

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

Groningen - 1 March 2026

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	19	82.07	OPEN	Bas Kuijf	Wu Dynasty	205	215	225	125	135	135	350	270	290	300	640	89.100	
M	5	82.13	OPEN	Martin Jedwabny	Ironside Coaching	197.5	210	215	135	140	142.5	355	245	255	260	615	85.587	
M	11	80.17	OPEN	Ruben Schormans (J)	Powerbuild Coaching	182.5	192.5	200	122.5	130	135	335	210	230	245	580	81.713	
M	23	79.64	OPEN	Benno Witte (J)	Algemeen Lid	185	190	200	125	132.5	137.5	322.5	210	222.5	232.5	555	78.456	
M	17	77.38	OPEN	Sem van Beek (J)	Bassies Halterclub	172.5	182.5	187.5	127.5	135	140	322.5	195	210	222.5	545	78.187	
M	6	79.45	OPEN	Kayra Minkil (J)	Limitless Powerlifting	180	192.5	200	110	117.5	125	325	190	205	220	545	77.137	
M	3	80.74	OPEN	Rozh Ali (J)	2to1 Coaching	190	200	205	125	130	130	330	200	215	225	545	76.505	
M	12	82.31	OPEN	Jur Harmsen (J)	Strength Valley	180	192.5	200	117.5	122.5	125	322.5	180	200	210	522.5	72.634	
M	26	78.28	OPEN	Marco van der Beek (J)	101 Procent Coaching	172.5	182.5	190	95	102.5	107.5	297.5	192.5	205	212.5	510	72.733	
M	7	79.30	OPEN	Amar Dijkstra (S-J)	9 for 9 coaching	170	182.5	192.5	102.5	105	107.5	300	195	207.5	220	507.5	71.898	
M	9	81.24	OPEN	Roan Jesse Adema (J)	GSKV Northside Barbell	177.5	187.5	187.5	107.5	115	120	302.5	180	192.5	205	507.5	71.019	
M	24	78.11	OPEN	Jonathan Kerkstra (J)	JW Coaching	152.5	160	167.5	112.5	115	120	282.5	190	197.5	197.5	472.5	67.460	
M	16	81.59	OPEN	Tim Rutjens (J)	Act Evolve Coaching	180	180	180	142.5	0	0	0	0	0	0	0	0.000	

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

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

Groningen - 1 March 2026

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	4	114.41	OPEN	Rens Croonen	Barbell Benders Powerlifting	250	<del>265</del>	265	170	185	190	450	280	300	300	730	86.666	
M	2	106.91	OPEN	Gijs Danoe	Push & Pull Fitness	220	230	240	147.5	152.5	157.5	382.5	270	295	310	677.5	82.951	
M	18	115.67	OPEN	Tjerry van Bronkhorst (J)	Limitless Powerlifting	200	205	210	165	170	175	380	250	265	265	645	76.202	
M	14	116.44	OPEN	Silvan van Leeuwen	Freriks Barbell club	215	<del>227.5</del>	227.5	137.5	147.5	155	375	252.5	265	270	645	75.978	
M	27	116.78	OPEN	Jamil Karchoud	GSKV Northside Barbell	200	210	220	137.5	145	150	365	210	230	235	600	70.586	
M	28	117.06	OPEN	Liam Bijlsma (J)	Deliberate Strength	220	<del>230</del>	230	132.5	132.5	135	365	200	222.5	232.5	587.5	69.042	
M	20	110.35	OPEN	Sander Spoon	GSKV Northside Barbell	<del>187.5</del>	187.5	200	120	127.5	132.5	315	210	230	250	565	68.180	
M	21	118.32	OPEN	Thomas Riemersma (J)	INVINCIBLE coaching & rehab	180	190	200	120	127.5	132.5	332.5	187.5	200	215	547.5	64.039	

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	15	137.59	OPEN	Jochem Schoenmaker (J)	Ironside Coaching	240	255	257.5	157.5	165	165	420	237.5	237.5	250	670	73.544	
M	8	128.41	OPEN	Naïm Benssallam	101 Procent Coaching	<del>220</del>	220	245	160	160	170	380	245	260	275	655	73.965	
M	1	133.20	OPEN	Herman Bogema (MI)	Krachtsportclub Friesland	172.5	182.5	190	115	125	132.5	307.5	175	185	187.5	492.5	54.777	
M	25	128.74	OPEN	Yagiz Temur (S-J)	Limitless Powerlifting	180	195	220	75	0	0	295	195	215	230	490	55.273	

## Referees (name and signature)

Head referee:

Left referee:

Right referee: