

Scoresheet Lichtstad Cup 2024 • Zaterdagmiddag: Platform PowerliftingShop (1/2)

Eindhoven - 30 November 2024

105.0 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	23	103.39	OPEN	Anne Wind	Strength Valley	215	230	237.5	127.5	135	140	377.5	230	250	257.5	635	78.967	
M	18	100.05	OPEN	Rutger Dijk	Strength Valley	215	222.5	235	120	127.5	130	365	230	250	270	615	77.674	
M	21	97.14	OPEN	Sem Eringa (S-J)	Ultima Fitness BV	240	210	225	105	112.5	117.5	327.5	225	240	250	577.5	73.973	
M	2	99.75	OPEN	Sam Al Jabere	3 for 9	180	192.5	192.5	102.5	110	115	302.5	207.5	222.5	235	525	66.402	
M	5	102.31	OPEN	Rick Teerink (J)	2to1 Coaching	170	177.5	177.5	115	120	122.5	297.5	200	215	220	517.5	64.674	
M	20	101.84	OPEN	Pim Wichern	Blackout Barbell Coaching	175	180	185	80	85	90	275	215	222.5	222.5	490	61.370	
M	16	101.47	OPEN	Brian van der Toorn	Strength Valley	165	165	175	105	110	115	275	195	205	225	480	60.220	
M	14	103.80	OPEN	Bart Geers (J)	Perfect Performance	160	167.5	175	90	97.5	102.5	270	185	200	210	480	59.581	
M	4	103.15	OPEN	Martijn Kuypers	Krachtlab Powerlifting	147.5	155	162.5	82.5	85	90	247.5	160	172.5	180	427.5	53.221	
M	1	101.16	OPEN	Eelke de Haan (J)	2to1 Coaching	130	140	140	77.5	82.5	85	212.5	200	212.5	222.5	425	53.397	

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	7	126.26	OPEN	Vincent Baarslag	ASKV Kratos	240	225	232.5	147.5	155	160	392.5	275	305	330	722.5	82.171	
M	19	148.87	OPEN	richard ausma	Lift Better	195	210	217.5	120	125	130	340	225	240	250	580	61.735	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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105.0 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	100.35	OPEN	Sebastiaan Damen (J)	Supreme Strength Coaching	225	235	245	140	145	150	395	260	280	300	695	87.653	
M	12	100.64	OPEN	Jeroen Dijkman	Apeldoorn Powercoaching	212.5	225	232.5	160	165	170	402.5	255	270	275	672.5	84.700	
M	24	103.85	OPEN	Davy Groenenberg (J)	Blackout Barbell Coaching	225	232.5	240	130	135	135	370	265	285	300	670	83.147	
M	26	104.05	OPEN	Nicky van Koolwijk (J)	Barbell Benders Powerlifting	225	235	245	140	147.5	152.5	397.5	255	270	280	667.5	82.763	
M	6	103.87	OPEN	Ezra van Essen Hampel	Supreme Strength Gym	225	237.5	250	140	142.5	147.5	385	245	262.5	262.5	647.5	80.348	
M	22	103.68	OPEN	Albert Bos	Krachtlab Powerlifting	217.5	225	230	120	125	127.5	355	255	275	285	640	79.485	
M	10	103.85	OPEN	Bas Geluk	Untamed Strength	195	205	210	147.5	152.5	155	365	255	270	280	635	78.804	
M	9	103.22	OPEN	Marcel Weijers (J)	Lift Better	202.5	212.5	220	102.5	102.5	110	322.5	270	287.5	300	622.5	77.473	
M	25	99.33	OPEN	Jayco de Ligt (J)	Adapt Powerlifting	197.5	207.5	215	125	125	127.5	335	245	262.5	275	610	77.308	
M	3	103.50	OPEN	Chris Steevensz	9 for 9 coaching	197.5	202.5	215	127.5	135	140	342.5	232.5	250	260	602.5	74.888	
M	8	96.64	OPEN	Boy Truijen	Loods 37	195	205	212.5	115	120	125	330	240	252.5	262.5	592.5	76.083	
M	11	96.90	OPEN	Stefan Wieringa (S-J)	Lift Better	182.5	182.5	192.5	110	115	117.5	297.5	230	240	250	537.5	68.931	

Referees (name and signature)

Head referee:

Left referee:

Right referee: