

# Scoresheet Lichtstad Cup 2024 • Zaterdagmiddag: Platform DRC Groep (1/2)

Eindhoven - 30 November 2024

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	12	74.16	OPEN	Leci Nymann	Krachtlab Powerlifting	115	122.5	130	55	57.5	62.5	185	120	127.5	135	320	63.839	
W	3	73.29	OPEN	Sam van de Meide (J)	Deliberate Strength	95	100	105	65	67.5	70	175	130	137.5	142.5	317.5	63.712	
W	21	71.61	OPEN	Denise Rijs (J)	Lucky Lifting	90	97.5	102.5	60	65	67.5	167.5	125	132.5	140	307.5	62.443	
W	18	71.01	OPEN	Josefina Boschero (J)	Team Francke powerlifting	100	107.5	110	67.5	70	72.5	182.5	110	117.5	122.5	305	62.210	
W	10	73.20	OPEN	Lieke Hof (J)	Deliberate Strength	97.5	105	107.5	50	52.5	52.5	155	105	112.5	120	275	55.218	
W	4	73.29	OPEN	Merel Neelis-Silverentand	Scientific Old School Powerlifting	77.5	82.5	87.5	50	52.5	55	142.5	117.5	127.5	270	54.181		

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	27	119.28	OPEN	Dave Snakenborg	Bassies Halterclub	227.5	245	250	147.5	155	155	392.5	240	260	267.5	660	76.924	
M	25	117.83	OPEN	Luuk Romberg	Eindhoven Gym B.V.	205	215	222.5	150	155	157.5	380	225	245	257.5	637.5	74.702	
M	8	115.43	OPEN	Bowe Koolwijk (J)	Powerbuild Coaching	225	240	250	132.5	142.5	145	382.5	230	252.5	257.5	635	75.090	
M	30	109.60	OPEN	Emile Kraak	Luke PowerPT	232.5	242.5	252.5	150	157.5	157.5	410	212.5	222.5	225	632.5	76.563	
M	40	117.06	OPEN	Silvan van Leeuwen	Iron House Co	207.5	220	222.5	132.5	140	145	360	255	270	275	630	74.037	
M	17	108.63	OPEN	Julian Hornstra (J)	Strength Valley	195	210	220	120	130	135	355	230	250	265	605	73.532	
M	35	118.04	OPEN	Niels van Berlo (J)	Strength Point	170	185	185	140	150	155	340	177.5	195	210	550	64.398	

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

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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	9	69.77	OPEN	Jella van de Laak	Krachtlab Powerlifting	120	125	130	70	75	<del>77.5</del>	205	145	155	162.5	367.5	75.672	
W	19	74.63	OPEN	Michelle Dijkman (J)	Demonstrength	127.5	135	140	62.5	70	75	215	130	140	152.5	367.5	73.089	
W	14	73.25	OPEN	Tineke Jelsma	Partner For Power	120	127.5	<del>132.5</del>	67.5	70	75	202.5	140	152.5	155	357.5	71.759	
W	31	72.10	OPEN	Samantha Bendeler	Legacy Gym	125	132.5	140	52.5	57.5	60	200	137.5	145	155	355	71.834	
W	26	75.82	OPEN	Nynke Tuinstra (J)	Strength Valley	102.5	112.5	117.5	62.5	67.5	<del>70</del>	185	125	137.5	150	335	66.121	
W	23	71.87	OPEN	Rosan Diks	De Krachtformule	102.5	107.5	110	70	75	77.5	187.5	137.5	145	<del>150</del>	332.5	67.392	
W	5	72.42	OPEN	Isabella Pouw	CrossFit Zeeburg	115	117.5	122.5	57.5	60	<del>62.5</del>	182.5	145	150	<del>157.5</del>	332.5	67.128	
W	2	70.64	OPEN	Joni van Witteloostuijn (J)	Lift Better	127.5	135	<del>137.5</del>	65	70	75	210	105	117.5	<del>127.5</del>	327.5	66.986	
W	37	74.18	OPEN	Demi van Merkestein (J)	Deliberate Strength	122.5	130	<del>132.5</del>	<del>70</del>	70	<del>72.5</del>	200	115	122.5	<del>125</del>	322.5	64.329	
W	29	72.13	OPEN	Nada Nasef (J)	Supreme Strength Gym	115	120	125	52.5	55	<del>57.5</del>	180	130	135	140	320	64.738	
W	22	73.73	OPEN	Rhea Lambregts	ASKV Kratos	102.5	107.5	110	55	60	62.5	172.5	132.5	140	<del>147.5</del>	312.5	62.522	
W	6	74.29	OPEN	Alexa Parastatidis (J)	NSKV Profectus	95	102.5	110	65	70	<del>75</del>	180	120	132.5	<del>140</del>	312.5	62.289	
W	38	73.29	OPEN	Bente van Beek (J)	Striktly Powerhouse	<del>140</del>	<del>147.5</del>	<del>147.5</del>	<del>65</del>	65	70	70	140	155	160	0	0.000	

## Referees (name and signature)

Head referee:

Left referee:

Right referee: