

Scoresheet Lichtstad Cup 2025 • Zaterdagmiddag: Plankier Midden (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	31	60.94	OPEN	Roos Otten	Deliberate Strength	115	120	125	57.5	60	62.5	187.5	147.5	157.5	162.5	350	78.275	
W	19	61.34	OPEN	Maria Eleni Giannetsou	Lift Better	117.5	125	125	60	65	67.5	192.5	137.5	147.5	160	340	75.704	
W	37	61.92	OPEN	Hannah de Man (J)	Strength Point	110	117.5	122.5	50	55	57.5	175	137.5	145	150	325	71.911	
W	30	62.93	OPEN	Lizanna Langbroek (J)	Striktly Powerhouse	102.5	107.5	110	60	65	70	175	132.5	142.5	147.5	317.5	69.513	
W	28	62.12	OPEN	Devony Kengen	Krachtlab Powerlifting	100	105	110	57.5	60	62.5	167.5	120	130	135	302.5	66.791	
W	41	61.00	OPEN	Lisanne Woldman	101 Procent Coaching	95	102.5	102.5	42.5	47.5	52.5	150	130	140	150	300	67.048	
W	18	62.31	OPEN	Roëlle Bosma	Wu Dynasty	90	95	95	60	62.5	65	155	132.5	140	145	300	66.106	
W	26	60.78	OPEN	Nicole Kreuger	Iron House Co	95	100	105	52.5	55	57.5	162.5	120	127.5	132.5	295	66.092	
W	22	58.64	OPEN	Sarah Bogerman (J)	Perfect Performance	92.5	97.5	102.5	40	45	50	147.5	125	132.5	142.5	290	66.622	
W	25	57.21	OPEN	Marie Pullerits	Algemeen Lid	75	82.5	82.5	45	50	52.5	127.5	110	120	127.5	247.5	57.895	
W	33	61.66	OPEN	Talitha de Gier (J)	Untamed Strength	75	80	80	45	47.5	50	122.5	90	95	100	222.5	49.369	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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

Eindhoven - 29 November 2025

83.0 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	24	82.39	OPEN	Roan Akkerman (J)	Hamstra PT	182.5	192.5	202.5	120	127.5	130	332.5	205	220	237.5	570	79.198	
M	21	78.60	OPEN	Yael Hoogma (S-J)	Elite Performance	170	182.5	190	92.5	100	105	295	195	210	225	505	71.869	
M	32	80.61	OPEN	Niels van der Ploeg	Hamstra PT	150	157.5	162.5	117.5	122.5	127.5	290	195	207.5	215	505	70.949	
M	27	81.62	OPEN	Dion Tjokroatmo	ESKV Odin	165	177.5	185	90	100	107.5	285	195	210	220	505	70.501	
M	15	82.47	OPEN	Brent Nijssen (J)	Lucky Lifting	180	190	190	85	90	95	275	205	220	230	495	68.744	
M	40	78.54	OPEN	Tristan Brinkman (J)	PowerUp Coaching	155	155	155	100	102.5	107.5	262.5	215	225	232.5	487.5	69.406	
M	16	77.69	OPEN	Peer van Beek (S-J)	Striktly Powerhouse	155	165	172.5	120	125	127.5	292.5	177.5	185	192.5	485	69.436	
M	34	80.45	OPEN	Bart Perebooms (J)	Powerbuild Coaching	160	170	175	97.5	105	112.5	287.5	175	187.5	195	482.5	67.856	
M	35	79.82	OPEN	Patrick van Rikxoort	Untamed Strength	120	125	130	125	130	135	260	190	202.5	207.5	467.5	66.011	
M	20	80.73	OPEN	Aryan Nagesh Parkar (J)	ESKV Odin	145	155	162.5	97.5	105	110	267.5	177.5	190	200	457.5	64.227	
M	29	81.71	OPEN	Senna Avila Gijon (J)	Powerbuild Coaching	120	130	140	92.5	92.5	92.5	222.5	175	190	200	422.5	58.951	
M	38	75.18	OPEN	Thomas van Lippen (S-J)	Demonstrength	125	132.5	137.5	60	70	80	217.5	127.5	145	160	377.5	54.969	
M	14	78.89	OPEN	Koen van der Sterren (MI)	Krachtlab Powerlifting	120	120	130	92.5	97.5	97.5	222.5	145	155	155	367.5	52.202	
M	23	80.95	OPEN	Matthieu van Witteloostuijn	Epic gym	135	145	152.5	90	95	100	252.5	0	0	0	0	0.000	

Referees (name and signature)

Head referee:

Left referee:

Right referee: