

Scoresheet Lichtstad Cup 2025 • Zaterdagochtend: Plankier Midden (1/2)

Eindhoven - 29 November 2025

47.0 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	39	46.57	OPEN	Chiara Cotogni (MI)	Perfect Performance	67.5	70	70	40	42.5	45	115	92.5	97.5	102.5	217.5	60.847	

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	26	56.01	OPEN	Gerrie-Janne de Munnik (MI)	Algemeen Lid	105	112.5	117.5	57.5	62.5	65	180	147.5	155	160	340	80.821	
W	37	54.83	OPEN	Selin Acan	ASKV Kratos	117.5	122.5	127.5	72.5	75	77.5	205	117.5	125	132.5	330	79.761	
W	25	55.87	OPEN	Safia Shaik	DSKV IJzersterk	127.5	135	135	52.5	57.5	60	185	132.5	137.5	142.5	327.5	78.000	
W	22	55.96	OPEN	Emily Govers	Team Francke powerlifting	117.5	122.5	127.5	55	57.5	60	182.5	125	135	142.5	325	77.308	
W	28	55.23	OPEN	Beau Demmers (J)	Fortex Powerlifting	105	112.5	117.5	57.5	60	62.5	180	115	120	125	305	73.296	

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	19	78.68	OPEN	Kim de Haar	Fortex Powerlifting	140	157.5	165	80	85	87.5	245	165	175	180	425	82.476	
W	18	79.73	OPEN	Sofie Grefen (J)	Strength Valley	152.5	160	165	85	92.5	97.5	262.5	142.5	152.5	160	422.5	81.518	
W	21	81.91	OPEN	Paulien Oosterhuis (J)	Lift Better	142.5	142.5	150	62.5	67.5	67.5	217.5	147.5	157.5	165	382.5	72.967	
W	15	82.96	OPEN	Esmeé Dol	Sterrek Personal Training	130	135	140	67.5	70	72.5	212.5	150	160	170	382.5	72.591	
W	40	82.32	OPEN	Chloé van den Bosch (J)	Team Francke powerlifting	120	127.5	130	70	75	80	205	127.5	135	140	345	65.679	
W	29	83.01	OPEN	Marie-Claude Dekker (MII)	Sportja	115	120	125	55	60	65	185	135	145	150	335	63.562	
W	34	83.41	OPEN	Eveline de Geus (MI)	NSKV Art of Power	115	115	115	75	80	82.5	82.5	150	160	165	0	0.000	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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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	31	72.95	OPEN	Phylicia Keizer	Strength Valley	152.5	160	165	92.5	100	102.5	262.5	165	177.5	185	447.5	90.010	
W	23	74.81	OPEN	Sanne Verhoeven	AB coaching	130	140	145	65	70	72.5	210	160	170	180	390	77.473	
W	38	74.21	OPEN	Bente van Beek (J)	Striktly Powerhouse	135	140	140	70	75	77.5	215	145	152.5	157.5	372.5	74.288	
W	32	74.54	OPEN	Zenzi Leentvaar (J)	PowerUp Coaching	115	125	130	72.5	77.5	80	210	140	150	157.5	367.5	73.131	
W	33	72.37	OPEN	Annelotte van Beek	TeamMammoth	115	122.5	130	57.5	62.5	67.5	197.5	145	162.5	170	360	72.706	
W	35	71.70	OPEN	Leci Nymann	Krachtlab Powerlifting	120	125	127.5	65	67.5	70	197.5	130	140	147.5	345	70.012	
W	30	73.69	OPEN	Chenna Kuijpers	Pure Strength	117.5	125	130	52.5	57.5	60	190	130	140	147.5	337.5	67.542	
W	36	71.39	OPEN	Floortje Sakkers (S-J)	Limitless Powerlifting	110	120	120	65	70	75	180	135	145	155	335	68.137	
W	16	74.86	OPEN	Emma van de Ven (J)	PowerUp Coaching	102.5	107.5	115	60	62.5	65	180	142.5	150	155	335	66.526	
W	27	72.99	OPEN	Denise Rijs (J)	Sterk van Start	107.5	112.5	117.5	67.5	70	72.5	187.5	117.5	127.5	135	322.5	64.850	
W	20	73.70	OPEN	Amber Vos	PowerUp Coaching	100	100	100	62.5	67.5	70	167.5	140	150	155	322.5	64.536	
W	17	75.25	OPEN	Yasmine Marara	Algemeen Lid	100	110	117.5	45	50	55	172.5	112.5	125	135	307.5	60.912	

Referees (name and signature)

Head referee:

Left referee:

Right referee: