

Scoresheet NSK Powerliften 2023 • Zaterdagmiddag: Platform Rechts (1/2)

Delft - 18 November 2023

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	92.14	OPEN	Ruben Zuidgeest (J)	DSKV IJzersterk	190	200	207.5	107.5	110	115	322.5	250	265	275	597.5	78.521	
M	8	89.97	OPEN	Cayric Allie (J)	TSKV Spartacus	190	200	207.5	105	112.5	115	320	255	270	280	590	78.449	
M	14	91.65	OPEN	Maurits de Vries	FoxGym	192.5	207.5	220	132.5	140	142.5	350	200	215	225	575	75.762	
M	25	91.25	OPEN	Daan van Wijnen	TSKV Spartacus	190	200	205	117.5	125	130	330	215	230	240	570	75.265	
M	23	92.75	OPEN	Djamiel Saou (J)	Algemeen Lid	200	210	210	115	120	125	330	210	225	240	570	74.666	
M	20	91.52	OPEN	Jop Reijnen (J)	Luke PowerPT	182.5	192.5	200	127.5	135	140	340	197.5	210	220	560	73.837	
M	27	89.93	OPEN	Gijs Koppenberg (J)	SKVU Obelix	177.5	182.5	192.5	120	127.5	130	322.5	207.5	220	230	542.5	72.149	
M	11	91.30	OPEN	Jelle Smits	TSKV Spartacus	190	200	210	117.5	125	127.5	327.5	212.5	225	225	540	71.284	
M	24	92.13	OPEN	Julius Benjamins (J)	NSKV Profectus	175	180	190	110	117.5	125	307.5	205	215	225	532.5	69.983	
M	22	92.84	OPEN	Job Ramaker (J)	Strength Valley	170	180	185	115	122.5	130	315	200	215	225	530	69.393	
M	10	92.03	OPEN	Hazem Haggui	Algemeen Lid	165	175	182.5	110	117.5	122.5	300	190	192.5	210	510	67.061	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

Scoresheet NSK Powerliften 2023 • Zaterdagmiddag: Platform Rechts (2/2)

Delft - 18 November 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	74.43	OPEN	Iris van Pinxteren	Beresterk	142.5	150	155	88	93	95	245	165	175	185	430	85.631	
W	16	72.64	OPEN	Isa Boonstra (J)	GSKV Northside Barbell	127.5	135	142.5	77.5	82.5	87.5	230	155	165	175	405	81.638	
W	18	75.08	OPEN	Juli Besteman (J)	Team LorenzM	140	147.5	152.5	80	85	87.5	232.5	162.5	170	172.5	405	80.313	
W	17	75.36	OPEN	Elke de Leeuw	Luke PowerPT	152.5	160	160	75	80	80	227.5	162.5	170	0	397.5	78.685	
W	5	74.68	OPEN	Dana Schaerlaeckens (J)	Powerbuild Coaching	155	160	165	65	70	70	230	155	162.5	167.5	385	76.544	
W	7	73.43	OPEN	Eva Konings (J)	NSKV Profectus	130	137.5	142.5	65	70	70	212.5	135	145	155	367.5	73.675	
W	19	73.88	OPEN	Aniek Brugman	Algemeen Lid	110	117.5	122.5	67.5	72.5	75	192.5	142.5	155	165	357.5	71.453	
W	4	74.00	OPEN	Marianna Vinciguerra (J)	Algemeen Lid	112.5	117.5	117.5	57.5	62.5	65	177.5	160	170	180	357.5	71.396	
W	1	75.18	OPEN	Juliette Heslinga	GSKV Northside Barbell	112.5	120	125	67.5	72.5	75	200	132.5	140	147.5	347.5	68.866	
W	6	72.53	OPEN	Kimberley Teeuwissen	DSKV IJzersterk	115	120	122.5	67.5	72.5	75	195	135	142.5	152.5	337.5	68.085	
W	3	73.17	OPEN	Vera Hendriks (J)	Sterrek Personal Training	125	132.5	137.5	65	67.5	70	202.5	125	135	147.5	337.5	67.782	
W	2	69.02	OPEN	Petra Willems (J)	GSKV Northside Barbell	87.5	92.5	100	60	62.5	65	165	150	150	160	325	67.321	
W	9	73.63	OPEN	Marlijn Kragt (J)	TSKV Spartacus	102.5	110	115	57.5	60	60	175	132.5	145	152.5	320	64.066	
W	12	75.07	OPEN	Eline Blok (J)	Perfect Performance	105	110	112.5	72.5	77.5	80	187.5	125	130	132.5	317.5	62.965	
W	28	75.34	OPEN	Tessa Krol (J)	ESKV Odin	25	0	0	62.5	65	65	90	25	0	0	115	22.767	

Referees (name and signature)

Head referee:

Left referee:

Right referee: