

Scoresheet Lichtstad Cup 2023 • Zaterdagmiddag: Platform Links (1/2)

Veldhoven - 16 December 2023

52.0 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	51.00	OPEN	Shelika Leidelmeijer	Epic gym	100	105	110	65	70	75	180	115	122.5	130	310	79.611	
W	23	50.92	OPEN	Viola Gyed	Striktly Powerhouse	110	115	120	65	65	65	120	115	122.5	130	0	0.000	

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	24	66.90	OPEN	Demi van Merkestein (J)	Beresterk	110	117.5	122.5	65	67.5	70	192.5	110	117.5	122.5	315	66.421	
W	26	67.64	OPEN	Joni van Witteloostuijn (S-J)	Lift Better	100	105	112.5	52.5	57.5	60	170	110	117.5	125	295	61.808	
W	28	65.94	OPEN	Esmée Bijlholt (J)	Strength Valley	100	107.5	115	47.5	50	0	157.5	110	115	120	277.5	59.016	
W	19	66.16	OPEN	Hannah de Man (J)	Untamed Strength	87.5	87.5	95	40	45	45	135	120	130	137.5	272.5	57.838	
W	20	65.20	OPEN	Andrea Stolk-Dijke	Alphafemalecoaching	77.5	82.5	85	47.5	50	52.5	135	112.5	115	120	255	54.602	
W	18	66.82	OPEN	Lisanne Driesen	Power up	75	80	82.5	37.5	40	45	120	100	110	115	235	49.587	
W	30	63.64	OPEN	Vera Van Heugten	Scientific Old School Powerlifting	62.5	70	70	35	40	42.5	112.5	95	102.5	110	222.5	48.366	
W	16	66.98	OPEN	Rowena Portier (MII)	Epic gym	72.5	72.5	80	40	45	47.5	117.5	80	87.5	95	212.5	44.776	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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Veldhoven - 16 December 2023

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	9	68.04	OPEN	Sharona Stuiver	Lift Better	135	142.5	147.5	62.5	67.5	70	217.5	150	160	165	382.5	79.871	
W	15	64.94	OPEN	Florence Peeters	Deliberate Strength	122.5	130	135	85	90	92.5	222.5	145	152.5	165	375	80.494	
W	1	65.70	OPEN	Nousha Mjon Wegenwijs (J)	Strength For All	137.5	147.5	155	52.5	55	57.5	205	150	162.5	170	375	79.926	
W	14	67.46	OPEN	Judith van Dijk	Elite Performance	120	127.5	130	62.5	65	67.5	195	160	170	175	370	77.641	
W	21	66.82	OPEN	Chenine Bleumink	K&C training	132.5	140	147.5	70	75	80	215	140	152.5	162.5	367.5	77.545	
W	22	67.46	OPEN	Mariëlle van der Ent	MAX Gym	135	142.5	142.5	57.5	62.5	65	205	140	147.5	155	360	75.542	
W	25	67.38	OPEN	Naomi van Valen	Strength Valley	120	127.5	132.5	70	72.5	75	205	150	162.5	165	355	74.544	
W	12	66.64	OPEN	Jara Hogenhout (J)	Supreme Strength Coaching	115	122.5	127.5	65	70	70	192.5	140	147.5	157.5	350	73.970	
W	11	67.98	OPEN	Zina Koning	Huijser Coaching	107.5	112.5	117.5	75	77.5	80	197.5	140	147.5	150	347.5	72.599	
W	17	67.50	OPEN	Freya Topper	Alphafemalecoaching	117.5	122.5	125	65	67.5	70	195	135	145	152.5	340	71.321	
W	3	67.20	OPEN	Eva Meryem Tayanç	Striktly Powerhouse	97.5	105	110	60	65	70	175	140	140	150	315	66.248	

Referees (name and signature)

Head referee:

Left referee:

Right referee: