

# Scoresheet Beginnerswedstrijd Strength Valley 2026 • Zondagochtend (1/2)

Zwolle - 15 March 2026

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	60.20	BEG	Asya Cox	Power Precision Coaching	72.5	80	85	40	42.5	45	127.5	92.5	100	107.5	235	52.997	
W	12	61.30	BEG	Daphne Breed	Strength Valley	70	75	75	40	45	47.5	117.5	90	97.5	105	222.5	49.563	

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	5	66.50	BEG	Mania Karimi	2to1 Coaching	100	107.5	112.5	50	57.5	62.5	170	120	130	142.5	312.5	66.126	
W	22	67.60	BEG	Julia Bremmer	Strength Valley	100	105	110	67.5	72.5	75	185	115	122.5	127.5	312.5	65.497	
W	14	64.80	BEG	Lianne Poot	Algemeen Lid	72.5	80	85	42.5	47.5	52.5	137.5	95	105	112.5	250	53.734	
W	26	66.40	BEG	Isa van de Walle	Wageningen Beasts	80	87.5	92.5	45	50	50	137.5	95	107.5	115	245	51.889	

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	20	72.50	BEG	Nadine Rademaker	Strength Valley	107.5	117.5	125	50	55	55	175	140	150	160	325	65.577	

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	2	81.10	BEG	Anja Schuurman	Strength Valley	115	122.5	130	67.5	70	75	205	155	165	175	370	70.874	
W	21	80.20	BEG	Aileen Breman	Algemeen Lid	110	115	120	60	65	67.5	187.5	130	140	150	337.5	64.954	
W	17	82.60	BEG	Tessa van der Plas	L.S.K.V. Fortius	110	115	120	57.5	62.5	67.5	182.5	125	135	142.5	325	61.787	

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	24	138.10	BEG	Kendra Jonas	Sportschool Bushido	170	185	192.5	82.5	87.5	92.5	285	140	155	165	450	75.657	

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

# Scoresheet Beginnerswedstrijd Strength Valley 2026 • Zondagochtend (2/2)

Zwolle - 15 March 2026

74.0 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	15	70.40	BEG	David Bruinenberg	Algemeen Lid	175	180	190	100	105	105	280	190	200	200	480	72.325	
M	10	72.30	BEG	Victor Cleren	Blackout Barbell Coaching	152.5	160	165	100	105	110	270	175	187.5	200	470	69.840	
M	8	70.30	BEG	Cas Hager	Bassies Halterclub	115	127.5	135	60	67.5	70	195	165	175	185	380	57.300	

83.0 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	9	81.20	BEG	Indigo van Rouendal	Algemeen Lid	167.5	180	190	125	132.5	140	330	215	225	235	565	79.085	
M	23	81.00	BEG	Noah Peeters	Algemeen Lid	170	180	190	110	115	120	295	210	220	227.5	522.5	73.227	
M	4	81.20	BEG	Jort Kraijo	Algemeen Lid	160	170	180	130	137.5	145	317.5	180	192.5	202.5	520	72.786	
M	1	78.20	BEG	Giuseppe Franco Cartei	Algemeen Lid	160	170	175	110	115	120	290	180	200	210	490	69.917	
M	7	74.30	BEG	Lars Blokhuis	Power Precision Coaching	140	150	157.5	100	105	110	267.5	160	170	180	447.5	65.560	
M	16	78.00	BEG	Patrick Cremers	Wageningen Beasts	145	152.5	160	85	92.5	100	252.5	175	187.5	195	440	62.865	
M	6	82.50	BEG	Romijn van Dis	SKVU Mammoet	125	135	145	85	95	100	240	155	165	175	415	57.623	
M	25	81.60	BEG	Tijmen De Rijke	L.S.K.V. Fortius	120	130	140	90	100	102.5	232.5	160	170	180	412.5	57.595	
M	18	81.30	BEG	Yehor Kostenko	Algemeen Lid	115	125	132.5	105	110	112.5	245	140	150	155	400	55.954	

## Referees (name and signature)

Head referee:

Left referee:

Right referee: