

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

Groningen - 1 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	2	72.29	OPEN	Tygo van Malten (J)	Deliberate Strength	175	182.5	187.5	100	105	105	287.5	210	225	235	512.5	76.161	
M	4	69.41	OPEN	Ruben Trentelman (J)	2to1 Coaching	145	155	160	95	100	105	265	202.5	205	220	470	71.346	
M	23	70.40	OPEN	Freak Okkema	GSKV Northside Barbell	155	155	162.5	85	87.5	92.5	255	177.5	190	200	455	68.558	
M	17	72.74	OPEN	Pepijn Olde Weghuis (S-J)	Limitless Powerlifting	150	150	165	95	102.5	110	252.5	180	200	200	432.5	64.064	
M	5	66.77	OPEN	Alex Robben (J)	TSKV Spartacus	120	125	130	72.5	77.5	77.5	202.5	145	155	165	367.5	56.938	
M	16	72.70	OPEN	Robin van der Beek (S-J)	101 Procent Coaching	110	117.5	125	75	75	85	192.5	75	0	0	267.5	39.635	

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	3	79.44	OPEN	Stan Bakker (J)	Power Precision Coaching	165	172.5	180	90	95	95	275	190	205	215	490	69.357	
M	8	82.12	OPEN	Wilmar Siemonsma (J)	GSKV Northside Barbell	157.5	167.5	177.5	97.5	102.5	107.5	280	185	200	210	480	66.804	
M	22	81.83	OPEN	Quinten van Rij (S-J)	Strength Valley	140	152.5	157.5	100	110	120	277.5	180	200	210	477.5	66.575	
M	1	74.72	OPEN	Bas van der Veen	GSKV Northside Barbell	157.5	167.5	175	87.5	95	102.5	262.5	200	210	222.5	472.5	69.020	
M	9	81.47	OPEN	Christiaan van den Bos	XclusiveCoaching	142.5	152.5	157.5	95	100	105	262.5	165	180	195	457.5	63.930	
M	11	81.91	OPEN	Coen Hoyng (S-J)	Team Francke powerlifting	155	162.5	170	97.5	105	105	267.5	160	175	190	457.5	63.755	
M	27	81.55	OPEN	Siemen de Haan (MIII)	Hamstra PT	137.5	147.5	147.5	90	95	95	232.5	170	180	185	417.5	58.311	
M	28	81.16	OPEN	Joachim Prinsen (S-J)	Demonstrength	100	120	130	67.5	80	87.5	217.5	120	145	155	372.5	52.153	

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

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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	21	73.81	OPEN	Aron Quartel (J)	Limitless Powerlifting	200	215	230	122.5	127.5	135	365	225	247.5	265	612.5	90.041	
M	15	73.98	OPEN	Kyle Danies	Push & Pull Fitness	210	215	215	120	120	127.5	337.5	220	230	240	577.5	84.794	
M	19	71.33	OPEN	Luka de Nijs Green (S-J)	9 for 9 coaching	190	200	207.5	115	122.5	130	330	205	217.5	217.5	535	80.061	
M	12	72.79	OPEN	Michel Chau	Demonstrength	180	180	180	107.5	115	117.5	295	207.5	220	230	525	77.738	
M	7	73.17	OPEN	Thomas van der Maat (J)	Demonstrength	160	172.5	180	100	110	117.5	297.5	200	212.5	220	517.5	76.421	
M	18	71.59	OPEN	Kevin Wiltink	Strength Valley	160	167.5	175	135	142.5	145	310	170	185	200	510	76.175	
M	20	71.59	OPEN	Gian-Luca Both (J)	Algemeen Lid	180	180	190	115	125	125	295	195	205	215	500	74.681	
M	6	73.31	OPEN	Tristan Brinkman (J)	PowerUp Coaching	150	150	155	102.5	107.5	107.5	262.5	210	222.5	230	485	71.550	
M	25	73.70	OPEN	Xavier van Wieringen (J)	Intens	150	157.5	162.5	127.5	135	135	285	170	185	200	470	69.146	
M	26	73.48	OPEN	Armando Rodriguez (MI)	Team Francke powerlifting	155	160	165	110	115	115	270	180	190	195	460	67.780	
M	14	72.59	OPEN	Wang Nie Yeh	NKV Atlas	160	160	160	125	140	142.5	142.5	200	230	235	0	0.000	

## Referees (name and signature)

Head referee:

Left referee:

Right referee: