

Scoresheet NSK Powerlifen 2025 • Zaterdagmiddag (1/2)

Leiden - 25 October 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	5	51.37	OPEN	Reese Lamijo (J)	Deliberate Strength	110	115	120	55	57.5	60	175	137.5	145	150	325	82.935	
W	1	51.51	OPEN	Lene de Jong (J)	SKVU Mammoet	85	92.5	97.5	72	76	76	168.5	115	125	130	293.5	74.720	
W	4	47.07	OPEN	Justine Fleming	Team Francke powerlifting	92.5	100	105	55	57.5	60	157.5	120	130	137.5	287.5	79.578	

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	3	56.52	OPEN	Lynn Nguyen (J)	Demonstrength	120	127.5	132.5	72.5	77.5	80	205	135	145	147.5	352.5	83.214	
W	16	55.03	OPEN	Zoë Birouk (J)	Partner For Power	112.5	120	125	65	67.5	70	187.5	155	162.5	167.5	350	84.351	
W	7	56.90	OPEN	Anne Valckx (J)	TSKV Spartacus	115	122.5	127.5	72.5	75	77.5	205	127.5	140	145	345	81.032	
W	6	56.60	OPEN	Anissa Faber (J)	Deliberate Strength	115	122.5	127.5	70	72.5	75	202.5	130	137.5	137.5	332.5	78.408	
W	11	56.78	OPEN	Roos Blom	Deliberate Strength	115	120	122.5	65	65	67.5	187.5	120	130	135	322.5	75.868	
W	10	56.07	OPEN	Ylia de Bruin (J)	Deliberate Strength	97.5	105	110	65	67.5	70	172.5	110	117.5	125	297.5	70.660	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

Scoresheet NSK Powerlifen 2025 • Zaterdagmiddag (2/2)

Leiden - 25 October 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	14	62.27	OPEN	Lieke van Oosten (J)	Deliberate Strength	145	155	160.5	72.5	77.5	80	240.5	155	165	172.5	413	91.044	
W	17	61.82	OPEN	Ody de Greeff (J)	9 for 9 coaching	132.5	140	145	90.5	93.5	93.5	235.5	150	160	170	405.5	89.819	
W	9	61.21	OPEN	Tirza Visser (J)	Pjotrs Powertraining	117.5	125	130	67.5	70	72.5	195	150	160	165	355	79.156	
W	2	60.77	OPEN	Hewan Admasu (J)	Deliberate Strength	110	115	120	62.5	67.5	72.5	187.5	145	155	155	332.5	74.502	
W	12	60.62	OPEN	Nova Kuipers (J)	Hades Elite Strength	95	105	110	50	55	57.5	165	120	130	135	300	67.334	
W	15	61.11	OPEN	Chloe Bijlsma (J)	TSKV Spartacus	75	82.5	90	52.5	57.5	60	147.5	85	95	102.5	250	55.805	

Referees (name and signature)

Head referee:

Left referee:

Right referee: