

Scoresheet Northside Barbell Winter Cup 2025 • Zaterdagochtend (1/2)

Groningen - 22 February 2025

57.0 kg						Squat			Bench Press			Deadlift			TOTAL	POINTS	PL	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
W	19	55.72	OPEN	Deborah Hartog	Freriks Barbell club	97.5	105	107.5	62.5	65	67.5	172.5	130	140	147.5	320	76.372	
W	18	55.49	OPEN	Lynn Nguyen (J)	Demonstrength	100	107.5	112.5	62.5	62.5	67.5	180	120	130	137.5	317.5	76.020	
W	27	56.95	OPEN	Gamila Shahboub (S-J)	Lunar Rising	110	110	110	50	50	55	55	110	120	120	0	0.000	

84.0 kg						Squat			Bench Press			Deadlift			TOTAL	POINTS	PL	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
W	5	80.66	OPEN	Michelle de Jong	Coco Michelle	132.5	137.5	140	82.5	85	87.5	222.5	155	165	170	392.5	75.355	
W	31	80.74	OPEN	Larissa Vlieland (J)	Ironside Coaching	147.5	150	152.5	70	75	77.5	227.5	157.5	162.5	167.5	390	74.844	
W	32	81.12	OPEN	Ylse van der Weit (J)	Momentum powerlifting	127.5	135	140	57.5	62.5	65	200	145	152.5	160	360	68.951	
W	33	82.72	OPEN	Marjan Steenge	Strength Valley	120	120	130	55	60	62.5	192.5	155	165	170	357.5	67.926	
W	11	81.00	OPEN	Kiomi Ten Have (J)	K&C training	125	132.5	137.5	60	67.5	67.5	197.5	125	137.5	145	335	64.202	
W	4	82.62	OPEN	Jolien Doff (S-J)	9 for 9 coaching	120	127.5	130	62.5	65	67.5	187.5	130	137.5	147.5	335	63.682	
W	7	82.19	OPEN	Eline Langedijk (J)	GSKV Northside Barbell	110	120	130	60	65	67.5	187.5	110	120	132.5	307.5	58.578	

84.0+ kg						Squat			Bench Press			Deadlift			TOTAL	POINTS	PL	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
W	24	106.64	OPEN	Veerle de Vries	Momentum powerlifting	162.5	170	177.5	80	85	85	257.5	165	175	185	442.5	77.659	
W	25	102.58	OPEN	Kimberley Bouwmeester	Deliberate Strength	125	132.5	132.5	62.5	65	67.5	197.5	122.5	132.5	135	330	58.463	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

Scoresheet Northside Barbell Winter Cup 2025 • Zaterdagochtend (2/2)

Groningen - 22 February 2025

63.0 kg						Squat			Bench Press			Deadlift			TOTAL	POINTS	PL	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
W	20	60.24	OPEN	Larissa Vermaning	Bassies Halterclub	120	130	137.5	80	85	87.5	217.5	140	150	160	367.5	82.841	
W	28	58.54	OPEN	Gerrie-Janne de Munnik (MI)	Algemeen Lid	105	107.5	112.5	55	60	62.5	175	140	152.5	162.5	337.5	77.629	
W	8	60.40	OPEN	Jolien Schippers	Momentum powerlifting	127.5	135	142.5	72.5	77.5	82.5	212.5	115	122.5	125	337.5	75.939	
W	15	62.21	OPEN	Jade Cheng (J)	Demonstrength	107.5	115	115	52.5	57.5	57.5	172.5	132.5	142.5	145	315	69.485	
W	3	62.69	OPEN	Zinat Zirak	Momentum powerlifting	107.5	112.5	117.5	42.5	47.5	50	165	120	127.5	135	300	65.845	
W	10	62.48	OPEN	Janine Van der Velde	Team Better Stronger	80	85	90	47.5	50	55	140	105	110	115	255	56.090	

69.0 kg						Squat			Bench Press			Deadlift			TOTAL	POINTS	PL	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
W	6	67.60	OPEN	Sanne van der Ploeg	Ironsides Coaching	125	130	137.5	75	80	82.5	217.5	145	152.5	162.5	380	79.644	
W	16	68.16	OPEN	Matengi van Heugten (J)	Team Francke powerlifting	125	132.5	137.5	72.5	77.5	77.5	215	150	157.5	162.5	372.5	77.705	
W	26	67.87	OPEN	Amber Hager (J)	Bassies Halterclub	115	125	125	65	70	72.5	197.5	160	172.5	182.5	370	77.371	
W	23	66.73	OPEN	Lizienne Maduro	Push & Pull Fitness	122.5	130	135	67.5	70	72.5	205	135	142.5	150	355	74.967	
W	17	67.62	OPEN	Amber Sentener	Push & Pull Fitness	115	120	120	55	57.5	60	172.5	135	140	145	317.5	66.533	
W	1	68.84	OPEN	Eileen Naudts	NSKV Profectus	105	112.5	120	50	55	57.5	167.5	135	142.5	150	317.5	65.863	
W	9	68.01	OPEN	Laura Schuldink	Strength Valley	105	110	115	50	52.5	55	170	125	130	135	305	63.704	
W	12	66.23	OPEN	Lydian Medema (MI)	Team Better Stronger	87.5	92.5	95	52.5	55	57.5	152.5	120	125	127.5	280	59.392	

Referees (name and signature)

Head referee:

Left referee:

Right referee: