

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

Veldhoven - 16 December 2023

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	1	61.64	OPEN	Thandi Daal (J)	Blackoutbarbellcoaching	<del>130</del>	130	147.5	57.5	62.5	65	212.5	150	162.5	172.5	385	85.444	
W	22	61.80	OPEN	Eva de Langen	Perfect Performance	<del>135</del>	135	142.5	67.5	<del>70</del>	70	212.5	152.5	165	<del>172.5</del>	377.5	83.636	
W	17	59.14	OPEN	Roos Otten	Beresterk	102.5	110	112.5	55	57.5	<del>60</del>	170	137.5	147.5	155	325	74.211	
W	20	61.78	OPEN	Debbie Schoone	De Krachtformule	112.5	117.5	<del>122.5</del>	65	67.5	70	187.5	122.5	130	137.5	325	72.019	
W	2	60.50	OPEN	Stefanie Faber	Iron House Co	115	120	122.5	57.5	60	62.5	185	120	127.5	132.5	317.5	71.358	
W	18	61.68	OPEN	Maria Eleni Giannetsou (J)	Lift Better	97.5	105	<del>107.5</del>	55	<del>57.5</del>	57.5	162.5	125	132.5	140	302.5	67.106	
W	32	61.74	OPEN	Anne Kros (J)	Beresterk	95	102.5	107.5	57.5	60	<del>62.5</del>	167.5	115	122.5	132.5	300	66.508	
W	6	61.00	OPEN	Sarah Liza Yazdani (J)	Demonstrength	92.5	102.5	110	45	<del>52.5</del>	52.5	162.5	107.5	117.5	122.5	285	63.696	
W	28	61.88	OPEN	Amber Ligtlee (J)	K&C training	92.5	<del>97.5</del>	100	40	42.5	45	145	100	110	115	260	57.554	
W	29	61.14	OPEN	Lydian Medema (MI)	Team Better Stronger	77.5	<del>80</del>	80	50	52.5	<del>55</del>	132.5	115	<del>120</del>	120	252.5	56.345	
W	7	59.30	OPEN	Eliza den Heijer	Striktly Powerhouse	80	<del>85</del>	85	45	45	45	125	92.5	100	110	235	53.558	

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

# Scoresheet Lichtstad Cup 2023 • Zaterdagochtend: Platform Links (2/2)

Veldhoven - 16 December 2023

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	4	118.30	OPEN	Thomas Bosman	SportArena Eindhoven	240	255	262.5	157.5	165	170	427.5	275	290	300	727.5	85.099	
M	23	119.00	OPEN	Michael Freriks	Freriks Barbell club	202.5	215	225	185	195	202.5	427.5	230	245	255	682.5	79.629	
M	10	119.82	OPEN	Luuk De Wit	Freriks Barbell club	207.5	220	232.5	137.5	145	150	382.5	262.5	277.5	292.5	675	78.517	
M	33	109.44	OPEN	Tom van Mill	Staal & Kracht	202.5	215	225	140	150	155	380	230	250	265	645	78.128	
M	27	117.52	OPEN	Dave Snakenborg	Bassies Halterclub	220	235	242.5	137.5	145	145	380	235	250	260	630	73.909	
M	21	119.34	OPEN	Thomas Verkooijen (J)	MAX Gym	220	230	237.5	145	150	152.5	387.5	225	237.5	250	625	72.829	
M	19	117.20	OPEN	Gosse de Vries	Huijser Coaching	210	215	220	132.5	140	145	355	245	257.5	272.5	612.5	71.942	
M	24	116.72	OPEN	Wesley Geerts	Untamed Strength	185	200	207.5	130	137.5	145	345	192.5	205	215	560	65.895	
M	14	112.28	OPEN	DJustin Berentsen (S-J)	K&C training	155	165	170	80	85	90	255	155	165	175	430	51.483	
M	26	114.78	OPEN	Sol Grootveld (S-J)	Untamed Strength	135	135	135	90	95	100	225	180	190	200	425	50.384	

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	15	180.70	OPEN	Leon Beekman	Perfect Performance	220	235	250	160	167.5	167.5	417.5	260	270	280	697.5	69.359	
M	12	120.58	OPEN	Lars Kruik	MAX Gym	210	215	220	120	125	130	345	240	250	260	605	70.181	
M	9	130.58	OPEN	Alwin Reiber (J)	Deliberate Strength	117.5	122.5	130	90	95	95	225	157.5	167.5	175	400	44.855	

## Referees (name and signature)

Head referee:

Left referee:

Right referee: