

Scoresheet Open NK Powerlifen 2025 • Zondagochtend (1/2)

Tilburg - 9 November 2025

63.0 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	6	62.84	OPEN	Betty Aborah (J)	Limitless Powerlifting	145	155	162.5	85	90	0	252.5	180	200	205	457.5	100.257	
W	12	61.71	OPEN	Janneke Brauckman	Deliberate Strength	145	152.5	157.5	100	105	110	267.5	162.5	170	175	437.5	97.022	
W	23	60.47	OPEN	Simone Scheltens	Push & Pull Fitness	145	150	155	80	85	87.5	240	155	165	177.5	405	91.055	
W	10	58.90	OPEN	Anouk Greve	No Excuses Hilversum	140	150	150	82.5	87.5	92.5	237.5	155	165	180	402.5	92.174	
W	25	62.72	OPEN	Sanne van der Ploeg	Ironside Coaching	132.5	140	145	75	80	85	225	152.5	162.5	167.5	392.5	86.120	
W	15	62.70	OPEN	Inge Boer (J)	Untamed Strength	120	125	130	72.5	72.5	72.5	202.5	120	125	130	327.5	71.873	

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	21	73.62	OPEN	Tessa Ophoff	Supreme Strength Coaching	195	205	207.5	100	102.5	105	310	202.5	215	220.5	530.5	106.216	
W	27	75.33	OPEN	Femke Ploeg	Iron House Co	177.5	187.5	190	90	97.5	100	275	202.5	215	225	500	98.994	
W	7	73.98	OPEN	Symone Kooistra	Push & Pull Fitness	157.5	165	170	100	102.5	102.5	270	190	200	200	460	91.878	
W	3	71.50	OPEN	Jella van de Laak	Krachtlab Powerlifting	130	135	137.5	80	85	87.5	222.5	160	170	175	397.5	80.784	
W	9	75.22	OPEN	Michelle de Jong	Coco Michelle	130	137.5	140	80	82.5	82.5	222.5	160	170	175	392.5	77.764	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

Scoresheet Open NK Powerlifen 2025 • Zondagochtend (2/2)

Tilburg - 9 November 2025

59.0 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	18	58.99	OPEN	Kemal Ergin (J)	Sectie-C Powerlifen	170	180.5	183	131.5	137	140	317.5	190	202.5	217.5	520	86.054	
M	2	58.44	OPEN	Sabir Bouarmi	Iron House Co	155	160	167.5	90	102.5	102.5	262.5	200	215	218	480.5	79.917	

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	22	65.96	OPEN	Lorenzo Haarloo	Pure Strength	180	190	195	120	125	130	320	240	255	257.5	577.5	90.052	
M	8	65.32	OPEN	Glenn Vandendijk	Loods 37	192.5	205	210	130	132.5	132.5	337.5	217.5	230	237.5	575	90.126	
M	4	64.54	OPEN	Tommy Tran (J)	Partner For Power	195	205	210	122.5	127.5	130	337.5	225	235	237.5	572.5	90.307	
M	16	65.97	OPEN	Mario van Nistelrooij	Van Nistelrooij powerlifting	180	190	197.5	135	140	142.5	332.5	230	240	245	562.5	87.706	
M	17	64.98	OPEN	Najef Zondringa	365strength	165	175	180	117.5	125	125	292.5	207.5	220	222.5	515	80.945	

83.0 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	28	82.84	OPEN	Arnold Veenhof	Supreme Strength Gym	275	275	291	177.5	177.5	182.5	473.5	280	292.5	300	773.5	107.178	
M	24	82.56	OPEN	Marco Lee	Strength Point	225	235	0	183	188	188	423	255	270	282.5	705.5	97.923	
M	19	82.97	OPEN	Luc Koekelkoren	GSKV Northside Barbell	207.5	227.5	242.5	160	170	175	397.5	260	282.5	297.5	680	94.147	
M	14	81.68	OPEN	Jorghinio Alfred	Perfect Performance	222.5	232.5	237.5	135	140	145	382.5	280	292.5	311.5	675	94.199	
M	5	82.57	OPEN	Collin Henry Arts (J)	Lifting Limits	217.5	230	240	135	142.5	145	382.5	272.5	292.5	311.5	675	93.683	
M	20	82.58	OPEN	Noah Woeltjes	Huijser Coaching	232.5	245	250	150	157.5	157.5	400	247.5	270	280	670	92.984	
M	11	82.99	OPEN	Alex Yang	Partner For Power	225	235	240	165	172.5	175	407.5	240	257.5	270	665	92.059	

Referees (name and signature)

Head referee:

Left referee:

Right referee: