

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

Veldhoven - 17 December 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	7	74.58	OPEN	Zara de Pagter (J)	AB coaching	95	102.5	107.5	45	50	55	157.5	110	120	125	282.5	56.202	
W	6	70.14	OPEN	Laura Waardenburg-Dingemans	Sterker personal training	100	105	105	50	55	60	160	100	112.5	117.5	277.5	56.976	
W	14	74.72	OPEN	Lieveke Liebregt (J)	Scientific Old School Powerlifting	82.5	90	95	50	55	60	150	70	80	90	240	47.703	
W	3	73.36	OPEN	Talitha de Gier (J)	Untamed Strength	75	80	82.5	42.5	45	47.5	130	95	100	105	235	47.135	

93.0 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	26	90.56	OPEN	Alexander de Bekker (J)	Blackoutbarbellcoaching	215	215	225	100	105	107.5	330	210	225	240	570	75.546	
M	12	91.89	OPEN	Sebastiyan Kalabalakov (J)	TSKV Spartacus	175	187.5	200	105	110	115	302.5	200	215	227.5	530	69.743	
M	28	89.93	OPEN	Nout Hakkesteegt	TSKV Spartacus	177.5	177.5	187.5	92.5	97.5	100	285	205	217.5	227.5	502.5	66.829	
M	33	92.99	OPEN	Damy Andreas Jansen	Perfect Performance	150	160	170	112.5	117.5	120	287.5	180	190	200	487.5	63.779	
M	8	92.04	OPEN	Jesse Wilbers	TSKV Spartacus	145	155	162.5	95	100	102.5	265	180	192.5	200	457.5	60.155	
M	37	91.66	OPEN	Mart Siemerink	TSKV Spartacus	135	142.5	147.5	90	92.5	95	235	182.5	190	195	425	55.995	
M	19	87.21	OPEN	Giovanni Wattimena	Strength Valley	135	142.5	150	87.5	95	95	230	155	170	180	410	55.364	
M	15	87.97	OPEN	Han ter Heegde (MIII)	Striktly Powerhouse	110	120	120	60	65	65	180	130	140	150	320	43.025	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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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	32	54.38	OPEN	Soo Jin van Dalen (J)	De Krachtformule	110	115	120	55	57.5	60	177.5	130	135	140	312.5	76.030	
W	16	53.86	OPEN	Britt Janssen (J)	Loods 37	87.5	92.5	92.5	47.5	52.5	57.5	140	110	117.5	122.5	257.5	63.138	

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	35	73.96	OPEN	Jacqueline Klaver	Supreme Strength Coaching	177.5	187.5	192.5	75	80	82.5	267.5	180	195	0	447.5	89.393	
W	11	71.94	OPEN	Jolijn Brandsma	Supreme Strength Coaching	145	155	160	62.5	65	67.5	225	175	185	190	415	84.072	
W	38	74.26	OPEN	Jaleesha Reiziger (J)	Strength Valley	130	130	135	80	85	87.5	222.5	150	160	175	397.5	79.247	
W	20	74.22	OPEN	Karen Graciano Oquendo (J)	Strength Valley	145	145	152.5	77.5	82.5	87.5	232.5	115	125	135	367.5	73.286	
W	4	73.90	OPEN	Cheryl Jansen (J)	Perfect Performance	120	125	130	65	67.5	67.5	195	127.5	132.5	140	335	66.947	
W	22	73.38	OPEN	Georgette Vriens	Elite Performance	105	112.5	120	50	52.5	55	167.5	150	162.5	167.5	330	66.180	
W	9	74.14	OPEN	Debbie Peverelli	Perfect Performance	120	125	132.5	57.5	60	62.5	185	140	145	150	330	65.842	
W	10	75.08	OPEN	Julia Walst (J)	Untamed Strength	105	110	115	55	57.5	60	175	135	142.5	150	325	64.448	
W	23	73.92	OPEN	Lieke Hof (J)	Strength Valley	95	102.5	110	47.5	52.5	55	165	115	125	130	295	58.945	
W	21	73.78	OPEN	Daimy de Leeuw	De Krachtformule	97.5	97.5	97.5	47.5	50	52.5	150	120	127.5	132.5	282.5	56.501	

Referees (name and signature)

Head referee:

Left referee:

Right referee: