

Scoresheet Lichtstad Cup 2025 • Zondagochtend: Plankier Rechts (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	35	86.38	OPEN	Max Weber (S-J)	Powerbuild Coaching	170	185	200	110	115	120	305	185	200	210	505	68.518	
M	30	90.10	OPEN	Jathusan Kumaresu (J)	Epic gym	157.5	165	172.5	117.5	125	127.5	292.5	185	197.5	207.5	500	66.435	
M	28	85.83	OPEN	Bink Baltjes (J)	Train & Gain	145	155	160	120	125	127.5	285	180	190	200	475	64.654	
M	25	88.35	OPEN	Fedde-Geert Kingma (MII)	Krachtsportclub Friesland	160	172.5	180	97.5	105	110	285	167.5	177.5	185	470	63.057	
M	33	90.33	OPEN	Lukas van Berkom (J)	PowerUp Coaching	152.5	157.5	162.5	100	105	110	267.5	175	185	200	467.5	62.039	
M	31	89.21	OPEN	Lucas van Cuijlenburg (J)	Sterk van Start	140	150	150	102.5	110	115	250	190	205	220	455	60.753	
M	23	89.63	OPEN	Fred Niemeijer (MI)	Deliberate Strength	147.5	155	160	87.5	92.5	95	255	182.5	192.5	200	455	60.612	
M	34	83.69	OPEN	Jayden van Duijn (J)	Team Francke powerlifting	150	160	167.5	100	105	107.5	267.5	170	185	200	452.5	62.377	
M	29	90.75	OPEN	Take Bakker	Deliberate Strength	147.5	155	162.5	90	95	100	257.5	170	182.5	192.5	450	59.580	
M	14	92.63	OPEN	Klaas Jansen (MIII)	Krachtlab Powerlifting	132.5	145	147.5	85	90	90	217.5	145	157.5	162.5	380	49.809	
M	27	86.96	OPEN	Han ter Heegde (MIII)	Striktly Powerhouse	117.5	117.5	122.5	50	55	57.5	175	150	160	160	325	43.949	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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

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	24	90.98	OPEN	Igor van Bergen (J)	2to1 Coaching	190	202.5	207.5	110	117.5	122.5	330	215	230	240	560	74.052	
M	15	90.47	OPEN	Evert Nieuweboer	Striktly Powerhouse	170	177.5	182.5	117.5	122.5	127.5	310	205	220	227.5	537.5	71.273	
M	18	89.77	OPEN	Lars Wouters (J)	Powerbuild Coaching	172.5	182.5	190	107.5	115	122.5	312.5	210	222.5	230	535	71.214	
M	37	91.89	OPEN	Ciaran Gallagher	Striktly Powerhouse	165	172.5	180	120	125	130	310	190	205	215	525	69.085	
M	21	83.32	OPEN	Mick Schrage (J)	Victory Culture	170	180	190	112.5	117.5	122.5	312.5	182.5	195	207.5	520	71.842	
M	20	86.66	OPEN	Ronan van Rooij (J)	Scientific Old School Powerlifting	165	175	182.5	107.5	115	120	302.5	192.5	202.5	215	517.5	70.101	
M	40	91.97	OPEN	Jan van Oosten (S-J)	Limitless Powerlifting	180	190	200	120	130	140	320	180	195	200	515	67.741	
M	26	90.09	OPEN	Koen Sijmons	Beresterk	165	175	180	122.5	127.5	132.5	312.5	177.5	190	200	512.5	68.099	
M	17	86.42	OPEN	Akash Singh (J)	Lunar Rising	150	160	180	102.5	107.5	112.5	272.5	205	225	230	497.5	67.484	
M	36	92.24	OPEN	Klaas van Boven (MI)	Hamstra PT	140	150	160	95	100	105	265	197.5	210	220	485	63.703	
M	19	89.15	OPEN	Davey Spelde	Sterrek Personal Training	172.5	175	180	100	105	110	280	190	195	200	480	64.112	

Referees (name and signature)

Head referee:

Left referee:

Right referee: