

Scoresheet Beginnerswedstrijd Strength Valley 2026 • Zondagmiddag (1/2)

Zwolle - 15 March 2026

66.0 kg						Squat			Bench Press			Deadlift			TOTAL	POINTS	PL	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	20	60.80	BEG	Christiaan Pasman	Algemeen Lid	105	115	122.5	80	82.5	0	202.5	130	140	147.5	350	56.993	
M	8	61.50	BEG	Daan Meijsen	Loods 37	100	110	120	90	97.5	102.5	207.5	120	132.5	142.5	350	56.645	

93.0 kg						Squat			Bench Press			Deadlift			TOTAL	POINTS	PL	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	1	92.40	BEG	Dennis Bijkerke	Partner For Power	195	207.5	212.5	157.5	165	170	372.5	245	260	270	642.5	84.318	
M	15	87.30	BEG	Teun Rozendaal	9 for 9 coaching	175	187.5	200	102.5	110	115	315	220	237.5	255	552.5	74.568	
M	4	88.80	BEG	Guus Baltus	Train & Gain	170	180	185	127.5	135	137.5	315	205	215	220	535	71.597	
M	12	91.10	BEG	Jesse de Jager	Strength Valley	165	175	180	110	115	115	290	200	225	237.5	527.5	69.709	
M	18	88.30	BEG	Max Prakken	Algemeen Lid	170	180	185	100	107.5	112.5	292.5	200	215	225	517.5	69.450	
M	9	83.20	BEG	Zamere Gijsbers	Algemeen Lid	145	160	167.5	110	117.5	120	287.5	185	200	215	502.5	69.475	
M	11	86.00	BEG	Wyatt van Leeuwen	Algemeen Lid	170	180	187.5	100	107.5	0	295	165	180	187.5	482.5	65.609	
M	3	85.80	BEG	Rick Planje	Ironside Coaching	147.5	157.5	162.5	112.5	120	127.5	282.5	175	185	192.5	475	64.665	
M	6	90.30	BEG	Noah Goos	Power Precision Coaching	140	145	150	105	110	112.5	257.5	172.5	182.5	192.5	450	59.726	
M	19	90.50	BEG	Martin Maboge	Wageningen Beasts	125	132.5	140	105	110	115	255	165	175	185	440	58.335	
M	23	86.60	BEG	Ian Direks	Elite Performance	135	147.5	160	95	100	105	265	145	160	170	435	58.946	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

Scoresheet Beginnerswedstrijd Strength Valley 2026 • Zondagmiddag (2/2)

Zwolle - 15 March 2026

105.0 kg						Squat			Bench Press			Deadlift			TOTAL	POINTS	PL	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	22	95.70	BEG	Diederik Willemse	Strength Valley	190	205	210	135	142.5	147.5	357.5	210	225	240	582.5	75.152	
M	25	99.70	BEG	Eren Kulan	Demonstrength	170	185	195	102.5	110	115	310	207.5	225	242.5	552.5	69.897	
M	7	97.50	BEG	Lars van Vilsteren	Wageningen Beasts	175	185	192.5	130	137.5	145	322.5	185	200	212.5	535	68.408	
M	28	104.10	BEG	Jim van Zoest	Algemeen Lid	160	175	185	115	120	0	305	190	215	230	520	64.460	
M	16	102.20	BEG	David Haak	L.S.K.V. Fortius	162.5	175	185	107.5	115	122.5	307.5	175	190	200	507.5	63.456	
M	5	98.40	BEG	Coen Werre	L.S.K.V. Fortius	140	147.5	152.5	70	75	80	232.5	150	165	180	412.5	52.513	

120.0 kg						Squat			Bench Press			Deadlift			TOTAL	POINTS	PL	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	10	111.00	BEG	Maarten Benschop	Sportja	150	165	175	105	112.5	120	295	190	210	225	520	62.583	
M	17	118.50	BEG	Tim Blackstone	Freriks Barbell club	152.5	162.5	170	115	122.5	125	295	180	190	205	500	58.444	

120.0+ kg						Squat			Bench Press			Deadlift			TOTAL	POINTS	PL	
M/W	NR	BDW	CAT	NAME	ASSOCIATION	1	2	3	1	2	3	SUB	1	2	3	TOTAL	POINTS	PL
M	14	132.50	BEG	Melvin Kluitmans	Eindhoven Gym B.V.	125	145	150	125	132.5	142.5	282.5	220	235	245	527.5	58.797	

Referees (name and signature)

Head referee:

Left referee:

Right referee: