



## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT



### Références des Compétitions

|                       |        |  |
|-----------------------|--------|--|
| <b>24-25/04/04</b>    | France | Morteau                                  |
| <b>19-20/06/04</b>    | Europe | Capagio Intimiano ( Côme - Italie)       |
| <b>08-10/10/04</b>    | Monde  | Merksem (Anvers - Belgique)              |
| <b>23-24/04/05</b>    | France | Evreux                                   |
| <b>28-29/05/05</b>    | Europe | Casalnuovo di Napoli (Naples - Italie)   |
| <b>14-16/10/05</b>    | Monde  | Witney (Oxford - Angleterre)             |
| <b>22-23/04/06</b>    | France | Bagneux                                  |
| <b>12-14/05/06</b>    | Europe | Fagnano Olona (Varese - Italie)          |
| <b>07-08/04/07</b>    | France | Ronce-Les-Bains                          |
| <b>27-29/04/07</b>    | Europe | Horgen (Zurich - Suisse)                 |
| <b>12-14/10/07</b>    | Monde  | Montesilvano (Pescara - Italie)          |
| <b>19-20/04/08</b>    | France | Sedan                                    |
| <b>09-11/05/08</b>    | Europe | Fagnano Olona (Varese - Italie)          |
| <b>10-12/10/08</b>    | Monde  | Merksem (Anvers - Belgique)              |
| <b>28-29/03/09</b>    | France | Challans                                 |
| <b>16-17/05/09</b>    | Europe | Bourbon Lancy                            |
| <b>11-13/09/09</b>    | Monde  | Bradford ( Angleterre )                  |
| <b>06-07/03/10</b>    | France | Cappelle la Grande ( Développé Couché )  |
| <b>03/04/10</b>       | France | Oissel ( Flexions de Jambes-S de Terre ) |
| <b>23-25/04/10</b>    | Monde  | Ognikovo ( Russie )                      |
| <b>02-03/10/10</b>    | Europe | Sliema ( Malte )                         |
| <b>27/03/2011</b>     | France | Déville lès Rouen                        |
| <b>24-26/06/11</b>    | Monde  | Muskedon ( USA )                         |
| <b>16-18/09/11</b>    | Europe | Toila ( Estonie )                        |
| <b>01/04/12</b>       | France | Autun                                    |
| <b>22-24/06/12</b>    | Monde  | Autun                                    |
| <b>07-08-09/09/12</b> | Europe | Lausanne ( Suisse )                      |
| <b>24/03/13</b>       | France | Challans                                 |
| <b>28-29-30/06/13</b> | Monde  | Anvers (Belgique)                        |
| <b>13-14-15/09/13</b> | Europe | Chersaky (Ukraine)                       |
| <b>22-23/03/14</b>    | France | Evreux                                   |

|                       |        |                          |
|-----------------------|--------|--------------------------|
| <b>06-07-08/06/14</b> | Monde  | Düsseldorf (Allemagne)   |
| <b>12-13-14/09/14</b> | Europe | Gorey (Irlande)          |
| <b>28-29/03/15</b>    | France | Nouzonville              |
| <b>12-13-14/06/15</b> | Monde  | Telford (Angleterre)     |
| <b>18-19-20/09/15</b> | Europe | Riva del Garda (Italie)  |
| <b>19-20/03/16</b>    | France | Cappelle la Grande       |
| <b>04-05-06/06/16</b> | Monde  | Wrexham (Pays de Galles) |
| <b>16-17-18/09/16</b> | Europe | Amsterdam (Hollande)     |
| <b>25-26/03/17</b>    | France | Montbéliard              |
| <b>02-03-04/06/17</b> | Monde  | Anvers (Belgique)        |
| <b>22-23-24/09/17</b> | Europe | Cherkassy (Ukraine)      |
| <b>31/03-01/04/18</b> | France | Trilport                 |
| <b>01-02-03/06/18</b> | Monde  | Sliema ( Malte )         |
| <b>21-22-23/09/18</b> | Europe | Dublin (Irlande)         |
| <b>30-31/03/19</b>    | France | Lisieux                  |
| <b>07-08-09/06/19</b> | Monde  | Henderson ( USA )        |
| <b>13-14-15/09/19</b> | Europe | Brandon (Angleterre)     |
| <b>17-18-19/09/21</b> | Europe | Valledonia (Sardaigne)   |
| <b>17-18-19/09/21</b> | Monde  | Valledonia (Sardaigne)   |
| <b>26-27/03/22</b>    | France | Autun                    |
| <b>13-14-15/09/19</b> | Monde  | Maromme                  |
| <b>11-12/03/23</b>    | France | La Ferté Gaucher         |
| <b>02-03-04/06/23</b> | Monde  | Alghero (Sardaigne)      |
| <b>23-24/03/24</b>    | France | Les Trois Moutiers       |
| <b>21-01-02/06/24</b> | Monde  | Aalsmeer (Hollande)      |
| <b>14-15/09/24</b>    | Europe | Dundalk (Irlande)        |
|                       |        |                          |
|                       |        |                          |
|                       |        |                          |
|                       |        |                          |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - HOMMES -52 kg

### FLEXION DE JAMBES

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 95,0  |
| T 2    |  |  |  | 100,0 |
| T 3    |  |  |  | 107,5 |
| Junior |  |  |  | 115,0 |
| Open   |  |  |  | 130,0 |
| M 1    |  |  |  | 122,5 |
| M 2    |  |  |  | 115,0 |
| M 3    |  |  |  | 107,5 |
| M 4    |  |  |  | 100,0 |
| M 5    |  |  |  | 95,0  |
| M 6    |  |  |  | 90,0  |
| M 7    |  |  |  | 85,0  |
| M 8    |  |  |  | 80,0  |
| M 9    |  |  |  | 75,0  |

### DEVELOPPE COUCHE

|        |  |  |  |      |
|--------|--|--|--|------|
| T 1    |  |  |  | 70,0 |
| T 2    |  |  |  | 75,0 |
| T 3    |  |  |  | 80,0 |
| Junior |  |  |  | 85,0 |
| Open   |  |  |  | 95,0 |
| M 1    |  |  |  | 90,0 |
| M 2    |  |  |  | 85,0 |
| M 3    |  |  |  | 80,0 |
| M 4    |  |  |  | 75,0 |
| M 5    |  |  |  | 70,0 |
| M 6    |  |  |  | 67,5 |
| M 7    |  |  |  | 65,0 |
| M 8    |  |  |  | 62,5 |
| M 9    |  |  |  | 60,0 |

### SOULEVE DE TERRE

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 115,0 |
| T 2    |  |  |  | 122,5 |
| T 3    |  |  |  | 130,0 |
| Junior |  |  |  | 137,5 |
| Open   |  |  |  | 152,5 |
| M 1    |  |  |  | 145,0 |
| M 2    |  |  |  | 137,5 |
| M 3    |  |  |  | 130,0 |
| M 4    |  |  |  | 122,5 |
| M 5    |  |  |  | 115,0 |
| M 6    |  |  |  | 107,5 |
| M 7    |  |  |  | 100,0 |
| M 8    |  |  |  | 92,5  |
| M 9    |  |  |  | 85,0  |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - HOMMES -56 kg

### FLEXION DE JAMBES

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 100,0 |
| T 2    |  |  |  | 105,0 |
| T 3    |  |  |  | 112,5 |
| Junior |  |  |  | 120,0 |
| Open   |  |  |  | 135,0 |
| M 1    |  |  |  | 127,5 |
| M 2    |  |  |  | 120,0 |
| M 3    |  |  |  | 112,5 |
| M 4    |  |  |  | 105,0 |
| M 5    |  |  |  | 100,0 |
| M 6    |  |  |  | 95,0  |
| M 7    |  |  |  | 90,0  |
| M 8    |  |  |  | 85,0  |
| M 9    |  |  |  | 80,0  |

### DEVELOPPE COUCHE

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 77,5  |
| T 2    |  |  |  | 82,5  |
| T 3    |  |  |  | 87,5  |
| Junior |  |  |  | 92,5  |
| Open   |  |  |  | 102,5 |
| M 1    |  |  |  | 97,5  |
| M 2    |  |  |  | 92,5  |
| M 3    |  |  |  | 87,5  |
| M 4    |  |  |  | 82,5  |
| M 5    |  |  |  | 77,5  |
| M 6    |  |  |  | 72,5  |
| M 7    |  |  |  | 67,5  |
| M 8    |  |  |  | 65,0  |
| M 9    |  |  |  | 62,5  |

### SOULEVE DE TERRE

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 120,0 |
| T 2    |  |  |  | 130,0 |
| T 3    |  |  |  | 137,5 |
| Junior |  |  |  | 145,0 |
| Open   |  |  |  | 160,0 |
| M 1    |  |  |  | 152,5 |
| M 2    |  |  |  | 145,0 |
| M 3    |  |  |  | 137,5 |
| M 4    |  |  |  | 130,0 |
| M 5    |  |  |  | 120,0 |
| M 6    |  |  |  | 112,5 |
| M 7    |  |  |  | 105,0 |
| M 8    |  |  |  | 97,5  |
| M 9    |  |  |  | 90,0  |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - HOMMES -60 kg

### FLEXION DE JAMBES

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 107,5 |
| T 2    |  |  |  | 115,0 |
| T 3    |  |  |  | 122,5 |
| Junior |  |  |  | 130,0 |
| Open   |  |  |  | 145,0 |
| M 1    |  |  |  | 137,5 |
| M 2    |  |  |  | 130,0 |
| M 3    |  |  |  | 122,5 |
| M 4    |  |  |  | 115,0 |
| M 5    |  |  |  | 107,5 |
| M 6    |  |  |  | 102,5 |
| M 7    |  |  |  | 97,5  |
| M 8    |  |  |  | 92,5  |
| M 9    |  |  |  | 87,5  |

### DEVELOPPE COUCHE

|        |                  |       |          |       |
|--------|------------------|-------|----------|-------|
| T 1    |                  |       |          | 82,5  |
| T 2    |                  |       |          | 87,5  |
| T 3    |                  |       |          | 92,5  |
| Junior |                  |       |          | 97,5  |
| Open   | Polido Grégory   | ACM   | 08/04/07 | 155,0 |
| M 1    |                  |       |          | 102,5 |
| M 2    |                  |       |          | 97,5  |
| M 3    |                  |       |          | 92,5  |
| M 4    | Moreiro J-Michel | Vitry | 24/03/13 | 106,0 |
| M 5    | Moreiro J-Michel | Vitry | 29/06/13 | 102,5 |
| M 6    | Moreiro J-Michel | Vitry | 02/06/18 | 92,5  |
| M 7    |                  |       |          | 72,5  |
| M 8    |                  |       |          | 70,0  |
| M 9    |                  |       |          | 67,5  |

### SOULEVE DE TERRE

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 127,5 |
| T 2    |  |  |  | 137,5 |
| T 3    |  |  |  | 145,0 |
| Junior |  |  |  | 155,0 |
| Open   |  |  |  | 170,0 |
| M 1    |  |  |  | 162,5 |
| M 2    |  |  |  | 155,0 |
| M 3    |  |  |  | 145,0 |
| M 4    |  |  |  | 137,5 |
| M 5    |  |  |  | 127,5 |
| M 6    |  |  |  | 120,0 |
| M 7    |  |  |  | 112,5 |
| M 8    |  |  |  | 105,0 |
| M 9    |  |  |  | 97,5  |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - HOMMES -67,5 kg

### FLEXION DE JAMBES

|        |                 |            |          |       |
|--------|-----------------|------------|----------|-------|
| T 1    |                 |            |          | 120,0 |
| T 2    |                 |            |          | 127,5 |
| T 3    |                 |            |          | 135,0 |
| Junior |                 |            |          | 142,5 |
| Open   |                 |            |          | 160,0 |
| M 1    |                 |            |          | 150,0 |
| M 2    |                 |            |          | 142,5 |
| M 3    |                 |            |          | 135,0 |
| M 4    |                 |            |          | 127,0 |
| M 5    |                 |            |          | 5,0   |
| M 6    |                 |            |          | 120,0 |
| M 7    |                 |            |          | 112,5 |
| M 8    | Tidona Vincenzo | Mionnay    | 10/10/08 | 145,5 |
| M 9    | Tidona Vincenzo | Individuel | 24/03/13 | 150,0 |
| M10    | See Paul        | Dan Roc    | 14/10/05 | 110,0 |

### DEVELOPPE COUCHE

|        |                  |               |          |       |
|--------|------------------|---------------|----------|-------|
| T 1    |                  |               |          | 90,0  |
| T 2    |                  |               |          | 95,0  |
| T 3    |                  |               |          | 100,0 |
| Junior |                  |               |          | 107,5 |
| Open   | Coudriaux M.     | Vitry         | 16/03/10 | 142,5 |
| M 1    | Leggieri Michel  | Bourbon Lancy | 12/09/09 | 130,0 |
| M 2    | Saunois Frédéric | Cheny         | 01/04/12 | 140,0 |
| M 3    | Saunois Frédéric | Héry          | 03/06/17 | 142,5 |
| M 4    |                  |               |          | 95,0  |
| M 5    |                  |               |          | 90,0  |
| M 6    | Epineau Daniel   | Challans      | 17/05/06 | 125,0 |
| M 7    | Helloco Noël     | Lisieux       | 23/03/14 | 95,0  |
| M 8    | Tidona Vincenzo  | Rennes        | 08/04/07 | 90,0  |
| M 9    | See Paul         | AUVR          | 19/06/04 | 92,5  |
| M10    | See Paul         | Dan Roc       | 15/10/05 | 85,0  |

### SOULEVE DE TERRE

|        |                  |             |          |       |
|--------|------------------|-------------|----------|-------|
| T 1    |                  |             |          | 140,0 |
| T 2    |                  |             |          | 150,0 |
| T 3    |                  |             |          | 160,0 |
| Junior |                  |             |          | 170,0 |
| Open   | Hare xavier      | Individuel  | 24/03/13 | 215,0 |
| M 1    | Burgaud Sébas    | Challans    | 28/03/09 | 210,0 |
| M 2    | Hare xavier      | Mionnay     | 20/04/08 | 192,5 |
| M 3    | Hare xavier      | Individuel  | 24/03/13 | 215,0 |
| M 4    |                  |             |          | 150,0 |
| M 5    |                  |             |          | 140,0 |
| M 6    | Dumoulin J Louis | Decazeville | 01/04/12 | 192,5 |
| M 7    |                  |             |          | 120,0 |
| M 8    | Tidona Vincenzo  | Mionnay     | 11/05/08 | 175,0 |
| M 9    | Tidona Vincenzo  | Individuel  | 24/03/13 | 170,0 |
| M10    | Tidona Vincenzo  | Individuel  | 04/06/17 | 132,5 |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - HOMMES -75 kg

### FLEXION DE JAMBES

|        |                   |                |          |              |
|--------|-------------------|----------------|----------|--------------|
| T 1    | Guilloteau Théo   | Challans       | 16/09/16 | <b>170,0</b> |
| T 2    |                   |                |          | <b>135,0</b> |
| T 3    |                   |                |          | <b>142,5</b> |
| Junior |                   |                |          | <b>150,0</b> |
| Open   | Chérel Christ.    | Montbéliard    | 16/09/16 | <b>197,5</b> |
| M 1    | Chérel Christ.    | Pontoise       | 01/04/12 | <b>191,0</b> |
| M 2    | Chérel Christ.    | Montbéliard    | 16/09/16 | <b>197,5</b> |
| M 3    | Chérel Christ.    | Trilport       | 01/06/18 | <b>187,5</b> |
| M 4    | Courtois Philippe | Les 3 Moutiers | 17/09/21 | <b>182,5</b> |
| M 5    |                   |                |          | <b>127,5</b> |
| M 6    | Tellier Patrick   | Bonnelles      | 31/05/24 | <b>140,0</b> |
| M 7    |                   |                |          | <b>112,5</b> |
| M 8    |                   |                |          | <b>105,0</b> |
| M 9    |                   |                |          | <b>97,5</b>  |

### DEVELOPPE COUCHE

|        |                  |                 |          |              |
|--------|------------------|-----------------|----------|--------------|
| T 1    |                  |                 |          | <b>100,0</b> |
| T 2    |                  |                 |          | <b>105,0</b> |
| T 3    |                  |                 |          | <b>112,5</b> |
| Junior |                  |                 |          | <b>120,0</b> |
| Open   | Coudriaud Math.  | Vitry           | 05/06/16 | <b>180,0</b> |
| M 1    | Chatelain E.     | Individuel      | 06/03/10 | <b>170,0</b> |
| M 2    | Costa Pascal     | Challans        | 19/09/15 | <b>173,0</b> |
| M 3    | Saunois Frédéric | Héry            | 01/04/18 | <b>165,5</b> |
| M 4    | Saunois Frédéric | Charleville Méz | 12/03/23 | <b>160,0</b> |
| M 5    | Tellier Patrick  | Bonnelles       | 02/06/18 | <b>117,5</b> |
| M 6    | Tellier Patrick  | Bonnelles       | 28/05/22 | <b>117,5</b> |
| M 7    |                  |                 |          | <b>85,0</b>  |
| M 8    | Chabeau Pascal   | Challans        | 01/04/12 | <b>102,5</b> |
| M 9    |                  |                 |          | <b>65,0</b>  |

### SOULEVE DE TERRE

|        |                   |            |          |              |
|--------|-------------------|------------|----------|--------------|
| T 1    |                   |            |          | <b>152,5</b> |
| T 2    |                   |            |          | <b>162,5</b> |
| T 3    |                   |            |          | <b>172,5</b> |
| Junior |                   |            |          | <b>182,5</b> |
| Open   | Breton Patrick    | Rochefort  | 10/10/04 | <b>260,0</b> |
| M 1    | Breton Patrick    | Rochefort  | 10/10/04 | <b>260,0</b> |
| M 2    | Tennièrè Jean     | Individuel | 23/04/06 | <b>240,0</b> |
| M 3    | Chérel Christ.    | Trilport   | 03/06/18 | <b>230,0</b> |
| M 4    | Dheilly J. Claude | Individuel | 14/04/15 | <b>221,5</b> |
| M 5    | Dheilly J. Claude | Individuel | 31/03/19 | <b>221,0</b> |
| M 6    | Dheilly J. Claude | Caudebec   | 04/06/23 | <b>205,0</b> |
| M 7    | Garcia René       | AUVR       | 24/04/05 | <b>192,5</b> |
| M 8    |                   |            |          | <b>105,0</b> |
| M 9    |                   |            |          | <b>97,5</b>  |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - HOMMES -82,5 kg

### FLEXION DE JAMBES

|        |                   |                |          |              |
|--------|-------------------|----------------|----------|--------------|
| T 1    |                   |                |          | <b>137,5</b> |
| T 2    |                   |                |          | <b>145,0</b> |
| T 3    |                   |                |          | <b>155,0</b> |
| Junior |                   |                |          | <b>165,0</b> |
| Open   | Martins J-F       | Pontoise       | 16/05/09 | <b>235,0</b> |
| M 1    |                   |                |          | <b>175,0</b> |
| M 2    | Lellouche E.      | Bagneux        | 24/04/05 | <b>225,0</b> |
| M 3    | Beldjord Serge    | Pau            | 02/06/17 | <b>180,0</b> |
| M 4    | Costa Pascal      | Trilport       | 27/05/22 | <b>179,0</b> |
| M 5    |                   |                |          | <b>137,5</b> |
| M 6    | Mouchet Dominique | Les 3 Moutiers | 17/09/21 | <b>180,0</b> |
| M 7    | Cabellec René     | Ablis          | 23/04/10 | <b>172,5</b> |
| M 8    |                   |                |          | <b>115,0</b> |
| M 9    |                   |                |          | <b>107,5</b> |

### DEVELOPPE COUCHE

|        |                |            |          |              |
|--------|----------------|------------|----------|--------------|
| T 1    |                |            |          | <b>102,5</b> |
| T 2    |                |            |          | <b>110,0</b> |
| T 3    |                |            |          | <b>117,5</b> |
| Junior | Marro Julien   | ACM        | 28/04/07 | <b>200,0</b> |
| Open   | Marro Julien   | ACM        | 28/04/07 | <b>200,0</b> |
| M 1    | Chatelain E.   | Individuel | 02/10/10 | <b>180,0</b> |
| M 2    | Garcia Bruno   | Tarbes     | 23/04/06 | <b>170,0</b> |
| M 3    | Costa Pascal   | Vitry      | 01/04/18 | <b>170,0</b> |
| M 4    | Lespoix Bruno  | Challans   | 24/03/13 | <b>170,0</b> |
| M 5    | Soranzo Michel | Bonnelles  | 31/03/19 | <b>150,0</b> |
| M 6    | Soranzo Michel | Bonnelles  | 03/06/23 | <b>147,5</b> |
| M 7    | Chabeau Pascal | Challans   | 20/04/08 | <b>132,5</b> |
| M 8    | Rioland Michel | Vitry      | 03/06/23 | <b>111,0</b> |
| M 9    |                |            |          | <b>80,0</b>  |

### SOULEVE DE TERRE

|        |                   |            |          |              |
|--------|-------------------|------------|----------|--------------|
| T 1    |                   |            |          | <b>162,5</b> |
| T 2    |                   |            |          | <b>175,0</b> |
| T 3    |                   |            |          | <b>187,5</b> |
| Junior |                   |            |          | <b>197,5</b> |
| Open   | Hellio Yann       | Individuel | 14/05/06 | <b>260,0</b> |
| M 1    |                   |            |          | <b>207,5</b> |
| M 2    | Robert Julien     | Ornans     | 04/06/23 | <b>207,5</b> |
| M 3    | Dheilly J. Claude | Individuel | 18/09/11 | <b>230,0</b> |
| M 4    | Dheilly J. Claude | Individuel | 19/03/16 | <b>218,0</b> |
| M 5    | Dheilly J. Claude | Caudebec   | 12/03/23 | <b>200,0</b> |
| M 6    | Cabellec René     | Ablis      | 14/10/07 | <b>175,0</b> |
| M 7    |                   |            |          | <b>142,5</b> |
| M 8    | Chazelle François | Individuel | 18/09/16 | <b>185,0</b> |
| M 9    |                   |            |          | <b>122,5</b> |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - HOMMES -90 kg

### FLEXION DE JAMBES

|        |                  |            |          |       |
|--------|------------------|------------|----------|-------|
| T 1    |                  |            |          | 147,5 |
| T 2    |                  |            |          | 157,5 |
| T 3    |                  |            |          | 167,5 |
| Junior |                  |            |          | 177,5 |
| Open   | Vaillant Cyrille | Pontoise   | 28/06/13 | 295,0 |
| M 1    | Vaillant Cyrille | Individuel | 18/09/15 | 295,5 |
| M 2    |                  |            |          | 177,5 |
| M 3    | Valfrey Patrick  | Rioz       | 01/06/18 | 220,0 |
| M 4    | Valfrey Patrick  | Rioz       | 31/05/24 | 202,5 |
| M 5    |                  |            |          | 147,5 |
| M 6    |                  |            |          | 140,0 |
| M 7    |                  |            |          | 132,5 |
| M 8    |                  |            |          | 125,0 |
| M 9    |                  |            |          | 117,5 |

### DEVELOPPE COUCHE

|        |                 |               |          |       |
|--------|-----------------|---------------|----------|-------|
| T 1    |                 |               |          | 110,0 |
| T 2    |                 |               |          | 117,5 |
| T 3    |                 |               |          | 125,0 |
| Junior | Guenard Alexand | Sedan         | 11/10/08 | 187,5 |
| Open   | Flandre J.M.    | Nouzonville   | 23/06/12 | 215,0 |
| M 1    | Flandre J.M.    | Nouzonville   | 07/06/14 | 213,0 |
| M 2    | Roulot Joël     | Fourchambault | 17/05/09 | 201,0 |
| M 3    | Valfrey Patrick | Vaivre et M.  | 19/09/15 | 182,5 |
| M 4    | Le Blevenec P.  | Rosay         | 28/05/22 | 177,5 |
| M 5    | Le Blevenec P.  | Rosay         | 01/06/24 | 160,0 |
| M 6    | Bussière Jacky  | Individuel    | 28/05/22 | 158,0 |
| M 7    | Bussière Jacky  | Bourges       | 12/03/23 | 150,0 |
| M 8    |                 |               |          | 95,0  |
| M 9    |                 |               |          | 90,0  |

### SOULEVE DE TERRE

|        |                  |                |          |       |
|--------|------------------|----------------|----------|-------|
| T 1    |                  |                |          | 175,0 |
| T 2    |                  |                |          | 187,5 |
| T 3    |                  |                |          | 197,5 |
| Junior |                  |                |          | 210,0 |
| Open   | Vaillant Cyrille | Pontoise       | 24/06/12 | 275,0 |
| M 1    | Vaillant Cyrille | Individuel     | 28/03/15 | 263,0 |
| M 2    |                  |                |          | 210,0 |
| M 3    | Préclaire Emman  | Maisons Alfort | 12/03/23 | 250,0 |
| M 4    |                  |                |          | 187,5 |
| M 5    |                  |                |          | 175,0 |
| M 6    | Chazelle Fr.     | Individuel     | 29/04/07 | 250,0 |
| M 7    |                  |                |          | 155,0 |
| M 8    | Chazelle Fr.     | Individuel     | 20/09/15 | 200,0 |
| M 9    |                  |                |          | 135,0 |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - HOMMES -100 kg

### FLEXION DE JAMBES

|        |                  |                |          |       |
|--------|------------------|----------------|----------|-------|
| T 1    |                  |                |          | 157,5 |
| T 2    |                  |                |          | 167,5 |
| T 3    |                  |                |          | 177,5 |
| Junior |                  |                |          | 187,5 |
| Open   | Momier S.        | Dan Roc        | 08/10/04 | 300,0 |
| M 1    |                  |                |          | 200,0 |
| M 2    |                  |                |          | 187,5 |
| M 3    | Pires Daniel     | Jouy sur Morin | 27/05/22 | 225,0 |
| M 4    |                  |                |          | 167,5 |
| M 5    |                  |                |          | 157,5 |
| M 6    | Mattera J-Michel | Les 3 Moutiers | 27/05/22 | 205,0 |
| M 7    |                  |                |          | 137,5 |
| M 8    |                  |                |          | 127,5 |
| M 9    |                  |                |          | 117,5 |

### DEVELOPPE COUCHE

|        |                  |               |          |       |
|--------|------------------|---------------|----------|-------|
| T 1    |                  |               |          | 117,5 |
| T 2    |                  |               |          | 125,0 |
| T 3    |                  |               |          | 132,5 |
| Junior | Herbert Brice    | ACM           | 08/04/07 | 285,0 |
| Open   | Herbert Brice    | ACM           | 08/04/07 | 285,0 |
| M 1    | Vaillant Cyrille | Individuel    | 23/03/14 | 195,0 |
| M 2    | Miskowiak P.     | Bourbon Lancy | 13/05/06 | 210,0 |
| M 3    | Kalic François   | Trilport      | 01/04/18 | 180,0 |
| M 4    | Bussière Jacky   | Bourges       | 01/04/12 | 170,0 |
| M 5    | Bussière Jacky   | Bourges       | 07/06/14 | 186,0 |
| M 6    | Bussière Jacky   | Beauvoir/Mer  | 31/03/19 | 175,0 |
| M 7    | Bussière Jacky   | Bourges       | 24/03/24 | 155,0 |
| M 8    |                  |               |          | 95,0  |
| M 9    |                  |               |          | 87,5  |

### SOULEVE DE TERRE

|        |                   |                |          |       |
|--------|-------------------|----------------|----------|-------|
| T 1    |                   |                |          | 187,5 |
| T 2    |                   |                |          | 200,0 |
| T 3    |                   |                |          | 212,5 |
| Junior |                   |                |          | 225,0 |
| Open   | Momier S.         | Dan Roc        | 10/10/04 | 302,5 |
| M 1    | Corre Dominique   | Lisieux        | 08/04/07 | 260,0 |
| M 2    |                   |                |          | 225,0 |
| M 3    | Préclaire Emman   | Trilport       | 24/03/24 | 262,5 |
| M 4    | Nickel J-michel   | Dombasle       | 12/10/08 | 230,0 |
| M 5    |                   |                |          | 187,5 |
| M 6    | Mattera J. Michel | Les 3 Moutiers | 02/06/24 | 222,5 |
| M 7    | Chazelle F.       | Individuel     | 26/06/11 | 240,0 |
| M 8    | Chazelle F.       | Individuel     | 30/06/13 | 200,0 |
| M 9    |                   |                |          | 137,5 |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - HOMMES -110 kg

### FLEXION DE JAMBES

|        |                 |          |          |       |
|--------|-----------------|----------|----------|-------|
| T 1    |                 |          |          | 167,5 |
| T 2    |                 |          |          | 177,5 |
| T 3    |                 |          |          | 187,5 |
| Junior |                 |          |          | 200,0 |
| Open   | Sauvegrain G.   | Besançon | 24/04/04 | 270,0 |
| M 1    | Sauvegrain G.   | Besançon | 24/04/04 | 270,0 |
| M 2    | Sauvegrain G.   | Besançon | 24/04/05 | 265,0 |
| M 3    |                 |          |          | 187,5 |
| M 4    | Nickel J-Michel | Sedan    | 16/05/09 | 240,0 |
| M 5    |                 |          |          | 167,5 |
| M 6    |                 |          |          | 157,5 |
| M 7    |                 |          |          | 147,5 |
| M 8    |                 |          |          | 137,5 |
| M 9    |                 |          |          | 127,5 |

### DEVELOPPE COUCHE

|        |                |           |          |       |
|--------|----------------|-----------|----------|-------|
| T 1    |                |           |          | 122,5 |
| T 2    |                |           |          | 130,0 |
| T 3    |                |           |          | 137,5 |
| Junior |                |           |          | 145,0 |
| Open   | Bertrand D.    | Dan Roc   | 28/04/07 | 245,0 |
| M 1    | Boudjadja O.   | Saint-Vit | 24/03/13 | 225,0 |
| M 2    | Boudjadja O.   | Rioz      | 31/03/19 | 205,0 |
| M 3    | Boudjadja O.   | Rioz      | 27/03/22 | 210,0 |
| M 4    |                |           |          | 130,0 |
| M 5    | Bussière Jacky | Challans  | 20/03/16 | 165,0 |
| M 6    |                |           |          | 115,0 |
| M 7    |                |           |          | 107,5 |
| M 8    |                |           |          | 100,0 |
| M 9    |                |           |          | 92,5  |

### SOULEVE DE TERRE

|        |                  |            |            |       |
|--------|------------------|------------|------------|-------|
| T 1    |                  |            |            | 200,0 |
| T 2    |                  |            |            | 212,5 |
| T 3    |                  |            |            | 225,0 |
| Junior |                  |            |            | 240,0 |
| Open   | Louvel Sébastien | Individuel | 24/03/2024 | 300,0 |
| M 1    |                  |            |            | 252,5 |
| M 2    |                  |            |            | 240,0 |
| M 3    |                  |            |            | 225,0 |
| M 4    | Godon Joël       | Maromme    | 08/06/2014 | 272,5 |
| M 5    |                  |            |            | 197,5 |
| M 6    |                  |            |            | 185,0 |
| M 7    |                  |            |            | 172,5 |
| M 8    | Chazelle F.      | Individuel | 08/06/2014 | 200,0 |
| M 9    |                  |            |            | 147,5 |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - HOMMES -125 kg

### FLEXION DE JAMBES

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 175,0 |
| T 2    |  |  |  | 185,0 |
| T 3    |  |  |  | 197,5 |
| Junior |  |  |  | 210,0 |
| Open   |  |  |  | 235,0 |
| M 1    |  |  |  | 222,5 |
| M 2    |  |  |  | 210,0 |
| M 3    |  |  |  | 197,5 |
| M 4    |  |  |  | 185,0 |
| M 5    |  |  |  | 175,0 |
| M 6    |  |  |  | 165,0 |
| M 7    |  |  |  | 155,0 |
| M 8    |  |  |  | 145,0 |
| M 9    |  |  |  | 135,0 |

### DEVELOPPE COUCHE

|        |                  |                |          |       |
|--------|------------------|----------------|----------|-------|
| T 1    |                  |                |          | 125,0 |
| T 2    |                  |                |          | 132,5 |
| T 3    |                  |                |          | 140,0 |
| Junior |                  |                |          | 147,5 |
| Open   | Lejeune Aurélien | Caen           | 06/03/10 | 240,0 |
| M 1    | Boudjadja O.     | Vaivre et M.   | 29/03/15 | 225,0 |
| M 2    | Boudjadja O.     | Individuel     | 03/06/17 | 213,0 |
| M 3    | Chard Tony       | Trilport       | 28/05/22 | 182,5 |
| M 4    | Chard Tony       | Jouy sur Morin | 01/06/24 | 180,0 |
| M 5    |                  |                |          | 125,0 |
| M 6    |                  |                |          | 117,5 |
| M 7    |                  |                |          | 110,0 |
| M 8    |                  |                |          | 102,5 |
| M 9    |                  |                |          | 95,0  |

### SOULEVE DE TERRE

|        |            |          |          |       |
|--------|------------|----------|----------|-------|
| T 1    |            |          |          | 207,5 |
| T 2    |            |          |          | 222,5 |
| T 3    |            |          |          | 235,0 |
| Junior |            |          |          | 250,0 |
| Open   |            |          |          | 277,5 |
| M 1    |            |          |          | 262,5 |
| M 2    |            |          |          | 250,0 |
| M 3    | Chard Tony | Trilport | 04/06/23 | 264,0 |
| M 4    | Chard Tony | Trilport | 02:06:24 | 265,5 |
| M 5    |            |          |          | 207,5 |
| M 6    |            |          |          | 195,0 |
| M 7    |            |          |          | 182,5 |
| M 8    |            |          |          | 170,0 |
| M 9    |            |          |          | 157,5 |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - HOMMES -145 kg

### FLEXION DE JAMBES

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 182,5 |
| T 2    |  |  |  | 195,0 |
| T 3    |  |  |  | 207,5 |
| Junior |  |  |  | 220,0 |
| Open   |  |  |  | 245,0 |
| M 1    |  |  |  | 232,5 |
| M 2    |  |  |  | 220,0 |
| M 3    |  |  |  | 207,5 |
| M 4    |  |  |  | 195,0 |
| M 5    |  |  |  | 182,5 |
| M 6    |  |  |  | 172,5 |
| M 7    |  |  |  | 162,5 |
| M 8    |  |  |  | 152,5 |
| M 9    |  |  |  | 142,5 |

### DEVELOPPE COUCHE

|        |            |         |          |       |
|--------|------------|---------|----------|-------|
| T 1    |            |         |          | 130,0 |
| T 2    |            |         |          | 137,5 |
| T 3    |            |         |          | 145,0 |
| Junior |            |         |          | 155,0 |
| Open   | Schuler G. | Dan Roc | 06/03/10 | 252,5 |
| M 1    |            |         |          | 165,0 |
| M 2    |            |         |          | 155,0 |
| M 3    | Schuler G. | Dan Roc | 06/03/10 | 252,5 |
| M 4    |            |         |          | 137,5 |
| M 5    |            |         |          | 130,0 |
| M 6    |            |         |          | 122,5 |
| M 7    |            |         |          | 115,0 |
| M 8    |            |         |          | 107,5 |
| M 9    |            |         |          | 100,0 |

### SOULEVE DE TERRE

|        |            |          |            |       |
|--------|------------|----------|------------|-------|
| T 1    |            |          |            | 215,0 |
| T 2    |            |          |            | 230,0 |
| T 3    |            |          |            | 245,0 |
| Junior |            |          |            | 260,0 |
| Open   |            |          |            | 287,5 |
| M 1    |            |          |            | 275,0 |
| M 2    |            |          |            | 260,0 |
| M 3    | Chard Tony | Trilport | 19/09/2021 | 260,0 |
| M 4    |            |          |            | 230,0 |
| M 5    |            |          |            | 215,0 |
| M 6    |            |          |            | 200,0 |
| M 7    |            |          |            | 185,0 |
| M 8    |            |          |            | 170,0 |
| M 9    |            |          |            | 155,0 |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - HOMMES +145 kg

### FLEXION DE JAMBES

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 187,5 |
| T 2    |  |  |  | 200,0 |
| T 3    |  |  |  | 212,5 |
| Junior |  |  |  | 225,0 |
| Open   |  |  |  | 250,0 |
| M 1    |  |  |  | 237,5 |
| M 2    |  |  |  | 225,0 |
| M 3    |  |  |  | 212,5 |
| M 4    |  |  |  | 200,0 |
| M 5    |  |  |  | 187,5 |
| M 6    |  |  |  | 175,0 |
| M 7    |  |  |  | 162,5 |
| M 8    |  |  |  | 150,0 |
| M 9    |  |  |  | 137,5 |

### DEVELOPPE COUCHE

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 137,5 |
| T 2    |  |  |  | 145,0 |
| T 3    |  |  |  | 155,0 |
| Junior |  |  |  | 165,0 |
| Open   |  |  |  | 185,0 |
| M 1    |  |  |  | 175,0 |
| M 2    |  |  |  | 165,0 |
| M 3    |  |  |  | 155,0 |
| M 4    |  |  |  | 145,0 |
| M 5    |  |  |  | 137,5 |
| M 6    |  |  |  | 130,0 |
| M 7    |  |  |  | 122,5 |
| M 8    |  |  |  | 115,0 |
| M 9    |  |  |  | 107,5 |

### SOULEVE DE TERRE

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 222,5 |
| T 2    |  |  |  | 237,5 |
| T 3    |  |  |  | 252,5 |
| Junior |  |  |  | 267,5 |
| Open   |  |  |  | 295,0 |
| M 1    |  |  |  | 282,5 |
| M 2    |  |  |  | 267,5 |
| M 3    |  |  |  | 252,5 |
| M 4    |  |  |  | 237,5 |
| M 5    |  |  |  | 222,5 |
| M 6    |  |  |  | 207,5 |
| M 7    |  |  |  | 192,5 |
| M 8    |  |  |  | 177,5 |
| M 9    |  |  |  | 162,5 |

**Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - FEMMES -44 kg**

**FLEXION DE JAMBES**

|        |  |  |  |      |
|--------|--|--|--|------|
| T 1    |  |  |  | 65,0 |
| T 2    |  |  |  | 70,0 |
| T 3    |  |  |  | 75,0 |
| Junior |  |  |  | 77,5 |
| Open   |  |  |  | 87,5 |
| M 1    |  |  |  | 82,5 |
| M 2    |  |  |  | 77,5 |
| M 3    |  |  |  | 75,0 |
| M 4    |  |  |  | 70,0 |
| M 5    |  |  |  | 65,0 |
| M 6    |  |  |  | 60,0 |
| M 7    |  |  |  | 55,0 |
| M 8    |  |  |  | 50,0 |
| M 9    |  |  |  | 45,0 |

**DEVELOPPE COUCHE**

|        |               |             |          |      |
|--------|---------------|-------------|----------|------|
| T 1    |               |             |          | 35,0 |
| T 2    |               |             |          | 37,5 |
| T 3    |               |             |          | 40,0 |
| Junior |               |             |          | 42,5 |
| Open   | Debacker Ghy. | Rambouillet | 01/04/12 | 60,0 |
| M 1    |               |             |          | 45,0 |
| M 2    |               |             |          | 42,5 |
| M 3    |               |             |          | 40,0 |
| M 4    |               |             |          | 37,5 |
| M 5    | Debacker Ghy. | Rambouillet | 01/04/12 | 60,0 |
| M 6    |               |             |          | 32,5 |
| M 7    |               |             |          | 30,0 |
| M 8    |               |             |          | 27,5 |
| M 9    |               |             |          | 25,0 |

**SOULEVE DE TERRE**

|        |  |  |  |      |
|--------|--|--|--|------|
| T 1    |  |  |  | 70,0 |
| T 2    |  |  |  | 75,0 |
| T 3    |  |  |  | 77,5 |
| Junior |  |  |  | 82,5 |
| Open   |  |  |  | 92,5 |
| M 1    |  |  |  | 87,5 |
| M 2    |  |  |  | 82,5 |
| M 3    |  |  |  | 77,5 |
| M 4    |  |  |  | 75,0 |
| M 5    |  |  |  | 70,0 |
| M 6    |  |  |  | 65,0 |
| M 7    |  |  |  | 60,0 |
| M 8    |  |  |  | 55,0 |
| M 9    |  |  |  | 50,0 |

**Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - FEMMES -47,5 kg**

**FLEXION DE JAMBES**

|        |  |  |  |      |
|--------|--|--|--|------|
| T 1    |  |  |  | 67,5 |
| T 2    |  |  |  | 72,5 |
| T 3    |  |  |  | 77,5 |
| Junior |  |  |  | 80,0 |
| Open   |  |  |  | 90,0 |
| M 1    |  |  |  | 85,0 |
| M 2    |  |  |  | 80,0 |
| M 3    |  |  |  | 77,5 |
| M 4    |  |  |  | 72,5 |
| M 5    |  |  |  | 67,5 |
| M 6    |  |  |  | 62,5 |
| M 7    |  |  |  | 57,5 |
| M 8    |  |  |  | 52,5 |
| M 9    |  |  |  | 47,5 |

**DEVELOPPE COUCHE**

|        |  |  |  |      |
|--------|--|--|--|------|
| T 1    |  |  |  | 37,5 |
| T 2    |  |  |  | 40,0 |
| T 3    |  |  |  | 42,5 |
| Junior |  |  |  | 45,0 |
| Open   |  |  |  | 50,0 |
| M 1    |  |  |  | 47,5 |
| M 2    |  |  |  | 45,0 |
| M 3    |  |  |  | 42,5 |
| M 4    |  |  |  | 40,0 |
| M 5    |  |  |  | 37,5 |
| M 6    |  |  |  | 35,0 |
| M 7    |  |  |  | 32,5 |
| M 8    |  |  |  | 30,0 |
| M 9    |  |  |  | 27,5 |

**SOULEVE DE TERRE**

|        |  |  |  |      |
|--------|--|--|--|------|
| T 1    |  |  |  | 72,5 |
| T 2    |  |  |  | 77,5 |
| T 3    |  |  |  | 82,5 |
| Junior |  |  |  | 87,5 |
| Open   |  |  |  | 95,0 |
| M 1    |  |  |  | 90,0 |
| M 2    |  |  |  | 87,5 |
| M 3    |  |  |  | 82,5 |
| M 4    |  |  |  | 77,5 |
| M 5    |  |  |  | 72,5 |
| M 6    |  |  |  | 67,5 |
| M 7    |  |  |  | 62,5 |
| M 8    |  |  |  | 57,5 |
| M 9    |  |  |  | 52,5 |



## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - FEMMES -50,5 kg

### FLEXION DE JAMBES

|        |  |  |  |      |
|--------|--|--|--|------|
| T 1    |  |  |  | 72,5 |
| T 2    |  |  |  | 75,0 |
| T 3    |  |  |  | 80,0 |
| Junior |  |  |  | 85,0 |
| Open   |  |  |  | 95,0 |
| M 1    |  |  |  | 90,0 |
| M 2    |  |  |  | 85,0 |
| M 3    |  |  |  | 80,0 |
| M 4    |  |  |  | 75,0 |
| M 5    |  |  |  | 72,5 |
| M 6    |  |  |  | 67,5 |
| M 7    |  |  |  | 62,5 |
| M 8    |  |  |  | 57,5 |
| M 9    |  |  |  | 52,5 |

### DEVELOPPE COUCHE

|        |                  |               |          |      |
|--------|------------------|---------------|----------|------|
| T 1    |                  |               |          | 40,0 |
| T 2    |                  |               |          | 42,5 |
| T 3    |                  |               |          | 45,0 |
| Junior |                  |               |          | 47,5 |
| Open   | Maignant Chantal | Fourchambault | 17/05/09 | 52,5 |
| M 1    |                  |               |          | 50,0 |
| M 2    |                  |               |          | 47,5 |
| M 3    |                  |               |          | 45,0 |
| M 4    |                  |               |          | 42,5 |
| M 5    | Maignant Chantal | Fourchambault | 17/05/09 | 52,5 |
| M 6    |                  |               |          | 37,5 |
| M 7    |                  |               |          | 35,0 |
| M 8    |                  |               |          | 32,5 |
| M 9    |                  |               |          | 30,0 |

### SOULEVE DE TERRE

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 75,0  |
| T 2    |  |  |  | 80,0  |
| T 3    |  |  |  | 85,0  |
| Junior |  |  |  | 90,0  |
| Open   |  |  |  | 100,0 |
| M 1    |  |  |  | 95,0  |
| M 2    |  |  |  | 90,0  |
| M 3    |  |  |  | 85,0  |
| M 4    |  |  |  | 80,0  |
| M 5    |  |  |  | 75,0  |
| M 6    |  |  |  | 70,0  |
| M 7    |  |  |  | 65,0  |
| M 8    |  |  |  | 60,0  |
| M 9    |  |  |  | 55,0  |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - FEMMES -53 kg

### FLEXION DE JAMBES

|        |  |  |  |      |
|--------|--|--|--|------|
| T 1    |  |  |  | 75,0 |
| T 2    |  |  |  | 80,0 |
| T 3    |  |  |  | 82,5 |
| Junior |  |  |  | 87,5 |
| Open   |  |  |  | 97,5 |
| M 1    |  |  |  | 92,5 |
| M 2    |  |  |  | 87,5 |
| M 3    |  |  |  | 82,5 |
| M 4    |  |  |  | 80,0 |
| M 5    |  |  |  | 75,0 |
| M 6    |  |  |  | 70,0 |
| M 7    |  |  |  | 65,0 |
| M 8    |  |  |  | 60,0 |
| M 9    |  |  |  | 55,0 |

### DEVELOPPE COUCHE

|        |                 |               |          |      |
|--------|-----------------|---------------|----------|------|
| T 1    |                 |               |          | 42,5 |
| T 2    |                 |               |          | 45,0 |
| T 3    |                 |               |          | 47,5 |
| Junior |                 |               |          | 50,0 |
| Open   | Thenevin M.     | Fourchambault | 17/05/09 | 65,0 |
| M 1    |                 |               |          | 52,5 |
| M 2    | Thenevin M.     | Fourchambault | 17/05/09 | 65,0 |
| M 3    |                 |               |          | 47,5 |
| M 4    |                 |               |          | 45,0 |
| M 5    | Bigorda Chantal | Bourges       | 29/06/13 | 57,5 |
| M 6    | Bigorda Chantal | Challans      | 29/03/15 | 60,5 |
| M 7    |                 |               |          | 37,5 |
| M 8    |                 |               |          | 35,0 |
| M 9    |                 |               |          | 32,5 |

### SOULEVE DE TERRE

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 80,0  |
| T 2    |  |  |  | 85,0  |
| T 3    |  |  |  | 90,0  |
| Junior |  |  |  | 95,0  |
| Open   |  |  |  | 105,0 |
| M 1    |  |  |  | 100,0 |
| M 2    |  |  |  | 95,0  |
| M 3    |  |  |  | 90,0  |
| M 4    |  |  |  | 85,0  |
| M 5    |  |  |  | 80,0  |
| M 6    |  |  |  | 72,5  |
| M 7    |  |  |  | 65,0  |
| M 8    |  |  |  | 57,5  |
| M 9    |  |  |  | 50,0  |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - FEMMES -55,5 kg

### FLEXION DE JAMBES

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 77,5  |
| T 2    |  |  |  | 82,5  |
| T 3    |  |  |  | 87,5  |
| Junior |  |  |  | 92,5  |
| Open   |  |  |  | 102,5 |
| M 1    |  |  |  | 97,5  |
| M 2    |  |  |  | 92,5  |
| M 3    |  |  |  | 87,5  |
| M 4    |  |  |  | 82,5  |
| M 5    |  |  |  | 77,5  |
| M 6    |  |  |  | 72,5  |
| M 7    |  |  |  | 67,5  |
| M 8    |  |  |  | 62,5  |
| M 9    |  |  |  | 57,5  |

### DEVELOPPE COUCHE

|        |                 |          |          |      |
|--------|-----------------|----------|----------|------|
| T 1    |                 |          |          | 45,0 |
| T 2    |                 |          |          | 47,5 |
| T 3    |                 |          |          | 50,0 |
| Junior |                 |          |          | 52,5 |
| Open   | Bigorda Chantal | Challans | 20/03/16 | 62,5 |
| M 1    |                 |          |          | 55,0 |
| M 2    |                 |          |          | 52,5 |
| M 3    |                 |          |          | 50,0 |
| M 4    |                 |          |          | 47,5 |
| M 5    |                 |          |          | 45,0 |
| M 6    | Bigorda Chantal | Challans | 20/03/16 | 62,5 |
| M 7    |                 |          |          | 40,0 |
| M 8    |                 |          |          | 37,5 |
| M 9    |                 |          |          | 35,0 |

### SOULEVE DE TERRE

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 82,5  |
| T 2    |  |  |  | 87,5  |
| T 3    |  |  |  | 92,5  |
| Junior |  |  |  | 100,0 |
| Open   |  |  |  | 110,0 |
| M 1    |  |  |  | 105,0 |
| M 2    |  |  |  | 100,0 |
| M 3    |  |  |  | 92,5  |
| M 4    |  |  |  | 87,5  |
| M 5    |  |  |  | 82,5  |
| M 6    |  |  |  | 77,5  |
| M 7    |  |  |  | 72,5  |
| M 8    |  |  |  | 67,5  |
| M 9    |  |  |  | 62,5  |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - FEMMES -58,5 kg

### FLEXION DE JAMBES

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 80,0  |
| T 2    |  |  |  | 85,0  |
| T 3    |  |  |  | 90,0  |
| Junior |  |  |  | 97,5  |
| Open   |  |  |  | 107,5 |
| M 1    |  |  |  | 102,5 |
| M 2    |  |  |  | 97,5  |
| M 3    |  |  |  | 90,0  |
| M 4    |  |  |  | 85,0  |
| M 5    |  |  |  | 80,0  |
| M 6    |  |  |  | 75,0  |
| M 7    |  |  |  | 70,0  |
| M 8    |  |  |  | 65,0  |
| M 9    |  |  |  | 60,0  |

### DEVELOPPE COUCHE

|        |               |          |          |      |
|--------|---------------|----------|----------|------|
| T 1    |               |          |          | 47,5 |
| T 2    |               |          |          | 50,0 |
| T 3    |               |          |          | 52,5 |
| Junior |               |          |          | 55,0 |
| Open   | Lagrange St   | Challans | 11/10/08 | 95,5 |
| M 1    | Pape Ch       | Dan Roc  | 24/04/05 | 80,0 |
| M 2    |               |          |          | 55,0 |
| M 3    | Demare M-Line | Challans | 29/03/15 | 65,5 |
| M 4    |               |          |          | 50,0 |
| M 5    |               |          |          | 47,5 |
| M 6    |               |          |          | 45,0 |
| M 7    |               |          |          | 42,5 |
| M 8    |               |          |          | 40,0 |
| M 9    |               |          |          | 37,5 |

### SOULEVE DE TERRE

|        |                |                |          |       |
|--------|----------------|----------------|----------|-------|
| T 1    |                |                |          | 85,0  |
| T 2    |                |                |          | 90,0  |
| T 3    |                |                |          | 97,5  |
| Junior |                |                |          | 102,5 |
| Open   | Mouchet Sabine | Les 3 Moutiers | 04/06/23 | 143,0 |
| M 1    |                |                |          | 107,5 |
| M 2    | Mouchet Sabine | Les 3 Moutiers | 29/05/22 | 142,5 |
| M 3    |                |                |          | 97,5  |
| M 4    |                |                |          | 90,0  |
| M 5    |                |                |          | 85,0  |
| M 6    |                |                |          | 80,0  |
| M 7    |                |                |          | 75,0  |
| M 8    |                |                |          | 70,0  |
| M 9    |                |                |          | 65,0  |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - FEMMES -63 kg

### FLEXION DE JAMBES

|        |                  |              |          |              |
|--------|------------------|--------------|----------|--------------|
| T 1    |                  |              |          | <b>82,5</b>  |
| T 2    |                  |              |          | <b>87,5</b>  |
| T 3    | Sauvage Pauline  | Gournay      | 31/05/24 | <b>135,0</b> |
| Junior |                  |              |          | <b>100,0</b> |
| Open   | Le Blevenec Nina | Rosay        | 27/05/22 | <b>150,0</b> |
| M 1    | Lagrange Stéph   | Beauvoir/Mer | 30/03/19 | <b>120,0</b> |
| M 2    |                  |              |          | <b>100,0</b> |
| M 3    | Le Blevenec Nina | Rosay        | 27/05/22 | <b>150,0</b> |
| M 4    |                  |              |          | <b>87,5</b>  |
| M 5    |                  |              |          | <b>82,5</b>  |
| M 6    |                  |              |          | <b>77,5</b>  |
| M 7    |                  |              |          | <b>72,5</b>  |
| M 8    |                  |              |          | <b>67,5</b>  |
| M 9    |                  |              |          | <b>62,5</b>  |

### DEVELOPPE COUCHE

|        |                 |                |          |              |
|--------|-----------------|----------------|----------|--------------|
| T 1    |                 |                |          | <b>50,0</b>  |
| T 2    |                 |                |          | <b>52,5</b>  |
| T 3    |                 |                |          | <b>55,0</b>  |
| Junior |                 |                |          | <b>57,5</b>  |
| Open   | Lagrange Stéph. | Challans       | 20/03/16 | <b>115,0</b> |
| M 1    | Lagrange Stéph. | Beauvoir/Mer   | 31/03/19 | <b>105,5</b> |
| M 2    | Lagrange Stéph. | Trilport       | 28/05/22 | <b>105,0</b> |
| M 3    | Launay D        | Rochefort      | 25/04/04 | <b>82,5</b>  |
| M 4    | Angenot Sophie  | Les 3 Moutiers | 14/09/24 | <b>82,5</b>  |
| M 5    |                 |                |          | <b>47,5</b>  |
| M 6    |                 |                |          | <b>45,0</b>  |
| M 7    |                 |                |          | <b>42,5</b>  |
| M 8    |                 |                |          | <b>40,0</b>  |
| M 9    |                 |                |          | <b>37,5</b>  |

### SOULEVE DE TERRE

|        |                  |                |          |              |
|--------|------------------|----------------|----------|--------------|
| T 1    |                  |                |          | <b>85,0</b>  |
| T 2    |                  |                |          | <b>90,0</b>  |
| T 3    |                  |                |          | <b>97,5</b>  |
| Junior |                  |                |          | <b>102,5</b> |
| Open   | Le Blevenec Nina | Rosay          | 29/05/22 | <b>155,0</b> |
| M 1    |                  |                |          | <b>107,5</b> |
| M 2    |                  |                |          | <b>102,5</b> |
| M 3    | Le Blevenec Nina | Rosay          | 29/05/22 | <b>155,0</b> |
| M 4    | Angenot Sophie   | Les 3 Moutiers | 14/09/24 | <b>100,0</b> |
| M 5    |                  |                |          | <b>85,0</b>  |
| M 6    |                  |                |          | <b>80,0</b>  |
| M 7    |                  |                |          | <b>75,0</b>  |
| M 8    |                  |                |          | <b>70,0</b>  |
| M 9    |                  |                |          | <b>65,0</b>  |

## Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - FEMMES -70 kg

### FLEXION DE JAMBES

|        |  |  |  |              |
|--------|--|--|--|--------------|
| T 1    |  |  |  | <b>90,0</b>  |
| T 2    |  |  |  | <b>95,0</b>  |
| T 3    |  |  |  | <b>102,5</b> |
| Junior |  |  |  | <b>107,5</b> |
| Open   |  |  |  | <b>120,0</b> |
| M 1    |  |  |  | <b>115,0</b> |
| M 2    |  |  |  | <b>107,5</b> |
| M 3    |  |  |  | <b>102,5</b> |
| M 4    |  |  |  | <b>95,0</b>  |
| M 5    |  |  |  | <b>90,0</b>  |
| M 6    |  |  |  | <b>85,0</b>  |
| M 7    |  |  |  | <b>80,0</b>  |
| M 8    |  |  |  | <b>75,0</b>  |
| M 9    |  |  |  | <b>70,0</b>  |

### DEVELOPPE COUCHE

|        |                |          |            |              |
|--------|----------------|----------|------------|--------------|
| T 1    |                |          |            | <b>52,5</b>  |
| T 2    |                |          |            | <b>55,0</b>  |
| T 3    |                |          |            | <b>57,5</b>  |
| Junior |                |          |            | <b>60,0</b>  |
| Open   | Lagrange Stéph | Challans | 19/09/15   | <b>113,0</b> |
| M 1    | Lagrange Stéph | Challans | 17/09/16   | <b>105,0</b> |
| M 2    |                |          |            | <b>60,0</b>  |
| M 3    |                |          |            | <b>57,5</b>  |
| M 4    |                |          |            | <b>55,0</b>  |
| M 5    | Demare M. Line | Bourges  | 24/03/2024 | <b>65,0</b>  |
| M 6    |                |          |            | <b>50,0</b>  |
| M 7    |                |          |            | <b>47,5</b>  |
| M 8    |                |          |            | <b>45,0</b>  |
| M 9    |                |          |            | <b>42,5</b>  |

### SOULEVE DE TERRE

|        |  |  |  |              |
|--------|--|--|--|--------------|
| T 1    |  |  |  | <b>97,5</b>  |
| T 2    |  |  |  | <b>102,5</b> |
| T 3    |  |  |  | <b>110,0</b> |
| Junior |  |  |  | <b>115,0</b> |
| Open   |  |  |  | <b>127,5</b> |
| M 1    |  |  |  | <b>122,5</b> |
| M 2    |  |  |  | <b>115,0</b> |
| M 3    |  |  |  | <b>110,0</b> |
| M 4    |  |  |  | <b>102,5</b> |
| M 5    |  |  |  | <b>97,5</b>  |
| M 6    |  |  |  | <b>90,0</b>  |
| M 7    |  |  |  | <b>82,5</b>  |
| M 8    |  |  |  | <b>75,0</b>  |
| M 9    |  |  |  | <b>67,5</b>  |

**Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - FEMMES -80 kg**

**FLEXION DE JAMBES**

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 100,0 |
| T 2    |  |  |  | 105,0 |
| T 3    |  |  |  | 112,5 |
| Junior |  |  |  | 117,5 |
| Open   |  |  |  | 130,0 |
| M 1    |  |  |  | 125,0 |
| M 2    |  |  |  | 117,5 |
| M 3    |  |  |  | 112,5 |
| M 4    |  |  |  | 105,0 |
| M 5    |  |  |  | 100,0 |
| M 6    |  |  |  | 92,5  |
| M 7    |  |  |  | 85,0  |
| M 8    |  |  |  | 77,5  |
| M 9    |  |  |  | 70,0  |

**DEVELOPPE COUCHE**

|        |  |  |  |      |
|--------|--|--|--|------|
| T 1    |  |  |  | 55,0 |
| T 2    |  |  |  | 57,5 |
| T 3    |  |  |  | 60,0 |
| Junior |  |  |  | 65,0 |
| Open   |  |  |  | 72,5 |
| M 1    |  |  |  | 70,0 |
| M 2    |  |  |  | 65,0 |
| M 3    |  |  |  | 60,0 |
| M 4    |  |  |  | 57,5 |
| M 5    |  |  |  | 55,0 |
| M 6    |  |  |  | 52,5 |
| M 7    |  |  |  | 50,0 |
| M 8    |  |  |  | 47,5 |
| M 9    |  |  |  | 45,0 |

**SOULEVE DE TERRE**

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 105,0 |
| T 2    |  |  |  | 112,5 |
| T 3    |  |  |  | 120,0 |
| Junior |  |  |  | 125,0 |
| Open   |  |  |  | 140,0 |
| M 1    |  |  |  | 132,5 |
| M 2    |  |  |  | 125,0 |
| M 3    |  |  |  | 120,0 |
| M 4    |  |  |  | 112,5 |
| M 5    |  |  |  | 105,0 |
| M 6    |  |  |  | 97,5  |
| M 7    |  |  |  | 90,0  |
| M 8    |  |  |  | 82,5  |
| M 9    |  |  |  | 75,0  |

**Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - FEMMES -90 kg**

**FLEXION DE JAMBES**

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 105,0 |
| T 2    |  |  |  | 110,0 |
| T 3    |  |  |  | 117,5 |
| Junior |  |  |  | 125,0 |
| Open   |  |  |  | 140,0 |
| M 1    |  |  |  | 132,5 |
| M 2    |  |  |  | 125,0 |
| M 3    |  |  |  | 117,5 |
| M 4    |  |  |  | 110,0 |
| M 5    |  |  |  | 105,0 |
| M 6    |  |  |  | 97,5  |
| M 7    |  |  |  | 90,0  |
| M 8    |  |  |  | 82,5  |
| M 9    |  |  |  | 75,0  |

**DEVELOPPE COUCHE**

|        |  |  |  |      |
|--------|--|--|--|------|
| T 1    |  |  |  | 60,0 |
| T 2    |  |  |  | 65,0 |
| T 3    |  |  |  | 67,5 |
| Junior |  |  |  | 70,0 |
| Open   |  |  |  | 80,0 |
| M 1    |  |  |  | 75,0 |
| M 2    |  |  |  | 70,0 |
| M 3    |  |  |  | 67,5 |
| M 4    |  |  |  | 65,0 |
| M 5    |  |  |  | 60,0 |
| M 6    |  |  |  | 57,5 |
| M 7    |  |  |  | 55,0 |
| M 8    |  |  |  | 52,5 |
| M 9    |  |  |  | 50,0 |

**SOULEVE DE TERRE**

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 110,0 |
| T 2    |  |  |  | 117,5 |
| T 3    |  |  |  | 125,0 |
| Junior |  |  |  | 132,5 |
| Open   |  |  |  | 147,5 |
| M 1    |  |  |  | 140,0 |
| M 2    |  |  |  | 132,5 |
| M 3    |  |  |  | 125,0 |
| M 4    |  |  |  | 117,5 |
| M 5    |  |  |  | 110,0 |
| M 6    |  |  |  | 105,0 |
| M 7    |  |  |  | 100,0 |
| M 8    |  |  |  | 95,0  |
| M 9    |  |  |  | 90,0  |

**Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - FEMMES -110 kg**

**FLEXION DE JAMBES**

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 110,0 |
| T 2    |  |  |  | 117,5 |
| T 3    |  |  |  | 125,0 |
| Junior |  |  |  | 130,0 |
| Open   |  |  |  | 145,0 |
| M 1    |  |  |  | 137,5 |
| M 2    |  |  |  | 130,0 |
| M 3    |  |  |  | 125,0 |
| M 4    |  |  |  | 117,5 |
| M 5    |  |  |  | 110,0 |
| M 6    |  |  |  | 102,5 |
| M 7    |  |  |  | 95,0  |
| M 8    |  |  |  | 87,5  |
| M 9    |  |  |  | 80,0  |

**DEVELOPPE COUCHE**

|        |  |  |  |      |
|--------|--|--|--|------|
| T 1    |  |  |  | 65,0 |
| T 2    |  |  |  | 67,5 |
| T 3    |  |  |  | 72,5 |
| Junior |  |  |  | 77,5 |
| Open   |  |  |  | 85,0 |
| M 1    |  |  |  | 80,0 |
| M 2    |  |  |  | 77,5 |
| M 3    |  |  |  | 72,5 |
| M 4    |  |  |  | 67,5 |
| M 5    |  |  |  | 65,0 |
| M 6    |  |  |  | 60,0 |
| M 7    |  |  |  | 57,5 |
| M 8    |  |  |  | 55,0 |
| M 9    |  |  |  | 52,5 |

**SOULEVE DE TERRE**

|        |  |  |  |       |
|--------|--|--|--|-------|
| T 1    |  |  |  | 115,0 |
| T 2    |  |  |  | 125,0 |
| T 3    |  |  |  | 132,5 |
| Junior |  |  |  | 140,0 |
| Open   |  |  |  | 155,0 |
| M 1    |  |  |  | 147,5 |
| M 2    |  |  |  | 140,0 |
| M 3    |  |  |  | 132,5 |
| M 4    |  |  |  | 125,0 |
| M 5    |  |  |  | 115,0 |
| M 6    |  |  |  | 107,5 |
| M 7    |  |  |  | 105,0 |
| M 8    |  |  |  | 100,0 |
| M 9    |  |  |  | 95,0  |

**Records Fédéraux FSFA - MOUVEMENTS INDIVIDUELS avec EQUIPEMENT - FEMMES +110 kg**

**FLEXION DE JAMBES**

|        |  |  |  |  |
|--------|--|--|--|--|
| T 1    |  |  |  |  |
| T 2    |  |  |  |  |
| T 3    |  |  |  |  |
| Junior |  |  |  |  |
| Open   |  |  |  |  |
| M 1    |  |  |  |  |
| M 2    |  |  |  |  |
| M 3    |  |  |  |  |
| M 4    |  |  |  |  |
| M 5    |  |  |  |  |
| M 6    |  |  |  |  |
| M 7    |  |  |  |  |
| M 8    |  |  |  |  |
| M 9    |  |  |  |  |

**DEVELOPPE COUCHE**

|        |  |  |  |  |
|--------|--|--|--|--|
| T 1    |  |  |  |  |
| T 2    |  |  |  |  |
| T 3    |  |  |  |  |
| Junior |  |  |  |  |
| Open   |  |  |  |  |
| M 1    |  |  |  |  |
| M 2    |  |  |  |  |
| M 3    |  |  |  |  |
| M 4    |  |  |  |  |
| M 5    |  |  |  |  |
| M 6    |  |  |  |  |
| M 7    |  |  |  |  |
| M 8    |  |  |  |  |
| M 9    |  |  |  |  |

**SOULEVE DE TERRE**

|        |  |  |  |  |
|--------|--|--|--|--|
| T 1    |  |  |  |  |
| T 2    |  |  |  |  |
| T 3    |  |  |  |  |
| Junior |  |  |  |  |
| Open   |  |  |  |  |
| M 1    |  |  |  |  |
| M 2    |  |  |  |  |
| M 3    |  |  |  |  |
| M 4    |  |  |  |  |
| M 5    |  |  |  |  |
| M 6    |  |  |  |  |
| M 7    |  |  |  |  |
| M 8    |  |  |  |  |
| M 9    |  |  |  |  |

