

## POWERLIFTING EQUIPPED : NED RECORDS

### WOMENS - 44 KG

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

### WOMENS - 47,5 KG

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

**POWERLIFTING EQUIPPED : NED RECORDS**

**WOMENS -50,5 KG**

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

**WOMENS - 53 KG**

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

**POWERLIFTING EQUIPPED : NED RECORDS**

31 DEC 2018

**WOMENS - 55,5 KG**

	SQUAT	BENCH	DEADLIFT	TOTAL
T1 (14-15)	0	0	0	0
T2 (16-17)	0	0	0	0
T3 (18-19)	0	0	0	0
JR (20-23)	0	0	0	0
SR (24-39)	0	0	0	0
M1 (40-44)	0	0	0	0
M2 (45-49)	0	0	0	0
M3 (50-54)	0	0	0	0
M4 (55-59)	0	0	0	0
M5 (60-64)	0	0	0	0
M6 (65-69)	0	0	0	0
M7 (70-74)	0	0	0	0
M8 (75-79)	0	0	0	0
M9 (80-84)	0	0	0	0
M10 (85-90)	0	0	0	0

**WOMENS - 58,5 KG**

	SQUAT	BENCH	DEADLIFT	TOTAL
T1 (14-15)	0	0	0	0
T2 (16-17)	0	0	0	0
T3 (18-19)	0	0	0	0
JR (20-23)	0	0	0	0
SR (24-39)	0	0	0	0
M1 (40-44)	0	0	0	0
M2 (45-49)	0	0	0	0
M3 (50-54)	0	0	0	0
M4 (55-59)	0	0	0	0
M5 (60-64)	0	0	0	0
M6 (65-69)	0	0	0	0
M7 (70-74)	0	0	0	0
M8 (75-79)	0	0	0	0
M9 (80-84)	0	0	0	0
M10 (85-90)	0	0	0	0

**POWERLIFTING EQUIPPED : NED RECORDS**

**WOMENS - 63 KG**

	SQUAT	BENCH	DEADLIFT	TOTAL
T1 (14-15)	0	0	0	0

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0

T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

### WOMENS - 70 KG

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

### POWERLIFTING EQUIPPED : NED RECORDS

#### WOMENS - 80 KG

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0

JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

### WOMENS - 90 KG

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

### POWERLIFTING EQUIPPED : NED RECORDS

#### WOMENS + 90 KG

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0

M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

**POWERLIFTING EQUIPPED : NED RECORDS**

**MEN - 52 KG**

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0

M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

### MEN - 56 KG

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

### POWERLIFTING EQUIPPED : NED RECORDS

#### MEN - 60 KG

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0

M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

### MEN - 67,5 KG

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

### POWERLIFTING EQUIPPED : NED RECORDS

#### MEN - 75 KG

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0

M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

### MEN - 82,5 KG

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

### POWERLIFTING EQUIPPED : NED RECORDS

#### MEN - 90 KG

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)	Bouma Ernst NED (9/12/2017)	165	Bouma Ernst NED (9/12/2017)	110	Bouma Ernst NED (9/12/2017)	210	Bouma Ernst NED (9/12/2017)	475
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0

M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

### MEN - 100 KG

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0				0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

### POWERLIFTING EQUIPPED : NED RECORDS

### MEN - 110 KG

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

**MEN - 125 KG**

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

**POWERLIFTING EQUIPPED : NED RECORDS****MEN - 145 KG**

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0

**MEN + 145 KG**

	SQUAT		BENCH		DEADLIFT		TOTAL	
T1 (14-15)		0		0		0		0
T2 (16-17)		0		0		0		0
T3 (18-19)		0		0		0		0
JR (20-23)		0		0		0		0
SR (24-39)		0		0		0		0
M1 (40-44)		0		0		0		0
M2 (45-49)		0		0		0		0
M3 (50-54)		0		0		0		0
M4 (55-59)		0		0		0		0
M5 (60-64)		0		0		0		0
M6 (65-69)		0		0		0		0
M7 (70-74)		0		0		0		0
M8 (75-79)		0		0		0		0
M9 (80-84)		0		0		0		0
M10 (85-90)		0		0		0		0