

# Scoresheet Beginnerswedstrijd RAF Sport • Zondagochtend (1/2)

Lelystad - 2 October 2022

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	56.50	BEG	Ayumi van der Meide	Beginner	70	80	90	50	52.5	55	135	95	105	115	250	59.033	
W	6	56.50	BEG	Alexandra Lugtigheid	Beginner	42.5	47.5	50	30	32.5	35	82.5	70	75	82.5	157.5	37.191	

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	9	62.40	BEG	Caitlin Duffy	Beginner	90	95	107.5	57.5	60	62.5	155	115	122.5	135	290	63.842	
W	12	61.60	BEG	Rensje Maat	Beginner	90	100	110	45	52.5	57.5	152.5	110	117.5	122.5	270	59.948	
W	23	60.10	BEG	Geeske Boulouize-Van Huit	Beginner	55	60	60	47.5	52.5	55	112.5	90	95	100	212.5	47.978	
W	8	62.50	BEG	Linda Boerkamp	Beginner	65	70	72.5	35	40	40	112.5	90	95	100	212.5	46.732	
W	14	62.00	BEG	Lisette de Vries	Beginner	97.5	102.5	107.5	55	57.5	57.5	102.5	122.5	127.5	132.5	0	0.000	

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

# Scoresheet Beginnerswedstrijd RAF Sport • Zondagochtend (2/2)

Lelystad - 2 October 2022

84.0 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	1	78.90	BEG	Lapanda Mampikin	Beginner	120	130	140	70	80	90	230	170	180	200	430	83.344	
W	7	82.80	BEG	Roos-Marijn Stolper	Beginner	110	117.5	117.5	55	60	65	177.5	140	147.5	152.5	325	61.727	
W	18	72.40	BEG	Julia Lanser	Beginner	72.5	77.5	82.5	42.5	47.5	52.5	135	92.5	97.5	102.5	237.5	47.955	
W	21	83.30	BEG	Lotte Spijker	Beginner	70	75	80	45	47.5	47.5	122.5	95	100	105	227.5	43.105	
W	10	82.60	BEG	Femke Dinkela	Beginner	55	60	67.5	42.5	45	47.5	112.5	90	97.5	102.5	215	40.874	
W	19	80.80	BEG	Annemarie Druijven	Beginner	57.5	65	67.5	35	40	42.5	107.5	87.5	95	100	207.5	39.808	
W	20	83.30	BEG	Rachel Betancourt	Beginner	60	65	65	40	42.5	45	107.5	80	85	90	192.5	36.473	

84.0+ 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	16	90.80	BEG	Nina Avis	Beginner	122.5	130	140	75	82.5	90	222.5	152.5	160	167.5	390	71.606	
W	15	94.40	BEG	Juliëtte van Teijlingen	Beginner	110	120	125	55	57.5	60	177.5	117.5	127.5	150	327.5	59.386	
W	4	123.60	BEG	Pamela Franken	Beginner	120	122.5	125	62.5	65	67.5	190	130	135	135	325	55.446	
W	3	91.80	BEG	Kim Eisinga	Beginner	90	97.5	102.5	42.5	47.5	47.5	140	100	105	110	250	45.736	

## Referees (name and signature)

Head referee:

Left referee:

Right referee: