW 70	minimum 42	minimum 44	minimum 45	minimum 46	minimum 47				
Totaal	minimum 58	minimum 62	minimum 66	minimum 70	Jozef Lazou KSW 128	minimum 77	minimum 80	minimum 82	minimum 83	minimum 86				

VLAAMSE RECORDS MASTERS (MANNEN)																											
	-55		-61		-67		-73		-81		-89		-96		-102		-109		+109								
	Master 35-39		Master 35-39		Master 35-39		Master 35-39		Master 35-39		Master 35-39		Master 35-39		Master 35-39		Master 35-39		Master 35-39								
Snatch	minimum	61	minimum	66	Dexter Wegh	KOG	91	Kenta Umegae	PSZ	104	Kenta Umegae	PSZ	103	Kenta Umegae	PSZ	94	Hendrik Vandecruys	STR	90	Björn Stallaert	OM	103	minimum	88	Tom Van Tienen	KOG	107
Clean&Jerk	minimum	74	minimum	80	Dexter Wegh	KOG	109	Kenta Umegae	PSZ	125	Kenta Umegae	PSZ	125	Kenta Umegae	PSZ	118	Johan De Pauw	ZB	120	Björn Stallaert	OM	130	minimum	107	Tom Van Tienen	KOG	138
Totaal	minimum	135	minimum	146	Dexter Wegh	KOG	197	Kenta Umegae	PSZ	226	Kenta Umegae	PSZ	228	Kenta Umegae	PSZ	212	Hendrik Vandecruys	STR	205	Björn Stallaert	OM	233	minimum	195	Tom Van Tienen	KOG	244
Snatch	minimum	58	minimum	62	Tom Goegebuer	KOG	104	Tom Goegebuer	KOG	97	minimum	73	Bert De Smedt	CFM	84	Steven Boel	CFA	91	minimum	81	minimum	83	minimum	83	minimum	85	
Clean&Jerk	minimum	70	minimum	76	Tom Goegebuer	KOG	127	Tom Goegebuer	KOG	123	Pieter Cornelis	90	Bert De Smedt	CFM	113	Steven Boel	CFA	113	minimum	99	minimum	101	minimum	104	minimum	104	
Totaal	minimum	128	minimum	138	Tom Goegebuer	KOG	230	Tom Goegebuer	KOG	225	minimum	163	Bert De Smedt	CFM	193	Steven Boel	CFA	204	minimum	180	minimum	184	minimum	184	minimum	189	
Snatch	minimum	54	minimum	59	Tom Goegebuer	KOG	95	Tom Goegebuer	KOG	105	minimum	69	minimum	72	David Putzer	117	David Putzer	DC	118	minimum	78	minimum	80	minimum	80		
Clean&Jerk	minimum	66	minimum	71	Tom Goegebuer	KOG	115	Tom Goegebuer	KOG	120	minimum	85	Samuel Museeuw	KOG	90	David Putzer	132	David Putzer	DC	130	minimum	96	minimum	98	minimum	98	
Totaal	minimum	120	minimum	130	Tom Goegebuer	KOG	210	Tom Goegebuer	KOG	225	minimum	154	minimum	161	David Putzer	249	David Putzer	DC	248	minimum	174	minimum	174	minimum	178		
Snatch	minimum	51	minimum	55	minimum	59	minimum	62	minimum	65	minimum	68	minimum	70	minimum	72	minimum	72	minimum	73	minimum	73	minimum	75	minimum	75	
Clean&Jerk	minimum	62	minimum	67	minimum	71	minimum	75	minimum	80	minimum	83	minimum	86	minimum	88	minimum	88	minimum	90	minimum	90	minimum	92	minimum	92	
Totaal	minimum	113	minimum	122	minimum	130	minimum	137	minimum	145	minimum	151	minimum	156	minimum	160	minimum	160	minimum	163	minimum	163	minimum	167	minimum	167	
Snatch	minimum	47	minimum	51	minimum	54	minimum	57	minimum	60	minimum	63	minimum	65	minimum	67	minimum	67	minimum	68	minimum	68	minimum	70	minimum	70	
Clean&Jerk	minimum	58	minimum	62	minimum	66	minimum	69	minimum	74	minimum	77	minimum	79	minimum	81	minimum	81	minimum	83	minimum	83	minimum	85	minimum	85	
Totaal	minimum	105	minimum	113	minimum	120	minimum	126	minimum	134	minimum	140	minimum	144	minimum	148	minimum	148	minimum	151	minimum	151	minimum	155	minimum	155	
Snatch	minimum	43	minimum	46	minimum	50	minimum	52	minimum	55	minimum	58	minimum	59	minimum	61	minimum	61	minimum	62	minimum	62	minimum	63	minimum	63	
Clean&Jerk	minimum	53	minimum	57	minimum	60	minimum	64	minimum	67	minimum	70	minimum	73	minimum	74	minimum	74	minimum	76	minimum	76	minimum	78	minimum	78	
Totaal	minimum	96	minimum	103	minimum	110	minimum	116	minimum	122	minimum	128	minimum	132	minimum	135	minimum	135	minimum	138	minimum	138	minimum	141	minimum	141	
Snatch	minimum	39	minimum	42	minimum	45	minimum	47	minimum	50	minimum	52	minimum	54	minimum	55	minimum	55	minimum	57	minimum	57	minimum	58	minimum	58	
Clean&Jerk	minimum	48	minimum	52	minimum	55	minimum	58	minimum	61	minimum	64	minimum	66	minimum	68	minimum	68	minimum	69	minimum	69	minimum	71	minimum	71	
Totaal	minimum	87	minimum	94	minimum	100	minimum	105	minimum	111	minimum	116	minimum	120	minimum	123	minimum	123	minimum	126	minimum	126	minimum	129	minimum	129	
Snatch	minimum	35	minimum	38	minimum	40	minimum	42	minimum	45	minimum	47	minimum	48	minimum	49	minimum	49	minimum	50	minimum	50	minimum	52	minimum	52	
Clean&Jerk	minimum	43	minimum	46	minimum	49	minimum	52	minimum	54	minimum	57	minimum	59	minimum	60	minimum	60	minimum	62	minimum	62	minimum	63	minimum	63	
Totaal	minimum	78	minimum	84	minimum	89	minimum	94	minimum	99	minimum	104	minimum	107	minimum	109	minimum	109	minimum	112	minimum	112	minimum	115	minimum	115	
Snatch	minimum	31	minimum	33	minimum	36	minimum	37	Jozef Lazou	60	minimum	41	minimum	42	minimum	44	minimum	44	minimum	45	minimum	45	minimum	45	minimum	45	
Clean&Jerk	minimum	37	minimum	41	minimum	43	minimum	46	Jozef Lazou	73	minimum	50	minimum	52	minimum	53	minimum	53	minimum	54	minimum	54	minimum	56	minimum	56	
Totaal	minimum	68	minimum	74	minimum	79	minimum	83	Jozef Lazou	133	minimum	91	minimum	94	minimum	97	minimum	97	minimum	99	minimum	99	minimum	101	minimum	101	
Snatch	minimum	26	minimum	28	minimum	30	minimum	32	Jozef Lazou	KSW	58	minimum	35	minimum	36	minimum	37	minimum	37	minimum	37	minimum	39	minimum	39		
Clean&Jerk	minimum	32	minimum	34	minimum	36	minimum	38	Jozef Lazou	KSW	70	minimum	42	minimum	44	minimum	45	minimum	45	minimum	46	minimum	47	minimum	47		
Totaal	minimum	58	minimum	62	minimum	66	minimum	70	Jozef Lazou	KSW	128	minimum	77	minimum	80	minimum	82	minimum	82	minimum	83	minimum	86	minimum	86		