

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

Groningen - 28 February 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			
M	1	102.89	OPEN	Ryan Kopaitich	Supreme Strength Coaching	200	215	225	140	142.5	150	375	215	235	247.5	622.5	77.589	
M	14	104.19	OPEN	Jurre Vaatstra	Push & Pull Fitness	190	200	210	145	152.5	160	370	210	222.5	235	605	74.966	
M	16	104.41	OPEN	Rubens van Steen (J)	Van Nistelrooij powerlifting	195	205	212.5	135	142.5	150	355	235	245	250	605	74.892	
M	30	99.99	OPEN	Michel Groenhoff	Krachtsportclub Friesland	205	215	225	120	127.5	137.5	345	227.5	237.5	250	595	75.169	
M	22	97.54	OPEN	Lupa Rosendaal (J)	DSKV IJzersterk	207.5	215	222.5	135	140	140	350	215	225	232.5	575	73.508	
M	12	99.16	OPEN	Jamie Fiere (MI)	Algemeen Lid	180	190	195	120	130	140	335	220	240	250	575	72.931	
M	5	103.89	OPEN	Tim van der Meer (J)	Lucky Coaching	197.5	210	220	132.5	132.5	137.5	342.5	217.5	232.5	242.5	575	71.345	
M	26	98.30	OPEN	Willem Bakker (S-J)	Algemeen Lid	175	185	195	135	142.5	150	345	210	225	235	570	72.599	
M	21	101.38	OPEN	Harm Wichgers (J)	1UP Coaching	195	210	220	137.5	145	145	347.5	220	242.5	257.5	567.5	71.228	
M	11	104.50	OPEN	Vladyslav Tylikov (J)	Limitless Powerlifting	180	187.5	192.5	135	135	140	322.5	210	220	225	547.5	67.747	
M	15	99.22	OPEN	Tristan Dijkers	GSKV Northside Barbell	175	185	190	112.5	120	120	302.5	200	215	222.5	517.5	65.620	
M	3	101.90	OPEN	Iwar Noordenbos	Move Optimal	160	170	182.5	95	100	105	282.5	200	215	230	512.5	64.170	
M	8	98.21	OPEN	Arthur Roodenburg (MI)	Ironside Coaching	177.5	187.5	195	87.5	92.5	97.5	287.5	197.5	207.5	212.5	500	63.711	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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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			
M	20	101.10	OPEN	Gabriël Kruise (J)	Supreme Strength Coaching	260	275	0	140	140	0	415	255	275	0	690	86.716	
M	17	104.96	OPEN	Stanley van Essen	Optimal performance	220	250	275	155	162.5	162.5	430	235	260	287.5	690	85.205	
M	19	103.80	OPEN	Menno Bouma	Powerbuild Coaching	242.5	252.5	260	145	150	152.5	410	255	270	275	685	85.028	
M	18	102.49	OPEN	Jarl van den Berg (J)	Limitless Powerlifting	240	257.5	265	145	155	165	420	245	260	270	680	84.912	
M	23	103.90	OPEN	Karel Kodde	GSKV Northside Barbell	240	250	260	140	145	150	400	260	275	285	675	83.749	
M	24	98.77	OPEN	Guus van der Meer (J)	Hybridcoaching	210	225	240	137.5	150	160	390	240	260	280	670	85.141	
M	7	97.52	OPEN	Bjorn Munsters	Iron Forge coaching	210	222.5	232.5	152.5	162.5	165	385	235	255	265	640	81.825	
M	25	97.39	OPEN	Tamim Aalama (J)	Algemeen Lid	187.5	200	210	125	130	135	345	240	260	270	615	78.679	
M	9	99.24	OPEN	Christian Bouius	Push & Pull Fitness	205	217.5	227.5	135	140	142.5	370	215	230	245	615	77.975	
M	6	94.75	OPEN	Kevin van den Ouden (J)	Supreme Strength Coaching	207.5	220	227.5	147.5	147.5	152.5	367.5	220	230	237.5	605	78.433	
M	4	99.67	OPEN	Joris Buys (J)	9 for 9 coaching	195	210	215	130	135	140	355	230	250	260	605	76.549	
M	27	102.79	OPEN	Lawrence Abadom (J)	Push & Pull Fitness	180	185	195	137.5	145	150	345	230	245	260	605	75.442	
M	28	101.14	OPEN	Jayden Langezaal (S-J)	Limitless Powerlifting	187.5	200	212.5	122.5	132.5	137.5	332.5	210	230	245	577.5	72.565	

Referees (name and signature)

Head referee:

Left referee:

Right referee: