

Scoresheet Lichtstad Cup 2025 • Zaterdagmiddag: Plankier Links (1/2)

Eindhoven - 29 November 2025

63.0 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	59.19	OPEN	Kimberly Fellings	Fortex Powerlifting	90	102.5	112.5	42.5	47.5	55	160	120	130	140	300	68.462	
W	40	60.38	OPEN	Marise de Jong (J)	Legacy Gym	92.5	97.5	105	40	45	47.5	150	100	110	120	270	60.765	
W	32	60.28	OPEN	Kenza Boekelaar (J)	Victory Culture	97.5	102.5	107.5	45	47.5	50	157.5	95	100	100	257.5	58.018	
W	33	61.64	OPEN	Sanne van der Wijk (J)	9 for 9 coaching	90	97.5	102.5	45	50	52.5	155	90	100	110	255	56.593	

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	24	67.85	OPEN	Hilin Shekho (S-J)	Limitless Powerlifting	112.5	122.5	130	57.5	65	67.5	187.5	127.5	140	152.5	327.5	68.495	
W	18	66.83	OPEN	Chobe Ekas	Scientific Old School Powerlifting	115	122.5	122.5	62.5	67.5	70	190	125	132.5	137.5	322.5	68.044	
W	35	66.45	OPEN	Gioia Drevon	Vondelgym Oost	117.5	122.5	125	55	57.5	60	177.5	125	135	142.5	320	67.743	
W	31	67.33	OPEN	Emma Weltens (J)	Team Francke powerlifting	100	107.5	115	55	60	62.5	177.5	115	125	132.5	310	65.123	
W	38	68.60	OPEN	Melissa Schuil (J)	Hamstra PT	105	110	112.5	57.5	65	70	182.5	105	117.5	125	307.5	63.913	
W	20	64.96	OPEN	Demi Bekebrede (J)	Hades Elite Strength	110	115	115	65	70	70	180	110	117.5	125	305	65.456	
W	14	67.78	OPEN	Marleen van Straten (J)	SKVU Mammoet	90	100	110	65	70	72.5	170	115	125	130	300	62.781	
W	16	68.00	OPEN	Minke De Wert	Fortex Powerlifting	80	90	95	37.5	45	50	140	90	100	115	255	53.265	
W	26	66.63	OPEN	Luca Papp	Optimal performance	72.5	72.5	77.5	40	45	47.5	125	92.5	102.5	107.5	232.5	49.141	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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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	42	67.07	OPEN	Cassandra Schoonbrood (J)	Krachtlab Powerlifting	125	130	135	82.5	87.5	90	222.5	142.5	152.5	155	377.5	79.481	
W	25	68.53	OPEN	Chloé Vermeer	Pure Strength	130	137.5	140	70	70	72.5	210	152.5	162.5	170	372.5	77.468	
W	37	67.59	OPEN	Ann-Carolin Schroeter	Perfect Performance	125	130	132.5	65	67.5	72.5	202.5	150	160	170	362.5	75.983	
W	30	65.56	OPEN	Jessica Kroezen (MI)	Vondelgym Oost	125	130	130	60	65	67.5	197.5	137.5	145	147.5	345	73.627	
W	17	67.47	OPEN	Kaat de Groot (J)	Algemeen Lid	112.5	112.5	122.5	57.5	62.5	67.5	185	145	155	160	345	72.389	
W	36	67.55	OPEN	Ruby van Keulen (J)	2to1 Coaching	127.5	135	140	60	62.5	65	200	130	137.5	142.5	342.5	71.815	
W	39	66.93	OPEN	Anouk Onderwater (J)	Strength Valley	105	115	120	65	70	72.5	192.5	130	140	147.5	340	71.673	
W	29	67.95	OPEN	Didi Dubbelaar (J)	Untamed Strength	112.5	117.5	122.5	67.5	72.5	75	195	135	142.5	150	337.5	70.528	
W	34	68.49	OPEN	Geraldien Poolen (J)	Untamed Strength	105	112.5	120	62.5	62.5	65	177.5	145	155	160	337.5	70.212	
W	28	67.12	OPEN	Arleen Meyer (MI)	Perfect Performance	105	115	120	62.5	67.5	70	190	135	145	150	335	70.503	
W	27	67.44	OPEN	Jesse Smeets (J)	Act Evolve Coaching	120	120	130	65	70	72.5	192.5	130	137.5	142.5	335	70.308	
W	23	65.57	OPEN	Esmée Bijlholt	Strength Valley	120	127.5	130	57.5	62.5	65	192.5	120	130	137.5	330	70.419	
W	22	65.60	OPEN	Mariken Fasol (J)	AB coaching	100	110	117.5	60	65	67.5	182.5	125	135	145	317.5	67.733	
W	41	68.96	OPEN	Miranda Ziekman	Limitless Powerlifting	110	120	120	55	60	65	175	110	125	132.5	307.5	63.726	

Referees (name and signature)

Head referee:

Left referee:

Right referee: