

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

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	30	81.43	OPEN	Robbert Rietrae	Strength Point	202.5	215	220	130	135	137.5	357.5	240	252.5	265	610	85.261	
M	39	81.72	OPEN	Remco Bourgeois	Legacy Gym	150	160	170	120	127.5	132.5	302.5	220	260	272.5	575	80.224	
M	36	81.50	OPEN	Richard Hamstra	Hamstra PT	182.5	192.5	200	107.5	112.5	115	315	215	232.5	242.5	557.5	77.889	
M	15	80.71	OPEN	Justin Yu Tin Lung	Demonstrength	162.5	177.5	190	127.5	135	140	330	190	207.5	222.5	552.5	77.573	
M	24	75.80	OPEN	Jonathan Cardona Ceballos (J)	Krachtlab Powerlifting	170	185	192.5	110	115	120	307.5	195	212.5	222.5	530	76.847	
M	37	80.24	OPEN	Swier Garst	Algemeen Lid	185	200	205	115	120	122.5	320	195	210	210	530	74.636	
M	17	81.46	OPEN	Dino Bons (J)	Blackout Barbell Coaching	207.5	217.5	225	95	97.5	97.5	322.5	207.5	227.5	227.5	530	74.065	
M	38	82.13	OPEN	Pim Thijssen (J)	MAX Gym	185	190	190	110	117.5	122.5	312.5	200	212.5	225	525	73.062	
M	27	82.10	OPEN	Jules Schlicher	ASKV Kratos	157.5	167.5	172.5	112.5	120	125	297.5	190	205	215	512.5	71.336	
M	23	81.25	OPEN	Tom Visser	Powerbuild Coaching	160	170	180	97.5	105	110	280	200	212.5	225	505	70.664	
M	22	82.11	OPEN	Jesse Gerritsen (J)	Strength Point	160	170	177.5	127.5	130	130	300	195	205	215	505	70.288	
M	34	81.76	OPEN	Damian Rijnders (J)	Untamed Strength	165	170	175	127.5	135	142.5	317.5	75	0	0	392.5	54.748	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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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	19	82.39	OPEN	Olaf van Arkel (J)	365strength	215	225	235	130	137.5	142.5	372.5	270	285	300	672.5	93.440	
M	42	81.17	OPEN	Nooraldeen Hameed	Deliberate Strength	215	227.5	230	125	132.5	137.5	362.5	250	270	280	632.5	88.549	
M	28	80.64	OPEN	Kyan Schols (J)	Fortex Powerlifting	205	217.5	225	127.5	135	140	357.5	245	260	270	617.5	86.738	
M	43	80.84	OPEN	Wesley de Laat	Striktly Powerhouse	225	237.5	242.5	130	137.5	142.5	380	210	220	230	610	85.576	
M	41	81.91	OPEN	Martin Jedwabny	Ironside Coaching	192.5	205	210	132.5	140	142.5	352.5	230	245	255	607.5	84.659	
M	18	80.21	OPEN	Milan Marck (J)	Deliberate Strength	195	205	215	135	142.5	150	365	215	227.5	240	605	85.214	
M	31	80.08	OPEN	Mels Harutunian	Eindhoven Gym B.V.	190	202.5	210	125	130	135	345	235	255	255	600	84.579	
M	35	82.22	OPEN	Willem Slump	Supreme Strength Gym	220	232.5	240	115	122.5	130	362.5	220	232.5	260	595	82.758	
M	16	82.75	OPEN	Daniël van den Berg (J)	9 for 9 coaching	195	205	210	125	130	132.5	335	230	247.5	252.5	587.5	81.450	
M	26	81.83	OPEN	Pablo Dorhout (J)	Hamstra PT	190	197.5	210	142.5	150	155	365	197.5	210	220	575	80.169	
M	14	82.52	OPEN	Declan Harreman (J)	TSKV Spartacus	200	215	225	125	132.5	137.5	347.5	200	217.5	225	565	78.441	
M	20	82.25	OPEN	Dylan Ermers	Algemeen Lid	167.5	167.5	185	110	115	0	0	190	0	0	0	0.000	

Referees (name and signature)

Head referee:

Left referee:

Right referee: