

# Scoresheet NK Powerliften Equipped 2019 • Zondagochtend (1/2)

Oudkarspel - 24 February 2019

59.0 kg						Squat			Bench Press			Deadlift			TOTAL	POINTS	PL	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	3	59.00	S-J	Danial Karami	Sportcentrum Top-Fit	130	137.5	137.5	82.5	87.5	90	227.5	150	160	172.5	387.5	433.85	

74.0 kg						Squat			Bench Press			Deadlift			TOTAL	POINTS	PL	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	2	73.00	MIII	Michiel van Son	SSS Alkmaar	160	167.5	175	90	95	100	275	200	207.5	207.5	475	447.14	

83.0 kg						Squat			Bench Press			Deadlift			TOTAL	POINTS	PL	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	12	79.80	VRIJ	Erwin Kreijkes	Algemeen Lid	150	155	155	95	102.5	107.5	252.5	190	200	202.5	452.5	406.42	

93.0 kg						Squat			Bench Press			Deadlift			TOTAL	POINTS	PL	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	16	88.20	MIII	Jos van Kersbergen	Sport Arena Eindhoven	180	190	200	110	140	140	310	190	200	0	510	425.37	

105.0 kg						Squat			Bench Press			Deadlift			TOTAL	POINTS	PL	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	8	103.00	VRIJ	Boris de Leur	Strength Academy	180	182.5	185	130	135	140	317.5	210	222.5	230	547.5	416.62	
M	10	94.50	MIII	Ronald Braak	SSS Alkmaar	190	200	210	110	120	125	330	180	190	200	530	423.59	

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

# Scoresheet NK Powerliften Equipped 2019 • Zondagochtend (2/2)

Oudkarspel - 24 February 2019

74.0 kg					Squat			Bench Press			Deadlift			TOTAL	POINTS	PL		
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	1	73.60	MI	Roland Pater	SSS Alkmaar	170	180	185	107.5	112.5	112.5	292.5	180	187.5	192.5	485	452.92	

83.0 kg					Squat			Bench Press			Deadlift			TOTAL	POINTS	PL		
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	5	81.30	MI	Neil Commandeur	Algemeen Lid	185	200	207.5	142.5	147.5	147.5	342.5	195	197.5	210	540	468.24	
M	7	82.90	MII	Wim Bevers	Sportcentrum Top-Fit	192.5	197.5	197.5	110	110	117.5	302.5	185	205	217.5	520	448.01	

93.0 kg					Squat			Bench Press			Deadlift			TOTAL	POINTS	PL		
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	17	92.20	MII	Frans van der Putten	Sport Arena Eindhoven	175	185	185	225	225	225	410	175	185	190	600	478.43	
M	15	85.70	MI	Anne Bierma	KSC Friesland	210	222.5	230	107.5	112.5	117.5	347.5	200	210	0	547.5	459.76	

105.0 kg					Squat			Bench Press			Deadlift			TOTAL	POINTS	PL		
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	14	104.85	MII	Bram Hazeu	Algemeen Lid	200	0	0	150	155	160	355	212.5	230	230	585	437.45	

120.0 kg					Squat			Bench Press			Deadlift			TOTAL	POINTS	PL		
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	9	105.35	MI	Sven den Houting	SSS Alkmaar	295	295	323.5	185	192.5	197.5	516	265	285	285	781	564.48	
M	4	111.45	MI	Michael Kalter	SSS Alkmaar	250	265	272.5	170	177.5	185	457.5	250	270	0	727.5	514.84	

120.0+ kg					Squat			Bench Press			Deadlift			TOTAL	POINTS	PL		
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	11	127.25	MII	Wim Wamsteeker	Team Magna	260	270	275	160	170	172.5	447.5	230	242.5	252.5	700	467.04	

## Referees (name and signature)

Head referee:

Left referee:

Right referee: