Scoresheet Open NK Powerliften 2026 • Zaterdagmiddag (1/2)

Tilburg - 7 November 2026

76.0 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	73.89	OPEN	Tessa Ophoff	Strength Valley	195	205	208	102.5	~~107.5~~	~~107.5~~	310.5	210	225	~~230.5~~	535.5	107.022	
W	23	75.69	OPEN	Femke Ploeg	Iron House Co	185	~~192.5~~	~~192.5~~	92.5	97.5	100	285	212.5	225.5	230.5	515.5	101.831	
W	28	73.47	OPEN	Michelle Weyers	Fortex Powerlifting	~~172.5~~	180	~~182.5~~	110	115	~~118~~	295	200	212.5	~~217.5~~	507.5	101.715	
W	25	75.54	OPEN	Savannah van Dusseldorp	Sportja	170	~~180~~	180	87.5	~~92.5~~	~~92.5~~	267.5	185	195	~~202.5~~	462.5	91.447	
W	26	73.07	OPEN	Phylicia Keizer	Strength Valley	150	160	167.5	97.5	102.5	~~107.5~~	270	160	177.5	~~192.5~~	447.5	89.935	
W	8	74.65	OPEN	Sabine Hutten	THRVE	140	~~147.5~~	147.5	70	72.5	75	222.5	182.5	192.5	~~200~~	415	82.525	
W	3	74.62	OPEN	Zina Koning	Strength Valley	130	137.5	145	80	85	~~90~~	230	155	165	172.5	402.5	80.055	

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	15	77.72	OPEN	Symone Kooistra	INVINCIBLE coaching & rehab	157.5	167.5	175	100	105	107.5	282.5	185	195	202.5	485	94.638	
W	6	82.83	OPEN	Marleen de Bondt	Kaizen	162.5	170	~~175~~	95	100	~~102.5~~	270	195	207.5	~~217.5~~	477.5	90.678	
W	22	79.95	OPEN	Kim de Haar	Fortex Powerlifting	155	162.5	170	85	90	~~92.5~~	260	175	190	200	460	88.648	
W	14	83.37	OPEN	Merlijne Opstal	Deliberate Strength	150	160	165	82.5	85	87.5	252.5	182.5	192.5	200	452.5	85.708	
W	21	80.45	OPEN	Sterre Bijlsma	Team Francke powerlifting	140	147.5	152.5	75	80	82.5	235	170	180	185	420	80.724	
W	11	80.46	OPEN	Esmeé Dol	Sterrek Personal Training	127.5	135	140	67.5	70	~~72.5~~	210	145	160	172.5	382.5	73.513	
W	1	80.73	OPEN	Marjan Steenge	Bold Barbelle	125	137.5	142.5	65	67.5	~~70~~	210	155	170	~~175~~	380	72.929	

Referees (name and signature)

Head referee: Left referee: Right referee:

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Tilburg - 7 November 2026

63.0 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	58.97	OPEN	Kaylee-Sue Danies	Push & Pull Fitness	167.5	177.5	182.5	102.5	107.5	~~110~~	290	182.5	195	202.5	492.5	112.689	
W	24	62.53	OPEN	Betty Aborah	Lifting Limits	142.5	155	165	85	90	92.5	257.5	205	215	222.5	480	105.527	
W	19	62.96	OPEN	Romy van Vianen	Hamstra PT	177.5	185	~~190~~	105	112.5	~~115~~	297.5	182.5	~~192.5~~	~~197.5~~	480	105.059	
W	16	62.75	OPEN	Melanie Scalf (J)	Lunar Rising	140	147.5	152.5	87.5	92.5	~~95~~	245	177.5	190	200	445	97.609	
W	27	62.74	OPEN	Odyl de Greeff	De KrachtStudio	130	142.5	~~152.5~~	85	90	95	237.5	140	150	160	397.5	87.199	

66.0 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**
M	12	64.44	OPEN	Tommy Tran	Partner For Power	200	210	~~212.5~~	125	130	132.5	342.5	230	242.5	245	587.5	92.750	
M	9	64.76	OPEN	Glenn Vandendijk	Loods 37	192.5	202.5	207.5	130	135	137.5	345	225	237.5	242.5	587.5	92.507	
M	17	65.72	OPEN	Mario van Nistelrooij	Van Nistelrooij powerlifting	180	187.5	~~190~~	135	~~142.5~~	~~142.5~~	322.5	220	227.5	~~232.5~~	550	85.929	
M	2	65.72	OPEN	Najef Zondringa	101 Procent Coaching	155	165	172.5	112.5	120	~~122.5~~	292.5	200	215	227.5	520	81.242	
M	7	65.66	OPEN	Michel Pham	Lunar Rising	160	175	~~0~~	115	120	~~125~~	295	175	205	~~215~~	500	78.156	

Referees (name and signature)

Head referee: Left referee: Right referee: