

Scoresheet Lichtstad Cup 2.0 2023 • Zaterdagochtend: Platform Rechts (1/2)

Eindhoven - 23 December 2023

59.0 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	1	56.13	OPEN	Tijn van Dijk (S-J)	Algemeen Lid	65	72.5	72.5	50	52.5	57.5	125	400	107.5	445	232.5	39.515	

66.0 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	65.87	OPEN	Kadir Mansoor (J)	Krachtlab	155	165	170	82.5	87.5	90	255	170	182.5	187.5	442.5	69.051	
M	11	64.94	OPEN	Sem Seijkens (J)	Powerbuild Coaching	145	145	155	72.5	77.5	80	235	180	190	195	425	66.821	
M	5	65.08	OPEN	Matthijs Hekman	Krachtbasis	130	135	140	87.5	90	92.5	230	180	190	195	420	65.960	
M	25	62.65	OPEN	Dario Stronks (S-J)	Algemeen Lid	160	167.5	172.5	77.5	82.5	85	257.5	160	165	0	417.5	66.906	
M	10	64.28	OPEN	Wing Hee Cheng (J)	Staal & Kracht	130	140	150	75	82.5	82.5	232.5	165	175	185	407.5	64.418	
M	17	63.84	OPEN	Tieme Peels (S-J)	9 for 9 coaching	125	132.5	140	75	80	85	217.5	142.5	152.5	160	377.5	59.893	
M	14	65.63	OPEN	Luca Simonetti (J)	TSKV Spartacus	110	125	125	85	90	97.5	200	177.5	187.5	187.5	377.5	59.022	
M	15	63.16	OPEN	Rowan Scheepers	Striktly Powerhouse	115	120	125	67.5	72.5	72.5	187.5	140	145	150	337.5	53.853	
M	6	63.52	OPEN	Rick Vluggen (J)	Krachtlab	100	110	112.5	62.5	67.5	70	180	135	150	157.5	337.5	53.690	

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	21	89.36	OPEN	Sem Dooremalen (J)	Algemeen Lid	167.5	175	185	82.5	90	100	275	195	217.5	225	500	66.706	
M	3	91.92	OPEN	Jader van Waas van de Borne	Strength Point	147.5	152.5	165	75	80	85	237.5	195	210	215	452.5	59.535	
M	2	89.13	OPEN	Ciaran Gallagher	Algemeen Lid	120	135	150	105	112.5	117.5	247.5	160	170	180	427.5	57.106	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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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	16	92.46	OPEN	Boy Truijen	Loods 37	190	202.5	207.5	130	135	135	342.5	230	240	245	582.5	76.421	
M	22	87.93	OPEN	Rik Aarts	Sportcentrum TopFit	170	185	185	100	107.5	110	292.5	200	220	235	527.5	70.939	
M	27	90.68	OPEN	Dies Roost (S-J)	Loods 37	170	177.5	187.5	107.5	115	120	292.5	200	212.5	222.5	515	68.212	
M	24	87.11	OPEN	Mark Welten	Striktly Powerhouse	170	180	182.5	100	105	105	280	210	217.5	225	505	68.231	
M	23	91.03	OPEN	Ben Vinke (S-J)	Algemeen Lid	175	185	200	105	112.5	120	305	175	190	200	505	66.761	
M	28	83.50	OPEN	Evert Nieuweboer	Striktly Powerhouse	160	170	175	105	115	122.5	285	185	195	205	490	67.624	
M	8	91.29	OPEN	Rubens Van Steen (J)	Van Nistelrooij powerlifting	155	160	167.5	102.5	107.5	107.5	267.5	210	220	225	487.5	64.357	
M	12	87.05	OPEN	Thomas Oosterbosch	Algemeen Lid	145	145	165	100	110	115	280	180	200	220	480	64.875	
M	18	90.30	OPEN	Pim Wichern (J)	Powerbuild Coaching	155	165	175	75	77.5	77.5	250	205	215	222.5	472.5	62.712	
M	9	87.26	OPEN	Roef Vis (S-J)	Powerbuild Coaching	157.5	160	165	90	97.5	105	262.5	180	190	200	462.5	62.435	
M	7	91.62	OPEN	Recep Karakoc	Barbell Lifestyle	140	150	157.5	92.5	100	105	262.5	175	190	200	462.5	60.949	
M	26	89.31	OPEN	Robbie Andre (S-J)	Powerbuild Coaching	137.5	140	145	90	95	100	240	187.5	197.5	205	445	59.384	

Referees (name and signature)

Head referee:

Left referee:

Right referee: