



Belgium Championships 26/10/2019 Mons



Salon BodyFit Ave. Thomas Edison 2 – 7000 Mons

Results

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Pl.	N°	Men's Physique -18		P.	Bifbb Gym / Team ranking	
1	1	Kesteloot	Yannick	4	No Limit	Koekelare
2	2	Schultz	Jonathan	5		

Pl.	N°	Men's Physique -21		P.	Bifbb Gym / Team ranking	
1	14	Timmermans	Melvin	4	Powerhouse	Helchteren
2	9	Rottger	Bram	6	Do It	Turnhout
3	12	Victoor	Dennis	8	No Limit	Koekelare
4	8	Mertens	Nycola	12		
5	13	Volcke	Manu	17	Personal Health Plan	Oostende
6	4	Dehu	Alexandre	19		
7	3	De Schampheleire	Bo	20		
8	10	Sharza	Asrar	24		
9	11	Van Doninck	Florian	27		
10	7	Marien	Louis	30		
---	6	Kerckhofs	Tim	---	Powerhouse	Helchteren
---	5	Hajjo	Ahmad	---		

Pl.	N°	Men's Physique -23		P.	Bifbb Gym / Team ranking	
1	23	Smets	Joni	3		
2	20	Heidbuchel	Vito	6	Personal Health Plan	Oostende
3	21	Holens	Tibo	9		

Pl.	N°	Men's Physique +40		P.	Bifbb Gym / Team ranking	
1	29	Boutasgount	Issmail	3	Bill Richardson Gym	Borgerhout

Pl.	N°	Bikini Fitness -23		P.	Bifbb Gym / Team ranking	
1	15	Adriaenssens	Kelly	4	Team Antonio	
2	18	De Spiegeleer	Dorine	6	Team Henno	Riemst
3	16	Pannecouque	Phoebe	8	Get In Shape	
4	19	Rutten	Catharina	13	Do It	Turnhout
5	17	Vanderbeke	Jill	14		

Pl.	N°	Bikini Fitness +35		P.	Bifbb Gym / Team ranking	
1	26	Peeters	Lesley	3	Heracles	Westerlo
2	25	Gabalyte	Vilma	8		
3	27	Van De Voorde	Mitchelle	8 ½		
4	28	Yanga Bokama	Melissa	13		
5	24	Bayart	Magali	13 ½		

Pl.	N°	Bikini Fitness +45		P.	Bifbb Gym / Team ranking	
1	30	De Moor	Jeannine	3	Do It	Turnhout
2	31	Bancaert	Gwendoline	6	Fitness	Eeklo



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Pl.	N°	Men's Physique -173		P.	Bifbb Gym / Team ranking	
1	38	Elizario Da Silva	Oziel	3		
2	36	Daelman	Bjorn	8		
3	34	Dolaeghe	Sander	9	No Limit	Koekelare
4	33	Ali	Samir	11		
5	32	De Decker	Glenn	14	Fitness	Eeklo
6	35	Goethals	Enzo	18		
Pl.	N°	Men's Physique -176		P.	Bifbb Gym / Team ranking	
1	49	Promise	Owa	3	Do It	Turnhout
2	39	Gomes	Gabriel	6		
3	23	Smets	Joni	9		
4	44	Rios	Ivan	12	No Limit	Koekelare
5	45	Vande Capelle	Sem	15		
6	37	Degrande	Jonas	18	Personal Health Plan	Oostende
7	46	Claus	Thibaut	22	Personal Health Plan	Oostende
8	2	Schultz	Jonathan	22 ½		
9	73	Lambert	Kevin	27		
10	47	Capizzi	Leandro	30		
Pl.	N°	Men's Physique -179		P.	Bifbb Gym / Team ranking	
1	12	Victoor	Dennis	4	No Limit	Koekelare
2	58	Van De Velde	Teddy	5		
3	56	D'Haenen	Kenny	9	No Limit	Koekelare
4	8	Mertens	Nycola	12		
5	13	Volcke	Manu	15	Personal Health Plan	Oostende
6	48	Pieters	Olivier	19	Fitness	Eeklo
7	57	Knefaty	Ayham	19 ½	Bill Richardson Gym	Borgerhout
8	55	Kong	Lingxi	26	Team Henno	Riemst
9	61	Hendricx	Gino	26 ½	American Wellness	Merksem
10	54	Hennaut	Cedric	30		
Pl.	N°	Men's Physique +179		P.	Bifbb Gym / Team ranking	
1	14	Timmermans	Melvin	3	Powerhouse	Helchteren
2	9	Rottger	Bram	8	Do It	Turnhout
3	64	Vanderhaeghen	Davy	9	No Limit	Koekelare
4	63	TruongDuy	Do	13	Team Henno	Riemst
5	62	Stevens	Stijn	15	Personal Health Plan	Oostende
6	66	Denswil	Claudio	17	American Wellness	Merksem
7	29	Boutasgount	Issmail	22	Bill Richardson Gym	Borgerhout
8	3	De Schampeleire	Bo	25		
9	11	Van Doninck	Florian	25 ½		
10	20	Heidbuchel	Vito	30	Personal Health Plan	Oostende
---	65	Breugelmans	Randy	---		
---	6	Kerckhofs	Tim	---	Powerhouse	Helchteren

Men's Physique Overall

Elizario Da Silva Oziel



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Pl.	N°	Bikini Fitness -163		P.	Bifbb Gym / Team ranking	
1	42	Van Looy	Kelly	3		
2	15	Adriaenssens	Kelly	6	Team Antonio	
3	16	Pannecouque	Phoebe	10	Get In Shape	
4	40	Decalut	Ashley	11	Gym Mansion	Bertem
5	43	Vanhoolandt	Lynn	15		
6	17	Vanderbeke	Jill	18		

Pl.	N°	Bikini Fitness -165		P.	Bifbb Gym / Team ranking	
1	51	Bakkers	Lore	3	American Wellness	Merksem
2	41	Daniels	Myoko	6	Team Henno	Riemst
3	26	Peeters	Lesley	9	Heracles	Westerlo
4	19	Rutten	Catharina	13	Do It	Turnhout
5	53	Van Alphen	Valerie	14	Team Henno	Riemst
6	52	Himpe	Emelie	18		

Pl.	N°	Bikini Fitness +165		P.	Bifbb Gym / Team ranking	
1	59	Mashikhina	Alina	3	Personal Health Plan	Oostende
2	18	De Spiegeleer	Dorine	6	Team Henno	Riemst
3	60	Janssens	Paulien	9	Team Henno	Riemst

Bikini Fitness Overall **Mashikhina Alina** Personal Health Plan Oostende

Pl.	N°	Wellness Fitness		P.	Bifbb Gym / Team ranking	
1	70	De Cock	Marjelle	3	Team Henno	Riemst
2	71	De Smet	Mania	6	Fitness	Eeklo
3	69	Biris	Ingrid	9	Team Jennifer Teuwen	
4	72	Pagliaria	Sabrina	12	Gym Mansion	Bertem

Pl.	N°	Muscular Physique		P.	Bifbb Gym / Team ranking	
1	75	Eze	Bright	3	Personal Health Plan	Oostende
2	74	Ayoud	Izadi	7		
3	67	Berckmans	Joeri	8		
4	68	Yachou	Faysal	12	Bill Richardson Gym	Borgerhout

Organized by: BIFBB Co Organizers Do It Turnhout, Heracles Westerlo & Salon BodyFit Mons

Mc & Head Judge: André Wouters Statistician: Laure Verbeke

Judges: Siggi Segers, Fabi Antoine, Ratchy Sornbutr, Patrick Alleman, Ronny Vermeulen,

 Jos Desmet, Suzy Van Overloop, Johnny Boons & Guy Kridel Luxembourg

Stage Coordinators: Sammia Dergent & Ali Bilal

Backstage: Thomas Thys, Victor Nastase, Michelle De Westelinck & Maxime Maurissen

BIFBB Press: Amir Ahmadi ABC Creative House, Rudy Versmessen, Jo Lammens & Fit IntoThe Frame



Results Bifbb Gyms / Teams

1 Personal Health Plan	Oostende	99
2 Team Henno	Riemst	94
3 No Limit	Koekelaere	78
4 Do It	Turnhout	76
5 Powerhouse	Helchteren	42
6 Team Antonio		35
7 Fitness	Eeklo	33
8 Heracles	Westerlo	30
9 American Wellness	Merksem	29
10 Bill Richardson	Borgerhout	23
11 Get In Shape		20
12 Gym Mansion	Bertem	16
13 Team Jennifer Teuwen	Brussels	10

Upcoming 2020:

17/11/2019 Beach Classics	<i>Event Centrum Staf Versluys Bredene</i>
24/05/2020 Brussels Muscles III	<i>Passage 44 Brussel D & C (non top 5) level - C (top 5) & B level</i>
13/06/2020 Diamond Cup Luxembourg	<i>Casino Mondorf Luxembourg A Level</i>
14/06/2020 Siggis New Faces Classic	<i>Casino Mondorf Luxembourg D & C level non top 5</i>
14/06/2020 Siggis Open Contest	<i>Casino Mondorf Luxembourg C top 5 & B level</i>

Bifbb Sponsors: Nutritech – House of Nutrition – Panatta Cirkels Roeselare – ABC Creative House - BodyFit Salon Mons - Beach Classics - My Nutrisupply - American Wellness Merksem - B&C Richardson Gym Borgerhout – Coco Vite Bolero – Brussels Muscles – Columbus Group - Do It Fitness Turnhout - Fire Gym Jette - Fitness Center Eeklo – FitFashion – Get In Shape - Gym 11 Hemiksem - Gym Mansion Bertem - Halterclub Zaventem – Jennifer Teuwen Bifbb Team Heracles Fitness/Bowling Westerlo - Jacky's Gym Evergem – La Marca – Muscle – My Webcompany – No Limit Koekelare – Pegasus Insurance - ProTan Benelux – Personal Health Plan - Powerhouse Helchteren – Robby's Total Body Deurne – Snfc Events – Smilezz – Rudy Versmessen – Team Antonio - Team Henno Riemst – Vps Fitness Equipment Merchtem - Warlet Gym Jalhay - 2Damax Brussels – Wellness Nutrition Doornik - Xtreme Training Center Brussels - Fit IntoThe Frame



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Pl.	N°	Bodybuilding -21		P.	Bifbb Gym / Team ranking	
1	1	Debal	Alessio	3	No Limit	Koekelare

Pl.	N°	Bodybuilding -23		P.	Bifbb Gym / Team ranking	
1	4	Peter	Joseph	3	Personal Health Plan	Oostende
2	3	Janssens	Jochen	6	Team Henno	Riemst
3	5	Poels	Thorsten	10	Team Henno	Riemst
4	6	Shokhi	Aria	11		
5	28	Taets	Kevin	15		

Pl.	N°	Bodybuilding +40		P.	Bifbb Gym / Team ranking	
1	95	Florus	Johan	3		
2	11	Bontinck	Steve	6		
3	10	Sterckx	Wim	9		
4	9	Lagraviere	David	12	Do It	Turnhout
5	12	Ajhir	Abdelouahed	16		
6	13	Mohamadi	Hassan	17	Halterclub	Zaventem

Pl.	N°	Bodybuilding +50		P.	Bifbb Gym / Team ranking	
1	12	Ajhir	Abdelouahed	3		

Pl.	N°	Bodybuilding +60		P.	Bifbb Gym / Team ranking	
1	13	Mohamadi	Hassan	3	Halterclub	Zaventem

Pl.	N°	Bodybuilding -70		P.	Bifbb Gym / Team ranking	
1	38	Benamaouche	Malek	3		
2	26	Knockaert	Kevin	6	Personal Health Plan	Oostende
3	21	Bouanser	Embarek	9		
4	28	Taets	Kevin	12		
5	13	Mohamadi	Hassan	15	Halterclub	Zaventem

Pl.	N°	Bodybuilding -80		P.	Bifbb Gym / Team ranking	
1	29	Loppe	Gautier	3		
2	97	Sahl	Karim	6		
3	1	Debal	Alessio	9	No Limit	Koekelare
4	12	Ajhir	Abdelouahed	12		

Pl.	N°	Bodybuilding +80		P.	Bifbb Gym / Team ranking	
1	4	Peter	Joseph	3	Personal Health Plan	Oostende
2	33	Louis	Raphael	6		
3	95	Florus	Johan	9		
4	11	Bontinck	Steve	13		
5	3	Janssens	Jochen	14	Team Henno	Riemst

Bodybuilding	Overall	“Peter Joseph”	Personal Health Plan	Oostende
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Pl.	N°	Bodyfitness +35		P.	Bifbb Gym / Team ranking	
1	17	De Meulenaere	Ann	5		
2	16	Cuypers	Sophie	6		
3	20	Usala	Kim	8	Team Henno	Riemst
4	18	Ferreira Da Silva	Christina	12	Bill Richardson	Borgerhout

Pl.	N°	Bodyfitness +35		P.	Bifbb Gym / Team ranking	
1	49	Delatte	Karine	3		
2	16	Cuypers	Sophie	8		
3	48	Maes	Allehandra	9		
4	20	Usala	Kim	10	Team Henno	Riemst

Bodyfitness Overall “Delatte Karine”

Pl.	N°	Classic Physique -23		P.	Bifbb Gym / Team ranking	
1	53	Vandevelde	Bjarne	3	Team Henno	Riemst
2	52	Ahmedi	Ricardo	6	Extreme Training	Brussels
3	68	Bruggeman	Brian	9	American Wellness	Merksem

Pl.	N°	Classic Physique Open		P.	Bifbb Gym / Team ranking	
1	53	Vandevelde	Bjarne	3	Team Henno	Riemst
2	56	Van Wesemael	Jurgen	7	Gym 11	Hemiksem
3	59	Ayubi	Rostam	8	Bill Richardson	Borgerhout
4	63	Guerra-Ruiz	Ingo	13	Powerhouse	Helchteren
5	62	Adnan	Zaid	14		
6	55	Jurez	Jerry	18	Team Henno	Riemst

Pl.	N°	Classic Physique +40		P.	Bifbb Gym / Team ranking	
1	56	Van Wesemael	Jurgen	3	Gym 11	Hemiksem
2	55	Jurez	Jerry	6	Team Henno	Riemst

Classic Physique Overall “Vandevelde Bjarne”

Organized by: BIFBB Co Organizers Do It Turnhout, Heracles Westerlo & Salon BodyFit Mons

Mc & Head Judge: André Wouters Statistician: Laure Verbeke

Judges: Siggi Segers, Fabi Antoine, Ratchy Sornbutr, Patrick Alleman, Ronny Vermeulen,

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Pl.	N°	Classic Bodybuilding -178		P.	Bifbb Gym / Team ranking	
1	42	Danneels	David	3	Team Henno	Riemst
2	27	El Berichi	Brahim	6		
3	5	Poels	Thorsten	9	Team Henno	Riemst
4	43	Trussart	Ludovik	12		
5	39	Delsaut	Donavan	15		

Pl.	N°	Classic Bodybuilding -178		P.	Bifbb Gym / Team ranking	
1	44	Van Der Bruggen	Robin	4	Jacky's Gym	Evergem
2	10	Sterckx	Wim	5		
3	46	Laribi	Sami	9		
4	45	Impens	Mario	12		

Classic Bodybuilding Overall "Danneels David" Team Henno Riemst

Results Bifbb Gyms / Teams Belgium Championships 27/10/2019

1 Team Henno	Riemst	149
2 Personal Health Plan	Oostende	75
3 Gym 11	Hemiksem	25
4 Jacky's Gym	Evergem	20
5 Halterclub	Zaventem	18
6 Bill Richardson	Borgerhout	17
7 No Limit	Koekelaere	15
8 Extreme Training Center	Brussels	10
9 Do It	Turnhout	8
9 Powerhouse	Helchteren	8
11 American Wellness	Merksem	5

Organized by: BIFBB Co Organizers Do It Turnhout, Heracles Westerlo & Salon BodyFit Mons

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Open Contest Salon BodyFit 27/10/2019 Mons



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Pl.	N°	Men's Physique -23		P.	Bifbb Gym / Team ranking	
1	69	Volcke	Manu	3	Personal Health Plan	Oostende
2	67	Heidbuchel	Vito	6	Personal Health Plan	Oostende

Pl.	N°	Men's Physique Open		P.	Bifbb Gym / Team ranking	
1	96	Gomes	Gabriel	3		
2	73	Stevens	Stijn	6	Personal Health Plan	Oostende
3	67	Heidbuchel	Vito	9	Personal Health Plan	Oostende
4	72	Degrande	Jonas	13	Personal Health Plan	Oostende
5	75	Boutasgount	Issmail	14	Bill Richardson	Borgerhout
6	79	Dias	Filipe	20		
7	76	Qudaih	Fathi	21		
8	71	Al Adhami	Mohammed	23		

Pl.	N°	Bikini Fitness Open		P.	Bifbb Gym / Team ranking	
1	81	Mashikhina	Alina	3	Personal Health Plan	Oostende
2	82	Van Bochove	Ruth	7	Ifbb The Netherlands	
3	83	Efimova	Natalya	8	Ifbb The Netherlands	

Pl.	N°	Muscular Physique Open		P.	Bifbb Gym / Team ranking	
1	87	Eze	Bright	3	Personal Health Plan	
2	86	Quembas	Akim	7	Ifbb France	
3	89	Berckmans	Joeri	8	Team Henno	Riemst
4	90	Gardoso	Helder	13		
5	88	Yachou	Faysal	14	Bill Richardson	Borgerhout

Pl.	N°	Wellness Fitness Open		P.	Bifbb Gym / Team ranking	
1	91	De Cock	Marjelle	3	Team Henno	Riemst
2	84	De Smet	Mania	6	Fitness	Eeklo

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Open Contest Salon BodyFit 27/10/2019 Mons



Salon BodyFit Ave. Thomas Edison 2 – 7000 Mons

Results

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Results Bifbb Gyms / Teams Open Contest de BodyFit Mons 27/10/2019

1 Personal Health Plan	Oostende	43
2 Team Henno	Riemst	14
3 Bill Richardson	Borgerhout	10
4 Fitness	Eeklo	5

Upcoming 2020:

17/11/2019 Beach Classics	<i>Event Centrum Staf Versluys Bredene</i>
24/05/2020 Brussels Muscles III	<i>Passage 44 Brussel D & C (non top 5) level - C (top 5) & B level</i>
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