

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

Eindhoven - 29 November 2025

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	15	104.21	OPEN	Rubens van Steen (J)	Van Nistelrooij powerlifting	192.5	202.5	210	130	140	142.5	352.5	230	245	250	602.5	74.650	
M	32	100.14	OPEN	Harm Wichgers (J)	Algemeen Lid	170	180	200	130	140	145	345	200	217.5	230	575	72.591	
M	31	100.81	OPEN	Mario Alberto Duarte (MII)	Hamstra PT	202.5	212.5	220	117.5	122.5	127.5	342.5	202.5	212.5	222.5	565	71.104	
M	23	102.88	OPEN	Matthijs van der Laan	ASKV Kratos	187.5	202.5	212.5	107.5	112.5	117.5	330	215	230	242.5	560	69.802	
M	36	95.50	OPEN	Ronald Koorn (J)	Optimal performance	180	190	200	107.5	115	120	320	195	210	222.5	542.5	70.062	
M	22	101.78	OPEN	Onur Can Kavas (J)	Strength For All	175	182.5	190	125	127.5	130	317.5	205	205	215	532.5	66.711	
M	17	102.70	OPEN	Jeffrey Toering	Fortex Powerlifting	165	165	165	105	115	117.5	282.5	190	210	220	492.5	61.439	
M	20	103.34	OPEN	Martijn Kuypers	Krachtlab Powerlifting	170	185	190	80	87.5	92.5	272.5	190	205	215	487.5	60.638	
M	18	93.83	OPEN	Bengt Sweep	Iron House Co	150	157.5	162.5	100	105	110	272.5	175	185	192.5	465	60.569	
M	27	104.16	OPEN	René Flohil	Algemeen Lid	145	155	160	110	115	117.5	272.5	180	192.5	200	465	57.626	
M	16	100.47	OPEN	Ardit Asllani	Untamed Strength	150	155	160	105	110	115	270	175	185	185	455	57.352	
M	25	96.80	OPEN	Richard van der Zwaan (MI)	Strength Valley	127.5	137.5	145	82.5	90	95	240	165	175	185	425	54.531	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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

Eindhoven - 29 November 2025

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	30	101.77	OPEN	Roy Hurkens	Hybridcoaching	235	245	255	137.5	142.5	147.5	402.5	275	290	305	707.5	88.639	
M	34	103.02	OPEN	Jeroen Dijkman	Lunar Rising	227.5	235	242.5	155	165	170	405	270	285	295	700	87.197	
M	40	103.90	OPEN	Davy Groenenberg (J)	Blackout Barbell Coaching	235	242.5	250	125	132.5	137.5	375	275	290	295	670	83.128	
M	26	103.32	OPEN	Emre Gunel	Demonstrength	220	232.5	240	137.5	145	150	382.5	245	265	280	662.5	82.414	
M	39	103.10	OPEN	Davy Kagenaar	Ironside Coaching	195	210	215	145	152.5	157.5	372.5	255	270	277.5	650	80.939	
M	28	96.57	OPEN	Stijn Romberg (J)	Team Francke powerlifting	187.5	200	210	127.5	135	135	345	270	285	300	645	82.853	
M	35	103.19	OPEN	Moek Freij	Algemeen Lid	225	235	235	180	190	190	415	220	230	240	645	80.284	
M	24	99.34	OPEN	Thije Veenstra (J)	Team Francke powerlifting	200	215	230	135	142.5	147.5	357.5	240	257.5	270	627.5	79.522	
M	29	98.39	OPEN	Mike Beelen	Loods 37	220	232.5	245	127.5	132.5	137.5	365	235	247.5	255	620	78.932	
M	21	103.11	OPEN	Caz Ramaker	UPLIFTING	205	220	235	135	145	155	375	235	252.5	252.5	610	75.955	
M	33	102.14	OPEN	Stijn Zigterman	Strength Valley	207.5	207.5	217.5	125	132.5	132.5	350	220	240	250	590	73.792	
M	14	104.15	OPEN	Marco Top	Optimal performance	175	187.5	200	135	142.5	150	342.5	225	245	265	587.5	72.811	

Referees (name and signature)

Head referee:

Left referee:

Right referee: