

Scoresheet Lichtstad Cup 2.0 2024 • Zaterdagochtend (1/2)

Eindhoven - 14 December 2024

83.0 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	5	80.66	OPEN	Wesley de Laat	Striktly Powerhouse	217.5	230	240	122.5	130	135	360	190	205	212.5	572.5	80.406	
M	11	80.10	OPEN	Milan Marck (S-J)	Elite strength	187.5	200	200	127.5	135	137.5	315	200	217.5	235	532.5	75.055	
M	18	82.17	OPEN	Ertugrul Yesil	Striktly Powerhouse	172.5	180	180	105	112.5	117.5	292.5	215	225	230	517.5	72.001	
M	14	82.37	OPEN	Dino Bons (J)	Algemeen Lid	190	197.5	205	92.5	95	100	292.5	215	225	232.5	507.5	70.523	
M	12	80.92	OPEN	Masin Achghouyab (J)	Westerkracht	145	155	165	97.5	105	110	275	190	212.5	230	505	70.811	
M	19	79.44	OPEN	Jules Schlicher	ASKV Kratos	152.5	162.5	172.5	102.5	110	115	287.5	192.5	202.5	212.5	500	70.772	
M	9	74.38	OPEN	Ruben Schormans (S-J)	Powerbuild Coaching	140	150	160	95	100	107.5	257.5	155	165	175	432.5	63.327	
M	21	81.09	OPEN	Bart Perebooms (J)	Powerbuild Coaching	145	155	165	92.5	97.5	100	255	150	160	167.5	422.5	59.179	
M	16	80.35	OPEN	Jesse Baaijens (S-J)	Powerbuild Coaching	135	140	150	87.5	92.5	95	242.5	155	165	175	417.5	58.752	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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Eindhoven - 14 December 2024

66.0 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	20	65.51	OPEN	Melvin Sinaij	365strength	140	150	160	100	100	107.5	267.5	185	200	210	467.5	73.164	
M	23	61.33	OPEN	Achraf Mezouar (J)	Algemeen Lid	122.5	125	135	52.5	60	65	195	150	160	167.5	362.5	58.755	
M	4	59.08	OPEN	Geert Jan Nijborg (S-J)	Powerbuild Coaching	105	115	125	65	70	75	185	135	150	160	335	55.393	

105.0 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	22	104.17	OPEN	Rian Smit (J)	Supreme Strength Coaching	220	232.5	240	182.5	187.5	195	435	235	242.5	255	690	85.506	
M	3	104.70	OPEN	Yuri van Essen (J)	Algemeen Lid	190	200	210	165	175	182.5	392.5	245	262.5	280	672.5	83.141	
M	10	103.66	OPEN	Sebastiaan Hagoort (J)	Algemeen Lid	227.5	240	252.5	147.5	155	157.5	407.5	232.5	250	257.5	665	82.597	
M	2	104.95	OPEN	Anass Raghi (J)	Het Leger Coaching	200	202.5	220	112.5	120	122.5	320	230	245	252.5	550	67.921	
M	24	103.33	OPEN	Jari Blom	Sportschool Bushido	165	175	182.5	110	117.5	122.5	305	205	220	235	540	67.172	
M	17	100.81	OPEN	Maurizio van Maren (S-J)	Algemeen Lid	187.5	197.5	207.5	105	112.5	120	317.5	200	210	220	537.5	67.643	
M	8	99.04	OPEN	Nino Lenaers	Team Francke powerlifting	155	165	175	127.5	135	142.5	297.5	185	197.5	210	507.5	64.407	
M	7	97.96	OPEN	Jurjen van Arendonk	Sportschool Bushido	105	105	120	100	105	107.5	212.5	155	170	175	367.5	46.885	

Referees (name and signature)

Head referee:

Left referee:

Right referee: