



# Records Fédéraux FSFA - 3 MOUVEMENTS sans EQUIPEMENT



## Références des Compétitions

|                    |        |                              |
|--------------------|--------|------------------------------|
| <b>24/04/04</b>    | France | Morteau                      |
| <b>20/11/04</b>    | Monde  | Atlanta ( USA )              |
| <b>23/04/05</b>    | France | Evreux                       |
| <b>19/06/05</b>    | Europe | Grangemouth (Ecosse)         |
| <b>10/12/05</b>    | Monde  | Turin (Italie)               |
| <b>22/04/06</b>    | France | Bagneux                      |
| <b>24/06/06</b>    | Europe | Maromme                      |
| <b>11/11/06</b>    | Monde  | Kinsale (Irlande)            |
| <b>07/04/07</b>    | France | Ronce-Les-Bains              |
| <b>23/06/07</b>    | Europe | Grangemouth (Ecosse)         |
| <b>17/11/07</b>    | Monde  | Grangemouth (Ecosse)         |
| <b>19/04/08</b>    | France | Sedan                        |
| <b>21/06/08</b>    | Europe | Castleblayney (Irlande)      |
| <b>22/11/08</b>    | Monde  | Evansville ( USA )           |
| <b>25/04/09</b>    | France | Maromme                      |
| <b>27-28/06/09</b> | Europe | Verslag ( Estonie )          |
| <b>14-15/11/09</b> | Monde  | Milton Keynes (Gr. Bretagne) |
| <b>25/04/09</b>    | France | Maromme                      |
| <b>27-28/06/09</b> | Europe | Verslag ( Estonie )          |
| <b>14-15/11/09</b> | Monde  | Milton Keynes (Gr. Bretagne) |
| <b>04/04/10</b>    | France | Oïssel                       |
| <b>26/06/10</b>    | Europe | Maromme                      |
| <b>13-14/11/10</b> | Monde  | Castelblayney ( Irlande )    |
| <b>26/03/11</b>    | France | Déville lès Rouen            |
| <b>07-08/05/11</b> | Europe | Bournemouth ( Angleterre )   |
| <b>13/11/11</b>    | Monde  | Glasgow ( Ecosse )           |
| <b>31/03/12</b>    | France | Autun                        |
| <b>05-06/05/12</b> | Europe | Oliveto Citra ( Italie )     |
| <b>28/10/12</b>    | Monde  | Boston ( USA )               |
| <b>23/03/2013</b>  | France | Challans                     |
| <b>28/04/13</b>    | Europe | Castelblayney ( Irlande )    |
| <b>03/11/13</b>    | Monde  | Glasgow ( Ecosse )           |
| <b>22/03/14</b>    | France | Evreux                       |
| <b>12/05/14</b>    | Europe | Belfast ( Irlande )          |
| <b>02/11/14</b>    | Monde  | Chisinau ( Moldavie )        |
| <b>28/03/15</b>    | France | Nouzonville                  |
| <b>18-19/04/15</b> | Europe | Gorey ( Irlande )            |
| <b>01/11/15</b>    | Monde  | Gela ( Italie )              |

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|---------------------|--------|---------------------------|
| <b>19/03/16</b>     | France | Cappelle la Grande        |
| <b>9-10/04/16</b>   | Europe | Weston (Angleterre)       |
| <b>12-13/11/16</b>  | Monde  | Riva Del Garda (Italie)   |
| <b>25/03/17</b>     | France | Montbéliard               |
| <b>29-30/04/17</b>  | Europe | Biella (Italie)           |
| <b>04-05/11/17</b>  | Monde  | Boston (USA)              |
| <b>31/3-01/4/18</b> | France | Trilport                  |
| <b>05-06/05/18</b>  | Europe | Kings Lynn (Angleterre)   |
| <b>03-04/11/18</b>  | Monde  | Glasgow (Ecosse)          |
| <b>30/03/19</b>     | France | Lisieux                   |
| <b>27-28/04/19</b>  | Europe | Brandon (Angleterre)      |
| <b>26-27/10/19</b>  | Monde  | Halle (Allemagne)         |
| <b>27-28/11/21</b>  | Europe | Castelblayney ( Irlande ) |
| <b>27-28/11/21</b>  | Monde  | Castelblayney ( Irlande ) |
| <b>26/03/22</b>     | France | Autun                     |
| <b>11/03/23</b>     | France | La Ferté Gaucher          |
| <b>29-30/04/23</b>  | Europe | Autun                     |
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## Records Nationaux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - HOMMES -52 kg

|            | Flexion de Jambes |  |  |  | Développé Couché |  |  |  | Soulevé de Terre |  |  |  | TOTAL |  |  |       |
|------------|-------------------|--|--|--|------------------|--|--|--|------------------|--|--|--|-------|--|--|-------|
| T1 (14-15) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 252,5 |
| T2 (16-17) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 267,5 |
| T3 (18-19) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 285,0 |
| JR (20-23) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 305,0 |
| OP (24-39) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 337,5 |
| M1 (40-44) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 320,0 |
| M2 (45-49) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 305,0 |
| M3 (50-54) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 285,0 |
| M4 (55-59) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 267,5 |
| M5 (60-64) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 252,5 |
| M6 (65-69) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 237,5 |
| M7 (70-74) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 222,5 |
| M8 (75-79) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 207,5 |
| M9 (80-84) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 192,5 |

## Records Nationaux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - HOMMES -56 kg

|            | Flexion de Jambes |         |          |     | Développé Couché |         |          |    | Soulevé de Terre |         |          |     | TOTAL       |         |          |       |
|------------|-------------------|---------|----------|-----|------------------|---------|----------|----|------------------|---------|----------|-----|-------------|---------|----------|-------|
| T1 (14-15) |                   |         |          |     |                  |         |          |    |                  |         |          |     |             |         |          | 267,5 |
| T2 (16-17) | Maheust Ch.       | Lisieux | 25/03/17 | 105 | Maheust Ch.      | Lisieux | 25/03/17 | 75 | Maheust Ch.      | Lisieux | 25/03/17 | 150 | Maheust Ch. | Lisieux | 25/03/17 | 330,0 |
| T3 (18-19) |                   |         |          |     |                  |         |          |    |                  |         |          |     |             |         |          | 305,0 |
| JR (20-23) |                   |         |          |     |                  |         |          |    |                  |         |          |     |             |         |          | 330,0 |
| OP (24-39) |                   |         |          |     |                  |         |          |    |                  |         |          |     |             |         |          | 357,5 |
| M1 (40-44) |                   |         |          |     |                  |         |          |    |                  |         |          |     |             |         |          | 340,0 |
| M2 (45-49) |                   |         |          |     |                  |         |          |    |                  |         |          |     |             |         |          | 330,0 |
| M3 (50-54) |                   |         |          |     |                  |         |          |    |                  |         |          |     |             |         |          | 305,0 |
| M4 (55-59) |                   |         |          |     |                  |         |          |    |                  |         |          |     |             |         |          | 285,0 |
| M5 (60-64) |                   |         |          |     |                  |         |          |    |                  |         |          |     |             |         |          | 267,5 |
| M6 (65-69) |                   |         |          |     |                  |         |          |    |                  |         |          |     |             |         |          | 250,0 |
| M7 (70-74) |                   |         |          |     |                  |         |          |    |                  |         |          |     |             |         |          | 232,5 |
| M8 (75-79) |                   |         |          |     |                  |         |          |    |                  |         |          |     |             |         |          | 215,0 |
| M9 (80-84) |                   |         |          |     |                  |         |          |    |                  |         |          |     |             |         |          | 197,5 |

## Records Nationaux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - HOMMES -60 kg

|                   | Flexion de Jambes |           |          |              | Développé Couché |           |          |             | Soulevé de Terre |           |          |              | TOTAL          |           |          |              |              |
|-------------------|-------------------|-----------|----------|--------------|------------------|-----------|----------|-------------|------------------|-----------|----------|--------------|----------------|-----------|----------|--------------|--------------|
| <b>T1 (14-15)</b> |                   |           |          |              |                  |           |          |             |                  |           |          |              |                |           |          |              | <b>282,5</b> |
| <b>T2 (16-17)</b> | Quelet Thomas     | Trilport  | 09/04/16 | <b>125,0</b> | Quelet Thomas    | Trilport  | 19/03/16 | <b>70,0</b> | Quelet Thomas    | Trilport  | 09/04/16 | <b>147,5</b> | Quelet Thomas  | Trilport  | 09/04/16 | <b>337,5</b> |              |
| <b>T3 (18-19)</b> | Bouglama Yanis    | Castelnau | 30/03/19 | <b>132,5</b> | Bouglama Yanis   | Castelnau | 30/03/19 | <b>82,5</b> | Bouglama Yanis   | Castelnau | 27/04/19 | <b>185,5</b> | Bouglama Yanis | Castelnau | 30/03/19 | <b>400,0</b> |              |
| <b>JR (20-23)</b> |                   |           |          |              |                  |           |          |             |                  |           |          |              |                |           |          |              | <b>342,5</b> |
| <b>OP (24-39)</b> | Hulin David       | Bagneux   | 18/06/05 | <b>140,0</b> | Hulin David      | Bagneux   | 18/06/05 | <b>97,5</b> | Bouglama Yanis   | Castelnau | 27/04/19 | <b>185,5</b> | Hulin David    | Bagneux   | 18/06/05 | <b>422,5</b> |              |
| <b>M1 (40-44)</b> |                   |           |          |              |                  |           |          |             |                  |           |          |              |                |           |          |              | <b>360,0</b> |
| <b>M2 (45-49)</b> |                   |           |          |              |                  |           |          |             |                  |           |          |              |                |           |          |              | <b>342,5</b> |
| <b>M3 (50-54)</b> |                   |           |          |              |                  |           |          |             |                  |           |          |              |                |           |          |              | <b>322,5</b> |
| <b>M4 (55-59)</b> |                   |           |          |              |                  |           |          |             |                  |           |          |              |                |           |          |              | <b>302,5</b> |
| <b>M5 (60-64)</b> |                   |           |          |              |                  |           |          |             |                  |           |          |              |                |           |          |              | <b>282,5</b> |
| <b>M6 (65-69)</b> |                   |           |          |              |                  |           |          |             |                  |           |          |              |                |           |          |              | <b>265,0</b> |
| <b>M7 (70-74)</b> |                   |           |          |              |                  |           |          |             |                  |           |          |              |                |           |          |              | <b>247,5</b> |
| <b>M8 (75-79)</b> |                   |           |          |              |                  |           |          |             |                  |           |          |              |                |           |          |              | <b>230,0</b> |
| <b>M9 (80-84)</b> |                   |           |          |              |                  |           |          |             |                  |           |          |              |                |           |          |              | <b>212,5</b> |

## Records Nationaux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - HOMMES -67,5 kg

|                   | Flexion de Jambes |           |          |              | Développé Couché |           |          |              | Soulevé de Terre |           |          |              | TOTAL         |           |          |              |              |
|-------------------|-------------------|-----------|----------|--------------|------------------|-----------|----------|--------------|------------------|-----------|----------|--------------|---------------|-----------|----------|--------------|--------------|
| <b>T1 (14-15)</b> |                   |           |          |              |                  |           |          |              |                  |           |          |              |               |           |          |              | <b>310,0</b> |
| <b>T2 (16-17)</b> | Quelet Thomas     | Trilport  | 29/04/17 | <b>145,0</b> | Mendes Valère    | Trilport  | 31/03/18 | <b>85,0</b>  | Quelet Thomas    | Trilport  | 29/04/17 | <b>170,0</b> | Quelet Thomas | Trilport  | 29/04/17 | <b>395,0</b> |              |
| <b>T3 (18-19)</b> | Bernardin G       | Gournay   | 22/04/06 | <b>155,0</b> | Serrano L.       | AUVR      | 23/04/05 | <b>105,0</b> | Serrano L.       | AUVR      | 23/04/05 | <b>210,0</b> | Serrano L.    | AUVR      | 23/04/05 | <b>452,5</b> |              |
| <b>JR (20-23)</b> | Claverie K.       | Tarbes    | 11/11/06 | <b>170,0</b> | Claverie K.      | Tarbes    | 24/06/06 | <b>122,5</b> | Cuche Tristan    | Rioz      | 29/04/23 | <b>202,5</b> | Claverie K.   | Tarbes    | 11/11/06 | <b>477,5</b> |              |
| <b>OP (24-39)</b> | Herit Gilles      | Bagneux   | 19/04/08 | <b>175,0</b> | Claverie K.      | Tarbes    | 24/06/06 | <b>122,5</b> | Herit Gilles     | Bagneux   | 19/04/08 | <b>215,0</b> | Herit Gilles  | Bagneux   | 19/04/08 | <b>505,0</b> |              |
| <b>M1 (40-44)</b> | Nguyen Pierre     | Yerres    | 30/03/19 | <b>170,0</b> | Nguyen Pierre    | Yerres    | 30/03/19 | <b>120,0</b> | Nguyen Pierre    | Yerres    | 30/03/19 | <b>180,0</b> | Nguyen Pierre | Yerres    | 30/03/19 | <b>470,0</b> |              |
| <b>M2 (45-49)</b> | Nguyen Pierre     | Maisons-A | 26/03/22 | <b>140,0</b> | Nguyen Pierre    | Maisons-A | 26/03/22 | <b>115,0</b> | Nguyen Pierre    | Maisons-A | 26/03/22 | <b>172,5</b> | Nguyen Pierre | Maisons-A | 26/03/22 | <b>427,5</b> |              |
| <b>M3 (50-54)</b> | Vincent Marc      | Oissel    | 23/03/13 | <b>128,0</b> | Gros Didier      | Saint-Vit | 22/03/14 | <b>100,0</b> | Vincent Marc     | Oissel    | 31/03/12 | <b>172,5</b> | Gros Didier   | Saint-Vit | 22/03/14 | <b>387,5</b> |              |
| <b>M4 (55-59)</b> | Chavatte J-P      | Gournay   | 19/04/08 | <b>132,5</b> | Gros Didier      | Besançon  | 25/03/17 | <b>100,0</b> | Baret Claude     | Oissel    | 24/04/04 | <b>182,5</b> | Baret Claude  | Oissel    | 24/04/04 | <b>400,0</b> |              |
| <b>M5 (60-64)</b> | Chavatte J-P      | Gournay   | 24/06/10 | <b>132,5</b> | Gros Didier      | Rioz      | 29/04/23 | <b>97,5</b>  | Baret Claude     | Oissel    | 19/04/08 | <b>175,0</b> | Gros Didier   | Rioz      | 29/04/23 | <b>390,0</b> |              |
| <b>M6 (65-69)</b> | Camus-M. D.       | Maromme   | 24/04/04 | <b>152,5</b> | Camus-M. D.      | Maromme   | 24/04/04 | <b>82,5</b>  | Camus-M. D.      | Maromme   | 23/04/05 | <b>183,0</b> | Camus-M. D.   | Maromme   | 24/04/04 | <b>415,0</b> |              |
| <b>M7 (70-74)</b> | Camus-M. D.       | Maromme   | 07/04/07 | <b>145,0</b> | Camus-M. D.      | Maromme   | 07/04/07 | <b>77,5</b>  | Camus-M. D.      | Maromme   | 07/04/07 | <b>175,0</b> | Camus-M. D.   | Maromme   | 07/04/07 | <b>397,5</b> |              |
| <b>M8 (75-79)</b> | Tidona V.         | Rennes    | 07/04/07 | <b>105,0</b> | Tidona V.        | Rennes    | 07/04/07 | <b>75,0</b>  | Tidona V.        | Rennes    | 07/04/07 | <b>150,0</b> | Tidona V.     | Rennes    | 07/04/07 | <b>330,0</b> |              |
| <b>M9 (80-84)</b> |                   |           |          |              |                  |           |          |              |                  |           |          |              |               |           |          |              | <b>230,0</b> |

## Records Nationaux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - HOMMES -75 kg

|                   | Flexion de Jambes |            |          |       | Développé Couché |           |          |       | Soulevé de Terre |            |          |       | TOTAL            |           |          |       |              |
|-------------------|-------------------|------------|----------|-------|------------------|-----------|----------|-------|------------------|------------|----------|-------|------------------|-----------|----------|-------|--------------|
| <b>T1 (14-15)</b> |                   |            |          |       |                  |           |          |       |                  |            |          |       |                  |           |          |       | <b>337,5</b> |
| <b>T2 (16-17)</b> | Delattre Timoté   | Trilport   | 11/03/23 | 130,0 | Gefen Eyal       | Brionne   | 07/04/07 | 97,5  | Delattre Timoté  | Trilport   | 11/03/23 | 170,0 | Delattre Timoté  | Trilport  | 11/03/23 | 392,5 |              |
| <b>T3 (18-19)</b> | Quelet Thomas     | Trilport   | 03/11/18 | 182,5 | Lechêne Alex.    | Cappelle  | 31/03/18 | 117,5 | Quelet Thomas    | Trilport   | 03/11/18 | 210,0 | Lechêne Alex.    | Cappelle  | 31/03/18 | 498,0 |              |
| <b>JR (20-23)</b> | Fabreguettes E.   | Individuel | 11/03/23 | 200,0 | Robert Maxime    | St Aubin  | 11/03/23 | 135,0 | Robert Maxime    | St Aubin   | 11/03/23 | 250,0 | Robert Maxime    | St Aubin  | 11/03/23 | 575,0 |              |
| <b>OP (24-39)</b> | Fabreguettes E.   | Individuel | 11/03/23 | 200,0 | Domenge Brice    | Tarbes    | 26/10/19 | 150,0 | Robert Maxime    | St Aubin   | 11/03/23 | 250,0 | Robert Maxime    | St Aubin  | 11/03/23 | 575,0 |              |
| <b>M1 (40-44)</b> | Lebourg Yannick   | Gournay    | 11/03/23 | 165,0 | Compain Bruno    | Eu        | 07/04/07 | 127,5 | Compain Bruno    | Eu         | 19/04/08 | 235,0 | Compain Bruno    | Eu        | 07/04/07 | 517,5 |              |
| <b>M2 (45-49)</b> | Ponnier-C. Alex.  | Rosay      | 29/04/23 | 177,5 | Costa Pascal     | Challans  | 28/03/15 | 125,0 | Ponnier-C. Alex. | Rosay      | 29/04/23 | 215,0 | Ponnier-C. Alex. | Rosay     | 29/04/23 | 502,5 |              |
| <b>M3 (50-54)</b> | Métayer P.        | St-Aubin   | 30/03/19 | 152,5 | Dheilly J-C      | St-Aubin  | 21/06/08 | 115,0 | Dheilly J-C      | Individuel | 26/03/11 | 213,0 | Métayer P.       | St-Aubin  | 19/03/16 | 462,5 |              |
| <b>M4 (55-59)</b> | Forget B.         | Lisieux    | 18/06/05 | 178,0 | Courtois J.P.    | Maromme   | 24/04/04 | 122,5 | Forget B.        | Lisieux    | 18/06/05 | 230,0 | Forget B.        | Lisieux   | 18/06/05 | 502,5 |              |
| <b>M5 (60-64)</b> | Mauhourat P.      | Tarbes     | 11/03/23 | 170,0 | Buron Eric       | Déville   | 29/04/23 | 115,0 | Mauhourat P.     | Tarbes     | 11/03/23 | 230,0 | Mauhourat P.     | Tarbes    | 11/03/23 | 490,0 |              |
| <b>M6 (65-69)</b> | Brunet Daniel     | Duclair    | 30/03/19 | 132,5 | Boudot Philippe  | Bonnelles | 29/04/23 | 112,5 | Boudot Philippe  | Bonnelles  | 11/03/23 | 175,0 | Boudot Philippe  | Bonnelles | 29/04/23 | 407,5 |              |
| <b>M7 (70-74)</b> | Brunet Daniel     | Déville    | 11/03/23 | 135,5 | Brunet Daniel    | Déville   | 29/04/23 | 90,0  | Brunet Daniel    | Déville    | 11/03/23 | 160,5 | Brunet Daniel    | Déville   | 11/03/23 | 384,0 |              |
| <b>M8 (75-79)</b> | Kundurian Pat.    | Maisons A  | 11/03/23 | 85,0  | Kundurian Pat.   | Maisons A | 11/03/23 | 75,0  | Kundurian Pat.   | Maisons A  | 11/03/23 | 155,0 | Kundurian Pat.   | Maisons A | 11/03/23 | 315,0 |              |
| <b>M9 (80-84)</b> |                   |            |          |       |                  |           |          |       |                  |            |          |       |                  |           |          |       | <b>247,5</b> |

## Records Nationaux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - HOMMES -82,5 kg

|                   | Flexion de Jambes |           |          |       | Développé Couché |            |          |       | Soulevé de Terre |           |          |       | TOTAL          |           |          |       |              |
|-------------------|-------------------|-----------|----------|-------|------------------|------------|----------|-------|------------------|-----------|----------|-------|----------------|-----------|----------|-------|--------------|
| <b>T1 (14-15)</b> |                   |           |          |       |                  |            |          |       |                  |           |          |       |                |           |          |       | <b>362,5</b> |
| <b>T2 (16-17)</b> | Jarrot Théo       | Rioz      | 29/04/23 | 170,0 | Jarrot Théo      | Rioz       | 29/04/23 | 105,0 | Jarrot Théo      | Rioz      | 29/04/23 | 220,0 | Jarrot Théo    | Rioz      | 29/04/23 | 495,0 |              |
| <b>T3 (18-19)</b> | L'Exact Rod.      | Dan Roc   | 07/04/07 | 197,5 | L'Exact Rod.     | Dan Roc    | 07/04/07 | 117,5 | L'Exact Rod.     | Dan Roc   | 07/04/07 | 220,0 | L'Exact Rod.   | Dan Roc   | 07/04/07 | 535,0 |              |
| <b>JR (20-23)</b> | Pluss Dimitri     | Castelnau | 28/04/19 | 197,5 | Pluss Dimitri    | Castelnau  | 28/04/19 | 137,5 | Stoffel J.       | Evreux    | 24/06/06 | 245,0 | Pluss Dimitri  | Castelnau | 28/04/19 | 565,0 |              |
| <b>OP (24-39)</b> | Kwicien C         | Bourbon L | 26/03/11 | 230,0 | Kwicien C        | Bourbon L  | 26/03/11 | 175,0 | Kwicien C        | Bourbon L | 26/03/11 | 285,0 | Kwicien C      | Bourbon L | 26/03/11 | 690,0 |              |
| <b>M1 (40-44)</b> | Bourgeois Kenn    | Maisons-A | 26/03/22 | 220,0 | Valfrey P.       | Dan Roc    | 19/04/08 | 145,0 | Bourgeois Kenn   | Maisons-A | 26/03/22 | 245,5 | Bourgeois Kenn | Maisons-A | 26/03/22 | 590,5 |              |
| <b>M2 (45-49)</b> | Mauhourat P.      | Tarbes    | 20/11/04 | 200,0 | Mauhourat P.     | Tarbes     | 10/12/05 | 132,5 | Mauhourat P.     | Tarbes    | 24/06/06 | 272,5 | Mauhourat P.   | Tarbes    | 20/11/04 | 600,0 |              |
| <b>M3 (50-54)</b> | Mauhourat P.      | Tarbes    | 14/11/09 | 200,0 | Taupe Laurent    | Individuel | 28/03/15 | 130,0 | Mauhourat P.     | Tarbes    | 25/04/09 | 272,5 | Mauhourat P.   | Tarbes    | 25/04/09 | 595,0 |              |
| <b>M4 (55-59)</b> | Mauhourat P.      | Tarbes    | 28/03/15 | 191,0 | Fortier Daniel   | Evreux     | 31/03/18 | 125,0 | Mauhourat P.     | Tarbes    | 28/03/15 | 261,0 | Mauhourat P.   | Tarbes    | 22/03/14 | 567,5 |              |
| <b>M5 (60-64)</b> | Mauhourat P.      | Tarbes    | 30/03/19 | 182,5 | Fortier Daniel   | Evreux     | 30/03/19 | 125,0 | Mauhourat P.     | Tarbes    | 26/03/22 | 245,0 | Mauhourat P.   | Tarbes    | 26/03/22 | 525,0 |              |
| <b>M6 (65-69)</b> |                   |           |          |       |                  |            |          |       |                  |           |          |       |                |           |          |       | <b>340,0</b> |
| <b>M7 (70-74)</b> |                   |           |          |       |                  |            |          |       |                  |           |          |       |                |           |          |       | <b>317,5</b> |
| <b>M8 (75-79)</b> |                   |           |          |       |                  |            |          |       |                  |           |          |       |                |           |          |       | <b>295,0</b> |
| <b>M9 (80-84)</b> |                   |           |          |       |                  |            |          |       |                  |           |          |       |                |           |          |       | <b>272,5</b> |

## Records Nationaux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - HOMMES -90 kg

|                   | Flexion de Jambes |           |          |              | Développé Couché |            |          |              | Soulevé de Terre |           |          |              | TOTAL            |           |          |              |              |
|-------------------|-------------------|-----------|----------|--------------|------------------|------------|----------|--------------|------------------|-----------|----------|--------------|------------------|-----------|----------|--------------|--------------|
| <b>T1 (14-15)</b> |                   |           |          |              |                  |            |          |              |                  |           |          |              |                  |           |          |              | <b>387,5</b> |
| <b>T2 (16-17)</b> |                   |           |          |              |                  |            |          |              |                  |           |          |              |                  |           |          |              | <b>415,0</b> |
| <b>T3 (18-19)</b> | L'exact R.        | Dan Roc   | 23/06/07 | <b>207,5</b> | Jandau Anthony   | Cappelle   | 25/03/17 | <b>130,0</b> | L'exact R.       | Dan Roc   | 23/06/07 | <b>240,0</b> | L'exact R.       | Dan Roc   | 23/06/07 | <b>567,5</b> |              |
| <b>JR (20-23)</b> | Valentin J.       | Tarbes    | 22/03/14 | <b>220,0</b> | Valentin J.      | Tarbes     | 22/03/14 | <b>155,0</b> | Valentin J.      | Tarbes    | 22/03/14 | <b>270,0</b> | Valentin J.      | Tarbes    | 22/03/14 | <b>645,0</b> |              |
| <b>OP (24-39)</b> | Vaillant Cyrille  | Pontoise  | 05/05/12 | <b>230,0</b> | Vaillant Cyrille | Pontoise   | 05/05/12 | <b>177,5</b> | Leboulanger F.   | Maisons-A | 11/03/23 | <b>290,0</b> | Vaillant Cyrille | Pontoise  | 05/05/12 | <b>660,0</b> |              |
| <b>M1 (40-44)</b> | Vaillant Cyrille  | Pontoise  | 02/11/13 | <b>225,0</b> | Pires Daniel     | Challans   | 23/03/13 | <b>175,5</b> | Corre Dom.       | Lisieux   | 23/04/05 | <b>250,0</b> | Vaillant Cyrille | Pontoise  | 02/11/13 | <b>637,5</b> |              |
| <b>M2 (45-49)</b> | Handala Denis     | Yerres    | 27/10/19 | <b>215,0</b> | Valfrey Patrick  | Vaivre     | 26/06/10 | <b>142,5</b> | Dumont J.C.      | Gournay   | 23/06/07 | <b>237,5</b> | Valfrey Patrick  | Saint Vit | 01/11/14 | <b>580,0</b> |              |
| <b>M3 (50-54)</b> | Handala Denis     | Maisons-A | 11/03/23 | <b>222,5</b> | Grudé Thierry    | Individuel | 25/04/09 | <b>140,0</b> | Mauhourat P.     | Tarbes    | 23/03/13 | <b>270,0</b> | Mauhourat P.     | Tarbes    | 23/03/13 | <b>602,5</b> |              |
| <b>M4 (55-59)</b> | Valfrey Patrick   | Rioz      | 26/03/22 | <b>190,0</b> | Valfrey Patrick  | Rioz       | 26/03/22 | <b>130,0</b> | Valfrey Patrick  | Rioz      | 26/03/22 | <b>220,0</b> | Valfrey Patrick  | Rioz      | 26/03/22 | <b>540,0</b> |              |
| <b>M5 (60-64)</b> | Fortier Daniel    | Evreux    | 27/10/19 | <b>175,0</b> | Fortier Daniel   | Evreux     | 27/10/19 | <b>122,5</b> | Fortier Daniel   | Evreux    | 27/10/19 | <b>212,5</b> | Fortier Daniel   | Evreux    | 27/10/19 | <b>510,0</b> |              |
| <b>M6 (65-69)</b> | Cortot Rémi       | Paray     | 27/10/19 | <b>177,5</b> | Cortot Rémi      | Paray      | 27/10/19 | <b>117,5</b> | Cortot Rémi      | Paray     | 27/10/19 | <b>202,5</b> | Cortot Rémi      | Paray     | 27/10/19 | <b>497,5</b> |              |
| <b>M7 (70-74)</b> |                   |           |          |              |                  |            |          |              |                  |           |          |              |                  |           |          |              | <b>337,5</b> |
| <b>M8 (75-79)</b> | Bustreel Serge    | Trilport  | 26/03/22 | <b>180,0</b> | Bustreel Serge   | Trilport   | 29/04/23 | <b>95,0</b>  | Bustreel Serge   | Trilport  | 29/04/23 | <b>220,0</b> | Bustreel Serge   | Trilport  | 29/04/23 | <b>477,5</b> |              |
| <b>M9 (80-84)</b> |                   |           |          |              |                  |            |          |              |                  |           |          |              |                  |           |          |              | <b>287,5</b> |

## Records Nationaux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - HOMMES -100 kg

|                   | Flexion de Jambes |            |          |              | Développé Couché |            |          |              | Soulevé de Terre |            |          |              | TOTAL          |            |          |              |              |
|-------------------|-------------------|------------|----------|--------------|------------------|------------|----------|--------------|------------------|------------|----------|--------------|----------------|------------|----------|--------------|--------------|
| <b>T1 (14-15)</b> |                   |            |          |              |                  |            |          |              |                  |            |          |              |                |            |          |              | <b>415,0</b> |
| <b>T2 (16-17)</b> |                   |            |          |              |                  |            |          |              |                  |            |          |              |                |            |          |              | <b>442,5</b> |
| <b>T3 (18-19)</b> |                   |            |          |              |                  |            |          |              |                  |            |          |              |                |            |          |              | <b>470,0</b> |
| <b>JR (20-23)</b> | Maury S           | Challans   | 21/06/08 | <b>250,0</b> | Maury S          | Challans   | 21/06/08 | <b>185,0</b> | Maury S          | Challans   | 21/06/08 | <b>255,0</b> | Maury S        | Challans   | 21/06/08 | <b>690,0</b> |              |
| <b>OP (24-39)</b> | Baumel Patrice    | Paray le M | 26/03/22 | <b>255,0</b> | Maury S          | Challans   | 21/06/08 | <b>185,0</b> | Pollet Fabien    | Eu         | 19/03/16 | <b>290,0</b> | Pollet Fabien  | Eu         | 19/03/16 | <b>700,0</b> |              |
| <b>M1 (40-44)</b> | Baumel Patrice    | Paray le M | 27/10/19 | <b>240,0</b> | Chiarot Th.      | Oissel     | 19/04/08 | <b>170,5</b> | Mssa David       | Maisons-A  | 26/03/22 | <b>280,0</b> | Siméon Olivier | Déville    | 26/03/11 | <b>650,0</b> |              |
| <b>M2 (45-49)</b> | Baumel Patrice    | Paray le M | 26/03/22 | <b>255,0</b> | Foire P.         | Eu         | 22/04/06 | <b>152,5</b> | Baumel Patrice   | Paray le M | 28/11/21 | <b>260,0</b> | Baumel Patrice | Paray le M | 28/11/21 | <b>655,0</b> |              |
| <b>M3 (50-54)</b> | Kalic François    | Trilport   | 25/03/17 | <b>215,0</b> | Kalic François   | Trilport   | 09/04/16 | <b>167,5</b> | Kalic François   | Trilport   | 12/11/16 | <b>252,5</b> | Kalic François | Trilport   | 09/04/16 | <b>625,0</b> |              |
| <b>M4 (55-59)</b> |                   |            |          |              |                  |            |          |              |                  |            |          |              |                |            |          |              | <b>442,5</b> |
| <b>M5 (60-64)</b> | Bustreel S.       | Challans   | 26/03/11 | <b>187,5</b> | Bustreel S.      | Challans   | 26/05/11 | <b>122,5</b> | Bustreel S.      | Challans   | 26/05/11 | <b>245,5</b> | Bustreel S.    | Challans   | 26/03/11 | <b>547,5</b> |              |
| <b>M6 (65-69)</b> | Bustreel S.       | Challans   | 19/03/16 | <b>206,0</b> | Bustreel S.      | Challans   | 31/03/12 | <b>120,0</b> | Bustreel S.      | Challans   | 28/03/15 | <b>250,0</b> | Bustreel S.    | Challans   | 28/03/15 | <b>572,5</b> |              |
| <b>M7 (70-74)</b> | Bustreel S.       | Trilport   | 27/10/19 | <b>202,5</b> | Bustreel S.      | Individuel | 25/03/17 | <b>120,0</b> | Bustreel S.      | Individuel | 31/03/18 | <b>236,5</b> | Bustreel S.    | Individuel | 30/04/17 | <b>545,0</b> |              |
| <b>M8 (75-79)</b> |                   |            |          |              |                  |            |          |              |                  |            |          |              |                |            |          |              | <b>332,5</b> |
| <b>M9 (80-84)</b> |                   |            |          |              |                  |            |          |              |                  |            |          |              |                |            |          |              | <b>305,0</b> |

## Records Nationaux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - HOMMES -110 kg

|                   | Flexion de Jambes |            |          |              | Développé Couché |            |          |              | Soulevé de Terre |            |          |              | TOTAL          |            |          |              |              |
|-------------------|-------------------|------------|----------|--------------|------------------|------------|----------|--------------|------------------|------------|----------|--------------|----------------|------------|----------|--------------|--------------|
| <b>T1 (14-15)</b> |                   |            |          |              |                  |            |          |              |                  |            |          |              |                |            |          |              | <b>442,5</b> |
| <b>T2 (16-17)</b> |                   |            |          |              |                  |            |          |              |                  |            |          |              |                |            |          |              | <b>470,0</b> |
| <b>T3 (18-19)</b> | Addouche Math     | Tarbes     | 25/03/17 | <b>250,0</b> | Addouche Math    | Tarbes     | 25/03/17 | <b>180,0</b> | Addouche Math    | Tarbes     | 25/03/17 | <b>270,0</b> | Addouche Mat   | Tarbes     | 25/03/17 | <b>700,0</b> |              |
| <b>JR (20-23)</b> | Hadjadji Yanis    | Individuel | 19/03/16 | <b>195,0</b> | Hadjadji Yanis   | Individuel | 19/03/16 | <b>140,0</b> | Hadjadji Yanis   | Individuel | 19/03/16 | <b>210,0</b> | Hadjadji Yanis | Individuel | 19/03/16 | <b>545,0</b> |              |
| <b>OP (24-39)</b> | Louvel Sébastie   | Individuel | 28/11/21 | <b>260,0</b> | Godon Joël       | Maromme    | 24/04/04 | <b>180,0</b> | Villin Julien    | Castelnau  | 28/04/19 | <b>292,5</b> | Addouche Mat   | Tarbes     | 25/03/17 | <b>700,0</b> |              |
| <b>M1 (40-44)</b> |                   |            |          |              |                  |            |          |              |                  |            |          |              |                |            |          |              | <b>557,5</b> |
| <b>M2 (45-49)</b> | Baumel Patrice    | Autun      | 29/04/23 | <b>260,0</b> | Godon Joël       | Maromme    | 24/04/04 | <b>180,0</b> | Godon Joël       | Maromme    | 11/11/06 | <b>282,5</b> | Baumel Patrice | Autun      | 29/04/23 | <b>670,0</b> |              |
| <b>M3 (50-54)</b> | Boyer Roland      | Oissel     | 29/04/23 | <b>240,0</b> | Boyer Roland     | Oissel     | 29/04/23 | <b>157,5</b> | Boyer Roland     | Oissel     | 29/04/23 | <b>300,0</b> | Boyer Roland   | Oissel     | 29/04/23 | <b>697,5</b> |              |
| <b>M4 (55-59)</b> | Hubert Gilles     | Bonnelles  | 11/03/23 | <b>200,0</b> | Hubert Gilles    | Bonnelles  | 26/03/22 | <b>122,5</b> | Hubert Gilles    | Bonnelles  | 26/03/22 | <b>255,0</b> | Hubert Gilles  | Bonnelles  | 11/03/23 | <b>557,5</b> |              |
| <b>M5 (60-64)</b> |                   |            |          |              |                  |            |          |              |                  |            |          |              |                |            |          |              | <b>442,5</b> |
| <b>M6 (65-69)</b> |                   |            |          |              |                  |            |          |              |                  |            |          |              |                |            |          |              | <b>412,5</b> |
| <b>M7 (70-74)</b> |                   |            |          |              |                  |            |          |              |                  |            |          |              |                |            |          |              | <b>382,5</b> |
| <b>M8 (75-79)</b> |                   |            |          |              |                  |            |          |              |                  |            |          |              |                |            |          |              | <b>352,5</b> |
| <b>M9 (80-84)</b> |                   |            |          |              |                  |            |          |              |                  |            |          |              |                |            |          |              | <b>322,5</b> |

## Records Nationaux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - HOMMES -125 kg

|                   | Flexion de Jambes |          |          |              | Développé Couché |          |          |              | Soulevé de Terre |          |          |              | TOTAL           |          |          |              |              |
|-------------------|-------------------|----------|----------|--------------|------------------|----------|----------|--------------|------------------|----------|----------|--------------|-----------------|----------|----------|--------------|--------------|
| <b>T1 (14-15)</b> |                   |          |          |              |                  |          |          |              |                  |          |          |              |                 |          |          |              | <b>460,0</b> |
| <b>T2 (16-17)</b> | Conrand Tailson   | Soissons | 31/03/18 | <b>230,0</b> | Conrand Tailson  | Soissons | 31/03/18 | <b>140,0</b> | Conrand Tailson  | Soissons | 31/03/18 | <b>260,0</b> | Conrand Tailson | Soissons | 31/03/18 | <b>630,0</b> |              |
| <b>T3 (18-19)</b> |                   |          |          |              |                  |          |          |              |                  |          |          |              |                 |          |          |              | <b>520,0</b> |
| <b>JR (20-23)</b> |                   |          |          |              |                  |          |          |              |                  |          |          |              |                 |          |          |              | <b>552,5</b> |
| <b>OP (24-39)</b> | Broutin C.        | A.C.M.   | 11/11/06 | <b>270,0</b> | Théry Christ,    | Cappelle | 26/03/11 | <b>215,5</b> | Broutin C.       | A.C.M.   | 11/11/06 | <b>280,0</b> | Broutin C.      | A.C.M.   | 11/11/06 | <b>727,5</b> |              |
| <b>M1 (40-44)</b> |                   |          |          |              |                  |          |          |              |                  |          |          |              |                 |          |          |              | <b>582,5</b> |
| <b>M2 (45-49)</b> | Ruch Patrick      | Lisieux  | 31/03/12 | <b>200,0</b> | Ruch Patrick     | Lisieux  | 31/03/12 | <b>127,5</b> | Ruch Patrick     | Lisieux  | 31/03/12 | <b>260,0</b> | Ruch Patrick    | Lisieux  | 31/03/12 | <b>587,5</b> |              |
| <b>M3 (50-54)</b> |                   |          |          |              |                  |          |          |              |                  |          |          |              |                 |          |          |              | <b>520,0</b> |
| <b>M4 (55-59)</b> |                   |          |          |              |                  |          |          |              |                  |          |          |              |                 |          |          |              | <b>490,0</b> |
| <b>M5 (60-64)</b> |                   |          |          |              |                  |          |          |              |                  |          |          |              |                 |          |          |              | <b>460,0</b> |
| <b>M6 (65-69)</b> |                   |          |          |              |                  |          |          |              |                  |          |          |              |                 |          |          |              | <b>430,0</b> |
| <b>M7 (70-74)</b> |                   |          |          |              |                  |          |          |              |                  |          |          |              |                 |          |          |              | <b>400,0</b> |
| <b>M8 (75-79)</b> |                   |          |          |              |                  |          |          |              |                  |          |          |              |                 |          |          |              | <b>370,0</b> |
| <b>M9 (80-84)</b> |                   |          |          |              |                  |          |          |              |                  |          |          |              |                 |          |          |              | <b>340,0</b> |

## Records Nationaux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - HOMMES -145 kg

|            | Flexion de Jambes |  |  |  | Développé Couché |  |  |  | Soulevé de Terre |  |  |  | TOTAL |  |  |       |
|------------|-------------------|--|--|--|------------------|--|--|--|------------------|--|--|--|-------|--|--|-------|
| T1 (14-15) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 480,0 |
| T2 (16-17) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 512,5 |
| T3 (18-19) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 545,0 |
| JR (20-23) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 575,0 |
| OP (24-39) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 640,0 |
| M1 (40-44) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 607,5 |
| M2 (45-49) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 575,0 |
| M3 (50-54) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 545,0 |
| M4 (55-59) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 512,5 |
| M5 (60-64) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 480,0 |
| M6 (65-69) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 447,5 |
| M7 (70-74) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 415,0 |
| M8 (75-79) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 382,5 |
| M9 (80-84) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 360,0 |

## Records Nationaux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - HOMMES +145 kg

|            | Flexion de Jambes |  |  |  | Développé Couché |  |  |  | Soulevé de Terre |  |  |  | TOTAL |  |  |       |
|------------|-------------------|--|--|--|------------------|--|--|--|------------------|--|--|--|-------|--|--|-------|
| T1 (14-15) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 490,0 |
| T2 (16-17) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 525,0 |
| T3 (18-19) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 557,5 |
| JR (20-23) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 590,0 |
| OP (24-39) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 655,0 |
| M1 (40-44) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 622,5 |
| M2 (45-49) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 590,0 |
| M3 (50-54) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 557,5 |
| M4 (55-59) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 525,0 |
| M5 (60-64) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 490,0 |
| M6 (65-69) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 457,5 |
| M7 (70-74) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 425,0 |
| M8 (75-79) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 392,5 |
| M9 (80-84) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  | 360,0 |

## Records Fédéraux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - FEMMES -44 kg

|            | Flexion de Jambes |  |  |  | Développé Couché |  |  |  | Soulevé de Terre |  |  |  | TOTAL |  |  |  |       |
|------------|-------------------|--|--|--|------------------|--|--|--|------------------|--|--|--|-------|--|--|--|-------|
| T1 (14-15) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  |  | 160,0 |
| T2 (16-17) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  |  | 172,5 |
| T3 (18-19) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  |  | 182,5 |
| JR (20-23) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  |  | 192,5 |
| OP (24-39) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  |  | 215,0 |
| M1 (40-44) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  |  | 202,5 |
| M2 (45-49) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  |  | 192,5 |
| M3 (50-54) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  |  | 182,5 |
| M4 (55-59) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  |  | 172,5 |
| M5 (60-64) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  |  | 160,0 |
| M6 (65-69) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  |  | 147,5 |
| M7 (70-74) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  |  | 135,0 |
| M8 (75-79) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  |  | 122,5 |
| M9 (80-84) |                   |  |  |  |                  |  |  |  |                  |  |  |  |       |  |  |  | 110,0 |

## Records Fédéraux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - FEMMES -47,5 kg

|            | Flexion de Jambes |            |          |    | Développé Couché |            |          |      | Soulevé de Terre |            |          |      | TOTAL           |            |          |     |       |
|------------|-------------------|------------|----------|----|------------------|------------|----------|------|------------------|------------|----------|------|-----------------|------------|----------|-----|-------|
| T1 (14-15) |                   |            |          |    |                  |            |          |      |                  |            |          |      |                 |            |          |     | 167,5 |
| T2 (16-17) |                   |            |          |    |                  |            |          |      |                  |            |          |      |                 |            |          |     | 180,0 |
| T3 (18-19) | SevestreSabrina   | Oissel     | 26/03/22 | 60 | SevestreSabrina  | Oissel     | 26/03/22 | 32,5 | SevestreSabrina  | Oissel     | 26/03/22 | 97,5 | SevestreSabrina | Oissel     | 26/03/22 | 190 |       |
| JR (20-23) |                   |            |          |    |                  |            |          |      |                  |            |          |      |                 |            |          |     | 200,0 |
| OP (24-39) |                   |            |          |    |                  |            |          |      |                  |            |          |      |                 |            |          |     | 222,5 |
| M1 (40-44) |                   |            |          |    |                  |            |          |      |                  |            |          |      |                 |            |          |     | 212,5 |
| M2 (45-49) |                   |            |          |    |                  |            |          |      |                  |            |          |      |                 |            |          |     | 200,0 |
| M3 (50-54) |                   |            |          |    |                  |            |          |      |                  |            |          |      |                 |            |          |     | 190,0 |
| M4 (55-59) | GuillaumeSabin    | Jouy/Morin | 30/04/23 | 70 | GuillaumeSabin   | Jouy/Morin | 30/04/23 | 50   | GuillaumeSabin   | Jouy/Morin | 30/04/23 | 130  | GuillaumeSabin  | Jouy/Morin | 30/04/23 | 250 |       |
| M5 (60-64) |                   |            |          |    |                  |            |          |      |                  |            |          |      |                 |            |          |     | 167,5 |
| M6 (65-69) |                   |            |          |    |                  |            |          |      |                  |            |          |      |                 |            |          |     | 155,0 |
| M7 (70-74) |                   |            |          |    |                  |            |          |      |                  |            |          |      |                 |            |          |     | 142,5 |
| M8 (75-79) |                   |            |          |    |                  |            |          |      |                  |            |          |      |                 |            |          |     | 130,0 |
| M9 (80-84) |                   |            |          |    |                  |            |          |      |                  |            |          |      |                 |            |          |     | 117,5 |

Minima nationaux en vert  
Records de l'année en rouge



## Records Fédéraux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - FEMMES -50,5 kg

|                   | Flexion de Jambes |            |          |             | Développé Couché |            |          |             | Soulevé de Terre |            |          |              | TOTAL          |            |          |              |
|-------------------|-------------------|------------|----------|-------------|------------------|------------|----------|-------------|------------------|------------|----------|--------------|----------------|------------|----------|--------------|
|                   |                   |            |          |             |                  |            |          |             |                  |            |          |              |                |            |          |              |
| <b>T1 (14-15)</b> |                   |            |          |             |                  |            |          |             |                  |            |          |              |                |            |          | <b>177,5</b> |
| <b>T2 (16-17)</b> | Richard Flavy     | Trilport   | 11/03/23 | <b>80</b>   | Richard Flavy    | Trilport   | 11/03/23 | <b>37,5</b> | Richard Flavy    | Trilport   | 11/03/23 | <b>85</b>    | Richard Flavy  | Trilport   | 11/03/23 | <b>202,5</b> |
| <b>T3 (18-19)</b> | Karrer Samia      | Autun      | 11/03/23 | <b>67,5</b> | Karrer Samia     | Autun      | 11/03/23 | <b>50</b>   | Karrer Samia     | Autun      | 11/03/23 | <b>110</b>   | Karrer Samia   | Autun      | 11/03/23 | <b>227,5</b> |
| <b>JR (20-23)</b> |                   |            |          |             |                  |            |          |             |                  |            |          |              |                |            |          | <b>212,5</b> |
| <b>OP (24-39)</b> | GuillaumeSabin    | Jouy/Morin | 26/03/22 | <b>90</b>   | GuillaumeSabin   | Jouy/Morin | 26/03/22 | <b>55</b>   | GuillaumeSabin   | Jouy/Morin | 26/03/22 | <b>137,5</b> | GuillaumeSabin | Jouy/Morin | 26/03/22 | <b>282,5</b> |
| <b>M1 (40-44)</b> |                   |            |          |             |                  |            |          |             |                  |            |          |              |                |            |          | <b>222,5</b> |
| <b>M2 (45-49)</b> |                   |            |          |             |                  |            |          |             |                  |            |          |              |                |            |          | <b>212,5</b> |
| <b>M3 (50-54)</b> |                   |            |          |             |                  |            |          |             |                  |            |          |              |                |            |          | <b>200,0</b> |
| <b>M4 (55-59)</b> | GuillaumeSabin    | Jouy/Morin | 26/03/22 | <b>90</b>   | GuillaumeSabin   | Jouy/Morin | 26/03/22 | <b>55</b>   | GuillaumeSabin   | Jouy/Morin | 26/03/22 | <b>137,5</b> | GuillaumeSabin | Jouy/Morin | 26/03/22 | <b>282,5</b> |
| <b>M5 (60-64)</b> |                   |            |          |             |                  |            |          |             |                  |            |          |              |                |            |          | <b>177,5</b> |
| <b>M6 (65-69)</b> |                   |            |          |             |                  |            |          |             |                  |            |          |              |                |            |          | <b>165,0</b> |
| <b>M7 (70-74)</b> |                   |            |          |             |                  |            |          |             |                  |            |          |              |                |            |          | <b>152,5</b> |
| <b>M8 (75-79)</b> |                   |            |          |             |                  |            |          |             |                  |            |          |              |                |            |          | <b>140,0</b> |
| <b>M9 (80-84)</b> |                   |            |          |             |                  |            |          |             |                  |            |          |              |                |            |          | <b>127,5</b> |

## Records Fédéraux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - FEMMES -53 kg

|                   | Flexion de Jambes |          |          |              | Développé Couché |          |          |             | Soulevé de Terre |          |          |              | TOTAL         |          |          |              |
|-------------------|-------------------|----------|----------|--------------|------------------|----------|----------|-------------|------------------|----------|----------|--------------|---------------|----------|----------|--------------|
|                   |                   |          |          |              |                  |          |          |             |                  |          |          |              |               |          |          |              |
| <b>T1 (14-15)</b> |                   |          |          |              |                  |          |          |             |                  |          |          |              |               |          |          | <b>182,5</b> |
| <b>T2 (16-17)</b> | Richard Flavy     | Trilport | 30/04/23 | <b>70,0</b>  | Richard Flavy    | Trilport | 30/04/23 | <b>40,0</b> | Richard Flavy    | Trilport | 30/04/23 | <b>90,0</b>  | Richard Flavy | Trilport | 30/04/23 | <b>200,0</b> |
| <b>T3 (18-19)</b> |                   |          |          |              |                  |          |          |             |                  |          |          |              |               |          |          | <b>207,5</b> |
| <b>JR (20-23)</b> |                   |          |          |              |                  |          |          |             |                  |          |          |              |               |          |          | <b>217,5</b> |
| <b>OP (24-39)</b> | Lozano Rose       | Tarbes   | 18/06/05 | <b>105,0</b> | Lozano Rose      | Tarbes   | 23/04/05 | <b>63,0</b> | Lozano Rose      | Tarbes   | 20/11/04 | <b>145,0</b> | Lozano Rose   | Tarbes   | 18/06/05 | <b>307,5</b> |
| <b>M1 (40-44)</b> | Lozano Rose       | Tarbes   | 18/06/05 | <b>105,0</b> | Lozano Rose      | Tarbes   | 23/04/05 | <b>63,0</b> | Lozano Rose      | Tarbes   | 20/11/04 | <b>145,0</b> | Lozano Rose   | Tarbes   | 18/06/05 | <b>307,5</b> |
| <b>M2 (45-49)</b> | Lozano Rose       | Tarbes   | 11/11/06 | <b>102,5</b> | Lozano Rose      | Tarbes   | 11/11/06 | <b>62,5</b> | Lozano Rose      | Tarbes   | 11/11/06 | <b>140,0</b> | Lozano Rose   | Tarbes   | 11/11/06 | <b>305,0</b> |
| <b>M3 (50-54)</b> |                   |          |          |              |                  |          |          |             |                  |          |          |              |               |          |          | <b>207,5</b> |
| <b>M4 (55-59)</b> |                   |          |          |              |                  |          |          |             |                  |          |          |              |               |          |          | <b>195,0</b> |
| <b>M5 (60-64)</b> |                   |          |          |              |                  |          |          |             |                  |          |          |              |               |          |          | <b>182,5</b> |
| <b>M6 (65-69)</b> |                   |          |          |              |                  |          |          |             |                  |          |          |              |               |          |          | <b>170,0</b> |
| <b>M7 (70-74)</b> |                   |          |          |              |                  |          |          |             |                  |          |          |              |               |          |          | <b>157,5</b> |
| <b>M8 (75-79)</b> |                   |          |          |              |                  |          |          |             |                  |          |          |              |               |          |          | <b>145,0</b> |
| <b>M9 (80-84)</b> |                   |          |          |              |                  |          |          |             |                  |          |          |              |               |          |          | <b>132,5</b> |

Minima nationaux en vert  
Records de l'année en rouge

## Records Fédéraux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - FEMMES -55,5 kg

|                   | Flexion de Jambes |          |          |       | Développé Couché |          |          |      | Soulevé de Terre |          |          |       | TOTAL         |          |          |              |
|-------------------|-------------------|----------|----------|-------|------------------|----------|----------|------|------------------|----------|----------|-------|---------------|----------|----------|--------------|
|                   |                   |          |          |       |                  |          |          |      |                  |          |          |       |               |          |          |              |
| <b>T1 (14-15)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |               |          |          | <b>192,5</b> |
| <b>T2 (16-17)</b> | Cardoso Alexa     | Trilport | 30/04/23 | 65,0  | Cardoso Alexa    | Trilport | 30/04/23 | 40,0 | Cardoso Alexa    | Trilport | 30/04/23 | 105,0 | Cardoso Alexa | Trilport | 30/04/23 | 210,0        |
| <b>T3 (18-19)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |               |          |          | 217,5        |
| <b>JR (20-23)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |               |          |          | 230,0        |
| <b>OP (24-39)</b> | Catton Clément    | Moulins  | 26/10/19 | 107,5 | Lozano Rose      | Tarbes   | 25/04/09 | 65,0 | Lozano Rose      | Tarbes   | 10/12/05 | 140,0 | Lozano Rose   | Tarbes   | 12/11/11 | 317,5        |
| <b>M1 (40-44)</b> | Lozano Rose       | Tarbes   | 10/12/05 | 100,0 | Lozano Rose      | Tarbes   | 10/12/05 | 62,5 | Lozano Rose      | Tarbes   | 10/12/05 | 140,0 | Lozano Rose   | Tarbes   | 10/12/05 | 302,5        |
| <b>M2 (45-49)</b> | Lozano Rose       | Tarbes   | 17/11/07 | 105,0 | Lozano Rose      | Tarbes   | 25/04/09 | 65,0 | Lozano Rose      | Tarbes   | 24/06/06 | 140,0 | Lozano Rose   | Tarbes   | 17/11/07 | 307,5        |
| <b>M3 (50-54)</b> | Lozano Rose       | Tarbes   | 28/03/15 | 105,5 | Lozano Rose      | Tarbes   | 12/11/11 | 60,0 | Lozano Rose      | Tarbes   | 12/11/11 | 137,5 | Lozano Rose   | Tarbes   | 12/11/11 | 317,5        |
| <b>M4 (55-59)</b> | Lozano Rose       | Tarbes   | 19/03/16 | 105,0 | Lozano Rose      | Tarbes   | 19/03/16 | 57,5 | Lozano Rose      | Tarbes   | 25/03/17 | 130,0 | Lozano Rose   | Tarbes   | 19/03/16 | 282,5        |
| <b>M5 (60-64)</b> | Lozano Rose       | Tarbes   | 26/03/22 | 95,0  | Lozano Rose      | Tarbes   | 30/04/23 | 53,0 | Lozano Rose      | Tarbes   | 26/03/22 | 130,0 | Lozano Rose   | Tarbes   | 26/03/22 | 277,5        |
| <b>M6 (65-69)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |               |          |          | 180,0        |
| <b>M7 (70-74)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |               |          |          | 167,5        |
| <b>M8 (75-79)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |               |          |          | 155,0        |
| <b>M9 (80-84)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |               |          |          | 142,5        |

## Records Fédéraux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - FEMMES -58,5 kg

|                   | Flexion de Jambes |          |          |       | Développé Couché |          |          |      | Soulevé de Terre |          |          |       | TOTAL          |          |          |              |
|-------------------|-------------------|----------|----------|-------|------------------|----------|----------|------|------------------|----------|----------|-------|----------------|----------|----------|--------------|
|                   |                   |          |          |       |                  |          |          |      |                  |          |          |       |                |          |          |              |
| <b>T1 (14-15)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |                |          |          | <b>197,5</b> |
| <b>T2 (16-17)</b> | Cardoso Joana     | Trilport | 11/03/23 | 85,0  | Cardoso Joana    | Trilport | 30/04/23 | 52,5 | Cardoso Joana    | Trilport | 11/03/23 | 125,5 | Cardoso Joana  | Trilport | 11/03/23 | 260,5        |
| <b>T3 (18-19)</b> | Sauvage Paulin    | Gournay  | 11/03/23 | 117,5 | Sauvage Paulin   | Gournay  | 11/03/23 | 70,0 | Sauvage Paulin   | Gournay  | 11/03/23 | 160,0 | Sauvage Paulin | Gournay  | 11/03/23 | 347,5        |
| <b>JR (20-23)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |                |          |          | 237,5        |
| <b>OP (24-39)</b> | Lagrange S        | Challans | 21/06/08 | 135,0 | Lagrange S       | Challans | 21/06/08 | 92,5 | Sauvage Paulin   | Gournay  | 11/03/23 | 160,0 | Lagrange S     | Challans | 21/06/08 | 362,5        |
| <b>M1 (40-44)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |                |          |          | 250,0        |
| <b>M2 (45-49)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |                |          |          | 237,5        |
| <b>M3 (50-54)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |                |          |          | 225,0        |
| <b>M4 (55-59)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |                |          |          | 212,5        |
| <b>M5 (60-64)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |                |          |          | 197,5        |
| <b>M6 (65-69)</b> | Baron M-France    | Santes   | 25/03/17 | 85,0  | Baron M-France   | Santes   | 25/03/17 | 55,0 | Baron M-France   | Santes   | 25/03/17 | 140,0 | Baron M-France | Santes   | 25/03/17 | 280,0        |
| <b>M7 (70-74)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |                |          |          | 172,5        |
| <b>M8 (75-79)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |                |          |          | 160,0        |
| <b>M9 (80-84)</b> |                   |          |          |       |                  |          |          |      |                  |          |          |       |                |          |          | 147,5        |

Minima nationaux en vert  
Records de l'année en rouge

## Records Fédéraux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - FEMMES -63 kg

|                   | Flexion de Jambes |              |          |       | Développé Couché |          |          |      | Soulevé de Terre |          |          |       | TOTAL           |          |          |            |
|-------------------|-------------------|--------------|----------|-------|------------------|----------|----------|------|------------------|----------|----------|-------|-----------------|----------|----------|------------|
|                   |                   |              |          |       |                  |          |          |      |                  |          |          |       |                 |          |          |            |
| <b>T1 (14-15)</b> |                   |              |          |       |                  |          |          |      |                  |          |          |       |                 |          |          | <b>205</b> |
| <b>T2 (16-17)</b> | Baumel Loreline   | Autun        | 30/04/23 | 77,5  | Baumel Loreline  | Autun    | 30/04/23 | 45,0 | Baumel Loreline  | Autun    | 30/04/23 | 110,0 | Baumel Loreline | Autun    | 30/04/23 | 232,5      |
| <b>T3 (18-19)</b> |                   |              |          |       |                  |          |          |      |                  |          |          |       |                 |          |          | 232,5      |
| <b>JR (20-23)</b> | Dubois Helen      | Le Trait     | 25/04/09 | 110,0 | Dubois Helen     | Le Trait | 14/11/09 | 67,5 | Dubois Helen     | Le Trait | 14/11/09 | 170,0 | Dubois Helen    | Le Trait | 14/11/09 | 347,5      |
| <b>OP (24-39)</b> | Estel Sophie      | St J. de Luz | 31/03/18 | 123,0 | Bourdon Véro     | Maromme  | 24/06/06 | 80,0 | Dubois Helen     | Le Trait | 14/11/09 | 170,0 | Dubois Helen    | Le Trait | 14/11/09 | 347,5      |
| <b>M1 (40-44)</b> | Meunier Sarah     | Yerres       | 30/03/19 | 100,0 | Meunier Sarah    | Yerres   | 30/03/19 | 70,0 | Meunier Sarah    | Yerres   | 30/03/19 | 122,5 | Meunier Sarah   | Yerres   | 30/03/19 | 292,5      |
| <b>M2 (45-49)</b> | Le Blevenec N.    | Yerres       | 26/10/19 | 115,0 | Bourdon Véro     | Maromme  | 24/06/06 | 80,0 | Le Blevenec N.   | Yerres   | 26/10/19 | 155,5 | Le Blevenec N.  | Yerres   | 26/10/19 | 325,5      |
| <b>M3 (50-54)</b> | Estel Sophie      | St J. de Luz | 31/03/18 | 123,0 | Bourdon Véro     | Maromme  | 31/03/12 | 76,0 | Le Blevenec N.   | Rosay    | 26/03/22 | 157,5 | Bourdon Véro    | Maromme  | 25/04/09 | 335        |
| <b>M4 (55-59)</b> | Bourdon Véro      | Maromme      | 22/03/14 | 105,0 | Bourdon Véro     | Maromme  | 22/03/14 | 75,0 | Bourdon Véro     | Maromme  | 23/03/13 | 150,0 | Bourdon Véro    | Maromme  | 22/03/14 | 330        |
| <b>M5 (60-64)</b> | Bourdon Véro      | Maromme      | 30/03/19 | 97,5  | Bourdon Véro     | Maromme  | 31/03/18 | 70,0 | Bourdon Véro     | Maromme  | 30/03/19 | 132,5 | Bourdon Véro    | Maromme  | 30/03/19 | 295,0      |
| <b>M6 (65-69)</b> |                   |              |          |       |                  |          |          |      |                  |          |          |       |                 |          |          | 192,5      |
| <b>M7 (70-74)</b> |                   |              |          |       |                  |          |          |      |                  |          |          |       |                 |          |          | 172,5      |
| <b>M8 (75-79)</b> |                   |              |          |       |                  |          |          |      |                  |          |          |       |                 |          |          | 160        |
| <b>M9 (80-84)</b> |                   |              |          |       |                  |          |          |      |                  |          |          |       |                 |          |          | 147,5      |

## Records Fédéraux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - FEMMES -70 kg

|                   | Flexion de Jambes |              |          |       | Développé Couché |              |          |      | Soulevé de Terre |              |          |       | TOTAL         |              |          |       |
|-------------------|-------------------|--------------|----------|-------|------------------|--------------|----------|------|------------------|--------------|----------|-------|---------------|--------------|----------|-------|
|                   |                   |              |          |       |                  |              |          |      |                  |              |          |       |               |              |          |       |
| <b>T1 (14-15)</b> |                   |              |          |       |                  |              |          |      |                  |              |          |       |               |              |          | 222,5 |
| <b>T2 (16-17)</b> |                   |              |          |       |                  |              |          |      |                  |              |          |       |               |              |          | 237,5 |
| <b>T3 (18-19)</b> |                   |              |          |       |                  |              |          |      |                  |              |          |       |               |              |          | 252,5 |
| <b>JR (20-23)</b> | Compagnon A.      | Trilport     | 25/03/17 | 112,5 | Dubois Helen     | Le Trait     | 04/04/10 | 75   | Dubois Helen     | Le Trait     | 04/04/10 | 165   | Dubois Helen  | Le Trait     | 04/04/10 | 350   |
| <b>OP (24-39)</b> | Fonteneau C.      | Yerres       | 30/03/19 | 135   | Dubois Helen     | Le Trait     | 31/03/12 | 77,5 | Dubois Helen     | Le Trait     | 31/03/12 | 180   | Dubois Helen  | Le Trait     | 31/03/12 | 377,5 |
| <b>M1 (40-44)</b> | Meunier Sarah     | Trilport     | 26/03/22 | 110   | Meunier Sarah    | Trilport     | 26/03/22 | 75   | Meunier Sarah    | Trilport     | 26/03/22 | 130   | Meunier Sarah | Trilport     | 26/03/22 | 315   |
| <b>M2 (45-49)</b> |                   |              |          |       |                  |              |          |      |                  |              |          |       |               |              |          | 267,5 |
| <b>M3 (50-54)</b> | Estel Sophie      | St J. de Luz | 19/03/16 | 120   | Estel Sophie     | St J. de Luz | 19/03/16 | 50   | Estel Sophie     | St J. de Luz | 19/03/16 | 150   | Estel Sophie  | St J. de Luz | 19/03/16 | 320   |
| <b>M4 (55-59)</b> |                   |              |          |       |                  |              |          |      |                  |              |          |       |               |              |          | 237,5 |
| <b>M5 (60-64)</b> | Liège M. Chr.     | Yerres       | 30/03/19 | 97,5  | Liège M. Chr.    | Yerres       | 30/03/19 | 65   | Liège M. Chr.    | Yerres       | 30/03/19 | 127,5 | Liège M. Chr. | Yerres       | 30/03/19 | 290   |
| <b>M6 (65-69)</b> | Liège M. Chr.     | Rosay        | 26/03/22 | 95,5  | Liège M. Chr.    | Rosay        | 11/03/23 | 63   | Liège M. Chr.    | Rosay        | 26/03/22 | 120   | Liège M. Chr. | Rosay        | 26/03/22 | 278   |
| <b>M7 (70-74)</b> |                   |              |          |       |                  |              |          |      |                  |              |          |       |               |              |          | 197,5 |
| <b>M8 (75-79)</b> |                   |              |          |       |                  |              |          |      |                  |              |          |       |               |              |          | 185   |
| <b>M9 (80-84)</b> |                   |              |          |       |                  |              |          |      |                  |              |          |       |               |              |          | 172,5 |

Minima nationaux en vert  
Records de l'année en rouge

## Records Fédéraux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - FEMMES -80 kg

|                   | Flexion de Jambes |          |          |    | Développé Couché |          |          |    | Soulevé de Terre |          |          |       | TOTAL     |          |          |       |
|-------------------|-------------------|----------|----------|----|------------------|----------|----------|----|------------------|----------|----------|-------|-----------|----------|----------|-------|
|                   |                   |          |          |    |                  |          |          |    |                  |          |          |       |           |          |          |       |
| <b>T1 (14-15)</b> |                   |          |          |    |                  |          |          |    |                  |          |          |       |           |          |          | 245   |
| <b>T2 (16-17)</b> | Kom Alice         | Trilport | 30/04/23 | 95 | Kom Alice        | Trilport | 30/04/23 | 55 | Kom Alice        | Trilport | 30/04/23 | 152,5 | Kom Alice | Trilport | 30/04/23 | 302,5 |
| <b>T3 (18-19)</b> |                   |          |          |    |                  |          |          |    |                  |          |          |       |           |          |          | 277,5 |
| <b>JR (20-23)</b> |                   |          |          |    |                  |          |          |    |                  |          |          |       |           |          |          | 292,5 |
| <b>OP (24-39)</b> |                   |          |          |    |                  |          |          |    |                  |          |          |       |           |          |          | 325   |
| <b>M1 (40-44)</b> |                   |          |          |    |                  |          |          |    |                  |          |          |       |           |          |          | 310   |
| <b>M2 (45-49)</b> |                   |          |          |    |                  |          |          |    |                  |          |          |       |           |          |          | 292,5 |
| <b>M3 (50-54)</b> |                   |          |          |    |                  |          |          |    |                  |          |          |       |           |          |          | 277,5 |
| <b>M4 (55-59)</b> |                   |          |          |    |                  |          |          |    |                  |          |          |       |           |          |          | 260   |
| <b>M5 (60-64)</b> |                   |          |          |    |                  |          |          |    |                  |          |          |       |           |          |          | 245   |
| <b>M6 (65-69)</b> |                   |          |          |    |                  |          |          |    |                  |          |          |       |           |          |          | 227,5 |
| <b>M7 (70-74)</b> |                   |          |          |    |                  |          |          |    |                  |          |          |       |           |          |          | 210   |
| <b>M8 (75-79)</b> |                   |          |          |    |                  |          |          |    |                  |          |          |       |           |          |          | 192,5 |
| <b>M9 (80-84)</b> |                   |          |          |    |                  |          |          |    |                  |          |          |       |           |          |          | 175   |

## Records Fédéraux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - FEMMES -90 kg

|                   | Flexion de Jambes |        |          |       | Développé Couché |        |          |    | Soulevé de Terre |        |          |       | TOTAL      |        |          |       |
|-------------------|-------------------|--------|----------|-------|------------------|--------|----------|----|------------------|--------|----------|-------|------------|--------|----------|-------|
|                   |                   |        |          |       |                  |        |          |    |                  |        |          |       |            |        |          |       |
| <b>T1 (14-15)</b> |                   |        |          |       |                  |        |          |    |                  |        |          |       |            |        |          | 257,5 |
| <b>T2 (16-17)</b> |                   |        |          |       |                  |        |          |    |                  |        |          |       |            |        |          | 275,0 |
| <b>T3 (18-19)</b> |                   |        |          |       |                  |        |          |    |                  |        |          |       |            |        |          | 292,5 |
| <b>JR (20-23)</b> |                   |        |          |       |                  |        |          |    |                  |        |          |       |            |        |          | 310,0 |
| <b>OP (24-39)</b> | Saussois G        | Evreux | 07/04/07 | 137,5 | Saussois G       | Evreux | 07/04/07 | 95 | Saussois G       | Evreux | 11/11/06 | 197,5 | Saussois G | Evreux | 07/04/07 | 427,5 |
| <b>M1 (40-44)</b> |                   |        |          |       |                  |        |          |    |                  |        |          |       |            |        |          | 327,5 |
| <b>M2 (45-49)</b> |                   |        |          |       |                  |        |          |    |                  |        |          |       |            |        |          | 310,0 |
| <b>M3 (50-54)</b> |                   |        |          |       |                  |        |          |    |                  |        |          |       |            |        |          | 292,5 |
| <b>M4 (55-59)</b> |                   |        |          |       |                  |        |          |    |                  |        |          |       |            |        |          | 275,0 |
| <b>M5 (60-64)</b> |                   |        |          |       |                  |        |          |    |                  |        |          |       |            |        |          | 257,5 |
| <b>M6 (65-69)</b> |                   |        |          |       |                  |        |          |    |                  |        |          |       |            |        |          | 242,5 |
| <b>M7 (70-74)</b> |                   |        |          |       |                  |        |          |    |                  |        |          |       |            |        |          | 227,5 |
| <b>M8 (75-79)</b> |                   |        |          |       |                  |        |          |    |                  |        |          |       |            |        |          | 212,5 |
| <b>M9 (80-84)</b> |                   |        |          |       |                  |        |          |    |                  |        |          |       |            |        |          | 197,5 |

Minima nationaux en vert  
Records de l'année en rouge

## Records Fédéraux FSFA - 3 MOUVEMENTS sans EQUIPEMENT - FEMMES +90 kg

|            | Flexion de Jambes |        |          |     | Développé Couché |        |          |       | Soulevé de Terre |        |          |       | TOTAL           |        |          |       |
|------------|-------------------|--------|----------|-----|------------------|--------|----------|-------|------------------|--------|----------|-------|-----------------|--------|----------|-------|
|            |                   |        |          |     |                  |        |          |       |                  |        |          |       |                 |        |          |       |
| T1 (14-15) |                   |        |          |     |                  |        |          |       |                  |        |          |       |                 |        |          | 270   |
| T2 (16-17) |                   |        |          |     |                  |        |          |       |                  |        |          |       |                 |        |          | 287,5 |
| T3 (18-19) |                   |        |          |     |                  |        |          |       |                  |        |          |       |                 |        |          | 307,5 |
| JR (20-23) | Meslin Kimberle   | Oissel | 11/03/23 | 125 | Meslin Kimberle  | Oissel | 11/03/23 | 65    | Meslin Kimberle  | Oissel | 11/03/23 | 142,5 | Meslin Kimberle | Oissel | 11/03/23 | 332,5 |
| OP (24-39) | Saussois G        | Evreux | 21/06/08 | 150 | Saussois G       | Evreux | 21/06/08 | 112,5 | Saussois G       | Evreux | 21/06/08 | 210,0 | Saussois G      | Evreux | 21/06/08 | 472,5 |
| M1 (40-44) |                   |        |          |     |                  |        |          |       |                  |        |          |       |                 |        |          | 342,5 |
| M2 (45-49) |                   |        |          |     |                  |        |          |       |                  |        |          |       |                 |        |          | 322,5 |
| M3 (50-54) |                   |        |          |     |                  |        |          |       |                  |        |          |       |                 |        |          | 307,5 |
| M4 (55-59) |                   |        |          |     |                  |        |          |       |                  |        |          |       |                 |        |          | 287,5 |
| M5 (60-64) |                   |        |          |     |                  |        |          |       |                  |        |          |       |                 |        |          | 270   |
| M6 (65-69) |                   |        |          |     |                  |        |          |       |                  |        |          |       |                 |        |          | 252,5 |
| M7 (70-74) |                   |        |          |     |                  |        |          |       |                  |        |          |       |                 |        |          | 235   |
| M8 (75-79) |                   |        |          |     |                  |        |          |       |                  |        |          |       |                 |        |          | 217,5 |
| M9 (80-84) |                   |        |          |     |                  |        |          |       |                  |        |          |       |                 |        |          | 200   |

