

Scoresheet Open NK Powerliften 2023 • Zaterdagmiddag: Platform Zuid (1/2)

Tilburg - 25 February 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	2	73.35	OPEN	Sevde Bayrak	IdunaCoaching	127.5	135	140	65	67.5	70	205	157.5	170	182.5	387.5	77.727	
W	8	73.73	OPEN	Lyenne van der Steen	Elite Performance	130	137.5	142.5	72.5	75	75	215	162.5	172.5	172.5	387.5	77.527	
W	25	71.41	OPEN	Maaïke Brinkhof	Iron House Co	120	127.5	132.5	70	72.5	75	200	160	170	175	375	76.262	

84.0 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	6	83.90	OPEN	Lapanda Mampikin (MII)	Sportcentrum TopFit	170	180	185	90	95	100	275	190	222	230	505	95.413	
W	18	83.08	OPEN	Iris Kensehuis (MI)	Algemeen Lid	150	157.5	162.5	80	85	87.5	250	205	215	222.5	472.5	89.620	
W	20	81.66	OPEN	Sharon Rietveld	Algemeen Lid	165	172.5	177.5	77.5	82.5	85	255	182.5	192.5	200	455	86.906	
W	4	82.04	OPEN	Ragnhild Maarleveld	DSKV IJzersterk	135	145	152.5	65	70	75	220	185	200	207.5	420	80.069	
W	14	80.34	OPEN	Cathelijne Gort (J)	WorkBodyFit	115	122.5	130	90	95	100	230	160	170	180	410	78.848	
W	21	83.51	OPEN	Karlijn Verkaik	Perfect Performance	140	145	150	67.5	70	72.5	217.5	170	180	195	397.5	75.240	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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Tilburg - 25 February 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	15	75.49	OPEN	Danielle Huijser	Team LorenzM	157.5	165	170	97.5	100	100	262.5	182.5	192.5	200	462.5	91.476	
W	5	74.29	OPEN	Femke Ploeg (J)	Algemeen Lid	147.5	157.5	162.5	80	85	87.5	247.5	175	190	202.5	450	89.696	
W	23	74.52	OPEN	Janna Hallink	Iron House Co	145	150	150	87.5	90	92.5	242.5	175	187.5	192.5	435	86.575	
W	24	72.43	OPEN	Lorraine van Aalten	Algemeen Lid	135	145	150	82.5	87.5	87.5	237.5	172.5	182.5	190	427.5	86.301	
W	12	74.47	OPEN	Ramona Schuit	StrengthValleyNL	145	155	165	82.5	90	92.5	255	160	170	170	425	84.613	
W	19	74.45	OPEN	Symone Kooistra	East End Strength Sports	137.5	142.5	147.5	80	85	85	232.5	175	182.5	187.5	420	83.628	
W	22	74.19	OPEN	Tessa Ophoff (J)	Krachtlab	150	155	157.5	75	80	82.5	237.5	170	182.5	185	407.5	81.278	
W	16	72.29	OPEN	Iris van Pinxteren	Luke PowerPT	140	147.5	150	85	90	92.5	240	152.5	162.5	167.5	402.5	81.335	
W	10	75.78	OPEN	Lisa Zuiderduin (J)	Strength Academy	135	145	150	65	67.5	70	220	170	182.5	187.5	402.5	79.464	
W	17	74.03	OPEN	Phylcia Keizer (J)	Sterrek Personal Training	115	125	132.5	85	90	95	227.5	145	157.5	170	397.5	79.368	
W	3	74.60	OPEN	Yvette van Benten	GSKV Northside Barbell	145	152.5	155	65	67.5	67.5	220	155	165	170	390	77.578	
W	7	75.40	OPEN	Dominique van Deursen	TSKV Spartacus	135	140	145	67.5	72.5	75	212.5	160	167.5	170	380	75.202	

Referees (name and signature)

Head referee:

Left referee:

Right referee: