

# Scoresheet Northside Barbell Cup 2026 • Zaterdagmiddag: Plankier Blue (1/2)

Groningen - 28 February 2026

59.0 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	21	58.70	OPEN	Tristan Nguyen	Deliberate Strength	170	180	185	<del>90</del>	90	95	280	170	180	<del>195</del>	460	76.326	

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	27	65.26	OPEN	Najef Zondringa	365strength	165	<del>172.5</del>	<del>172.5</del>	117.5	125	<del>130</del>	290	207.5	217.5	225	515	80.761	
M	11	64.88	OPEN	Mick Cheng	GSKV Northside Barbell	150	160	167.5	102.5	110	115	282.5	172.5	185	<del>195</del>	467.5	73.540	
M	2	64.90	OPEN	Semih Polat (J)	101 Procent Coaching	142.5	152.5	160	80	87.5	<del>92.5</del>	247.5	180	192.5	202.5	450	70.775	
M	17	59.50	OPEN	Lucas Cheung (S-J)	Lifting Limits	95	100	105	45	50	52.5	157.5	65	75	85	242.5	39.947	

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	15	102.44	OPEN	Erwin van den Bulk (MI)	Blackout Barbell Coaching	165	172.5	<del>177.5</del>	105	<del>110</del>	110	282.5	185	200	210	492.5	61.512	
M	18	104.68	OPEN	Tim Kraakman	XclusiveCoaching	160	167.5	172.5	90	95	100	272.5	170	190	205	477.5	59.038	
M	14	101.89	OPEN	Michel Smit (MII)	Striktly Powerhouse	155	162.5	170	90	100	105	275	170	182.5	190	465	58.225	
M	3	93.17	OPEN	Joris Bakker	GSKV Northside Barbell	140	152.5	<del>162.5</del>	90	95	<del>100</del>	247.5	<del>185</del>	192.5	202.5	450	58.817	

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

# Scoresheet Northside Barbell Cup 2026 • Zaterdagmiddag: Plankier Blue (2/2)

Groningen - 28 February 2026

76.0 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
W	10	75.32	OPEN	Jolijn Brandsma	Strength Valley	125	135	145	60	62.5	65	200	150	160	170	370	73.260	
W	1	73.12	OPEN	Esther de Roode (J)	Optimal performance	112.5	112.5	122.5	65	70	75	187.5	150	162.5	170	357.5	71.823	
W	26	73.91	OPEN	Sarah van Oorschot	Keikracht	110	117.5	120	72.5	75	77.5	197.5	145	152.5	157.5	355	70.939	
W	19	74.50	OPEN	Liza Vader (M)	Krachtsportvereniging S.S.S. Alkmaar	127.5	132.5	137.5	57.5	62.5	67.5	200	140	147.5	152.5	352.5	70.165	
W	4	70.99	OPEN	Floortje Sakkers (J)	Limitless Powerlifting	115	120	125	67.5	70	70	192.5	140	150	157.5	350	71.400	
W	28	73.35	OPEN	Rogina Hassan	Lunar Rising	102.5	107.5	112.5	72.5	77.5	80	190	147.5	155	160	350	70.205	
W	20	74.32	OPEN	Quirine Bolech (J)	Deliberate Strength	95	100	105	65	70	72.5	170	155	165	165	335	66.760	
W	12	72.25	OPEN	Melissa Schuil	Hamstra PT	110	115	120	67.5	72.5	75	192.5	115	125	135	327.5	66.198	
W	23	74.52	OPEN	Susan Koekelkoren	Krachtlab Powerlifting	112.5	112.5	117.5	65	67.5	70	185	130	140	147.5	325	64.682	
W	7	72.87	OPEN	Astrid Knol (J)	GSKV Northside Barbell	95	102.5	107.5	67.5	72.5	75	180	112.5	122.5	130	310	62.388	
W	25	75.33	OPEN	Meriam Moussa Benammar	Push & Pull Fitness	80	85	87.5	50	52.5	55	140	120	122.5	127.5	267.5	52.962	
W	29	71.10	OPEN	Selina Staats (J)	Demonstrength	77.5	85	87.5	35	42.5	45	130	92.5	107.5	112.5	242.5	49.429	
W	9	75.97	OPEN	Femke Ploeg	Iron House Co	177.5	187.5	187.5	0	0	0	0	0	0	0	0	0.000	

## Referees (name and signature)

Head referee:

Left referee:

Right referee: