

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

Groningen - 23 February 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	5	71.97	OPEN	Elisa Soeten (J)	Train & Gain	135	145	152.5	90	95	100	247.5	160	172.5	177.5	420	85.066	
W	33	74.77	OPEN	Sevde Bayrak	Lift Better	132.5	132.5	140	75	80	80	220	167.5	180	190	410	81.467	
W	27	74.37	OPEN	Elbrich Fokkinga (J)	GSKV Northside Barbell	120	125	130	57.5	60	62.5	192.5	155	162.5	162.5	355	70.723	
W	2	74.94	OPEN	Dagmar Bierman (J)	GSKV Northside Barbell	115	122.5	127.5	70	75	77.5	205	135	142.5	150	355	70.461	
W	17	74.48	OPEN	Anne-Linde van Cooten	Momentum powerlifting	97.5	105	110	57.5	62.5	65	170	122.5	130	135	305	60.718	
W	11	74.03	OPEN	Agnes Elzinga (J)	Krachtsportclub Friesland	75	75	80	52.5	60	62.5	142.5	80	90	100	242.5	48.420	

66.0 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	34	65.72	OPEN	Faustino de Groot	Fortex Powerlifting	155	155	160	95	100	102.5	260	180	190	200	460	71.868	
M	3	64.51	OPEN	Mick Cheng	GSKV Northside Barbell	122.5	130	132.5	95	102.5	110	235	147.5	157.5	170	405	63.901	

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	35	73.42	OPEN	Tyrese Zichem	Demonstrength	200	210	220	117.5	125	130	350	235	250	260	610	89.921	
M	24	73.72	OPEN	Tom Laverman (J)	NSKV Profectus	175	190	195	105	110	115	305	200	210	220	525	77.227	
M	15	72.39	OPEN	Luka de Nijs Green (S-J)	9 for 9 coaching	165	177.5	177.5	100	100	105	282.5	175	190	190	457.5	67.938	
M	1	67.33	OPEN	Freark Okkema	GSKV Northside Barbell	160	167.5	170	82.5	87.5	90	257.5	187.5	197.5	197.5	445	68.641	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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

Groningen - 23 February 2025

83.0 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
M	12	82.36	OPEN	Twan Damhuis	GSKV Northside Barbell	217.5	225	0	127.5	132.5	135	357.5	235	250	255	612.5	85.119	
M	16	82.66	OPEN	Rick Vermeulen (J)	Powerbuild Coaching	185	200	215	135	145	152.5	360	215	230	240	600	83.228	
M	25	82.32	OPEN	Nick Pels	9 for 9 coaching	205	215	220	125	132.5	137.5	357.5	212.5	227.5	242.5	585	81.317	
M	7	82.03	OPEN	Jefta Delfos	3 for 9	165	172.5	180	120	125	130	305	227.5	240	252.5	557.5	77.633	
M	31	80.74	OPEN	Rens van Lieshout (J)	Train & Gain	180	187.5	187.5	125	130	132.5	320	220	230	230	550	77.207	
M	19	81.44	OPEN	Milan Marck (J)	Elite Strength	190	192.5	197.5	125	130	135	332.5	200	217.5	220	550	76.870	
M	10	78.85	OPEN	Donovan Goodliff (J)	Loods 37	165	175	185	105	110	110	290	225	235	242.5	525	74.594	
M	26	82.15	OPEN	Nick Imminga	Push & Pull Fitness	180	190	197.5	107.5	112.5	115	310	190	195	202.5	505	70.270	
M	9	81.03	OPEN	Roan Jesse Adema (J)	GSKV Northside Barbell	167.5	177.5	182.5	90	97.5	102.5	285	170	180	190	475	66.558	
M	32	82.50	OPEN	Jord Hornstra	Deliberate Strength	150	160	167.5	95	102.5	107.5	262.5	195	205	210	472.5	65.607	
M	21	80.15	OPEN	Peer van Beek (S-J)	Striktly Powerhouse	145	152.5	160	87.5	95	102.5	262.5	170	182.5	195	457.5	64.463	
M	30	78.86	OPEN	Sebastiaan Heeres (MI)	Thor Athletics Gym	142.5	152.5	160	102.5	110	110	262.5	175	185	195	447.5	63.579	
M	22	77.70	OPEN	Kenzo Nieuwveld (S-J)	9 for 9 coaching	135	147.5	160	85	90	95	242.5	180	190	200	442.5	63.347	
M	28	82.03	OPEN	Wilmar Siemonsma (J)	GSKV Northside Barbell	140	150	157.5	87.5	92.5	95	252.5	175	187.5	200	440	61.271	

Referees (name and signature)

Head referee:

Left referee:

Right referee: