

Scoresheet Lichtstad Cup 2024 • Zaterdagochtend: Platform PowerliftingShop (1/3)

Eindhoven - 30 November 2024

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			
W	8	67.23	OPEN	Willemijn Beek	Demonstrength	97.5	105	110	50	55	62.5	172.5	110	120	127.5	300	63.077	
W	26	66.59	OPEN	Lindy De Vries	Strength Valley	95	100	107.5	52.5	57.5	60	165	110	117.5	125	290	61.316	
W	21	68.08	OPEN	Floortje Vlug (S-J)	ESKV Odin	100	100	107.5	60	65	67.5	172.5	110	117.5	122.5	290	60.535	
W	28	68.20	OPEN	Eva ten Brink (J)	Demonstrength	80	87.5	92.5	45	50	55	147.5	92.5	100	110	257.5	53.698	
W	3	66.21	OPEN	Delara Ansari (S-J)	Coaching by Joey	80	85	90	45	50	55	140	95	102.5	107.5	247.5	52.508	
W	4	68.41	OPEN	Selina Staats (J)	Demonstrength	65	72.5	80	35	40	45	112.5	92.5	102.5	110	222.5	46.318	
W	19	65.07	OPEN	Francesca Gordon (J)	Krachtlab Powerlifting	60	65	65	40	40	42.5	107.5	85	95	100	207.5	44.486	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

Scoresheet Lichtstad Cup 2024 • Zaterdagochtend: Platform PowerliftingShop (2/3)

Eindhoven - 30 November 2024

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	15	68.41	OPEN	Damaris Bredow (J)	Het Leger Coaching	125	135	140	80	82.5	85	222.5	170	180	185	407.5	84.830	
W	6	68.26	OPEN	Priscilla Molenaar	Supreme Strength Coaching	122.5	130	135	90	95	97.5	230	150	160	170	390	81.288	
W	2	67.63	OPEN	Jara Hogenhout (J)	JvM coaching	120	120	125	77.5	80	82.5	200	150	157.5	162.5	357.5	74.909	
W	25	68.12	OPEN	Maria Eleni Giannetsou (J)	Lift Better	112.5	120	125	65	65	70	195	137.5	150	155	350	73.036	
W	23	68.38	OPEN	Daniek Witlox (J)	SCC Powerhouse	105	110	117.5	72.5	77.5	80	197.5	130	142.5	150	347.5	72.358	
W	20	67.19	OPEN	Didi Dubbelaar (J)	Untamed Strength	120	125	127.5	65	67.5	70	195	135	145	150	340	71.512	
W	16	68.21	OPEN	Anne-Marije van der Linden (J)	Legacy Gym	115	120	122.5	60	65	67.5	187.5	125	135	140	327.5	68.289	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

Scoresheet Lichtstad Cup 2024 • Zaterdagochtend: Platform PowerliftingShop (3/3)

Eindhoven - 30 November 2024

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	24	78.23	OPEN	Rafaela Maia Sa Reis	Team Francke powerlifting	155	162.5	170	77.5	82.5	82.5	247.5	160	172.5	180	427.5	83.173	
W	22	79.24	OPEN	Emma Brinkers	Blackout Barbell Coaching	150	157.5	157.5	67.5	70	72.5	230	160	167.5	170	400	77.383	
W	30	80.99	OPEN	Wendy Jonkman	9 for 9 coaching	137.5	137.5	147.5	67.5	72.5	75	222.5	147.5	160	170	382.5	73.310	
W	12	82.37	OPEN	Julia Botter (J)	WorkBodyFit	122.5	132.5	140	62.5	70	75	215	142.5	160	160	375	71.373	
W	7	80.23	OPEN	Carmen Renses	Lift Better	112.5	120	120	57.5	60	62.5	177.5	107.5	112.5	120	297.5	57.246	
W	10	77.60	OPEN	Talitha de Gier (J)	Lucky Lifting	90	95	100	50	55	60	150	105	112.5	117.5	262.5	51.258	

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	1	87.16	OPEN	Nikita Koningen	Strength Point	135	137.5	140	72.5	75	77.5	212.5	150	157.5	162.5	375	69.840	
W	14	88.64	OPEN	Susanne Pronk (J)	Blackout Barbell Coaching	127.5	132.5	137.5	65	70	72.5	210	145	152.5	160	370	68.496	
W	29	103.90	OPEN	Laura Maatje	Beresterk	132.5	137.5	137.5	70	75	77.5	210	135	142.5	147.5	357.5	63.132	
W	5	109.30	OPEN	Elle Bouman	TSKV Spartacus	127.5	135	140	65	67.5	70	205	130	140	147.5	352.5	61.523	
W	11	86.11	OPEN	Lotte Spijker-Smallenburg	Sterrek Personal Training	112.5	117.5	122.5	57.5	60	62.5	180	132.5	140	142.5	320	59.863	
W	17	92.94	OPEN	Bianca van Olst	Sterrek Personal Training	112.5	112.5	112.5	47.5	50	52.5	52.5	120	125	130	0	0.000	

Referees (name and signature)

Head referee:

Left referee:

Right referee: