

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

Tilburg - 25 February 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       | 26 | 58.80 | OPEN | Kemal Ergin (J)   | SportArena Eindhoven | 160 | 167.5 | 172         | 120  | 120   | 128      | 292   | 190   | 197.5 | 200    | 492   | 81.561 |    |
| M       | 12 | 57.91 | OPEN | Naadir Twahir (J) | Strength Point       | 155 | 162.5 | 167.5       | 95   | 102.5 | 105      | 267.5 | 195.5 | 207.5 | 212.5  | 480   | 80.225 |    |
| M       | 7  | 58.91 | OPEN | Faustino de Groot | Barbell Lifestyle    | 130 | 140   | 140         | 100  | 102.5 | 0        | 240   | 185   | 196   | 208    | 436   | 72.206 |    |
| M       | 1  | 58.45 | OPEN | Bas Oei           | Strength Academy     | 125 | 130   | 135         | 85   | 85    | 85       | 220   | 170   | 177.5 | 182.5  | 397.5 | 66.106 |    |
| M       | 15 | 58.56 | OPEN | Tom Kuurstra (J)  | SKVU Obelix          | 80  | 82.5  | 0           | 77.5 | 82.5  | 85       | 165   | 140   | 147.5 | 155    | 320   | 53.164 |    |

| 74.0 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       | 19 | 73.82 | OPEN | Remco Sanders   | No Excuses Hilversum      | 222.5 | 227.5 | 227.5       | 150   | 157.5 | 157.5    | 380   | 260   | 275   | 285.5  | 655   | 96.282 |    |
| M       | 8  | 73.39 | OPEN | Eray Cingi      | Team Magna                | 210   | 225   | 230         | 145   | 152.5 | 152.5    | 375   | 230   | 240   | 257.5  | 632.5 | 93.257 |    |
| M       | 5  | 73.56 | OPEN | Alwin Tan       | Supreme Strength Coaching | 197.5 | 207.5 | 212.5       | 137.5 | 142.5 | 147.5    | 355   | 225   | 237.5 | 245    | 600   | 88.359 |    |
| M       | 24 | 72.57 | OPEN | Geronimo Niklas | Striktly Powerhouse       | 190   | 200   | 205         | 145   | 152.5 | 152.5    | 345   | 235   | 247.5 | 255    | 592.5 | 87.872 |    |
| M       | 18 | 73.43 | OPEN | Leroy Sinay     | Iron House Co             | 190   | 200   | 205         | 125   | 130   | 132.5    | 332.5 | 235   | 245   | 252.5  | 577.5 | 85.124 |    |
| M       | 2  | 72.73 | OPEN | Martijn de Olde | Perfect Performance       | 190   | 197.5 | 197.5       | 127.5 | 132.5 | 132.5    | 317.5 | 240   | 250   | 260    | 567.5 | 84.068 |    |
| M       | 6  | 73.47 | OPEN | Alex Yang       | Algemeen Lid              | 190   | 200   | 205         | 135   | 140   | 145      | 340   | 207.5 | 207.5 | 225    | 547.5 | 80.679 |    |

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

# Scoresheet Open NK Powerliften 2023 • Zaterdagochtend: Platform Zuid (2/2)

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| 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       | 25 | 65.38 | OPEN | Tyrese Zichem (J)     | Demonstrength          | 195   | 203   | 210.5       | 107.5 | 112.5 | 115      | 325.5 | 240   | 250   | 258.5  | 575.5 | 90.161 |    |
| M       | 27 | 64.88 | OPEN | Richard Duits (J)     | Iron House Co          | 170   | 180   | 182.5       | 112.5 | 117.5 | 120      | 300   | 210   | 222.5 | 230    | 530   | 83.371 |    |
| M       | 22 | 65.12 | OPEN | Andonis Roosberg      | TSKV Spartacus         | 195   | 206   | 206         | 117.5 | 122.5 | 125      | 320   | 185   | 192.5 | 200    | 520   | 81.638 |    |
| M       | 4  | 64.61 | OPEN | Glenn Vandendijk      | Loods 37               | 167.5 | 177.5 | 180         | 102.5 | 110   | 115      | 290   | 195   | 205   | 215    | 505   | 79.614 |    |
| M       | 23 | 65.70 | OPEN | Mario van Nistelrooij | Algemeen Lid           | 160   | 170   | 177.5       | 115   | 120   | 122.5    | 290   | 200   | 215   | 235    | 505   | 78.911 |    |
| M       | 11 | 65.78 | OPEN | Michel Pham           | Staal & Kracht         | 182.5 | 187.5 | 195         | 102.5 | 107.5 | 107.5    | 290   | 202.5 | 215   | 232.5  | 505   | 78.861 |    |
| M       | 9  | 65.40 | OPEN | Najef Zondringa       | Algemeen Lid           | 155   | 165   | 170         | 110   | 115   | 115      | 275   | 210   | 215   | 220    | 495   | 77.537 |    |
| M       | 21 | 65.05 | OPEN | Dominic Therattil (J) | GSKV Northside Barbell | 147.5 | 155   | 162.5       | 90    | 95    | 102.5    | 257.5 | 215   | 227.5 | 235    | 485   | 76.186 |    |
| M       | 16 | 65.64 | OPEN | Gennaro Pattiiha      | Algemeen Lid           | 140   | 150   | 150         | 100   | 100   | 0        | 250   | 210   | 215   | 225    | 465   | 72.696 |    |
| M       | 17 | 65.50 | OPEN | Tom Laverman (J)      | NSKV Profectus         | 150   | 157.5 | 162.5       | 102.5 | 107.5 | 107.5    | 260   | 200   | 210   | 210    | 460   | 71.996 |    |
| M       | 14 | 65.65 | OPEN | Benjamin Groen        | 9 for 9 coaching       | 137.5 | 145   | 150         | 120   | 122.5 | 125      | 275   | 175   | 182.5 | 190    | 450   | 70.345 |    |

## Referees (name and signature)

Head referee:

Left referee:

Right referee: