

Scoresheet Masters NK Powerliften 2026 • Zaterdagmiddag: Platform Rechts (1/2)

Eindhoven - 6 June 2026

52.0 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
W	12	51.08	MI	Silvia Hartong	Sterrek Personal Training	65	75	80	35	37.5	40	120	70	80	87.5	207.5	53.214	
W	7	50.57	MI	Alexandra Lugtigheid-Rellum	Sterrek Personal Training	55	60	65	30	35	37.5	100	90	100	105	200	51.749	

57.0 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
W	3	56.54	MI	Margriet Ponse	Perfect Performance	102.5	110	112.5	65	67.5	70	180	135	145	150	330	77.881	
W	8	56.29	MI	Geneviève Huizeling	Perfect Performance	100	107.5	110	55	57.5	60	167.5	120	127.5	130	297.5	70.449	
W	17	55.33	MI	Esther Hulst	Striktly Powerhouse	85	90	92.5	47.5	50	50	132.5	132.5	142.5	150	275	65.993	

69.0 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
W	5	67.94	MI	Arleen Meyer	Perfect Performance	115	122.5	125	65	70	72.5	197.5	142.5	150	155	352.5	73.668	
W	18	64.23	MI	Jessica Kroezen	Vondelgym Oost	125	130	135	62.5	65	67.5	200	130	140	147.5	340	73.480	
W	6	65.59	MI	Gioia Drevon	Vondelgym Oost	110	115	120	57.5	60	60	177.5	130	140	147.5	317.5	67.740	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

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Eindhoven - 6 June 2026

76.0 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
W	15	75.42	MI	Renate Venema	Team Francke powerlifting	147.5	155.5	158	77.5	82.5	85	240.5	150	160	165	405.5	80.238	
W	14	73.67	MI	Sharon 't Grootkarzijn-Kuiters	Strength Valley	130	130	140	60	65	67.5	207.5	160	175	182.5	390	78.059	
W	2	74.77	MI	Liza Vader	Krachtsportvereniging S.S.S. Alkmaar	132.5	140	145	60	65	70	210	142.5	150	157.5	367.5	73.022	
W	1	72.09	MI	Julia Lanser	Sterrek Personal Training	102.5	110	115	55	60	62.5	175	105	112.5	117.5	292.5	59.191	

84.0 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
W	9	83.29	MI	Eveline de Geus	Pure Strength	115	122.5	127.5	75	80	82.5	210	145	157.5	170	380	72.003	
W	10	78.72	MI	Iteke Welmoed Heeres-Schilstra	Thor Athletics Gym	105	110	115	50	52.5	55	165	117.5	125	127.5	290	56.265	

84.0+ 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
W	16	137.43	MI	Leontine van Geffen	Iron House Co	150	160	165	95	100	105	265	155	165	175	440	74.015	
W	19	90.54	MI	Tessa van der Leeuw	Striktly Powerhouse	100	110	115	45	50	52.5	165	115	125	135	300	55.134	

Referees (name and signature)

Head referee:

Left referee:

Right referee: