



**Championnats nationaux Powerlifting PWFL**  
Hamm-Luxembourg  
10 Mars 2024

√ Good  
+ Record  
× NoLift

Gr.	Lot	Last Name	First Name	Team	Birth Year	Division	Body Wt	WT Class	SQ-1	SQ-2	SQ-3	BP-1	BP-2	BP-3	DL-1	DL-2	DL-3	RESULT	IPF GL Pts.	Place
J	4	Weydert	Emma	SC Hamm	2004	F-CL-PL	58.63	63	√ 105.0	√ 110.0	+ 115.0	√ 55.0	× 61.0	× 61.0	√ 130.0	+ 140.5	+ 145.0	315.0	72.374085	1
O	9	Fischbach	Lara	Silverbacks	1993	F-CL-PL	55.89	57	√ 105.0	√ 110.0	√ 115.0	√ 70.0	× 72.5	× 72.5	√ 125.0	√ 130.0	√ 135.0	320.0	76.192640	1
O	29	Jurado	Alba	SC Hamm	1993	F-CL-PL	61.38	63	√ 125.0	√ 130.0	+ 132.0	√ 75.0	× 80.5	× 80.5	√ 165.0	+ 173.0	× 176.0	380.0	84.572800	1
O	11	Alexandreas	Marina	SC Hamm	2000	F-CL-PL	63.03	69	√ 102.5	√ 107.5	√ 110.0	√ 57.5	√ 62.5	× 65.0	√ 110.0	√ 115.0	√ 117.5	290.0	63.427640	2
O	14	Baustert	Nadia	Silverbacks	1992	F-CL-PL	63.22	69	√ 130.0	+ 135.0	× 140.0	+ 80.0	+ 82.5	× 83.5	√ 150.0	× 155.0	× 155.0	367.5	80.223045	1
O	5	Weber	Elyna	Silverbacks	1997	F-CL-PL	82.74	84	√ 130.0	√ 140.0	√ 145.0	√ 80.0	√ 85.0	× 87.5	√ 145.0	√ 155.0	× 162.5	385.0	73.143840	2
O	27	Timmers	Ankie	SC Hamm	1986	F-CL-PL	83.56	84	+ 160.0	+ 167.5	+ 171.0	+ 117.5	+ 122.0	+ 124.0	√ 170.0	+ 183.0	+ 200.0	495.0	93.673305	1
O	18	Giacomini	Laura	SC Hamm	1990	F-CL-PL	86.28	84+	√ 115.0	√ 120.0	√ 125.0	√ 57.5	√ 60.0	√ 62.5	√ 125.0	√ 132.5	√ 137.5	325.0	60.753550	1
O	15	Peters	Anouk	Silverbacks	1985	F-CL-PL	85.45	84+	√ 85.0	√ 90.0	√ 95.0	× 52.5	× 52.5	× 57.5	√ 110.0	√ 120.0	× 125.0	267.5	50.185943	2
SJ	20	Vicente Santana	Tomas	SC Hamm	2006	M-CL-PL	75.48	83	√ 167.5	+ 180.0	+ 191.0	√ 115.0	+ 122.0	+ 128.0	+ 197.5	+ 210.0	+ 220.0	539.0	78.323168	1
SJ	22	Ferreira	Aaron	SC Hamm	2006	M-CL-PL	113.20	120	√ 175.0	√ 190.0	√ 200.0	√ 125.0	√ 130.0	× 140.0	√ 190.0	√ 200.0	√ 207.5	537.5	64.117300	1
J	2	Scheepers	Ethan	SC Hamm	2005	M-CL-PL	71.75	74	√ 150.0	√ 160.0	√ 165.0	√ 95.0	√ 100.0	× 105.0	√ 180.0	√ 195.0	√ 205.0	470.0	70.118360	1
J	21	Reuter	Raphaël	SC Hamm	2004	M-CL-PL	82.78	83	√ 155.0	√ 165.0	√ 175.0	√ 110.0	√ 115.0	√ 120.0	√ 197.5	√ 210.0	√ 220.0	515.0	71.385180	1
J	19	Matos Pedroso	Daniel	SC Hamm	2002	M-CL-PL	87.40	93	√ 180.0	√ 192.5	√ 200.0	√ 100.0	√ 107.5	× 0.0	√ 180.0	√ 190.0	√ 195.0	502.5	67.780718	2
J	8	Gasché	Philippe	Silverbacks	2005	M-CL-PL	92.28	93	√ 190.0	√ 200.0	√ 205.0	√ 112.5	√ 117.5	√ 120.0	√ 200.0	√ 212.5	√ 220.0	545.0	71.568855	1
J	28	Feiereisen	Ben	SC Hamm	2004	M-CL-PL	90.69	93	√ 175.0	√ 182.5	√ 187.5	√ 100.0	× 105.0	× 105.0	√ 195.0	√ 205.0	√ 212.5	500.0	66.221500	3
J	1	Parage	Philippe	SC Hamm	2001	M-CL-PL	120.48	120+	√ 267.5	√ 275.0	× 0.0	√ 150.0	√ 160.0	× 167.5	√ 270.0	√ 282.5	× 293.0	717.5	83.261570	1
O	30	Nilles	Kevin	SC Hamm	1998	M-CL-PL	66.00	66	√ 172.5	√ 180.0	+ 185.0	√ 97.5	√ 100.0	× 102.5	√ 212.5	√ 220.0	× 225.0	505.0	78.721420	1
O	17	Schmitz	Jeff	Silverbacks	1990	M-CL-PL	73.24	74	√ 150.0	√ 160.0	√ 165.0	√ 120.0	× 130.0	× 130.0	√ 200.0	√ 212.5	+ 223.0	508.0	74.980292	1
O	24	Djankou	Yannick	SC Hamm	1998	M-CL-PL	81.74	83	√ 205.0	√ 210.0	× 0.0	√ 145.0	√ 150.0	√ 152.5	√ 235.0	× 250.0	× 250.0	597.5	83.352445	1
O	10	Pizzutilo	Alessio	SC Hamm	1997	M-CL-PL	90.59	93	√ 175.0	√ 190.0	√ 200.0	× 155.0	√ 155.0	× 161.0	√ 190.0	× 205.0	× 210.0	545.0	72.220675	3
O	25	De Almeida	Gabriel	SC Hamm	1990	M-CL-PL	90.79	93	√ 225.0	√ 232.5	√ 237.5	√ 140.0	√ 147.5	√ 155.0	√ 225.0	√ 232.5	√ 237.5	630.0	83.393730	1
O	26	Bessa	Carlos	SC Hamm	1992	M-CL-PL	84.24	93	√ 155.0	√ 162.5	√ 167.5	√ 100.0	√ 105.0	× 107.5	√ 170.0	√ 180.0	× 187.5	452.5	62.171690	4
O	7	Tavares	Dylan	Silverbacks	1995	M-CL-PL	90.80	93	√ 150.0	√ 162.5	√ 170.0	√ 100.0	√ 107.5	√ 110.0	√ 225.0	√ 247.5	√ 267.5	547.5	72.469290	2
O	13	Gasparro	Tiziano	Silverbacks	1989	M-CL-PL	98.18	105	√ 197.5	√ 205.0	√ 210.0	√ 132.5	√ 137.5	√ 140.0	√ 190.0	√ 200.0	× 205.0	550.0	70.092000	1
O	23	Ndoja	Gabriel	SC Hamm	1995	M-CL-PL	118.62	120	√ 250.0	√ 260.0	√ 267.5	√ 182.5	+ 186.0	× 190.0	√ 265.0	√ 275.0	√ 282.5	736.0	85.991296	1
MI	3	Bomfim	Joao	Silverbacks	1978	M-CL-PL	99.27	105	√ 170.0	√ 180.0	√ 190.0	√ 100.0	√ 105.0	× 107.5	√ 185.0	√ 200.0	× 207.5	495.0	62.751150	1
MIII	6	Notschaele	Mark	Silverbacks	1963	M-CL-PL	120.78	120+	√ 215.0	√ 227.5	+ 241.0	√ 155.0	+ 163.0	× 165.0	√ 225.0	√ 245.0	√ 255.0	659.0	76.390621	1