

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

Eindhoven - 29 November 2025

93.0 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	32	92.09	OPEN	Gerard Pruijsen	Eindhoven Gym B.V.	220	235	247.5	160	165	170	417.5	230	250	265	682.5	89.715	
M	36	90.42	OPEN	Jan Brama (J)	Demonstrength	220	230	240	140	147.5	155	395	235	235	250	645	85.552	
M	27	89.97	OPEN	Sebastiaan Bouter (J)	Perfect Performance	220	230	237.5	107.5	115	120	357.5	250	270	285	642.5	85.429	
M	20	91.40	OPEN	Tim Kuik (J)	Hades Elite Strength	215	225	232.5	127.5	135	140	372.5	225	237.5	247.5	620	81.801	
M	38	91.42	OPEN	Maarten Debeij (J)	9 for 9 coaching	197.5	210	220	135	142.5	150	370	225	240	250	620	81.792	
M	33	88.34	OPEN	Niek Snijkers (S-J)	Iron Forge coaching	202.5	215	225	132.5	140	147.5	372.5	220	240	255	612.5	82.180	
M	35	91.79	OPEN	Kaya Damen (J)	Supreme Strength Gym	192.5	202.5	210	137.5	145	145	347.5	230	240	250	597.5	78.667	
M	26	92.77	OPEN	Tuan Pham	Beresterk	190	200	210	127.5	132.5	135	345	230	250	255	595	77.933	
M	37	92.46	OPEN	Jack van Vlerken	Algemeen Lid	205	217.5	227.5	110	115	120	347.5	230	245	257.5	592.5	77.732	
M	40	92.61	OPEN	Ruben van de Beek (J)	Algemeen Lid	190	200	210	122.5	130	132.5	342.5	220	240	250	582.5	76.360	
M	15	90.31	OPEN	Jeroen Beuken (J)	Fortex Powerlifting	190	205	215	140	150	150	365	200	215	225	580	76.976	
M	24	88.99	OPEN	Simon Klaassen	Strength For All	182.5	190	190	112.5	120	125	310	230	242.5	250	552.5	73.861	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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93.0 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	23	91.15	OPEN	Alex Man	Partner For Power	235	247.5	255	165	172.5	175	420	247.5	262.5	265	685	90.498	
M	31	89.84	OPEN	Jia Xing Lin	L.S.K.V. Fortius	210	225	235	150	160	162.5	397.5	255	270	287.5	667.5	88.817	
M	25	91.82	OPEN	Yannick Berends (J)	Power Precision Coaching	215	225	235	142.5	150	157.5	385	245	265	285	650	85.566	
M	21	90.53	OPEN	Calvin Westhovens	Fortex Powerlifting	210	225	232.5	135	145	150	382.5	245	265	287.5	647.5	85.831	
M	17	92.08	OPEN	Marnix Louwe Kooijmans	Demonstrength	210	225	235	130	137.5	142.5	377.5	250	270	295	647.5	85.119	
M	42	87.61	OPEN	Sem Reijnders (J)	Krachtlab Powerlifting	217.5	225	232.5	152.5	160	165	390	225	240	250	640	86.225	
M	29	92.26	OPEN	Jasper Boerdijk (J)	Demonstrength	212.5	227.5	237.5	137.5	145	152.5	372.5	240	255	265	637.5	83.725	
M	14	91.65	OPEN	Glenn Tertoolen	9 for 9 coaching	240	252.5	260	135	142.5	145	385	225	245	250	630	83.009	
M	19	91.85	OPEN	Lukas Müller (J)	M.S.K.V. Olympia	210	222.5	225	140	147.5	147.5	362.5	260	275	0	622.5	81.933	
M	39	91.71	OPEN	Hendri Tertius Jansen	Iron House Co	207.5	207.5	220	150	157.5	162.5	382.5	210	225	235	617.5	81.336	
M	22	85.55	OPEN	Sander Zonnenberg	Strength Valley	200	212.5	220	137.5	145	150	370	230	240	250	610	83.165	
M	16	89.55	OPEN	Emre Ekmekci	Striktly Powerhouse	210	225	230	150	150	150	225	0	0	0	0	0.000	

Referees (name and signature)

Head referee:

Left referee:

Right referee: