

Scoresheet GNSK Powerliften 2023 • Zaterdagochtend (1/2)

Wageningen - 10 June 2023

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	19	56.22	OPEN	Fleur van Woerdekom (J)	Luke PowerPT	92.5	100	105	50	55	55	150	112.5	117.5	0	262.5	62.220	

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	24	62.04	OPEN	Astrid Haitsma	Supreme Strength Coaching	145	150	155	75	80	82.5	230	160	167.5	170	400	88.393	
W	25	61.18	OPEN	Rianka van Bennekom (J)	Algemeen Lid	87.5	95	102.5	45	50	52.5	155	110	120	125	280	62.454	
W	14	61.86	OPEN	Zyra van Eldik	TSKV Spartacus	95	100	105	55	60	60	160	105	115	122.5	275	60.887	
W	8	61.88	OPEN	Fleur de Haas (J)	Algemeen Lid	97.5	102.5	107.5	45	50	50	152.5	110	115	122.5	275	60.874	

69.0 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	27	66.86	OPEN	Roos van der Kieft (J)	Algemeen Lid	115	122.5	127.5	50	55	60	177.5	142.5	152.5	157.5	330	69.608	
W	22	64.56	OPEN	Lieke van Oosten (J)	Algemeen Lid	107.5	115	117.5	55	62.5	62.5	180	125	130	135	315	67.860	
W	20	66.56	OPEN	Milou van Delden (J)	ASKV Kratos	95	102.5	105	52.5	55	57.5	157.5	117.5	125	132.5	290	61.332	
W	1	67.92	OPEN	Sam van de Meide (J)	Algemeen Lid	95	100	105	60	62.5	65	165	110	117.5	125	290	60.617	

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	3	81.62	OPEN	Fleur Goedhart	Team LorenzM	115	122.5	127.5	77.5	82.5	85	210	147.5	155	162.5	372.5	71.163	
W	2	80.96	OPEN	Soemeh Westbroek (J)	Algemeen Lid	115	122.5	127.5	65	70	70	192.5	130	137.5	142.5	335	64.216	
W	7	83.90	OPEN	Wytske Zevenboom	TSKV Spartacus	110	112.5	120	52.5	55	57.5	167.5	132.5	137.5	142.5	310	58.570	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

Scoresheet GNSK Powerliften 2023 • Zaterdagochtend (2/2)

Wageningen - 10 June 2023

76.0 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	17	74.88	OPEN	Elke de Leeuw	Luke PowerPT	140	150	160	75	80	82.5	240	160	170	177.5	410	81.409	
W	9	71.08	OPEN	Isa Boonstra (J)	GSKV Northside Barbell	100	107.5	112.5	67.5	72.5	75	185	125	135	140	325	66.255	
W	4	73.88	OPEN	Marlijn Kragt (J)	TSKV Spartacus	102.5	107.5	110	57.5	60	62.5	172.5	125	130	137.5	310	61.959	
W	18	70.78	OPEN	Petra Willems (J)	GSKV Northside Barbell	85	90	92.5	55	57.5	60	150	145	150	160	300	61.296	
W	26	70.00	OPEN	Danjella Siemonsma (J)	GSKV Northside Barbell	65	70	75	57.5	62.5	65	137.5	107.5	115	122.5	260	53.441	
W	5	70.24	OPEN	Alexandra Hillesheim	Algemeen Lid	67.5	72.5	77.5	40	42.5	45	117.5	100	107.5	107.5	225	46.161	

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	23	94.10	OPEN	Evelyne Fraats (J)	Algemeen Lid	120	127.5	132.5	52.5	57.5	60	192.5	137.5	147.5	155	347.5	63.075	

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	11	73.26	OPEN	Paul van As (J)	GSKV Northside Barbell	142.5	150	155	102.5	110	115	270	180	187.5	200	457.5	67.517	

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	12	106.48	OPEN	Sebastiaan Rodrigues de Miranda	NSKV Profectus	220	230	240	130	135	140	380	285	300	310	690	84.639	
M	6	119.94	OPEN	Casper van Hal	SKVU Obelix	180	192.5	202.5	145	150	155	347.5	250	265	277.5	625	72.669	

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	21	125.28	OPEN	Gordon Arscott	TSKV Spartacus	145	155	162.5	77.5	82.5	85	247.5	195	202.5	207.5	455	51.920	

Referees (name and signature)

Head referee:

Left referee:

Right referee: