Scoresheet NSK Powerliften 2026 • Zondagochtend (1/2)

Leiden - 11 October 2026

74.0 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	2	73.87	OPEN	Bram Walters (J)	PowerUp Coaching	~~200~~	200	217.5	125	132.5	~~137.5~~	350	250	263.5	~~270.5~~	613.5	90.150	
M	11	73.28	OPEN	Mika Bremer (J)	THRVE	192.5	200	~~202.5~~	140	147.5	150	350	247.5	263	~~270~~	613	90.452	
M	8	73.92	OPEN	Bismar Alfarisi (J)	ESKV FENRIR	197.5	205	210	127.5	135	137.5	347.5	212.5	225	230	577.5	84.830	
M	25	73.70	OPEN	Tom Laverman	NSKV Profectus	177.5	192.5	200	125	132.5	137.5	337.5	205	222.5	230	567.5	83.491	
M	28	73.35	OPEN	Tygo van Malten (J)	Deliberate Strength	185	200	~~205~~	105	112.5	115	315	~~210~~	210	240	555	81.854	
M	22	73.20	OPEN	Nout Mulder (J)	Sportja	190	~~200~~	200	115	120	125	325	207.5	217.5	227.5	552.5	81.572	
M	20	73.69	OPEN	Jens Verheij	Intens	170	180	185	125	130	135	320	~~210~~	210	225	545	80.186	
M	3	71.84	OPEN	Melvin Nuijens (J)	Kroes Control Performance	165	177.5	185	110	117.5	~~120~~	302.5	200	215	227.5	530	79.018	
M	4	71.63	OPEN	Xavier van Wieringen (J)	Intens	152.5	162.5	167.5	127.5	135	137.5	305	180	192.5	197.5	502.5	75.032	
M	5	72.85	OPEN	Siebe van Merm	Wageningen Beasts	170	~~180~~	180	115	~~120~~	120	300	190	200	~~205~~	500	74.005	
M	7	70.91	OPEN	Ruben Trentelman (J)	2to1 Coaching	~~157.5~~	157.5	165	102.5	110	~~115~~	275	195	210	220	495	74.304	

105.0 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	26	101.13	OPEN	Jan Sadowski (J)	Lifting Limits	205	222.5	230	125	132.5	137.5	367.5	225	242.5	260	627.5	78.850	
M	12	103.15	OPEN	Joey Weening	Supreme Strength Gym	192.5	~~207.5~~	212.5	140	150	155	367.5	200	217.5	232.5	600	74.696	

Referees (name and signature)

Head referee: Left referee: Right referee:

Scoresheet NSK Powerliften 2026 • Zondagochtend (2/2)

Leiden - 11 October 2026

105.0 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	16	96.88	OPEN	Deante Plug	Epic gym	240	255	~~262.5~~	162.5	172.5	~~180~~	427.5	260	~~275~~	275	702.5	90.101	
M	15	97.72	OPEN	Bjorn Munsters	Iron Forge coaching	217.5	230	240	160	170	175	415	240	260	280	695	88.770	
M	9	103.96	OPEN	Jens Roels (J)	2to1 Coaching	230	250	260	155	162.5	~~170~~	422.5	235	252.5	267.5	690	85.587	
M	1	93.41	OPEN	Stan Kuipers	Hades Elite Strength	245	257.5	265	137.5	145	~~147.5~~	410	245	257.5	267.5	677.5	88.442	
M	6	104.36	OPEN	Thije Veenstra (J)	Team Francke powerlifting	220	237.5	242.5	150	160	165	407.5	250	270	~~290~~	677.5	83.885	
M	19	98.00	OPEN	Finn Verschoor	Deliberate Strength	~~220~~	225	240	130	137.5	142.5	382.5	260	285	~~295~~	667.5	85.141	
M	21	101.39	OPEN	Kaya Damen (J)	9 for 9 coaching	205	215	222.5	155	162.5	~~170~~	385	240	262.5	280	665	83.461	
M	24	97.50	OPEN	Lukas Müller (J)	M.S.K.V. Olympia	210	225	232.5	122.5	137.5	145	377.5	265	285	~~300~~	662.5	84.711	
M	27	99.06	OPEN	Nick van Loon (J)	9 for 9 coaching	205	222.5	~~237.5~~	145	155	162.5	385	235	252.5	270	655	83.118	
M	10	102.30	OPEN	Thijs Messchendorp (J)	ESKV Odin	180	190	195	150	157.5	162.5	357.5	260	280	~~290~~	637.5	79.674	
M	18	103.58	OPEN	Robin den Hollander (J)	M.S.K.V. Olympia	210	225	~~235~~	~~180~~	187.5	194	419	180	205	212.5	631.5	78.465	
M	17	104.24	OPEN	Qihao Guo (J)	DSKV IJzersterk	190	205	217.5	~~117.5~~	125	~~130~~	342.5	230	250	265	607.5	75.259	
M	14	103.01	OPEN	Jayden Langezaal (S-J)	Limitless Coaching	195	207.5	217.5	130	137.5	~~142.5~~	355	215	232.5	245	600	74.744	

Referees (name and signature)

Head referee: Left referee: Right referee: