

Scoresheet PWG Cup Powerlifter Classic 2021 • Zaterdagmiddag (1/2)

Wezep - 18 December 2021

| 57.0 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 |
| W | 5 | 56.42 | OPEN | Margriet Ponse | Strength Academy | 107.5 | 115 | 117.5 | 65 | 67.5 | 70 | 185 | 140 | 152.5 | 162.5 | 347.5 | 82.144 | |
| W | 24 | 56.06 | OPEN | Cathelijne Blom (J) | Beresterk | 92.5 | 100 | 105 | 50 | 55 | 55 | 160 | 130 | 140 | 145 | 305 | 72.452 | |
| W | 2 | 55.20 | OPEN | Richella Wardenier | Algemeen Lid | 77.5 | 80 | 85 | 47.5 | 50 | 52.5 | 135 | 110 | 115 | 120 | 255 | 61.307 | |

| 63.0 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 |
| W | 18 | 61.54 | OPEN | Catherine Maceo | Algemeen Lid | 137.5 | 140 | 147.5 | 75 | 77.5 | 80 | 220 | 147.5 | 155 | 160 | 380 | 84.426 | |
| W | 21 | 62.28 | OPEN | Romy van Vianen (J) | Algemeen Lid | 125 | 130 | 132.5 | 65 | 70 | 70 | 202.5 | 125 | 130 | 135 | 332.5 | 73.291 | |
| W | 11 | 61.46 | OPEN | Viola Gyed | Striktly Powerhouse | 115 | 122.5 | 127.5 | 65 | 70 | 72.5 | 192.5 | 110 | 125 | 130 | 322.5 | 71.713 | |
| W | 1 | 62.50 | OPEN | Nelleke van Staveren | StrengthValleyNL | 100 | 107.5 | 112.5 | 65 | 70 | 72.5 | 182.5 | 120 | 130 | 140 | 322.5 | 70.923 | |
| W | 16 | 60.32 | OPEN | Amy Hage (J) | Untamed Strength | 100 | 102.5 | 110 | 55 | 57.5 | 60 | 160 | 135 | 137.5 | 140 | 295 | 66.437 | |
| W | 17 | 61.80 | OPEN | Saskia Alderliesten (J) | Beresterk | 95 | 100 | 105 | 52.5 | 57.5 | 60 | 160 | 120 | 127.5 | 132.5 | 292.5 | 64.804 | |
| W | 10 | 60.48 | OPEN | Kirsten Betsema (J) | Untamed Strength | 80 | 80 | 90 | 45 | 47.5 | 50 | 125 | 97.5 | 105 | 110 | 230 | 51.704 | |

Referees (name and signature)

Head referee:

Left referee:

Right referee:

Scoresheet PWG Cup Powerlifter Classic 2021 • Zaterdagmiddag (2/2)

Wezep - 18 December 2021

| 76.0 kg | | | | | Squat | | | Bench Press | | | | Deadlift | | | | | | |
|---------|----|-------|------|-----------------------|---------------------|-------|-------|-------------|------|------|------|----------|-------|-------|-------|-------|--------|----|
| M/W | NR | BDW | CAT | NAME | ASSOCIATION | 1 | 2 | 3 | 1 | 2 | 3 | SUB | 1 | 2 | 3 | TOTAL | POINTS | PL |
| W | 7 | 73.46 | OPEN | Anke Keller (J) | Grow Coaching | 130 | 135 | 140 | 70 | 72.5 | 75 | 210 | 175 | 182.5 | 190 | 400 | 80.175 | |
| W | 25 | 75.74 | OPEN | Dominique van Deursen | TSKV Spartacus | 122.5 | 130 | 135 | 65 | 67.5 | 70 | 205 | 147.5 | 160 | 165 | 370 | 73.066 | |
| W | 12 | 74.98 | OPEN | Jolijn Brandsma (J) | StrengthValleyNL | 125 | 130 | 135 | 60 | 62.5 | 62.5 | 195 | 150 | 165 | 170 | 365 | 72.427 | |
| W | 3 | 75.50 | OPEN | Lisa Zuiderduin (J) | Strength Academy | 117.5 | 125 | 130 | 60 | 65 | 70 | 195 | 150 | 162.5 | 172.5 | 357.5 | 70.704 | |
| W | 8 | 74.96 | OPEN | Anne Strik | Striktly Powerhouse | 115 | 125 | 132.5 | 65 | 65 | 70 | 202.5 | 140 | 150 | 162.5 | 352.5 | 69.956 | |
| W | 15 | 69.86 | OPEN | Shanna Verheijen | StrengthValleyNL | 110 | 120 | 127.5 | 70 | 75 | 80 | 202.5 | 130 | 140 | 145 | 347.5 | 71.504 | |
| W | 22 | 72.82 | OPEN | Xiamei Klancnik (J) | NKV Atlas | 120 | 127.5 | 132.5 | 57.5 | 62.5 | 65 | 197.5 | 130 | 140 | 150 | 337.5 | 67.946 | |
| W | 4 | 71.48 | OPEN | Tamara Jetten | TSKV Spartacus | 95 | 102.5 | 110 | 55 | 57.5 | 60 | 170 | 122.5 | 130 | 130 | 292.5 | 59.454 | |
| W | 14 | 73.32 | OPEN | Inès Ziani (J) | Algemeen Lid | 100 | 107.5 | 112.5 | 52.5 | 55 | 57.5 | 170 | 105 | 115 | 122.5 | 292.5 | 58.684 | |
| W | 20 | 70.64 | OPEN | Anell Roos | NKV Atlas | 87.5 | 92.5 | 100 | 42.5 | 47.5 | 50 | 150 | 105 | 115 | 120 | 270 | 55.225 | |
| W | 6 | 71.76 | OPEN | Sophie de Tombe (J) | Untamed Strength | 85 | 90 | 95 | 50 | 55 | 55 | 145 | 100 | 107.5 | 115 | 260 | 52.740 | |

| 84.0 kg | | | | | Squat | | | Bench Press | | | | Deadlift | | | | | | |
|---------|----|-------|------|------------------------------|--------------|------|------|-------------|------|------|------|----------|-----|-----|-------|-------|--------|----|
| M/W | NR | BDW | CAT | NAME | ASSOCIATION | 1 | 2 | 3 | 1 | 2 | 3 | SUB | 1 | 2 | 3 | TOTAL | POINTS | PL |
| W | 19 | 80.90 | OPEN | Femke Strikwerda | Algemeen Lid | 110 | 115 | 120 | 62.5 | 67.5 | 72.5 | 187.5 | 155 | 160 | 167.5 | 347.5 | 66.632 | |
| W | 9 | 79.50 | OPEN | Kimberley van der Graaff (J) | Alpha Gym | 92.5 | 97.5 | 102.5 | 42.5 | 45 | 47.5 | 147.5 | 105 | 110 | 112.5 | 257.5 | 49.744 | |

Referees (name and signature)

Head referee:

Left referee:

Right referee: