

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

Veldhoven - 17 December 2023

93.0 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	7	91.80	OPEN	Marcel Weijers (J)	Lift Better	185	192.5	197.5	95	100	102.5	300	245	260	270	560	73.726	
M	14	90.78	OPEN	Emre Ekmekci (J)	Strength Valley	190	205	212.5	125	132.5	140	345	210	225	225	555	73.470	
M	12	92.02	OPEN	Jens Hilker (J)	Epic gym	180	190	202.5	110	117.5	120	322.5	210	225	232.5	555	72.983	
M	22	86.35	OPEN	Kai Vastbinder (J)	Strength For All	175	190	205	112.5	122.5	130	335	205	217.5	222.5	552.5	74.975	
M	3	90.39	OPEN	Jan Asmus	Perfect Performance	172.5	185	192.5	107.5	115	120	307.5	217.5	232.5	242.5	550	72.962	
M	10	92.56	OPEN	Tom van Oosterom (J)	Strength Valley	190	197.5	205	92.5	97.5	97.5	290	215	217.5	245	535	70.151	
M	19	86.49	OPEN	Marc Smit	Strength Valley	170	182.5	192.5	100	105	110	297.5	205	220	235	532.5	72.203	
M	23	91.79	OPEN	Lloyd Bieshaar	Staal & Kracht	182.5	187.5	192.5	105	107.5	110	302.5	210	210	220	522.5	68.793	
M	20	90.42	OPEN	Rutger Wijsmuller	Supreme Strength Coaching	170	177.5	182.5	110	115	120	297.5	200	210	220	517.5	68.640	
M	15	90.96	OPEN	Yorick Paassen (J)	9 for 9 coaching	165	172.5	180	105	112.5	117.5	297.5	187.5	202.5	217.5	515	68.109	
M	24	92.23	OPEN	Sam Al Jabere (J)	3 for 9	170	180	187.5	100	107.5	112.5	295	197.5	210	220	505	66.334	

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

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93.0 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	90.64	OPEN	Denzel Gijsbertha (J)	Strength For All	240	250	260	140	147.5	155	407.5	285	302.5	312.5	710	94.060	
M	17	91.75	OPEN	Niek van der Steen	Strength Valley	225	240	240	150	157.5	162.5	402.5	255	277.5	277.5	680	89.549	
M	5	92.45	OPEN	Max Welten	MAX Gym	225	232.5	237.5	142.5	147.5	152.5	390	250	262.5	272.5	662.5	86.921	
M	25	91.85	OPEN	Bram de Boer	Loods 37	215	230	240	140	147.5	155	395	230	245	265	660	86.869	
M	16	92.17	OPEN	André Haverlag	Nakama-gym	207.5	217.5	225	130	135	137.5	360	257.5	272.5	290	632.5	83.107	
M	2	92.46	OPEN	Christiaan Brunink (J)	2to1 Coaching	205	220	230	122.5	130	135	365	235	250	260	625	81.996	
M	8	91.82	OPEN	Jeroen Dijkman (J)	Apeldoorn Powercoaching	195	210	225	135	150	155	365	220	240	255	605	79.642	
M	4	87.12	OPEN	Jens Westra (J)	9 for 9 coaching	195	205	212.5	130	137.5	145	357.5	227.5	240	250	597.5	80.724	
M	6	91.84	OPEN	Randy Vrijdag (J)	3 for 9	200	212.5	215	142.5	152.5	152.5	365	217.5	225	232.5	597.5	78.647	
M	21	91.47	OPEN	Bodhi Meskes	3 for 9	195	207.5	212.5	117.5	125	127.5	335	230	245	255	590	77.813	
M	1	92.49	OPEN	Thom van de Moosdijk	SportArena Eindhoven	185	195	200	130	135	140	340	202.5	220	230	560	73.457	
M	9	92.65	OPEN	Mike Beelen	Loods 37	187.5	197.5	207.5	110	117.5	122.5	325	197.5	207.5	0	532.5	69.791	

## Referees (name and signature)

Head referee:

Left referee:

Right referee: