

Scoresheet Ro's Cup 2023 • Zaterdagochtend (1/2)

Hoofddorp - 6 May 2023

52.0 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	18	51.92	OPEN	Shelika Leidelmeijer	Algemeen Lid	97.5	102.5	107.5	60	65	70	177.5	110	117.5	125	302.5	76.485	

57.0 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	54.74	OPEN	Ceren Ozdemir	Algemeen Lid	77.5	85	90	40	45	47.5	130	120	130	140	260	62.924	

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	17	61.20	OPEN	Danique Plasmeijer (J)	Beresterk	100	107.5	110	52.5	55	55	162.5	140	147.5	155	317.5	70.803	
W	1	62.06	OPEN	Michelle Doek (J)	Krachtlab	100	110	115	50	57.5	60	172.5	115	127.5	132.5	305	67.385	
W	3	62.26	OPEN	Hewan Admasu (J)	Grow Coaching	95	102.5	102.5	50	55	57.5	157.5	120	130	150	287.5	63.385	
W	11	60.92	OPEN	Kirsten Betsema (J)	Lust for Sport	95	105	110	50	55	57.5	160	107.5	117.5	122.5	277.5	62.075	

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	2	67.24	OPEN	Annelot van Wenum	Algemeen Lid	110	120	130	57.5	62.5	65	192.5	130	142.5	152.5	345	72.532	
W	25	67.40	OPEN	Emma Rots (J)	DSKV IJzersterk	102.5	110	117.5	57.5	60	62.5	177.5	150	160	167.5	345	72.432	
W	21	66.70	OPEN	Charlotte Bosch (J)	Algemeen Lid	112.5	122.5	132.5	52.5	57.5	62.5	190	127.5	140	150	340	71.818	
W	28	64.56	OPEN	Iman te Wildt	Grow Coaching	110	115	117.5	55	60	62.5	177.5	130	140	152.5	317.5	68.399	
W	27	65.34	OPEN	Saskia Taams	Beresterk	102.5	110	112.5	60	62.5	62.5	172.5	132.5	140	142.5	315	67.362	
W	7	67.80	OPEN	Larissa Timmer	Lust for Sport	100	107.5	115	50	55	57.5	165	115	125	130	295	61.724	
W	10	67.92	OPEN	Zara de Pagter (J)	Grow Coaching	90	95	100	45	50	52.5	150	97.5	105	110	260	54.346	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

Scoresheet Ro's Cup 2023 • Zaterdagochtend (2/2)

Hoofddorp - 6 May 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	14	71.18	OPEN	Tineke Jelsma	SKVU Obelix	112.5	120	125	65	67.5	70	192.5	140	150	155	342.5	69.771	
W	8	75.44	OPEN	Sophie de Tombe	Blackoutbarbellcoaching	115	122.5	122.5	55	60	60	177.5	130	140	150	327.5	64.796	
W	15	75.36	OPEN	Jeyda Koeiman (J)	Sportcentrum TopFit	100	110	122.5	45	55	62.5	172.5	135	150	172.5	322.5	63.839	
W	16	75.64	OPEN	Annick Peelen	Algemeen Lid	110	117.5	125	57.5	60	60	177.5	120	127.5	135	312.5	61.750	
W	20	72.28	OPEN	Lieke Hof (J)	Grow Coaching	90	95	100	52.5	55	55	147.5	110	117.5	125	272.5	55.069	

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	5	83.10	OPEN	Lapanda Mampikin (MI)	Sportcentrum TopFit	172.5	182.5	182.5	95	100	105	272.5	190	210	220	492.5	93.405	
W	24	80.42	OPEN	Tanja Wassenaar (MI)	Enforce Hoofddorp	95	100	110	67.5	70	70	177.5	125	135	142.5	312.5	60.072	

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	4	91.24	OPEN	Mirjam Loerakker (MI)	Enforce Hoofddorp	142.5	152.5	162.5	67.5	72.5	77.5	240	165	177.5	190	417.5	76.532	
W	22	94.10	OPEN	Eva Raat (MI)	Enforce Hoofddorp	100	110	115	47.5	52.5	52.5	162.5	130	140	150	312.5	56.722	

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	19	65.08	OPEN	Rosario van Trigt (J)	Sportcentrum TopFit	160	170	170	95	97.5	102.5	267.5	210	232.5	250	500	78.524	
M	6	63.16	OPEN	Bart Pieters	FoxGym	145	155	160	105	112.5	115	267.5	170	182.5	192.5	460	73.399	

Referees (name and signature)

Head referee:

Left referee:

Right referee: