

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

Eindhoven - 13 December 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	19	61.31	OPEN	Melanie Scaf (J)	JvM coaching	130	137.5	140	80	85	90	230	160	165	175	405	90.206	
W	12	60.94	OPEN	Amy Eshuis (J)	Adapt Powerlifting	92.5	100	102.5	57.5	62.5	65	162.5	112.5	120	122.5	285	63.738	

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	68.00	OPEN	Kimberly Simonis	Deliberate Strength	120	130	135	70	75	80	210	147.5	157.5	165	375	78.331	
W	26	65.78	OPEN	Delaja Bredow (S-J)	Limitless Powerlifting	130	140	145	60	67.5	72.5	217.5	140	152.5	155	372.5	79.335	
W	18	63.74	OPEN	Sara Manders	TSKV Spartacus	120	125	130	60	65	70	195	150	162.5	172.5	367.5	79.806	
W	1	67.92	OPEN	Laura Schuldink	Strength Valley	115	122.5	130	55	57.5	60	190	142.5	152.5	160	350	73.158	
W	32	67.80	OPEN	Simone de Jonge	Team Francke powerlifting	112.5	122.5	130	60	62.5	65	187.5	125	135	145	332.5	69.571	
W	20	66.41	OPEN	Anissa de Bree	AB coaching	110	120	127.5	45	50	52.5	177.5	135	145	150	322.5	68.297	
W	3	66.63	OPEN	Dana Fallouh	WorkBodyFit	105	112.5	117.5	50	55	60	172.5	130	140	150	322.5	68.164	
W	35	66.31	OPEN	Eliza den Heijer	Team Francke powerlifting	100	107.5	112.5	55	60	62.5	172.5	125	132.5	140	312.5	66.238	
W	34	68.34	OPEN	Alina Dyazhur	Adapt Powerlifting	95	100	107.5	52.5	57.5	62.5	165	132.5	140	145	305	63.529	
W	11	67.43	OPEN	Delara Ansari (J)	Algemeen Lid	100	107.5	112.5	55	60	60	172.5	117.5	127.5	130	300	62.968	
W	10	64.44	OPEN	Ashley Noorman (J)	Demonstrength	60	67.5	72.5	25	32.5	37.5	110	92.5	105	112.5	222.5	47.988	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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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	25	68.18	OPEN	Jordan Macniel (S-J)	Demonstrength	125	132.5	140	85	92.5	100	240	135	147.5	157.5	397.5	60.911	

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	5	81.68	OPEN	Tsisnah Bemelmans (J)	Untamed Strength	180	192.5	202.5	127.5	135	140	342.5	210	227.5	227.5	570	79.546	
M	23	81.90	OPEN	Ingmar Visser (J)	Bassies Halterclub	165	175	180	112.5	117.5	117.5	287.5	235	250	260	537.5	74.908	
M	27	81.69	OPEN	Marco van den Bogaard	Metam Coaching	180	190	200	125	135	140	315	195	210	220	525	73.262	
M	2	79.38	OPEN	Jamie Luijckx (S-J)	Supreme Strength Gym	180	190	195	125	132.5	140	322.5	197.5	202.5	210	520	73.631	
M	28	76.14	OPEN	Pim van Lotringen	Iron House Co	167.5	177.5	185	120	122.5	125	307.5	195	207.5	217.5	515	74.500	
M	8	82.39	OPEN	Jake Tool (J)	Bassies Halterclub	175	190	190	105	110	112.5	285	215	222.5	222.5	507.5	70.514	
M	33	81.93	OPEN	Sander de Bree	Lifting Limits	152.5	160	167.5	90	95	97.5	257.5	177.5	187.5	195	452.5	63.050	
M	29	79.70	OPEN	Zsuzsa Huisman (J)	Strength Valley	145	152.5	160	100	105	110	265	170	182.5	192.5	447.5	63.235	
M	9	81.70	OPEN	Jelco Heringa	Metam Coaching	145	152.5	157.5	75	80	85	237.5	180	190	195	427.5	59.652	
M	21	77.01	OPEN	Senne van Nieuwenhuizen (J)	Powerbuild Coaching	142.5	150	155	90	95	100	250	150	160	170	420	60.403	
M	24	80.32	OPEN	Bas Bakens (J)	Act Evolve Coaching	145	152.5	160	80	85	90	242.5	160	170	175	417.5	58.764	

Referees (name and signature)

Head referee:

Left referee:

Right referee: