

Scoresheet Regiokampioenschappen Noord-Oost 2025 • Zondagochtend (1/2)

Groningen - 15 June 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	16	61.38	OPEN	Simone Scheltens	Push & Pull Fitness	142.5	150	150	80	85	87.5	227.5	152.5	160	165	392.5	87.355	
W	22	62.36	OPEN	Esmée Berendsen	The Bearded Coach	142.5	150	155	77.5	80	80	232.5	150	160	162.5	392.5	86.443	
W	21	60.77	OPEN	Jolien Schippers	Push & Pull Fitness	132.5	135	140	80	82.5	87.5	222.5	120	125	127.5	347.5	77.863	

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	4	68.58	OPEN	Rissa Bouwsema	9 for 9 coaching	147.5	157.5	162.5	75	77.5	77.5	240	172.5	182.5	187.5	427.5	88.870	
W	10	68.25	OPEN	Lizienne Maduro	Push & Pull Fitness	127.5	132.5	137.5	67.5	70	75	202.5	147.5	155	160	362.5	75.562	
W	24	64.44	OPEN	Anieke Schaap	GSKV Northside Barbell	112.5	120	125	57.5	60	62.5	185	132.5	145	162.5	347.5	74.948	
W	14	68.31	OPEN	Danjella Siemonsma	GSKV Northside Barbell	122.5	130	135	62.5	67.5	70	205	127.5	135	142.5	347.5	72.400	
W	23	68.86	OPEN	Hester Schaap	Gym Iron Heart	120	127.5	130	62.5	65	67.5	192.5	132.5	140	147.5	340	70.519	

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	27	74.52	OPEN	Symone Kooistra	Push & Pull Fitness	162.5	170	170	95	100	105	270	190	200	205	470	93.541	
W	6	75.80	OPEN	Sabine Hutten	2to1 Coaching	135	145	150	65	67.5	70	220	172.5	182.5	192.5	412.5	81.428	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

Scoresheet Regiokampioenschappen Noord-Oost 2025 • Zondagochtend (2/2)

Groningen - 15 June 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	9	83.65	OPEN	Merlijne Opstal	Algemeen Lid	145	155	160	70	77.5	0	237.5	180	192.5	195	430	81.338	
W	19	82.42	OPEN	Marinke Ridderhof	NSKV Profectus	135	145	150	72.5	77.5	80	225	155	165	175	400	76.112	

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	7	95.33	OPEN	Stefanie Brands	Push & Pull Fitness	157.5	165	170	90	95	95	260	180	190	200	450	81.356	
W	1	106.86	OPEN	Veerle de Vries	9 for 9 coaching	162.5	170	175	82.5	87.5	90	260	165	177.5	185	445	78.060	

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	25	65.90	OPEN	Najef Zondringa	365strength	165	175	180	115	122.5	125	305	207.5	215	222.5	527.5	82.295	

74.0 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	8	73.84	OPEN	Boris Swart	2to1 Coaching	212.5	225	230	130	132.5	0	360	265	285	285	625	91.859	
M	26	71.37	OPEN	Fei Fan Hu	Hades Elite Strength	195	205	212.5	117.5	122.5	127.5	332.5	240	252.5	260	585	87.517	
M	28	73.96	OPEN	Mike Beer	2to1 Coaching	185	185	185	120	125	130	310	225	237.5	245	555	81.502	
M	12	73.92	OPEN	Steven Broens	GOAT Culture	170	180	187.5	125	125	125	312.5	225	240	240	552.5	81.158	
M	29	70.76	OPEN	Mike Hammen	Barbell Benders Powerlifting	182.5	195	200	117.5	130	0	312.5	185	200	205	517.5	77.767	

83.0 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	20	82.35	OPEN	Luc Koekelkoren	GSKV Northside Barbell	212.5	227.5	237.5	160	167.5	167.5	372.5	260	280	300	672.5	93.463	
M	18	82.91	OPEN	Cees Snip	9 for 9 coaching	205	220	227.5	142.5	150	155	377.5	217.5	232.5	242.5	620	85.871	
M	17	81.38	OPEN	Nick Imminga	Push & Pull Fitness	190	197.5	202.5	117.5	122.5	125	320	190	200	207.5	527.5	73.752	

Referees (name and signature)

Head referee:

Left referee:

Right referee: