

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

Eindhoven - 29 November 2025

76.0 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
W	1	71.47	OPEN	Merel Neelis-Silverentand	Scientific Old School Powerlifting	122.5	130	130	65	67.5	70	200	120	127.5	132.5	332.5	56.160	

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	5	70.31	OPEN	Sebastiaan Heeres (MI)	Thor Athletics Gym	172.5	182.5	190	117.5	122.5	125	315	190	200	210	525	67.301	

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	12	87.66	OPEN	Harald de Goede	101 Procent Coaching	200	215	230	137.5	142.5	150	380	210	225	225	605	67.728	
M	10	92.77	OPEN	Theo Dijkstra (MI)	K&C training	205	217.5	230	130	135	140	352.5	195	215	220	567.5	61.624	
M	7	85.04	OPEN	Anne Bierma (MII)	Krachtsportclub Friesland	205	215	0	120	125	127.5	340	180	195	202.5	542.5	61.775	

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	3	100.90	OPEN	Sven den Houting (MI)	Sportcentrum TopFit	300	315	322.5	180	187.5	192.5	515	255	270	282.5	797.5	83.041	

120.0 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	2	118.85	OPEN	Wim Wamsteeker (MII)	Fortex Powerlifting	260	267.5	270	165	172.5	175	442.5	242.5	252.5	260	695	67.419	
M	9	119.33	OPEN	Valentijn Hulshorst (MII)	Sportcentrum TopFit	210	220	230	190	200	210	430	210	225	235	665	64.408	

120.0+ 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	8	137.21	OPEN	Daniel Halaby	Sportcentrum TopFit	315	332.5	350	255	255	255	605	260	280	295	885	81.614	

Referees (name and signature)

Head referee:

Left referee:

Right referee: