

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

Delft - 19 November 2023

63.0 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	61.32	OPEN	Betty Aborah (J)	9 for 9 coaching	145	152.5	160	72.5	77.5	83	243	195	207.5	212.5	455.5	101.443	
W	8	62.20	OPEN	Astrid Haitsma	Supreme Strength Coaching	145	150	155	80	83	83	230	160	165	165	395	87.141	
W	20	61.85	OPEN	Lisa van Kempen (J)	Supreme Strength Coaching	125	135	142.5	67.5	67.5	72.5	215	160	170	175	385	85.251	
W	5	61.70	OPEN	Arwen Timmers Verhoeven (J)	Algemeen Lid	120	125	130	80	82.5	85	207.5	130	135	140	347.5	77.072	
W	16	62.03	OPEN	Maria Huver (J)	IdunaCoaching	117.5	125	130	67.5	70	70	192.5	132.5	140	147.5	332.5	73.485	
W	22	61.42	OPEN	Lieke van Oosten (J)	Apeldoorn Powercoaching	115	122.5	125	60	65	67.5	190	130	137.5	140	327.5	72.857	
W	24	62.62	OPEN	Zyra van Eldik	TSKV Spartacus	100	107.5	107.5	57.5	60	62.5	170	110	117.5	122.5	292.5	64.245	
W	4	61.40	OPEN	Rianka van Bennekom (J)	Algemeen Lid	92.50	100	105	47.5	52.5	55	155	112.5	122.5	130	285	63.416	
W	3	62.01	OPEN	Fleur de Haas (J)	Wageningen Beasts	102.5	107.5	112.5	45	47.5	50	157.5	115	120	127.5	285	63.000	
W	9	62.69	OPEN	Tess Hille (J)	TSKV Spartacus	65	0	0	60	65	70	130	65	0	0	195	42.799	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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

Delft - 19 November 2023

69.0 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	10	66.30	OPEN	Romy van Vianen (J)	Supreme Strength Coaching	167.5	177.5	182.5	95.5	100.5	100.5	278	172.5	182.5	195	473	100.267	
W	17	66.85	OPEN	Marie-José van Daal (J)	Deliberate Strength	152.5	160	167.5	92.5	95	97.5	262.5	185	200	211	462.5	97.565	
W	1	68.53	OPEN	Bo Arends	3 for 9	140	150	150	75	80	82.5	232.5	172.5	182.5	0	415	86.306	
W	25	68.67	OPEN	Charlotte Jongenotter (J)	Beresterk	147.5	155	155	67.5	72.5	77.5	232.5	157.5	167.5	175	407.5	84.650	
W	18	67.13	OPEN	Whitney Nedd	Strength Valley	127.5	135	140	67.5	72.5	75	212.5	157.5	170	175	387.5	81.544	
W	23	68.32	OPEN	Anouk Hofstee (J)	NSKV Profectus	135	135	0	57.5	62.5	65	200	165	167.5	175	375	78.123	
W	11	68.14	OPEN	Odyl de Greeff (J)	Team LorenzM	122.5	130	130	67.5	70	72.5	202.5	137.5	145	152.5	355	74.067	
W	2	66.33	OPEN	Emma Rots (J)	DSKV IJzersterk	115	122.5	125	60	65	70	185	155	165	172.5	350	74.174	
W	14	67.63	OPEN	Roos van der Kieft (J)	Wageningen Beasts	125	132.5	135	52.5	57.5	60	195	145	145	152.5	347.5	72.814	
W	7	65.39	OPEN	Eloena Heijerman	DSKV IJzersterk	110	117.5	117.5	70	75	77.5	185	120	130	140	315	67.331	
W	21	68.66	OPEN	Sam van de Meide (J)	Beresterk	97.5	102.5	105	60	65	67.5	162.5	117.5	125	130	292.5	60.766	

Referees (name and signature)

Head referee:

Left referee:

Right referee: