

# Scoresheet Junioren NK Powerliften 2023 • Zaterdagmiddag: Platform Rechts (1/2)

Stramproy - 29 April 2023

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	6	73.03	JUN	Zahir van Eck	Elite Performance	160	167.5	175	137.5	145	147.5	322.5	195	207.5	217.5	530	78.345	
M	20	71.97	JUN	Ruben de Bruin	Abyss	157.5	162.5	170	107.5	112.5	112.5	277.5	200	212.5	220	497.5	74.103	
M	16	72.58	JUN	Jari Frijlink	Strength For All	145	152.5	160	80	85	90	245	180	192.5	205	437.5	64.880	

120.0 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	116.11	JUN	Zorin Wijnands	Clean Nutrition	220	240	250	175	180	0	415	300	320	340	755	89.048	
M	12	111.44	JUN	Wouter Klaver	Strength For All	255	265	273.5	180.5	188	193.5	467	250	265	272.5	732	87.939	
M	9	119.74	JUN	Siebren Marinus	GSKV Northside Barbell	252.5	265	273	155	162.5	162.5	435.5	257.5	272.5	282.5	718	83.544	
M	2	117.98	JUN	Noah Sipsma	Krachtlab	235	250	260	130	145	152.5	405	265	280	290	695	81.394	
M	18	118.66	JUN	Thomas Verkooijen	MAX Gym	210	217.5	225	147.5	155	155	372.5	225	237.5	245	617.5	72.135	

120.0+ 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	121.81	JUN	Daniel Dijkstra	Strength Valley	220	235	260	160	172.5	172.5	395	250	280	300	675	77.957	

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

# Scoresheet Junioren NK Powerliften 2023 • Zaterdagmiddag: Platform Rechts (2/2)

Stramproy - 29 April 2023

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			
M	8	72.83	JUN	Davon Domacasse	Sportcentrum TopFit	210	<del>220</del>	220	150	<del>157.5</del>	157.5	360	245	260	267.5	627.5	92.889	
M	15	73.39	JUN	Jasper Kovacs	Team Francke powerlifting	205	215	220	142.5	147.5	150	370	210	225	230	600	88.465	
M	23	73.61	JUN	Kiran Goossens	Striktly Powerhouse	210	<del>220</del>	220	127.5	<del>132.5</del>	132.5	337.5	220	230	<del>235</del>	567.5	83.543	
M	3	72.92	JUN	Lorenzo Read	Striktly Powerhouse	180	190	195	95	100	<del>105</del>	295	245	260	265	560	82.844	
M	22	73.45	JUN	Justin Lo Tam Loi	Staal & Kracht	<del>190</del>	195	<del>210</del>	122.5	130	<del>132.5</del>	325	215	227.5	<del>237.5</del>	552.5	81.427	
M	17	73.50	JUN	Yan Ting Jin	Supreme Strength Coaching	172.5	182.5	187.5	<del>117.5</del>	<del>120</del>	120	307.5	<del>230</del>	230	242.5	550	81.030	
M	1	73.17	JUN	Lars Suppers	MAX Gym	190	205	<del>212.5</del>	110	115	120	325	210	222.5	<del>230</del>	547.5	80.851	
M	14	72.83	JUN	Mika Bremer	3 for 9	180	190	<del>195</del>	120	130	<del>135</del>	320	210	225	<del>230</del>	545	80.677	
M	4	72.62	JUN	Pieter Voorwinden	JordiLiftz	<del>177.5</del>	182.5	187.5	<del>137.5</del>	137.5	<del>142.5</del>	325	<del>215</del>	215	<del>222.5</del>	540	80.057	
M	10	71.79	JUN	Ibrahim Yaqoob	Algemeen Lid	<del>170</del>	170	190	120	127.5	<del>130</del>	317.5	220	<del>232.5</del>	<del>232.5</del>	537.5	80.165	
M	5	69.03	JUN	Terence Jacobs	Krachtlab	175	185	192.5	97.5	102.5	105	297.5	212.5	227.5	235	532.5	81.067	

## Referees (name and signature)

Head referee:

Left referee:

Right referee: