

Scoresheet NSK Powerlifen 2025 • Zondagmiddag (1/2)

Leiden - 26 October 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	21	68.83	OPEN	Charlotte Jongenotter (J)	Lifting Limits	150	157.5	160	80	82.5	85	245	165	175	0	420	87.132	
W	6	68.68	OPEN	Matengi van Heugten (J)	Team Francke powerlifting	147.5	152.5	152.5	77.5	82.5	85	235	160	167.5	170	402.5	83.604	
W	26	67.31	OPEN	Lisa van Kempen	FoxGym	140	147.5	152.5	60	65	67.5	220	155	170	182.5	390	81.943	
W	14	65.90	OPEN	Kim Degenhardt (J)	Powerbuild Coaching	127.5	135	140	75	77.5	80	215	140	150	152.5	365	77.653	
W	1	65.74	OPEN	Maria Huver	XclusiveCoaching	125	130	135	65	67.5	70	202.5	135	145	150	352.5	75.103	
W	19	68.92	OPEN	Maud Hartig	Wu Dynasty	125	130	132.5	65	67.5	70	200	140	145	150	350	72.557	
W	23	68.40	OPEN	Franka Siemons (J)	ASKV Kratos	120	127.5	132.5	57.5	62.5	65	195	130	135	150	330	68.703	
W	29	65.20	OPEN	Jade Cheng (J)	Demonstrength	97.5	105	110	55	60	62.5	170	130	140	147.5	310	66.379	

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	9	80.26	OPEN	Juli Besteman (J)	Adapt Powerlifting	163.5	170.5	175.5	87.5	90	92.5	265.5	175	185	192.5	458	88.116	
W	2	82.76	OPEN	Dominique van Dusseldorp (J)	ASKV Kratos	157.5	160	165	80	85	85	240	170	180	187.5	427.5	81.210	
W	16	77.05	OPEN	Lujza Andó (J)	TSKV Spartacus	160	170	171	67.5	72.5	75	246	155	165	175	411	80.516	
W	10	81.73	OPEN	Ylse van der Weit (J)	Supreme Strength Coaching	142.5	150	155	67.5	72.5	72.5	222.5	165	175	182.5	405	77.329	
W	12	80.85	OPEN	Alana Veraar (J)	Sterrek Personal Training	135	142.5	150	72.5	77.5	80	227.5	160	170	172.5	400	76.719	
W	3	82.84	OPEN	Gioia Buijs	Victory Culture	130	137.5	142.5	75	77.5	80	222.5	145	155	165	387.5	73.583	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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Leiden - 26 October 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	17	75.60	OPEN	Frederique Ubachs (J)	Deliberate Strength	130	137.5	145	105.5	110.5	113	258	150	162.5	167.5	425.5	84.100	
W	5	71.74	OPEN	Danique Zwaan (J)	9 for 9 coaching	137.5	145	150	82.5	87.5	90	237.5	170	177.5	185	422.5	85.715	
W	15	72.32	OPEN	Nousha Mjon Wegenwijs (J)	Strength For All	150	165	175	60	65	67.5	240	155	175	187.5	415	83.843	
W	25	73.19	OPEN	Sanne Bruynooge (J)	GSKV Northside Barbell	132.5	142.5	150	70	75	77.5	225	140	150	160	375	75.303	
W	28	72.39	OPEN	Philomeyn Visschedijk	NSKV Profectus	122.5	130	135	62.5	67.5	70	202.5	145	152.5	162.5	365	73.705	
W	7	73.73	OPEN	Petra Willems (J)	GSKV Northside Barbell	102.5	112.5	120	60	65	67.5	187.5	145	157.5	170	357.5	71.525	
W	27	73.75	OPEN	Josefina Boschero (J)	Team Francke powerlifting	130	135	140	75	80	82.5	215	130	137.5	140	352.5	70.515	
W	11	74.68	OPEN	Nada Nasef (J)	WorkBodyFit	122.5	130	135	55	60	62.5	190	110	130	150	340	67.597	
W	24	73.03	OPEN	Marcella Lucardie (J)	Blackout Barbell Coaching	105	112.5	117.5	65	67.5	70	180	147.5	155	165	335	67.345	

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	4	140.62	OPEN	Vera Kleinsmit	Thor Athletics Gym	160	167.5	173.5	67.5	72.5	75	248.5	185	192.5	202	450.5	75.595	
W	22	114.53	OPEN	Elle Bouman	Wu Dynasty	140	147.5	155	75	77.5	80	235	145	157.5	167.5	402.5	69.581	
W	8	95.84	OPEN	Hanna de Jonge	Deliberate Strength	142.5	150	155	57.5	60	62.5	215	165	177.5	187.5	392.5	70.848	

Referees (name and signature)

Head referee:

Left referee:

Right referee: