

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

Stramproy - 11 May 2025

69.0 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	68.50	JUN	Damaris Bredow	Limitless Powerlifting	155	165	165	85	90	90	255	185	205	207.5	460	95.688	
W	20	68.38	JUN	Charlotte Jongenotter	Lifting Limits	155	162.5	167.5	77.5	82.5	85	250	160	172.5	185	435	90.577	
W	9	68.60	JUN	Katalin Lukacs	Sectie-C Powerlifen	162.5	170	175	92.5	97.5	100	267.5	155	165	170	432.5	89.894	
W	8	65.85	JUN	Amélie Bevers	Sportcentrum TopFit	130	140	147.5	80	85	87.5	232.5	170	185	192.5	425	90.459	
W	2	67.98	S-J	Star Sala	Pjotrs Powertraining	147.5	155	160	65	70	75	230	170	180	187.5	410	85.656	
W	22	68.96	JUN	Nousha Mjon Wegenwijs	Strength For All	150	162.5	172.5	60	65	67.5	237.5	162.5	172.5	180	410	84.968	
W	19	68.61	JUN	Matengi van Heugten	Team Francke powerlifting	145	145	150	70	77.5	82.5	232.5	147.5	155	162.5	395	82.093	
W	10	67.80	JUN	Ody de Greeff	Adapt Powerlifting	132.5	137.5	142.5	82.5	85	87.5	230	152.5	162.5	170	392.5	82.125	
W	5	68.15	JUN	Nina Vonken	M.A.E. Coaching	135	140	150	62.5	67.5	75	207.5	160	175	185	382.5	79.798	
W	25	67.06	JUN	Cassandra Schoonbrood	Krachtlab Powerlifting	120	125	130	82.5	85	87.5	217.5	135	145	150	367.5	77.383	
W	16	67.81	JUN	Didi Dubbelaar	Untamed Strength	120	125	132.5	72.5	72.5	75	205	140	150	155	355	74.272	
W	15	68.19	JUN	Amber Hager	Bassies Halterclub	115	115	125	65	70	75	185	160	170	170	345	71.950	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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

Stramproy - 11 May 2025

84.0 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	17	82.96	JUN	Dominique van Dusseldorp	ASKV Kratos	150	157.5	162.5	80	85	85	242.5	160	170	175	417.5	79.234	
W	4	81.79	JUN	Ylse van der Weit	Supreme Strength Coaching	142.5	152.5	157.5	62.5	67.5	70	227.5	157.5	170	175	402.5	76.828	
W	11	81.64	JUN	Kate-Lynn Saatrübe	PowerUp Coaching	142.5	150	155	70	75	77.5	230	155	165	170	400	76.409	
W	24	80.56	JUN	Larissa Vlieland	Ironside Coaching	147.5	147.5	147.5	70	72.5	75	220	162.5	170	180	390	74.915	
W	21	81.97	JUN	Julia Botter	Optimal performance	130	140	147.5	65	70	72.5	217.5	145	157.5	170	387.5	73.899	
W	6	83.62	JUN	Tatum Gräfe	Strength Valley	132.5	142.5	147.5	67.5	75	77.5	222.5	135	150	157.5	380	71.890	
W	7	78.42	JUN	Bente van Beek	Striktly Powerhouse	145	152.5	152.5	72.5	77.5	77.5	217.5	150	160	160	367.5	71.423	

84.0+ 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	23	110.38	JUN	Anaïs Tammenga	Iron Forge coaching	195.5	215	220.5	105	112	118	327	170	180	185	512	89.172	
W	18	104.66	JUN	Nina Avis	Matrix coaching	170	180	185	100	107.5	113	292.5	182.5	195	206	487.5	85.937	
W	1	95.65	JUN	Susanne Pronk	WorkBodyFit	137.5	145	150	70	75	77.5	225	145	155	165	390	70.438	

Referees (name and signature)

Head referee:

Left referee:

Right referee: