

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

Eindhoven - 1 December 2024

93.0 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			
M	14	88.10	OPEN	Ridwan Monnikendam (J)	Strength Valley	250	250	260	150	160	165	420	260	280	280	700	94.047	
M	10	90.32	OPEN	Mark Gerritsen (J)	Strength Valley	240	250	255	130	137.5	142.5	392.5	265	285	300	677.5	89.911	
M	21	91.27	OPEN	Jeroen Top	Strength Valley	215	225	230	140	150	152.5	375	250	270	280	655	86.479	
M	27	91.97	OPEN	Abel Agterberg	Strength Valley	190	205	205	117.5	127.5	132.5	337.5	230	250	262.5	600	78.921	
M	23	88.00	OPEN	Lukas Ruijter (J)	Strength Valley	195	207.5	212.5	122.5	130	132.5	342.5	220	242.5	250	585	78.641	
M	25	88.36	OPEN	Elmo van den Broek	Strength Valley	187.5	197.5	202.5	127.5	135	140	337.5	210	225	240	577.5	77.476	
M	2	90.42	OPEN	Davide Xausa	ASKV Kratos	170	180	190	110	120	127.5	307.5	190	205	220	527.5	69.967	
M	5	90.08	OPEN	Ruben Knetsch (J)	Coco Michelle	135	145	152.5	82.5	87.5	90	240	160	172.5	180	420	55.811	
M	20	88.31	OPEN	Ruud van den Muijzenberg	Eindhoven Gym B.V.	125	130	137.5	72.5	77.5	77.5	210	175	185	185	395	53.007	
M	18	89.52	OPEN	Siemen de Haan (MIII)	Hamstra PT	85	100	100	82.5	87.5	95	187.5	180	190	200	377.5	50.318	
M	22	85.24	OPEN	Jathusan Kumaresu (J)	Epic gym	110	115	120	97.5	102.5	105	217.5	132.5	137.5	145	362.5	49.512	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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93.0 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
M	16	91.40	OPEN	Elmar Geerlings	Sportcentrum TopFit	207.5	220	230	127.5	135	137.5	365	250	270	280	635	83.780	
M	1	92.29	OPEN	Arthur Lammers (J)	Untamed Strength	170	185	195	130	140	150	345	195	215	240	560	73.535	
M	7	92.19	OPEN	Tim Spaan (J)	Ultima Fitness BV	180	192.5	197.5	115	122.5	130	315	202.5	217.5	225	540	70.946	
M	11	91.61	OPEN	Milan Daalhuisen	Adapt Powerlifting	177.5	187.5	195	130	130	130	325	187.5	200	212.5	537.5	70.836	
M	26	89.39	OPEN	Bram Davina (J)	Ultima Fitness BV	180	195	200	105	112.5	117.5	312.5	190	205	220	517.5	69.029	
M	6	90.87	OPEN	Bart Geluk (J)	Lucky Lifting	165	172.5	180	115	122.5	130	302.5	185	205	215	517.5	68.472	
M	3	92.73	OPEN	Joseph van der Horst (S-J)	Strength Point	165	165	175	107.5	115	115	282.5	180	192.5	200	482.5	63.211	
M	8	90.36	OPEN	Stan Verkaik (J)	Partner For Power	160	170	170	97.5	102.5	105	265	195	210	220	475	63.023	
M	17	92.31	OPEN	Eric Klessens (J)	Strength Point	145	150	155	105	112.5	117.5	267.5	175	187.5	200	467.5	61.382	
M	15	83.45	OPEN	Patrick van Rikxoort	Untamed Strength	127.5	135	142.5	120	125	130	265	180	192.5	200	465	64.193	
M	19	83.74	OPEN	Ronan van Rooij (J)	Scientific Old School Powerlifting	155	170	172.5	100	105	110	282.5	170	175	177.5	460	63.392	
M	4	88.65	OPEN	Lars van de Kerkhof (S-J)	Scientific Old School Powerlifting	147.5	157.5	160	90	95	100	260	175	187.5	190	450	60.273	

Referees (name and signature)

Head referee:

Left referee:

Right referee: