



1er plateau



FSHA

Fédération Suisse d'Haltérophilie Amateur

30è CHAMPIONNAT ROMAND

Halle de gymnastique Ovest, Tramelan, 24.11.2012

Rang	Nom prénom	Club	JA	Cat.	Classe	PC	Arraché				Jeté				Total	Sincl. Pt.
							1. V.	2. V.	3. V.	Mei	1. V.	2. V.	3. V.	Mei		
	ROULIN Gabriel	Lausanne	1995	50	Cadet	49.0	26.0	28.0	-30.0	28.0	-36.0	36.0	-40.0	36.0	64.0	110.61
	TSCHAN Romain	Tramelan	1997	45	Ecolier	42.0	17.0	20.0	-26.0	20.0	25.0	30.0	33.0	33.0	53.0	105.42
	SEYOUM Aron	Lausanne	1999	56	Ecolier	55.5	20.0	24.0	27.0	27.0	25.0	30.0	32.0	32.0	59.0	92.12
	MEYRAT Judith	Tramelan	2000	58	Féminine	55.9	-25.0	25.0	27.0	27.0	35.0	40.0	-45.0	40.0	67.0	103.94
	CLAIRE Timéa	Tramelan	1999	53	Féminine	50.5	23.0	25.0	-27.0	25.0	30.0	34.0	36.0	36.0	61.0	102.82
	SOUKOU Marc	Lausanne	1994	62	Junior	61.0	25.0	30.0	35.0	35.0	35.0	40.0	45.0	45.0	80.0	116.28
	LAB Antoine	Moutier	2001	45	Minime	35.5	28.0	-30.0	-30.0	28.0	35.0	-38.0	-38.0	35.0	63.0	149.06
	CARNAL Noah	Tramelan	2002	45	Minime	33.1	16.0	-19.0	19.0	19.0	25.0	-27.0	27.0	27.0	46.0	117.57
	PETERMANN Lee	La Chaux-de-Fonds	2001	50	Minime	47.0	23.0	25.0	27.0	27.0	30.0	35.0	-37.0	35.0	62.0	111.19
	CHATELAIN Xavier	Tramelan	2002	45	Minime	33.4	17.0	-20.0	-20.0	17.0	23.0	25.0	-27.0	25.0	42.0	106.26
	AMBÜHL Loïc	Moutier	2000	50	Minime	49.8	20.0	23.0	24.0	24.0	31.0	33.0	-35.0	33.0	57.0	97.22
	CHATELAIN Yannick	Tramelan	2000	45	Minime	42.7	19.0	22.0	-23.0	22.0	-27.0	27.0	-28.0	27.0	49.0	96.10
	ZÜRCHER Laryam	Moutier	2002	77	Minime	69.6	28.0	30.0	32.0	32.0	38.0	-41.0	-41.0	38.0	70.0	93.16
	HENRIQUES Joël	Tramelan	2004	45	Minime	27.8	9.0	11.0	13.0	13.0	12.0	14.0	17.0	17.0	30.0	79.69

Arbitre / Kampfrichter 1

Arbitre / Kampfrichter 2

Arbitre / Kampfrichter 3

Flles match officiel

Secrétaire: Protokolführer

Spéctateurs:.....



2ème Plateau



FSHA

Fédération Suisse d'Haltérophilie Amateur

30è CHAMPIONNAT ROMAND

Halle de gymnastique Ovest, Tramelan, 24.11.2012

Rang	Nom prénom	Club	JA	Cat.	Classe	PC	Arraché				Jeté				Total	Sincl. Pt.
							1. V.	2. V.	3. V.	Mei	1. V.	2. V.	3. V.	Mei		
	MATHEZ Bradley	Tramelan	1996	69	Cadet	63.6	56.0	61.0	-65.0	61.0	70.0	74.0	77.0	77.0	138.0	194.83
	TEXEIRA Juca	Lausanne	1995	69	Cadet	62.4	-40.0	40.0	47.0	47.0	54.0	60.0	63.0	63.0	110.0	157.34
	REY Hannes	Tramelan	1997	69	Ecolier	63.4	70.0	73.0	-75.0	73.0	83.0	86.0	90.0	90.0	163.0	230.60
	CLAIRE Quentin	Tramelan	1997	77	Ecolier	75.0	65.0	70.0	74.0	74.0	87.0	92.0	96.0	96.0	170.0	216.38
	HENRIQUES Martins Leandro	Tramelan	1999	62	Ecolier	60.5	43.0	47.0	50.0	50.0	60.0	66.0	-70.0	66.0	116.0	169.66
	LAB Gaétan	Moutier	1999	56	Ecolier	52.0	40.0	-45.0	45.0	45.0	50.0	55.0	58.0	58.0	103.0	169.31
	BAUMGARTNER Allan	Moutier	1999	77	Ecolier	73.9	45.0	-48.0	48.0	48.0	-56.0	56.0	-60.0	56.0	104.0	133.52
	KÄMPF Cédric	Tramelan	1999	56	Ecolier	55.7	33.0	37.0	39.0	39.0	-42.0	45.0	-50.0	45.0	84.0	130.79
	N'DOLI Jean	Tramelan	1982	69	Elite	63.6	-65.0	-65.0	-65.0	0.0	-	-	-	0.0	0.0	0.00
	SAUTEBIN Lydia	Tramelan	1987	75	Féminine	74.6	45.0	50.0	55.0	55.0	65.0	-68.0	68.0	68.0	123.0	157.02
	SCHILLING Viviane	Tramelan	1976	53	Féminine	52.8	34.0	37.0	-40.0	37.0	45.0	50.0	-52.0	50.0	87.0	141.28
	KÄMPF Valérie	Tramelan	1997	63	Féminine	61.1	35.0	-39.0	-39.0	35.0	45.0	50.0	-52.0	50.0	85.0	123.47
	CHATELAIN Stéphane	Tramelan	1968	77	Vétéran	74.9	60.0	-65.0	-65.0	60.0	73.0	-78.0	78.0	78.0	138.0	175.78

Arbitre / Kampfrichter 1

Arbitre / Kampfrichter 2

Arbitre / Kampfrichter 3

Filles match officiel

Secrétaire: Protokolführer

Spectateurs:.....



FSHA

Fédération Suisse d'Haltérophilie Amateur

3ème Plateau



30è CHAMPIONNAT ROMAND

Halle de gymnastique Ouest, Tramelan, 24.11.2012

Rang	Nom prénom	Club	JA	Cat.	Classe	PC	Arraché				Jeté				Total	Sincl. Pt.
							1. V.	2. V.	3. V.	Mei	1. V.	2. V.	3. V.	Mei		
	ARRIGO_1 Adrien	Lausanne	1995	+105	Cadet	109.2	84.0	90.0	94.0	94.0	107.0	112.0	116.0	116.0	210.0	226.11
	TERMIGNONE Dany	Moutier	1987	85	Elite	80.6	127.0	-132.0	-132.0	127.0	140.0	148.0	152.0	152.0	279.0	341.47
	SAUTEBIN Yannick	Tramelan	1988	85	Elite	78.5	117.0	122.0	127.0	127.0	137.0	142.0	-147.0	142.0	269.0	333.91
	GANGUIN Hervé	Moutier	1986	85	Elite	80.8	-106.0	106.0	-110.0	106.0	131.0	-136.0	-137.0	131.0	237.0	289.69
	MACHADO Alberto	Tramelan	1984	85	Elite	81.3	-98.0	98.0	-103.0	98.0	120.0	126.0	130.0	130.0	228.0	277.75
	DELEVAUX Edouard	Tramelan	1987	94	Elite	87.7	95.0	-100.0	-100.0	95.0	125.0	130.0	-134.0	130.0	225.0	264.08
	SEKE Emmanuel	La Chaux-de-Fonds	1985	85	Elite	89.6	70.0	75.0	-78.0	75.0	100.0	105.0	-110.0	105.0	180.0	209.16
	TSCHAN Yannick	Tramelan	1996	85	Junior	81.2	97.0	101.0	103.0	103.0	110.0	115.0	117.0	117.0	220.0	268.18
	TELLENBACH Benoît	Moutier	1993	69	Junior	64.2	75.0	-79.0	-80.0	75.0	95.0	-100.0	100.0	100.0	175.0	245.65
	DA ROCHA David	Moutier	1992	+105	Junior	106.0	85.0	-90.0	90.0	90.0	110.0	115.0	-120.0	115.0	205.0	222.90
	LAB Dimitri	Moutier	1965	77	Vétéran	76.9	96.0	100.0	-105.0	100.0	120.0	125.0	128.0	128.0	228.0	286.19
	LAUPER Stéphane	Tramelan	1967	105	Vétéran	99.3	110.0	-115.0	115.0	115.0	130.0	138.0	-142.0	138.0	253.0	281.61
	JACOT Edmond	La Chaux-de-Fonds	1946	94	Vétéran	94.5	70.0	75.0	80.0	80.0	85.0	90.0	-93.0	90.0	170.0	193.05

Arbitre / Kampfrichter 1

Ffiles match officiel

Arbitre / Kampfrichter 2

Secrétaire: Protokolführer

Arbitre / Kampfrichter 3

Spectateurs:.....

Rang	Nom prénom	Club	JA	PC	Arraché			Mei	Jeté			Mei	Total	Sincl. Pt.
					1. V.	2. V.	3. V.		1. V.	2. V.	3. V.			
45 kg														
1	LAB Antoine	Moutier	2001	35.5	28.0	-30.0	-30.0	28.0	35.0	-38.0	-38.0	35.0	63.0	149.06
2	TSCHAN Romain	Tramelan	1997	42.0	17.0	20.0	-26.0	20.0	25.0	30.0	33.0	33.0	53.0	105.42
3	CHATELAIN Yannick	Tramelan	2000	42.7	19.0	22.0	-23.0	22.0	-27.0	27.0	-28.0	27.0	49.0	96.10
4	CARNAL Noah	Tramelan	2002	33.1	16.0	-19.0	19.0	19.0	25.0	-27.0	27.0	27.0	46.0	117.57
5	CHATELAIN Xavier	Tramelan	2002	33.4	17.0	-20.0	-20.0	17.0	23.0	25.0	-27.0	25.0	42.0	106.26
6	HENRIQUES Joël	Tramelan	2004	27.8	9.0	11.0	13.0	13.0	12.0	14.0	17.0	17.0	30.0	79.69
50 kg														
1	ROULIN Gabriel	Lausanne	1995	49.0	26.0	28.0	-30.0	28.0	-36.0	36.0	-40.0	36.0	64.0	110.61
2	PETERMANN Lee	La Chaux-de-Fc	2001	47.0	23.0	25.0	27.0	27.0	30.0	35.0	-37.0	35.0	62.0	111.19
3	AMBÜHL Loïc	Moutier	2000	49.8	20.0	23.0	24.0	24.0	31.0	33.0	-35.0	33.0	57.0	97.22
56 kg														
1	LAB Gaétan	Moutier	1999	52.0	40.0	-45.0	45.0	45.0	50.0	55.0	58.0	58.0	103.0	169.31
2	KÄMPF Cédric	Tramelan	1999	55.7	33.0	37.0	39.0	39.0	-42.0	45.0	-50.0	45.0	84.0	130.79
3	SEYOUUM Aron	Lausanne	1999	55.5	20.0	24.0	27.0	27.0	25.0	30.0	32.0	32.0	59.0	92.12
62 kg														
1	HENRIQUES Martins Le	Tramelan	1999	60.5	43.0	47.0	50.0	50.0	60.0	66.0	-70.0	66.0	116.0	169.66
2	SOUKOU Marc	Lausanne	1994	61.0	25.0	30.0	35.0	35.0	35.0	40.0	45.0	45.0	80.0	116.28

Rang	Nom prénom	Club	JA	PC	Arraché			Mei	Jeté			Mei	Total	Sincl. Pt.
					1. V.	2. V.	3. V.		1. V.	2. V.	3. V.			
69 kg														
1	TELLENBACH Benoît	Moutier	1993	64.2	75.0	-79.0	-80.0	75.0	95.0	-100.0	100.0	100.0	175.0	245.65
2	REY Hannes	Tramelan	1997	63.4	70.0	73.0	-75.0	73.0	83.0	86.0	90.0	90.0	163.0	230.60
3	MATHEZ Bradley	Tramelan	1996	63.6	56.0	61.0	-65.0	61.0	70.0	74.0	77.0	77.0	138.0	194.83
4	TEXEIRA Juca	Lausanne	1995	62.4	-40.0	40.0	47.0	47.0	54.0	60.0	63.0	63.0	110.0	157.34
5	N'DOLI Jean	Tramelan	1982	63.6	-65.0	-65.0	-65.0	0.0	-	-	-	0.0	0.0	0.00
77kg														
1	LAB Dimitri	Moutier	1965	76.9	96.0	100.0	-105.0	100.0	120.0	125.0	128.0	128.0	228.0	286.19
2	CLAIRE Quentin	Tramelan	1997	75.0	65.0	70.0	74.0	74.0	87.0	92.0	96.0	96.0	170.0	216.38
3	CHATELAIN Stéphane	Tramelan	1968	74.9	60.0	-65.0	-65.0	60.0	73.0	-78.0	78.0	78.0	138.0	175.78
4	BAUMGARTNER Allan	Moutier	1999	73.9	45.0	-48.0	48.0	48.0	-56.0	56.0	-60.0	56.0	104.0	133.52
5	ZÜRCHER Laryam	Moutier	2002	69.6	28.0	30.0	32.0	32.0	38.0	-41.0	-41.0	38.0	70.0	93.16
85 kg														
1	TERMIGNONE Dany	Moutier	1987	80.6	127.0	-132.0	-132.0	127.0	140.0	148.0	152.0	152.0	279.0	341.47
2	SAUTEBIN Yannick	Tramelan	1988	78.5	117.0	122.0	127.0	127.0	137.0	142.0	-147.0	142.0	269.0	333.91
3	GANGUIN Hervé	Moutier	1986	80.8	-106.0	106.0	-110.0	106.0	131.0	-136.0	-137.0	131.0	237.0	289.69
4	MACHADO Alberto	Tramelan	1984	81.3	-98.0	98.0	-103.0	98.0	120.0	126.0	130.0	130.0	228.0	277.75
5	TSCHAN Yannick	Tramelan	1996	81.2	97.0	101.0	103.0	103.0	110.0	115.0	117.0	117.0	220.0	268.18
94kg														
1	DELEVAUX Edouard	Tramelan	1987	87.7	95.0	-100.0	-100.0	95.0	125.0	130.0	-134.0	130.0	225.0	264.08
2	SEKE Emmanuel	La Chaux-de-Fc	1985	89.6	70.0	75.0	-78.0	75.0	100.0	105.0	-110.0	105.0	180.0	209.16
3	JACOT Edmond	La Chaux-de-Fc	1946	94.5	70.0	75.0	80.0	80.0	85.0	90.0	-93.0	90.0	170.0	193.05

Rang	Nom prénom	Club	JA	PC	Arraché			Mei	Jeté			Mei	Total	Sincl.
					1. V.	2. V.	3. V.		1. V.	2. V.	3. V.			Pt.
105kg														
1	LAUPER Stéphane	Tramelan	1967	99.3	110.0	-115.0	115.0	115.0	130.0	138.0	-142.0	138.0	253.0	281.61
+105kg														
1	ARRIGO_1 Adrien	Lausanne	1995	109.2	84.0	90.0	94.0	94.0	107.0	112.0	116.0	116.0	210.0	226.11
2	DA ROCHA David	Moutier	1992	106.0	85.0	-90.0	90.0	90.0	110.0	115.0	-120.0	115.0	205.0	222.90
53 kg														
1	SCHILLING Viviane	Tramelan	1976	52.8	34.0	37.0	-40.0	37.0	45.0	50.0	-52.0	50.0	87.0	141.28
2	CLAIRE Timéa	Tramelan	1999	50.5	23.0	25.0	-27.0	25.0	30.0	34.0	36.0	36.0	61.0	102.82
58 kg														
1	MEYRAT Judith	Tramelan	2000	55.9	-25.0	25.0	27.0	27.0	35.0	40.0	-45.0	40.0	67.0	103.94
63 kg														
1	KÄMPF Valérie	Tramelan	1997	61.1	35.0	-39.0	-39.0	35.0	45.0	50.0	-52.0	50.0	85.0	123.47
75kg														
1	SAUTEBIN Lydia	Tramelan	1987	74.6	45.0	50.0	55.0	55.0	65.0	-68.0	68.0	68.0	123.0	157.02

Rang	Nom prénom	Club	JA	PC	Arraché				Jeté				Total	Pt.
					1. V.	2. V.	3. V.	Mei	1. V.	2. V.	3. V.	Mei		
FEMMES														
1	SAUTEBIN Lydia	Tramelan	1987	74.6	45.0	50.0	55.0	55.0	65.0	-68.0	68.0	68.0	123.0	157.02
2	SCHILLING Viviane	Tramelan	1976	52.8	34.0	37.0	-40.0	37.0	45.0	50.0	-52.0	50.0	87.0	141.28
3	KÄMPF Valérie	Tramelan	1997	61.1	35.0	-39.0	-39.0	35.0	45.0	50.0	-52.0	50.0	85.0	123.47
4	MEYRAT Judith	Tramelan	2000	55.9	-25.0	25.0	27.0	27.0	35.0	40.0	-45.0	40.0	67.0	103.94
5	CLAIRE Timéa	Tramelan	1999	50.5	23.0	25.0	-27.0	25.0	30.0	34.0	36.0	36.0	61.0	102.82
MINIMES														
1	LAB Antoine	Moutier	2001	35.5	28.0	-30.0	-30.0	28.0	35.0	-38.0	-38.0	35.0	63.0	149.06
2	CARNAL Noah	Tramelan	2002	33.1	16.0	-19.0	19.0	19.0	25.0	-27.0	27.0	27.0	46.0	117.57
3	PETERMANN Lee	La Chaux-de-Fr	2001	47.0	23.0	25.0	27.0	27.0	30.0	35.0	-37.0	35.0	62.0	111.19
4	CHATELAIN Xavier	Tramelan	2002	33.4	17.0	-20.0	-20.0	17.0	23.0	25.0	-27.0	25.0	42.0	106.26
5	AMBÜHL Loïc	Moutier	2000	49.8	20.0	23.0	24.0	24.0	31.0	33.0	-35.0	33.0	57.0	97.22
6	CHATELAIN Yannick	Tramelan	2000	42.7	19.0	22.0	-23.0	22.0	-27.0	27.0	-28.0	27.0	49.0	96.10
7	ZÜRCHER Laryam	Moutier	2002	69.6	28.0	30.0	32.0	32.0	38.0	-41.0	-41.0	38.0	70.0	93.16
8	HENRIQUES Joël	Tramelan	2004	27.8	9.0	11.0	13.0	13.0	12.0	14.0	17.0	17.0	30.0	79.69
ECOLIER														
1	REY Hannes	Tramelan	1997	63.4	70.0	73.0	-75.0	73.0	83.0	86.0	90.0	90.0	163.0	230.60
2	CLAIRE Quentin	Tramelan	1997	75.0	65.0	70.0	74.0	74.0	87.0	92.0	96.0	96.0	170.0	216.38
3	Leandro	Tramelan	1999	60.5	43.0	47.0	50.0	50.0	60.0	66.0	-70.0	66.0	116.0	169.66
4	LAB Gaétan	Moutier	1999	52.0	40.0	-45.0	45.0	45.0	50.0	55.0	58.0	58.0	103.0	169.31
5	BAUMGARTNER Allan	Moutier	1999	73.9	45.0	-48.0	48.0	48.0	-56.0	56.0	-60.0	56.0	104.0	133.52
6	KÄMPF Cédric	Tramelan	1999	55.7	33.0	37.0	39.0	39.0	-42.0	45.0	-50.0	45.0	84.0	130.79
7	TSCHAN Romain	Tramelan	1997	42.0	17.0	20.0	-26.0	20.0	25.0	30.0	33.0	33.0	53.0	105.42
8	SEYOUM Aron	Lausanne	1999	55.5	20.0	24.0	27.0	27.0	25.0	30.0	32.0	32.0	59.0	92.12

Rang	Nom prénom	Club	JA	PC	Arraché				Jeté				Total	Sincl. Pt.
					1. V.	2. V.	3. V.	Mei	1. V.	2. V.	3. V.	Mei		
CADET														
1	ARRIGO_1 Adrien	Lausanne	1995	109.2	84.0	90.0	94.0	94.0	107.0	112.0	116.0	116.0	210.0	226.11
2	MATHEZ Bradley	Tramelan	1996	63.6	56.0	61.0	-65.0	61.0	70.0	74.0	77.0	77.0	138.0	194.83
3	TEXEIRA Juca	Lausanne	1995	62.4	-40.0	40.0	47.0	47.0	54.0	60.0	63.0	63.0	110.0	157.34
4	ROULIN Gabriel	Lausanne	1995	49.0	26.0	28.0	-30.0	28.0	-36.0	36.0	-40.0	36.0	64.0	110.61
JUNIOR														
1	TSCHAN Yannick	Tramelan	1996	81.2	97.0	101.0	103.0	103.0	110.0	115.0	117.0	117.0	220.0	268.18
2	TELLENBACH Benoît	Moutier	1993	64.2	75.0	-79.0	-80.0	75.0	95.0	-100.0	100.0	100.0	175.0	245.65
3	DA ROCHA David	Moutier	1992	106.0	85.0	-90.0	90.0	90.0	110.0	115.0	-120.0	115.0	205.0	222.90
4	SOUKOU Marc	Lausanne	1994	61.0	25.0	30.0	35.0	35.0	35.0	40.0	45.0	45.0	80.0	116.28
ELITE														
1	TERMIGNONE Dany	Moutier	1987	80.6	127.0	-132.0	-132.0	127.0	140.0	148.0	152.0	152.0	279.0	341.47
2	SAUTEBIN Yannick	Tramelan	1988	78.5	117.0	122.0	127.0	127.0	137.0	142.0	-147.0	142.0	269.0	333.91
3	GANGUIN Hervé	Moutier	1986	80.8	-106.0	106.0	-110.0	106.0	131.0	-136.0	-137.0	131.0	237.0	289.69
4	MACHADO Alberto	Tramelan	1984	81.3	-98.0	98.0	-103.0	98.0	120.0	126.0	130.0	130.0	228.0	277.75
5	DELEVAUX Edouard	Tramelan	1987	87.7	95.0	-100.0	-100.0	95.0	125.0	130.0	-134.0	130.0	225.0	264.08
6	SEKE Emmanuel	La Chaux-de-Fd	1985	89.6	70.0	75.0	-78.0	75.0	100.0	105.0	-110.0	105.0	180.0	209.16
	N'DOLI Jean	Tramelan	1982	63.6	-65.0	-65.0	-65.0	0.0	-	-	-	0.0	0.0	0.00
VETERAN														
1	LAB Dimitri	Moutier	1965	76.9	96.0	100.0	-105.0	100.0	120.0	125.0	128.0	128.0	228.0	286.19
2	LAUPER Stéphane	Tramelan	1967	99.3	110.0	-115.0	115.0	115.0	130.0	138.0	-142.0	138.0	253.0	281.61
3	JACOT Edmond	La Chaux-de-Fd	1946	94.5	70.0	75.0	80.0	80.0	85.0	90.0	-93.0	90.0	170.0	193.05
4	CHATELAIN téphane	Tramelan	1968	74.9	60.0	-65.0	-65.0	60.0	73.0	-78.0	78.0	78.0	138.0	175.78