

# Scoresheet Junioren NK Powerlifen 2025 • Zaterdagmiddag: Plankier Links (1/2)

Stramproy - 10 May 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       | 9  | 89.09 | JUN | Tommie Kalb      | Algemeen Lid                     | 215   | 225   | 235   | 135         | 145   | 152.5 | 370   | 240      | 260   | 275   | 630   | 84.175 |    |
| M       | 14 | 90.69 | JUN | Lukas Müller     | Algemeen Lid                     | 205   | 220   | 227.5 | 130         | 140   | 142.5 | 350   | 250      | 265   | 272.5 | 622.5 | 82.446 |    |
| M       | 7  | 90.83 | JUN | Bjorn Munsters   | Iron Forge coaching              | 200   | 215   | 225   | 140         | 147.5 | 155   | 372.5 | 215      | 232.5 | 250   | 622.5 | 82.384 |    |
| M       | 20 | 90.59 | JUN | Jasper Boerdijk  | Sport- en Wellnesscenter De Dars | 200   | 215   | 225   | 125         | 135   | 145   | 360   | 235      | 247.5 | 260   | 620   | 82.159 |    |
| M       | 1  | 91.40 | JUN | Yannick Berends  | 9 for 9 coaching                 | 205   | 215   | 222.5 | 135         | 140   | 145   | 355   | 235      | 250   | 260   | 615   | 81.141 |    |
| M       | 6  | 92.73 | JUN | Sebastian Atzori | Algemeen Lid                     | 215   | 227.5 | 235   | 135         | 142.5 | 145   | 370   | 235      | 245   | 252.5 | 615   | 80.569 |    |
| M       | 17 | 91.53 | JUN | David Plug       | Optimal performance              | 230   | 237.5 | 237.5 | 100         | 110   | 115   | 352.5 | 250      | 265   | 265   | 602.5 | 79.437 |    |
| M       | 15 | 86.97 | JUN | Sem Reijnders    | Krachtlab Powerlifting           | 195   | 205   | 210   | 150         | 155   | 155   | 355   | 200      | 210   | 220   | 575   | 77.751 |    |

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

# Scoresheet Junioren NK Powerlifen 2025 • Zaterdagmiddag: Plankier Links (2/2)

Stramproy - 10 May 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       | 22 | 92.02 | JUN | Ivo Buringa Zeilstra | Deliberate Strength       | 265   | 277.5 | 285   | 200.5       | 208   | 213   | 498   | 282.5    | 297.5 | 310   | 808   | 106.252 |    |
| M       | 11 | 92.43 | JUN | Denzel Gijsbertha    | Supreme Strength Coaching | 272.5 | 285   | 290   | 165         | 170   | 175   | 465   | 305      | 325   | 343.5 | 790   | 103.659 |    |
| M       | 4  | 92.50 | JUN | Jesse van Mourik     | Supreme Strength Coaching | 255   | 265   | 270   | 185         | 185   | 190   | 460   | 305      | 325   | 348.5 | 785   | 102.965 |    |
| M       | 2  | 92.75 | JUN | Serrano Agostien     | Pjotrs Powertraining      | 301   | 313.5 | 320.5 | 152.5       | 157.5 | 160   | 478   | 290      | 300   | 307.5 | 778   | 101.913 |    |
| M       | 16 | 89.98 | JUN | Mark Gerritsen       | Strength Valley           | 245   | 260   | 265   | 142.5       | 150   | 155   | 415   | 275      | 300   | 310   | 715   | 95.064  |    |
| M       | 21 | 89.47 | JUN | Jort Peels           | 9 for 9 coaching          | 240   | 252.5 | 262.5 | 147.5       | 155   | 160   | 422.5 | 235      | 252.5 | 260   | 682.5 | 90.998  |    |
| M       | 3  | 87.52 | JUN | Jesse Sporrel        | FoxGym                    | 232.5 | 247.5 | 257.5 | 132.5       | 140   | 142.5 | 390   | 240      | 270   | 270   | 660   | 88.965  |    |
| M       | 12 | 90.36 | JUN | Jilles Kok           | Adapt Powerlifting        | 222.5 | 235   | 242.5 | 135         | 137.5 | 140   | 382.5 | 260      | 277.5 | 280   | 660   | 87.569  |    |
| M       | 10 | 91.15 | JUN | Jens Westra          | 9 for 9 coaching          | 240   | 252.5 | 265   | 145         | 150   | 152.5 | 402.5 | 255      | 270   | 270   | 657.5 | 86.865  |    |
| M       | 18 | 89.23 | JUN | Jaouad Ouazil        | FoxGym                    | 235   | 250   | 260   | 132.5       | 137.5 | 140   | 387.5 | 230      | 250   | 260   | 647.5 | 86.446  |    |
| M       | 8  | 92.19 | JUN | Jesse ten Voorde     | 2to1 Coaching             | 225   | 242.5 | 250   | 122.5       | 130   | 132.5 | 372.5 | 240      | 262.5 | 282.5 | 635   | 83.427  |    |

## Referees (name and signature)

Head referee:

Left referee:

Right referee: