

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

Groningen - 1 March 2026

93.0 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	90.22	OPEN	Thijn van Beek (J)	9 for 9 coaching	177.5	187.5	195	132.5	140	142.5	337.5	222.5	242.5	250	580	77.014	
M	15	90.45	OPEN	Rowdy Aartsen (J)	Team Francke powerlifting	177.5	190	200	137.5	142.5	147.5	342.5	200	217.5	237.5	580	76.917	
M	23	90.28	OPEN	Rico Timmerman	XclusiveCoaching	200	215	230	112.5	120	127.5	350	220	240	240	570	75.661	
M	9	90.28	OPEN	Bas Bossinga	Lucky Coaching	190	200	207.5	105	112.5	117.5	320	220	235	250	570	75.661	
M	1	86.43	OPEN	Casper Bielawski	GSKV Northside Barbell	195	210	215	112.5	117.5	120	332.5	200	220	230	552.5	74.941	
M	14	92.93	OPEN	Renzo Mawloud (J)	Limitless Powerlifting	175	182.5	187.5	140	147.5	147.5	322.5	200	212.5	212.5	535	70.015	
M	11	92.91	OPEN	Bartosz Grzegorzczak (J)	Limitless Powerlifting	165	185	185	125	132.5	135	290	200	220	225	515	67.405	
M	26	84.56	OPEN	Dustin Bos (S-J)	Lifting Limits	165	175	187.5	100	105	107.5	282.5	195	210	220	502.5	68.910	
M	28	88.80	OPEN	Fedde-Geert Kingma (MII)	Krachtsporclub Friesland	165	175	182.5	100	102.5	107.5	285	170	180	187.5	472.5	63.233	
M	24	83.21	OPEN	Rowan van Vught (S-J)	Hamstra PT	180	180	180	90	95	102.5	102.5	207.5	225	240	0	0.000	
M	17	92.11	OPEN	Mika Lieve (J)	GOAT Culture	192.5	202.5	207.5	117.5	122.5	125	325	220	235	255	0	0.000	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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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	10	77.93	OPEN	Aniek Nijland	THRVE	137.5	145	150	67.5	72.5	75	225	152.5	160	167.5	392.5	76.496	
W	7	80.38	OPEN	Iris de Groot	Thor Athletics Gym	125	130	135	65	67.5	70	197.5	147.5	157.5	167.5	365	70.179	
W	20	82.79	OPEN	Fé Hofstra (J)	THRVE	115	122.5	127.5	65	67.5	67.5	195	142.5	152.5	160	355	67.428	
W	16	79.23	OPEN	Iteke Welmoed Heeres-Schilstra (MI)	Thor Athletics Gym	100	107.5	110	50	50	57.5	157.5	112.5	122.5	125	280	54.171	
W	18	83.11	OPEN	Thess de Lange	Strength Valley	92.5	100	100	52.5	55	57.5	155	105	105	115	270	51.204	
W	19	82.03	OPEN	Karina Zavidova	Blackout Barbell Coaching	75	80	85	42.5	45	45	122.5	90	100	105	227.5	43.373	

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	5	123.51	OPEN	Marissa Kalkman	Algemeen Lid	145	150	160	90	100	100	250	135	145	155	405	69.102	
W	2	95.93	OPEN	Yolanda Okyere	ASKV Kratos	107.5	115	115	60	60	65	172.5	155	165	170	342.5	61.805	
W	21	95.31	OPEN	Kimberley Bouwmeester	THRVE	110	117.5	122.5	55	57.5	60	182.5	112.5	117.5	120	302.5	54.693	
W	4	96.34	OPEN	Tanja Mundt (MI)	MODE-DNA	100	102.5	105	47.5	47.5	50	152.5	120	125	130	282.5	50.914	
W	12	108.88	OPEN	Kim Harsta-Wierenga	Algemeen Lid	90	100	110	45	50	55	165	100	110	115	280	48.910	
W	22	92.91	OPEN	Femke Woutersen	THRVE	95	100	100	60	60	62.5	160	110	110	117.5	277.5	50.570	
W	8	97.23	OPEN	Joëlla van Stek	Beresterk	85	90	95	50	52.5	55	150	100	107.5	112.5	262.5	47.183	

Referees (name and signature)

Head referee:

Left referee:

Right referee: