

**Championnat d'Ile de France de Musculation - par Equipe**  
**Pierrefitte sur Seine - 27 février 2016**

| Pl. | NOMS        | Prénoms  | AN   | TOTAL | CLUB                  | EX 1<br>F ente Alternées | EX 2<br>T supination | EX 3<br>Dips | REPS  |
|-----|-------------|----------|------|-------|-----------------------|--------------------------|----------------------|--------------|-------|
| 1   | RAMON       | Florence | 1967 | 88,00 | AFHMA<br>FRANCOVILLE  | 32,0                     |                      |              | 32,00 |
|     | DEVOLDER    | Geoffrey | 1986 |       |                       |                          | 34,0                 |              | 34,00 |
|     | MBAKOP YAYA | SEIDOU   | 1998 |       |                       |                          |                      | 22,0         | 22,00 |
|     |             |          |      |       |                       |                          |                      |              |       |
| 2   | PATTE       | Aurelie  | 1981 | 80,00 | AFHMA<br>FRANCONVILLE | 43,0                     |                      |              | 43,00 |
|     | SARIGIANNIS | François | 1983 |       |                       |                          |                      | 20,0         | 20,00 |
|     | HASSAINE    | Adam     | 1984 |       |                       |                          | 17,0                 |              | 17,00 |

**Championnat d'Ile de France de Musculation - Individuels**  
**Pierrefitte sur Seine - 27 février 2016**

| <b>HOMMES -75kg</b> |       |             |             |      |       |                    |          |     |          |     |         |     |              |     |
|---------------------|-------|-------------|-------------|------|-------|--------------------|----------|-----|----------|-----|---------|-----|--------------|-----|
| Place               | SCORE | NOMS        | Prénoms     | AN   | POIDS | CLUB               | Traction | Pl. | DC serré | Pl. | Squat   | Pl. | Tirage large | Pl. |
|                     |       |             |             |      |       |                    | nb reps  |     | nb reps  |     | nb reps |     | nb reps      |     |
| 1                   | 112   | MBAKOP YAYA | Seidou      | 1998 | 73,1  | AFHMA FRANCONVILLE | 20       | 1   | 34       | 1   | 50      | 1   | 8            | 7   |
| 2                   | 91    | CHAPUIS     | Christopher | 1985 | 67,2  | CSM GENNEVILLIERS  | 15       | 4   | 29       | 2   | 28      | 3   | 19           | 2   |
| 3                   | 84    | LAAJOUNE    | Nourdine    | 1977 | 68,8  | CSM GENNEVILLIERS  | 17       | 2   | 27       | 5   | 30      | 2   | 10           | 6   |
| 4                   | 78    | BURAHEE     | Irfan       | 1980 | 70,07 | US CRETEIL         | 15       | 4   | 23       | 6   | 20      | 5   | 20           | 1   |
| 5                   | 77    | AZZAZ       | Radhi       | 1989 | 62,3  | CSM GENNEVILLIERS  | 13       | 6   | 28       | 3   | 24      | 4   | 12           | 5   |
| 6                   | 69    | BURAHEE     | Muhamad     | 1989 | 67,5  | US CRETEIL         | 17       | 2   | 28       | 5   | 7       | 7   | 17           | 3   |
| 7                   | 49    | LOUNIS      | Rayan       | 2000 | 74    | AS PIERREFITE      | 13       | 6   | 22       | 7   | 1       | 8   | 13           | 4   |
| 8                   | 32    | KUZBINSKI   | Patrick     | 1953 | 72,3  | US METRO           | 1        | 8   | 11       | 8   | 20      | 5   | 0            | 8   |

| <b>HOMMES +75 kg</b> |       |              |           |      |       |                    |          |     |          |     |         |     |              |     |
|----------------------|-------|--------------|-----------|------|-------|--------------------|----------|-----|----------|-----|---------|-----|--------------|-----|
| Place                | SCORE | NOMS         | Prénoms   | AN   | POIDS | CLUB               | Traction | Pl. | DC serré | Pl. | Squat   | Pl. | Tirage large | Pl. |
|                      |       |              |           |      |       |                    | nb reps  |     | nb reps  |     | nb reps |     | nb reps      |     |
| 1                    | 102   | DEVOLDER     | Geoffrey  | 1986 | 84,2  | AS PIERREFITE      | 24       | 1   | 38       | 1   | 20      | 3   | 20           | 1   |
| 2                    | 96    | HASSAINE     | Adam      | 1994 | 78    | AFHMA FRANCONVILLE | 18       | 2   | 28       | 6   | 30      | 1   | 20           | 1   |
| 3                    | 81    | JUAN ALLAIRE | Galvan    | 1988 | 81,8  | US CRETEIL         | 16       | 3   | 31       | 4   | 19      | 4   | 15           | 5   |
| 4                    | 79    | SARIGIANNIS  | François  | 1983 | 95,8  | AFHMA FRANCONVILLE | 10       | 6   | 30       | 5   | 22      | 2   | 17           | 4   |
| 5                    | 63    | RAHMOUNI     | Mahiedine | 1988 | 81,6  | AS PIERREFITE      | 13       | 4   | 32       | 2   | 0       | 6   | 18           | 3   |
| 6                    | 49    | LARGOT       | Karim     | 1990 | 85,8  | AS PIERREFITE      | 6        | 7   | 32       | 2   | 2       | 5   | 9            | 7   |
| 7                    | 48    | FLACHER      | Alban     | 1990 | 80    | US CRETEIL         | 12       | 5   | 22       | 7   | 0       | 6   | 14           | 6   |

| <b>FEMMES -57 kg</b> |       |       |         |      |       |                    |                  |     |          |     |         |     |             |     |
|----------------------|-------|-------|---------|------|-------|--------------------|------------------|-----|----------|-----|---------|-----|-------------|-----|
| Place                | SCORE | NOMS  | Prénoms | AN   | POIDS | CLUB               | Pompe sur genoux | Pl. | T menton | Pl. | Squat   | Pl. | Trust Russe | Pl. |
|                      |       |       |         |      |       |                    | nb reps          |     | nb reps  |     | nb reps |     | nb reps     |     |
| 1                    | 127   | PATTE | Aurelie | 1981 | 56,6  | AFHMA FRANCONVILLE | 50               | 1   | 15       | 1   | 12      | 1   | 50          | 1   |

| <b>FEMMES +57 kg</b> |       |       |          |      |       |                    |                  |     |          |     |         |     |             |     |
|----------------------|-------|-------|----------|------|-------|--------------------|------------------|-----|----------|-----|---------|-----|-------------|-----|
| Place                | SCORE | NOMS  | Prénoms  | AN   | POIDS | CLUB               | Pompe sur genoux | Pl. | T menton | Pl. | Squat   | Pl. | Trust Russe | Pl. |
|                      |       |       |          |      |       |                    | nb reps          |     | nb reps  |     | nb reps |     | nb reps     |     |
| 1                    | 175   | RAMON | Florence | 1967 | 60,2  | AFHMA FRANCONVILLE | 54               | 1   | 1        | 1   | 20      | 1   | 100         | 1   |