

Scoresheet Regiokampioenschappen West 2025 • Zondagochtend (1/2)

IJmuiden - 6 July 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	7	51.78	OPEN	Shelika Leidelmeijer	Epic gym	112.5	120	125	70	75	77.5	202.5	115	125	132.5	335	84.899	

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	4	56.67	OPEN	Tessa Schaper	Jordi Snijders Coaching	130	140	142.5	70	75	75	210	140	147.5	155	357.5	84.225	

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	24	62.35	OPEN	Sanne van der Ploeg	Ironside Coaching	137.5	142.5	145	70	75	77.5	222.5	152.5	157.5	162.5	385	84.800	
W	8	60.97	OPEN	Nadja van 't Hoff	Coco Michelle	120	130	137.5	80	85	87.5	215	147.5	157.5	165	380	84.956	
W	3	61.53	OPEN	Nina Smit	Coco Michelle	115	122.5	125	62.5	67.5	67.5	185	130	140	145	330	73.325	
W	19	62.09	OPEN	Miriam Beusink	Lunar Rising	115	120	125	55	57.5	60	177.5	135	140	147.5	325	71.781	

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	2	67.95	OPEN	Debora Soeters	Jordi Snijders Coaching	142.5	155	165	65	70	72.5	235	160	180	0	415	86.723	

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	25	75.53	OPEN	Michelle de Jong	Coco Michelle	130	135	135	80	82.5	82.5	217.5	160	167.5	172.5	390	77.117	
W	16	75.17	OPEN	Bente van Beek (J)	Striktly Powerhouse	137.5	145	150	72.5	77.5	77.5	217.5	145	152.5	155	372.5	73.825	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

Scoresheet Regiokampioenschappen West 2025 • Zondagochtend (2/2)

IJmuiden - 6 July 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	11	80.81	OPEN	Ramona Schuit	Supreme Strength Coaching	167.5	177.5	182.5	95	100	102.5	285	170	185	190	470	90.164	
W	21	80.81	OPEN	Alana Veraar (J)	Sterrek Personal Training	137.5	145	147.5	70	72.5	75	217.5	152.5	162.5	162.5	380	72.898	

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	5	101.93	OPEN	Keren Constanza Mendez Garcia	Perfect Performance	180	190	195	87.5	90	92.5	285	172.5	185	195	470	83.401	

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	14	72.56	OPEN	Stan Brabander	Epic gym	205	215	222.5	147.5	152.5	152.5	375	200	212.5	220	595	88.249	
M	20	72.37	OPEN	Lace van den Nieuwengiezen	Elite Strength	170	180	187.5	140	145	150	332.5	220	230	237.5	570	84.656	

105.0 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	104.12	OPEN	Rick Elgershuizen (J)	Supreme Strength Coaching	275	290	292.5	180	185	185	470	280	300	315	770	95.442	
M	17	103.27	OPEN	Juan Lovera	Supreme Strength Coaching	220	230	230	167.5	167.5	175	397.5	290	310	325	707.5	88.031	
M	22	101.37	OPEN	Deante Plug	Epic gym	240	252.5	252.5	165	172.5	175	427.5	255	272.5	280	700	87.863	
M	12	102.31	OPEN	Menno Bouma	Powerbuild Coaching	232.5	240	250	135	142.5	150	392.5	240	250	260	652.5	81.545	

Referees (name and signature)

Head referee:

Left referee:

Right referee: