

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

Stramproy - 11 May 2025

52.0 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	9	51.52	JUN	Reese Lamijo	Algemeen Lid	110	115	120	52.5	55	55	170	117.5	125	132.5	302.5	76.998	
W	14	51.58	JUN	Lene de Jong	SKVU Obelix	85	90	95	70	75	78	173	112.5	120	127.5	300.5	76.411	

57.0 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	55.70	JUN	Marije Westra	Momentum powerlifting	140	145.5	148	102.5	107.5	110	255.5	137.5	145	145	393	93.821	
W	16	56.28	JUN	Lynn Nguyen	Demonstrength	110	120	125	67.5	72.5	75	200	130	140	145	345	81.708	
W	15	54.84	JUN	Zoë Birouk	Partner For Power	112.5	117.5	122.5	60	62.5	65	187.5	142.5	150	157.5	337.5	81.562	
W	18	55.69	JUN	Anissa Faber	Thor Athletics Gym	110	115	117.5	70	72.5	72.5	187.5	132.5	142.5	150	330	78.792	
W	25	56.62	JUN	Anne Valckx	TSKV Spartacus	105	115	122.5	65	70	72.5	192.5	120	130	137.5	330	77.798	
W	11	56.36	JUN	Renske Hazeu	Algemeen Lid	92.5	100	105	50	55	60	160	135	145	155	315	74.522	
W	20	56.03	JUN	Britt Janssen	2to1 Coaching	100	105	107.5	60	60	62.5	165	125	132.5	132.5	290	68.916	
W	10	56.46	JUN	Melanie Scalf	JvM coaching	132.5	140	140	0	0	0	0	0	0	0	0	0.000	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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

Stramproy - 11 May 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	3	62.92	JUN	Betty Aborah	Demonstrength	160	160	170	95	97.5	0	267.5	205	220	233.5	487.5	106.744	
W	17	62.97	JUN	Elise Idora	Pjotrs Powertraining	160	167.5	172.5	100	100	105	272.5	162.5	170	175	442.5	96.841	
W	23	62.90	JUN	Kaoutar Belhaj	Algemeen Lid	127.5	137.5	145	75	80	85	230	172.5	185	192.5	415	90.888	
W	19	62.63	JUN	Lieke van Oosten	Deliberate Strength	132.5	140	145	70	72.5	75	215	147.5	157.5	165	372.5	81.808	
W	24	61.66	JUN	Tirza Visser	Pjotrs Powertraining	117.5	122.5	122.5	65	67.5	70	192.5	150	157.5	165	357.5	79.324	
W	8	62.07	JUN	Hewan Admasu	Deliberate Strength	110	120	125	65	70	72.5	190	145	155	165	345	76.215	
W	21	60.66	JUN	Lisa van Santen	Strength Valley	130	137.5	137.5	70	72.5	75	205	125	132.5	137.5	342.5	76.838	
W	2	62.14	JUN	Inge Boer	Untamed Strength	125	130	130	80	85	85	210	115	122.5	125	332.5	73.399	
W	4	61.62	JUN	Sarah Liza Yazdani	Demonstrength	110	120	125	50	55	60	175	127.5	140	150	325	72.144	
W	7	62.18	JUN	Mariken Fasol	AB coaching	112.5	117.5	122.5	60	60	62.5	182.5	125	135	142.5	325	71.713	
W	22	61.71	JUN	Celeste Duijsens	Beresterk	107.5	112.5	120	57.5	60	62.5	175	130	140	145	315	69.856	
W	12	62.54	JUN	Jade Cheng	Demonstrength	102.5	110	115	50	55	60	165	130	140	145	310	68.145	
W	1	62.99	JUN	Sena Coskun	9 for 9 coaching	75	0	0	80	80	85	155	0	0	0	0	0.000	

Referees (name and signature)

Head referee:

Left referee:

Right referee: