

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

Stramproy - 10 May 2025

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	6	103.17	JUN	Davy Groenenberg	Blackout Barbell Coaching	240	240	250	127.5	135	135	367.5	280	300	310	677.5	84.337	
M	19	103.65	JUN	Miloš Risti?	Powerbuild Coaching	245	260	275	155	165	165	430	205	225	255	655	81.359	
M	17	98.98	JUN	Damian van Kasteren	Elite Performance	230	245	260	162.5	170	170	407.5	230	245	255	652.5	82.833	
M	12	104.90	JUN	Oane Jansen	Krachtlab Powerlifting	230	245	250	140	145	150	390	240	252.5	260	650	80.287	
M	25	96.65	JUN	Bas Keppel	Bassies Halterclub	190	202.5	210	135	142.5	147.5	345	265	285	300	645	82.821	
M	14	103.77	JUN	Finn Verschoor	Deliberate Strength	225	240	245	135	140	142.5	382.5	260	280	300	642.5	79.763	
M	2	103.67	JUN	Jelani Kalu	Strength Point	205	217.5	230	145	150	155	380	235	250	260	640	79.489	
M	15	104.01	JUN	Marcel Weijers	Lift Better	205	215	225	105	105	110	330	280	295	307.5	637.5	79.057	
M	18	103.34	JUN	Amine el Ferdoussi	Algemeen Lid	212.5	222.5	230	140	147.5	155	385	240	250	265	635	78.985	
M		103.21	JUN	Gabiel Kruize	Supreme Strength Coaching	270	285	292.5	147.5	0	0	285	255	0	0	0	0.000	
M		104.87	JUN	Ruben Kok	two to one Coaching	230	235	235	0	0	0	0	0	0	0	0	0.000	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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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	1	104.60	JUN	Rick Elgershuizen	Supreme Strength Coaching	282.5	282.5	300	175	185	190	472.5	280	297.5	305	777.5	96.164	
M	9	101.42	JUN	Rik Bruin	Untamed Strength	260	275	280	170	175	180	450	300	320	327.5	770	96.627	
M	7	100.95	JUN	Luke Koning	Hades Elite Strength	280	295	302.5	165	175	180	470	280	292.5	300	762.5	95.895	
M	16	104.85	JUN	Silvan Heijnen	9 for 9 coaching	260	275	282.5	180	187.5	187.5	470	285	300	302.5	755	93.277	
M	24	104.11	JUN	Bendja Tetelepta	Demonstrength	237.5	255	265	145	152.5	157.5	422.5	285	305	325	747.5	92.656	
M	4	102.70	JUN	Marcel Qualm	Lunar Rising	245	255	260	155	165	170	425	295	320	341	745	92.938	
M	23	99.31	JUN	Sebastiaan Damen	Supreme Strength Coaching	235	245	252.5	145	150	150	397.5	270	295	312.5	710	89.990	
M	3	101.24	JUN	Sonny Carter	Lunar Rising	232.5	247.5	255	162.5	170	170	410	260	275	290	685	86.032	
M	11	104.52	JUN	Yuri van Essen	Matrix coaching	202.5	212.5	225	172.5	182.5	190	407.5	260	277.5	292.5	685	84.754	
M	10	104.20	JUN	Nicky van Koolwijk	Barbell Benders Powerlifting	230	242.5	250	140	150	155	392.5	270	285	295	677.5	83.946	

Referees (name and signature)

Head referee:

Left referee:

Right referee: