

# Scoresheet Junioren NK Powerlifen 2025 • Zondagmiddag: Plankier Rechts (1/2)

Stramproy - 11 May 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       | 22 | 71.18 | JUN | Romy Peeters    | Fortex Powerlifting    | 130   | 135   | 137.5 | 52.5        | 55   | 57.5 | 192.5 | 155      | 165   | 170   | 357.5 | 72.826 |    |
| W       | 12 | 75.16 | JUN | Sanne Bruynooge | GSKV Northside Barbell | 130   | 137.5 | 142.5 | 65          | 67.5 | 67.5 | 210   | 137.5    | 147.5 | 160   | 357.5 | 70.857 |    |
| W       | 16 | 72.02 | JUN | Kim Rouw        | AB coaching            | 117.5 | 122.5 | 127.5 | 75          | 80   | 80   | 202.5 | 140      | 147.5 | 147.5 | 342.5 | 69.344 |    |

|         |    |       |     |             |                     |       |     |     |             |       |       |     |          |     |       |       |        |    |
|---------|----|-------|-----|-------------|---------------------|-------|-----|-----|-------------|-------|-------|-----|----------|-----|-------|-------|--------|----|
| 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       | 1  | 58.98 | JUN | Kemal Ergin | Sectie-C Powerlifen | 170   | 180 | 185 | 131         | 135.5 | 135.5 | 311 | 190      | 200 | 213.5 | 511   | 84.572 |    |

|         |    |       |     |               |                   |       |       |       |             |       |       |       |          |     |       |       |        |    |
|---------|----|-------|-----|---------------|-------------------|-------|-------|-------|-------------|-------|-------|-------|----------|-----|-------|-------|--------|----|
| 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       | 6  | 65.32 | JUN | Naadir Twahir | Strength Point    | 202.5 | 207.5 | 211.5 | 130         | 135   | 140   | 342.5 | 250      | 260 | 265.5 | 602.5 | 94.436 |    |
| M       | 4  | 64.46 | JUN | Tommy Tran    | Partner For Power | 195   | 205   | 211   | 120         | 125   | 130   | 336   | 225      | 235 | 240   | 571   | 90.130 |    |
| M       | 20 | 65.41 | JUN | Desmond Leung | Lifting Limits    | 175   | 187.5 | 192.5 | 102.5       | 107.5 | 112.5 | 305   | 187.5    | 200 | 207.5 | 512.5 | 80.271 |    |

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

# Scoresheet Junioren NK Powerlifen 2025 • Zondagmiddag: Plankier Rechts (2/2)

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| 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       | 14 | 74.57 | JUN | Michelle Weyers         | Fortex Powerlifting       | 165   | 175   | 177.5 | 105         | 110  | 113   | 290.5 | 182.5    | 195   | 200   | 490.5 | 97.589 |    |
| W       | 18 | 74.61 | JUN | Savannah van Dusseldorp | Strength For All          | 167.5 | 175   | 180   | 80          | 82.5 | 85    | 265   | 185      | 195   | 200   | 465   | 92.491 |    |
| W       | 5  | 73.79 | JUN | Elisa Soeten            | Train & Gain              | 140   | 152.5 | 160   | 95          | 100  | 105   | 265   | 170      | 180   | 187.5 | 452.5 | 90.495 |    |
| W       | 17 | 75.10 | JUN | Iza Kwantes             | Optimal performance       | 145   | 155   | 162.5 | 80          | 85   | 87.5  | 242.5 | 190      | 207.5 | 225   | 450   | 89.225 |    |
| W       | 2  | 74.55 | JUN | Danique Zwaan           | 9 for 9 coaching          | 137.5 | 147.5 | 152.5 | 82.5        | 87.5 | 90    | 242.5 | 172.5    | 185   | 197.5 | 427.5 | 85.066 |    |
| W       | 7  | 74.82 | JUN | Frederique Ubachs       | Deliberate Strength       | 125   | 132.5 | 140   | 100         | 100  | 105   | 245   | 155      | 165   | 170   | 410   | 81.440 |    |
| W       | 11 | 75.36 | JUN | Michelle Dijkman        | Demonstrength             | 130   | 140   | 147.5 | 72.5        | 72.5 | 80    | 220   | 142.5    | 152.5 | 160   | 380   | 75.221 |    |
| W       | 3  | 70.72 | JUN | Eleanora Konsten        | WorkBodyFit               | 125   | 130   | 132.5 | 80          | 85   | 87.5  | 220   | 135      | 142.5 | 150   | 355   | 72.567 |    |
| W       | 15 | 73.66 | JUN | Zenzi Leentvaar         | PowerUp Coaching          | 120   | 127.5 | 132.5 | 67.5        | 72.5 | 72.5  | 200   | 135      | 147.5 | 155   | 347.5 | 69.557 |    |
| W       | 8  | 74.92 | JUN | Serèn Çabuk             | Supreme Strength Coaching | 152.5 | 157.5 | 157.5 | 110         | 111  | 113.5 | 266   | 75       | 0     | 0     | 341   | 67.691 |    |

## Referees (name and signature)

Head referee:

Left referee:

Right referee: