

# Scoresheet NK Powerliften Equipped 2018 • Zondag (1/2)

Alkmaar - 25 February 2018

52.0 kg						Squat			Bench Press			Deadlift			TOTAL	WILKS	PL	COEF	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	WILKS	PL	COEF
W	1	50.20	MI	Carolien Schouten	Algemeen lid	62.5	65	65	50	52.5	55	120	70	75	80	200	256.15		1.281

57.0 kg						Squat			Bench Press			Deadlift			TOTAL	WILKS	PL	COEF	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	WILKS	PL	COEF
W	5	56.85	OPEN	Sandra Wildeman	Team Magna	150	160	165	90	95	100	265	145	155	166	431	501.16		1.163
W	3	53.80	JUN	Yara Immers	Algemeen lid	80	87.5	92.5	47.5	50	52.5	140	67.5	72.5	77.5	217.5	264.07		1.214

72.0 kg						Squat			Bench Press			Deadlift			TOTAL	WILKS	PL	COEF	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	WILKS	PL	COEF
W	7	71.10	OPEN	Maaïke de Vries	Algemeen lid	165	172.5	175	117.5	117.5	122.5	287.5	142.5	150	155	442.5	435.56		0.984
W	9	71.30	MI	Carmen Sjardijn	Hardcore	150	157.5	160	100	0	0	260	130	150	175	410	402.80		0.982

84.0 kg						Squat			Bench Press			Deadlift			TOTAL	WILKS	PL	COEF	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	WILKS	PL	COEF
W	13	80.65	OPEN	Iris Kensenhuis	Algemeen lid	185	195	200	80	87.5	87.5	275	220	230.5	238	505.5	460.48		0.911
W	11	81.65	OPEN	Kim Sniijders°	Strength Academy	95	100	105	60	62.5	65	162.5	105	115	120	282.5	255.63		0.905

84.0+ kg						Squat			Bench Press			Deadlift			TOTAL	WILKS	PL	COEF	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	WILKS	PL	COEF
W	15	114.20	MI	Brenda vd Meulen	S.S.S.	205	220	225	190	200	210	430	180	190	200	630	508.39		0.807

74.0 kg						Squat			Bench Press			Deadlift			TOTAL	WILKS	PL	COEF	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	WILKS	PL	COEF
M	17	72.75	MIII	Michiel van Son	S.S.S.	160	160	165	80	87.5	92.5	247.5	180	190	200	447.5	325.85		0.728

93.0 kg						Squat			Bench Press			Deadlift			TOTAL	WILKS	PL	COEF	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	WILKS	PL	COEF
M	19	89.35	OPEN	Roy Merkies	Algemeen lid	210	215	220	170	175	175	385	240	245	255	630	403.68		0.641
M	21	89.75	OPEN	Theo Dijkstra°	Strength Academy	165	172.5	175	120	127.5	132.5	292.5	200	215	230	522.5	334.03		0.639

105.0 kg						Squat			Bench Press			Deadlift							
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	WILKS	PL	COEF
M	27	104.95	MI	Pjotr vd Hoek	TSKV Spartacus	270	0	0	192.5	0	0	462.5	290	305	320.5	767.5	458.70		0.598
M	23	96.25	OPEN	Francisco Galarce Morales°	S.S.S.	220	230	240	170	175	175	405	210	215	215	620	383.42		0.618
M	25	101.30	JUN	Jochem Schaap	S.S.S.	195	205	212.5	177.5	187.5	190	400	175	185	192.5	592.5	358.76		0.606

**Referees (name and signature)**

Head referee:

Left referee:

Right referee:

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83.0 kg						Squat			Bench Press			Deadlift							
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	WILKS	PL	COEF
M	6	81.95	OPEN	Justin Mulder	Algemeen lid	230	230	240	125	140	145	370	230	235	235	605	406.93		0.673
M	14	82.20	MIII	Jos Kersbergen	Sportarena	170	180	187.5	140	150	155	337.5	180	200	215	552.5	370.93		0.671
M	2	81.45	JUN	Maurice Koopmanschap	S.S.S.	190	205	205	120	130	135	340	170	180	192.5	532.5	359.50		0.675
M	10	80.75	MI	Roland Pater°	S.S.S.	190	200	200	115	122.5	127.5	317.5	185	195	200	517.5	351.24		0.679
M	12	82.10	MI	Anne Bierma	KSV Friesland	190	200	205	100	107.5	112.5	317.5	185	195	202.5	512.5	344.33		0.672
M	4	76.25	OPEN	Pardeep Kailey	Atlas Nijmegen	255	255	255	0	0	0	0	0	0	0	0	0.00		0.705
M	8	78.80	OPEN	Neil Commandeur°	Algemeen lid	165	170	175	137.5	137.5	137.5	175	180	190	200	0	0.00		0.689

120.0 kg						Squat			Bench Press			Deadlift							
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	WILKS	PL	COEF
M	20	105.35	MI	Sven den Houting	S.S.S.	295	315	323	190	200	200	513	260	280	287.5	793	473.31		0.597
M	18	105.50	MII	Bram Hazeu	KSV Sandow Delft	210	220	220	150	155	160	380	225	235	245	625	372.85		0.597
M	16	110.70	OPEN	Maxim Janssen°	Strength Academy	215	225	225	120	135	145	360	225	240	250	610	358.29		0.587

120.0+ kg						Squat			Bench Press			Deadlift							
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	WILKS	PL	COEF
M	24	127.55	OPEN	Jordi Snijders	Strength Academy	355	382.5	0	220	315	0	670	300	330	0	1000	567.59		0.568
M	22	132.90	OPEN	Wesley Ortega	Algemeen lid	265	265	265	190	200	200	190	290	302.5	310	0	0.00		0.563

## Referees (name and signature)

Head referee:

Left referee:

Right referee: