

Scoresheet Lichtstad Cup 2.0 2025 • Zaterdagmiddag (1/2)

Eindhoven - 13 December 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	1	75.10	OPEN	Leentje Verdonshot (J)	Act Evolve Coaching	135	142.5	150	57.5	62.5	65	215	135	142.5	150	365	72.371	

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	8	79.54	OPEN	Sterre Bijlsma	Team Francke powerlifting	130	140	145	75	80	82.5	225	172.5	180	185	405	78.222	

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	92.82	OPEN	Simone Balvert (J)	Iron House Co	127.5	127.5	127.5	77.5	82.5	87.5	215	150	162.5	172.5	387.5	70.638	

93.0 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	2	90.60	OPEN	Daan Lorscheijd (S-J)	Demonstrength	175	192.5	202.5	100	107.5	115	317.5	175	192.5	202.5	520	68.904	
M	25	91.11	OPEN	Vincent Verdonk (J)	Demonstrength	157.5	177.5	180	97.5	105	107.5	285	215	235	245	520	68.714	
M	16	83.64	OPEN	Stefan Teeuwen	Team Francke powerlifting	160	167.5	167.5	92.5	102.5	110	270	185	200	0	470	64.809	
M	7	92.53	OPEN	Martin Simon (MIII)	WorkBodyFit	135	142.5	147.5	90	95	100	242.5	155	165	175	417.5	54.753	

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	14	95.50	OPEN	Max Welten	Game Day Performance	240	257.5	265	150	160	160	415	265	282.5	292.5	707.5	91.372	
M	27	99.48	OPEN	Pieter Goense (J)	SCC Powerhouse	227.5	240	250	135	142.5	150	400	265	282.5	310	682.5	86.434	
M	18	102.73	OPEN	Po Tao Pan (J)	Hades Elite Strength	210	222.5	227.5	152.5	160	162.5	387.5	242.5	262.5	265	650	81.076	
M	19	103.07	OPEN	Rens Gorissen (J)	Limitless Powerlifting	205	212.5	220	160	160	160	380	205	235	235	615	76.591	
M	26	104.95	OPEN	Jayco de Ligt	Adapt Powerlifting	195	207.5	212.5	122.5	127.5	130	340	255	270	270	595	73.478	

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	28	117.74	OPEN	Nino van Rikxoort	Abyss	255	270	285	187.5	197.5	205	482.5	290	310	330	812.5	95.240	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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93.0 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	3	92.59	OPEN	Jayson Rosalie	FoxGym	215	225	227.5	140	145	147.5	372.5	245	262.5	277.5	650	85.218	
M	29	87.99	OPEN	Joshua Ys (J)	SCC Powerhouse	210	220	230	92.5	100	107.5	337.5	247.5	262.5	280	617.5	83.015	
M	21	83.72	OPEN	Melle Peels (J)	M.S.K.V. Olympia	180	195	205	152.5	162.5	165	370	210	230	245	615	84.762	
M	33	92.75	OPEN	Rijker Cox	Supreme Strength Coaching	210	227.5	237.5	125	135	142.5	372.5	220	237.5	247.5	610	79.906	
M	11	92.79	OPEN	Robbin Elsinga (J)	Strength Valley	205	220	225	110	120	125	350	220	240	250	600	78.580	
M	12	87.09	OPEN	Duke van der Werff (J)	Supreme Strength Gym	195	207.5	215	130	137.5	142.5	352.5	205	220	232.5	585	79.049	
M	9	92.70	OPEN	Morris Ooms (J)	Loods 37	200	215	220	122.5	127.5	132.5	352.5	210	225	247.5	577.5	75.669	
M	17	92.60	OPEN	Anass Raghi (J)	NKV Atlas	195	197.5	207.5	112.5	117.5	122.5	325	220	240	260	565	74.070	
M	10	87.12	OPEN	Robert Jan van der Made (J)	Hybridcoaching	165	175	180	110	120	125	300	225	245	255	555	74.982	
M	23	87.23	OPEN	Emmanuel Alade (S-J)	Demonstrength	150	175	190	120	137.5	145	335	190	220	250	555	74.935	
M	20	88.12	OPEN	Rene Selen	2to1 Coaching	175	187.5	195	115	122.5	130	310	210	222.5	230	540	72.543	
M	24	89.65	OPEN	Tristan Waltmann (J)	9 for 9 coaching	185	195	200	102.5	107.5	112.5	307.5	205	220	232.5	527.5	70.262	
M	5	93.00	OPEN	Renzo Mawloud (J)	Limitless Powerlifting	175	175	180	125	135	140	315	200	215	215	515	67.373	
M	32	89.34	OPEN	Joost van der Linden (J)	Team Francke powerlifting	172.5	177.5	177.5	110	117.5	120	120	210	230	242.5	0	0.000	

Referees (name and signature)

Head referee:

Left referee:

Right referee: