

Scoresheet Lichtstad Cup 2025 • Zondagmiddag: Plankier Rechts (1/2)

Eindhoven - 29 November 2025

120.0 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	29	113.11	OPEN	Lucas Lemsom	DSKV IJzersterk	187.5	200	207.5	125	132.5	137.5	345	255	270	280	615	73.389	
M	15	117.86	OPEN	Yanis Bana	Deliberate Strength	190	205	210	145	160	167.5	370	210	230	245	600	70.300	
M	16	117.65	OPEN	Ewout Buijnsters (J)	Deliberate Strength	180	190	205	120	132.5	140	337.5	180	200	225	562.5	65.958	
M	34	118.73	OPEN	Olaf Niessink (MII)	Sportcentrum TopFit	180	180	180	110	110	120	300	180	200	220	520	60.730	
M	22	115.53	OPEN	Jos Koeman (MIII)	RT Strength Coaching	150	157.5	157.5	100	107.5	112.5	270	170	190	200	470	55.557	

120.0+ 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	32	126.18	OPEN	Thomas Verkooijen (J)	Deliberate Strength	225	245	260	160	170	180	430	230	250	255	660	75.083	
M	21	133.18	OPEN	Bas Zegers	365strength	235	250	265	135	145	155	395	205	220	230	625	69.518	
M	20	137.50	OPEN	Richard Ausma	Lift Better	192.5	207.5	215	135	142.5	150	357.5	237.5	255	270	612.5	67.250	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	36	119.28	OPEN	Daan Neelis	Scientific Old School Powerlifting	255	275	285	175	185	192.5	470	260	285	300	770	89.745	
M	30	118.04	OPEN	Jason Li	Partner For Power	270	285	285	162.5	170	177.5	447.5	280	295	322.5	742.5	86.938	
M	31	112.04	OPEN	Noud van Hoek	Deliberate Strength	240	255	270	170	180	190	450	260	280	290	740	88.684	
M	33	116.82	OPEN	Noah Sipsma	Fortex Powerlifting	265	285	285	150	157.5	162.5	422.5	280	300	320	722.5	84.985	
M	37	117.95	OPEN	Luuk de Wit	Freriks Barbell club	217.5	232.5	242.5	137.5	147.5	155	397.5	272.5	290	302.5	700	81.989	
M	17	118.81	OPEN	Luuk Romberg	Team Francke powerlifting	225	240	252.5	155	162.5	170	410	245	265	280	690	80.560	
M	28	115.91	OPEN	Jamal Trenidad	Strength Point	210	220	230	155	162.5	172.5	402.5	217.5	230	250	652.5	77.017	
M	14	110.44	OPEN	Tijmen Tolboom	Team Francke powerlifting	225	240	245	137.5	145	150	385	242.5	262.5	275	647.5	78.106	
M	25	110.68	OPEN	Jens Verhagen	Strength Point	200	212.5	215	147.5	155	165	380	222.5	237.5	250	630	75.920	
M	24	116.88	OPEN	Damy Witteveen	Strength Valley	195	205	215	145	152.5	160	357.5	240	255	255	597.5	70.265	

Referees (name and signature)

Head referee:

Left referee:

Right referee: