

Scoresheet Beginnerswedstrijd RAF Sport • Zondagmiddag (1/2)

Lelystad - 2 October 2022

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	1	78.60	BEG	Rozh Ali	Beginner	90	400	107.5	67.5	77.5	77.5	175	145	157.5	167.5	342.5	48.743	
M	12	81.00	BEG	Igor Geilings	Beginner	90	95	400	52.5	57.5	62.5	152.5	135	145	155	307.5	43.096	

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	4	105.00	BEG	Delano de Jong	Beginner	210	222.5	235	107.5	120	125	347.5	230	240	250	597.5	73.770	
M	7	104.30	BEG	Alje Boersma	Beginner	190	200	210	115	125	132.5	335	215	230	240	565	69.975	
M	21	104.70	BEG	Luigi Dania	Beginner	170	172.5	200	120	135	150	322.5	190	215	240	562.5	69.541	
M	25	104.20	BEG	Jur Appers	Beginner	182.5	192.5	200	120	127.5	132.5	320	210	217.5	217.5	537.5	66.599	
M	15	99.10	BEG	Jarzinho Geerman	Beginner	160	162.5	480	115	120	130	292.5	215	230	240	532.5	67.560	
M	14	98.40	BEG	Justin Wever	Beginner	170	172.5	180	100	110	120	290	190	210	215	500	63.652	
M	26	99.70	BEG	Jens Roels	Beginner	150	160	167.5	105	110	117.5	285	170	185	200	485	61.357	
M	11	99.60	BEG	Philip Rayner	Beginner	160	165	172.5	95	100	110	282.5	190	195	200	482.5	61.070	

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	3	116.20	BEG	Brython Pisarahu	Beginner	215	225	230	130	142.5	150	372.5	220	235	250	622.5	73.395	
M	17	118.60	BEG	Mustapha Benamar	Beginner	130	135	147.5	110	120	130	257.5	130	145	160	417.5	48.782	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

Scoresheet Beginnerswedstrijd RAF Sport • Zondagmiddag (2/2)

Lelystad - 2 October 2022

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	30	81.20	BEG	Rob Grijpink	Beginner	175	185	190	110	115	120	300	235	250	0	550	76.985	
M	29	82.40	BEG	Yassin Ayari	Beginner	190	202.5	207.5	122.5	135	140	337.5	197.5	210	222.5	547.5	76.067	
M	5	79.20	JUN	Sami Aalili	Beginner	185	195	200	115	117.5	120	320	225	242.5	245	545	77.261	
M	28	79.50	BEG	Jesper van Bennekom	Beginner	180	190	197.5	130	140	140	320	200	215	225	535	75.697	
M	9	74.80	BEG	Kevin de Jager	Beginner	150	160	170	110	110	112.5	282.5	205	217.5	230	500	72.997	
M	19	82.10	BEG	Thijn de Wit	Beginner	170	180	185	95	100	105	290	180	195	210	500	69.596	
M	27	80.10	BEG	Duy Nguyen	Beginner	160	170	177.5	105	107.5	110	287.5	190	200	210	497.5	70.122	
M	20	78.00	BEG	Lucas Verkerke	Beginner	135	145	155	105	115	122.5	260	195	210	225	470	67.152	
M	18	79.20	BEG	Walter Veldhuizen	Beginner	180	180	180	110	112.5	112.5	290	170	175	180	470	66.629	
M	22	81.40	BEG	Ludo Dirks	Beginner	105	112.5	120	95	105	112.5	225	150	160	170	395	55.220	

Referees (name and signature)

Head referee:

Left referee:

Right referee: