

Scoresheet Regiokampioenschappen Noord 2026 • Zaterdagochtend (1/2)

Groningen - 11 July 2026

57.0 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	11	56.74	OPEN	Tessa Schaper	ASKV Kratos	127.5	132.5	137.5	70	75	75	207.5	135	145	150	357.5	84.146	

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	1	62.47	OPEN	Vera Buringa Zeilstra	101 Procent Coaching	122.5	127.5	132.5	65	70	72.5	202.5	150	162.5	162.5	365	80.294	
W	2	62.27	OPEN	Lynn Willemsen (J)	TeamMammoth	115	125	125	62.5	67.5	70	192.5	135	147.5	152.5	327.5	72.196	
W	16	61.67	OPEN	Celeste Duijsens	PowerBuff Coaching	60	62.5	62.5	60	62.5	62.5	120	132.5	142.5	150	270	59.902	

69.0 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	68.54	OPEN	Rissa Bouwsema	9 for 9 coaching	155	162.5	170	75	80	82.5	245	167.5	180	187.5	432.5	89.938	
W	20	68.73	OPEN	Lieke van Hofwegen	3 for 9	132.5	142.5	150	80	87.5	95	245	132.5	142.5	152.5	397.5	82.532	
W	9	68.20	OPEN	Tess de Hart (J)	365strength	115	122.5	127.5	72.5	77.5	80	207.5	140	150	160	367.5	76.637	
W	18	66.01	OPEN	Esmée Bijlholt	Strength Valley	120	130	135	57.5	62.5	65	197.5	122.5	132.5	140	337.5	71.731	

Referees (name and signature)

Head referee:

Left referee:

Right referee:

Scoresheet Regiokampioenschappen Noord 2026 • Zaterdagochtend (2/2)

Groningen - 11 July 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	23	74.55	OPEN	Sabine Hutten	THRVE	140	147.5	150	70	72.5	75	222.5	172.5	185	195	417.5	83.076	
W	17	73.66	OPEN	Zina Koning	Strength Valley	127.5	135	142.5	80	85	87.5	230	152.5	165	170	400	80.066	
W	6	75.32	OPEN	Sanne Bruynooge	GSKV Northside Barbell	145	155	160	75	80	82.5	242.5	142.5	155	165	397.5	78.705	
W	12	73.47	OPEN	Annelotte van Beek	TeamMammoth	115	125	132.5	60	65	70	197.5	150	160	170	357.5	71.651	

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	19	82.43	OPEN	Marjan Steenge	Bold Barbelle	125	135	140	65	67.5	70	207.5	160	175	180	387.5	73.730	
W	8	80.75	OPEN	Esmeé Dol	Sterrek Personal Training	125	135	142.5	65	67.5	70	212.5	150	160	170	382.5	73.401	
W	4	80.63	OPEN	Iris de Groot	Thor Athletics Gym	125	130	135	65	70	72.5	200	150	165	172.5	365	70.087	

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	3	92.69	OPEN	Veerle de Vries	9 for 9 coaching	160	170	180	82.5	87.5	90	270	165	177.5	187.5	457.5	83.436	
W	14	139.06	OPEN	Kendra Jonas	Sportschool Bushido	180	190	190	87.5	95	97.5	285	157.5	165	0	442.5	74.340	
W	22	96.99	OPEN	Marinke Ridderhof	NSKV Profectus	130	142.5	152.5	82.5	87.5	92.5	240	170	180	190	430	77.346	
W	5	96.60	OPEN	Stefanie Brands	INVINCIBLE coaching & rehab	145	145	145	77.5	0	0	0	165	0	0	0	0.000	

Referees (name and signature)

Head referee:

Left referee:

Right referee: