

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

Eindhoven - 29 November 2025

| 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       | 36 | 65.96 | OPEN | Endi van Heumen (J) | GOAT Culture         | 152.5 | 160 | 167.5 | 105         | 110  | 115  | 282.5 | 185      | 197.5 | 210 | 492.5 | 76.797 |    |
| M       | 28 | 64.80 | OPEN | Marcel van Zutphen  | 101 Procent Coaching | 110   | 120 | 125   | 75          | 82.5 | 87.5 | 212.5 | 160      | 170   | 180 | 392.5 | 61.782 |    |
| M       | 38 | 59.05 | OPEN | Joe van Berkel (J)  | Strength Point       | 107.5 | 115 | 120   | 72.5        | 77.5 | 80   | 195   | 147.5    | 155   | 160 | 355   | 58.716 |    |
| M       | 23 | 63.33 | OPEN | Rowan Scheepers     | Striktly Powerhouse  | 120   | 125 | 127.5 | 70          | 72.5 | 75   | 200   | 140      | 150   | 155 | 355   | 56.564 |    |

| 74.0 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       | 35 | 72.85 | OPEN | Robin ten Wolde (J)   | DSKV IJzersterk     | 160   | 170   | 175   | 105         | 112.5 | 120 | 287.5 | 170      | 185   | 190   | 472.5 | 69.935 |    |
| M       | 37 | 72.98 | OPEN | Noah Agterbosch (S-J) | Strength Valley     | 150   | 160   | 160   | 102.5       | 110   | 115 | 265   | 185      | 200   | 210   | 465   | 68.760 |    |
| M       | 21 | 72.22 | OPEN | Tijn Klopper (S-J)    | Perfect Performance | 147.5 | 155   | 162.5 | 90          | 97.5  | 105 | 260   | 180      | 190   | 195   | 450   | 66.906 |    |
| M       | 14 | 67.90 | OPEN | Dániel Szabó (J)      | Lunar Rising        | 147.5 | 155   | 160   | 82.5        | 87.5  | 90  | 245   | 185      | 195   | 202.5 | 447.5 | 68.721 |    |
| M       | 26 | 73.14 | OPEN | Mike Wick             | Fortex Powerlifting | 125   | 135   | 140   | 90          | 97.5  | 100 | 235   | 180      | 190   | 200   | 435   | 64.251 |    |
| M       | 19 | 71.98 | OPEN | Max Nagelkerken (J)   | SKVU Mammoet        | 135   | 145   | 145   | 95          | 100   | 105 | 240   | 160      | 170   | 180   | 420   | 62.554 |    |
| M       | 17 | 69.70 | OPEN | Rick Vluggen (J)      | Fortex Powerlifting | 117.5 | 127.5 | 132.5 | 70          | 75    | 80  | 207.5 | 172.5    | 182.5 | 192.5 | 380   | 57.558 |    |
| M       | 33 | 71.51 | OPEN | Ruud Lathouwers       | TSKV Spartacus      | 77.5  | 87.5  | 92.5  | 57.5        | 62.5  | 65  | 157.5 | 135      | 147.5 | 152.5 | 310   | 46.329 |    |

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

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| 74.0 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 | 73.59 | OPEN | Olivier Poulus (J)       | Limitless Powerlifting    | 180   | 187.5 | 192.5 | 147.5       | 152.5 | 152.5 | 340   | 200      | 225   | 242.5 | 582.5 | 85.764 |    |
| M       | 31 | 73.50 | OPEN | Bram Walters (S-J)       | PowerUp Coaching          | 185   | 200   | 215   | 115         | 120   | 122.5 | 322.5 | 230      | 245   | 257.5 | 580   | 85.450 |    |
| M       | 30 | 70.47 | OPEN | Fei Fan Hu               | Hades Elite Strength      | 187.5 | 197.5 | 200   | 120         | 127.5 | 132.5 | 332.5 | 230      | 245   | 252.5 | 577.5 | 86.971 |    |
| M       | 34 | 73.24 | OPEN | Mike Beer                | 2to1 Coaching             | 185   | 195   | 202.5 | 122.5       | 127.5 | 127.5 | 330   | 225      | 240   | 250   | 570   | 84.131 |    |
| M       | 27 | 73.31 | OPEN | Casper den Broeder (J)   | Limitless Powerlifting    | 190   | 197.5 | 202.5 | 115         | 122.5 | 125   | 327.5 | 210      | 235   | 257.5 | 562.5 | 82.983 |    |
| M       | 39 | 72.40 | OPEN | Hiresh Jadoenathmissier  | DSKV IJzersterk           | 180   | 190   | 200   | 115         | 125   | 135   | 315   | 195      | 210   | 220   | 525   | 77.956 |    |
| M       | 15 | 71.40 | OPEN | Jori de Leuw             | Luke PowerPT              | 170   | 180   | 185   | 120         | 127.5 | 132.5 | 317.5 | 185      | 197.5 | 205   | 522.5 | 78.150 |    |
| M       | 25 | 72.90 | OPEN | Ertugrul Yesil           | Striktly Powerhouse       | 170   | 177.5 | 182.5 | 112.5       | 117.5 | 122.5 | 295   | 210      | 220   | 227.5 | 522.5 | 77.308 |    |
| M       | 32 | 72.27 | OPEN | Tuan Minh Nguyen         | Supreme Strength Coaching | 157.5 | 167.5 | 167.5 | 117.5       | 125   | 127.5 | 285   | 195      | 205   | 205   | 480   | 71.341 |    |
| M       | 18 | 72.22 | OPEN | Xavier van Wieringen (J) | Intens                    | 152.5 | 157.5 | 167.5 | 125         | 130   | 135   | 287.5 | 170      | 182.5 | 190   | 477.5 | 70.995 |    |
| M       | 22 | 73.22 | OPEN | Abhay Isrie              | DSKV IJzersterk           | 150   | 160   | 167.5 | 95          | 105   | 110   | 265   | 190      | 205   | 215   | 470   | 69.381 |    |
| M       | 29 | 73.86 | OPEN | Belmin Djuheric          | GOAT Culture              | 140   | 145   | 145   | 110         | 115   | 117.5 | 262.5 | 170      | 182.5 | 192.5 | 445   | 65.395 |    |

## Referees (name and signature)

Head referee:

Left referee:

Right referee: