

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

Veldhoven - 16 December 2023

83.0 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
M	11	79.12	OPEN	Kevin Rienks (J)	Deliberate Strength	175	177.5	195	95	102.5	105	300	225	245	255	555	78.719	
M	7	80.91	OPEN	Matthew Heemskerk (J)	2to1 Coaching	170	182.5	190	112.5	120	122.5	310	205	220	230	530	74.320	
M	12	82.42	OPEN	Richard Hamstra	Hamstra PT	160	165	170	105	110	112.5	280	215	220	225	505	70.154	
M	16	81.34	OPEN	Sem Eringa (S-J)	Ultima Fitness BV	165	175	182.5	87.5	90	95	277.5	205	217.5	225	502.5	70.275	
M	8	80.81	OPEN	Marvin van Berlo (J)	Scientific Old School Powerlifting	172.5	177.5	182.5	125	132.5	132.5	310	175	182.5	190	500	70.158	
M	10	82.41	OPEN	Daniël van den Berg (J)	NSKV Profectus	160	167.5	172.5	92.5	97.5	100	260	185	197.5	207.5	457.5	63.559	
M	19	76.53	OPEN	Niels van Leeuwen (J)	Sterrek Personal Training	152.5	162.6	170	85	90	92.5	255.1	175	185	190	445.1	64.219	
M	15	82.09	OPEN	Tim Spaan (S-J)	Ultima Fitness BV	135	142.5	147.5	87.5	92.5	97.5	245	170	180	190	435	60.552	
M	22	76.95	OPEN	Roan Akkerman (S-J)	Hamstra PT	135	142.5	155	87.5	92.5	97.5	240	150	160	170	410	58.988	
M	24	81.92	OPEN	Calvin Kappers (J)	Strength Valley	135	142.5	150	80	85	90	235	175	200	210	410	57.132	
M	18	74.41	OPEN	Marco van der Beek (S-J)	Strength Valley	125	132.5	140	70	75	77.5	215	145	160	170	385	56.360	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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

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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	25	82.59	OPEN	Jorghinio Alfred	Perfect Performance	225	230	230	135	137.5	145	367.5	260	272.5	282.5	650	90.202	
M	5	82.22	OPEN	Ridwan Monnikendam (J)	Strength Valley	210	230	240	145	152.5	160	392.5	240	250	270	642.5	89.365	
M	23	80.94	OPEN	Joshua Amatsetam (J)	Supreme Strength Coaching	195	207.5	215	125	130	132.5	347.5	245	262.5	272.5	620	86.925	
M	4	81.13	OPEN	Ming Yiem Man (J)	Beresterk	190	197.5	202.5	137.5	137.5	142.5	335	245	262.5	277.5	597.5	83.670	
M	3	81.26	OPEN	Mels Harutunian	Striktly Powerhouse	200	212.5	222.5	130	137.5	137.5	342.5	240	255	255	582.5	81.503	
M	2	80.41	OPEN	Remco Bourgeois	Legacy Gym	182.5	185	195	120	127.5	132.5	312.5	250	260	260	572.5	80.534	
M	26	82.28	OPEN	Mika Bremer (J)	Staal & Kracht	187.5	187.5	200	132.5	140	145	332.5	215	230	240	572.5	79.599	
M	1	81.84	OPEN	Willem Slump	Sterker personal training	195	205	212.5	110	115	115	327.5	215	225	225	542.5	75.633	
M	9	81.35	OPEN	Timo de Smit	Untamed Strength	160	170	175	105	110	112.5	287.5	230	245	260	532.5	74.465	
M	17	81.87	OPEN	Robin Stedehouder (J)	Powerbuild Coaching	195	207.5	207.5	110	117.5	122.5	312.5	200	217.5	220	530	73.877	
M	14	79.67	OPEN	Wesley de Laat	De Krachtformule	190	202.5	207.5	120	127.5	132.5	335	180	190	200	525	74.201	
M	21	81.03	OPEN	Mark Smolders (J)	MAX Gym	185	185	195	115	120	125	315	200	215	215	515	72.163	

Referees (name and signature)

Head referee:

Left referee:

Right referee: