

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

Stramproy - 29 April 2023

69.0 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	23	67.44	JUN	Romy van Vianen	Supreme Strength Coaching	162.5	170.5	172.5	95	100	103	270.5	172.5	180	185	455.5	95.599	
W	24	67.38	JUN	Marie-José van Daal	Grow Coaching	135	142.5	150	85	90	92.5	240	175	185	200	440	92.393	
W	5	68.29	JUN	Iza Kwantes	9 for 9 coaching	130	137.5	145	65	70	72.5	210	190	197.5	203.5	413.5	86.165	
W	2	67.85	JUN	Charlotte Jongenotter	Beresterk	140	145	150	70	72.5	75	217.5	152.5	162.5	170	387.5	81.044	
W	7	68.21	JUN	Manon Willemsen	Beresterk	130	135	140	67.5	72.5	75	207.5	160	167.5	172.5	380	79.236	
W	9	67.83	JUN	Annemie van Lakwijk	IdunaCoaching	120	125	130	50	52.5	55	185	142.5	152.5	160	337.5	70.599	
W	16	68.11	JUN	Ody de Greeff	Team LorenzM	112.5	120	125	62.5	67.5	70	195	125	135	142.5	337.5	70.433	

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	12	83.35	JUN	Marcha Wieringa	Ultima Fitness BV	155	163	166	85	90	92.5	258.5	185	198	201	459.5	87.042	
W	15	82.42	JUN	Cathelijne Gort	WorkBodyFit	127.5	135	140	95	100	102.5	240	180	187.5	205	420	79.918	
W	8	81.28	JUN	Sabine Hutten	Grow Coaching	127.5	135	140	67.5	72.5	75	212.5	160	170	180	382.5	73.200	
W	4	83.38	JUN	Sam Brasser	Beresterk	135	142.5	150	70	75	77.5	217.5	150	160	167.5	377.5	71.499	
W	21	81.72	JUN	Tessa Krol	ESKV Odin	125	132.5	140	65	67.5	67.5	197.5	130	137.5	140	337.5	64.444	
W	19	83.68	JUN	Anne van Gils	Grow Coaching	100	110	120	55	60	60	180	120	130	130	300	56.740	

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

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

Stramproy - 29 April 2023

76.0 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
W	1	75.27	JUN	Femke Ploeg	Algemeen Lid	155	165	170	82.5	85	90	260	190	206.5	212	466.5	92.396	
W	29	73.61	JUN	Michelle Weyers	Krachtlab	142.5	150	155	90	95	100.5	250	165	180	190	430	86.100	
W	6	74.01	JUN	Phylicia Keizer	Sterrek Personal Training	130	137.5	145	90	95	97.5	242.5	162.5	172.5	182.5	425	84.870	
W	18	72.11	JUN	Tessa Ophoff	Krachtlab	150	155	160	75	80	82.5	240	170	182.5	187.5	422.5	85.487	
W	10	74.69	JUN	Danique Hoogenboezem	Beresterk	140	140	150	72.5	75	77.5	215	170	182.5	190	397.5	79.024	
W	22	76.00	JUN	Lisa Zuiderduin	Strength Academy	140	147.5	147.5	65	67.5	70	207.5	170	180	190	387.5	76.398	
W	3	72.95	JUN	Mette Heuker of Hoek	Vondelgym	107.5	112.5	117.5	62.5	67.5	70	185	155	165	170	355	71.405	
W	25	74.66	JUN	Dana Schaerlaeckens	JordiLiftz	135	140	142.5	57.5	60	62.5	205	140	150	160	355	70.589	
W	26	75.71	JUN	Bodil Bouman	Vondelgym	147.5	152.5	155	62.5	65	65	215	135	135	142.5	350	69.130	
W	27	73.38	JUN	Eva Konings	NSKV Profectus	125	130	135	62.5	67.5	70	200	125	135	145	335	67.183	

84.0+ 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
W	14	95.55	JUN	Gianna Claessens	Loods 37	160	169	169	72.5	77.5	80	240	172.5	185	190	425	76.783	
W	11	90.62	JUN	Floortje Leander	Grow Coaching	125	135	140	85	92.5	97.5	232.5	145	157.5	165	397.5	73.031	
W	20	92.21	JUN	Britt Krijger	Grow Coaching	142.5	150	155	75	80	82.5	235	140	152.5	162.5	397.5	72.614	
W	17	95.53	JUN	Emma Meinen	Sterrek Personal Training	142.5	142.5	147.5	62.5	65	67.5	212.5	155	165	170	377.5	68.206	

## Referees (name and signature)

Head referee:

Left referee:

Right referee: