

# Scoresheet Regiokampioenschappen Noord 2026 • Zondagochtend (1/2)

Groningen - 12 July 2026

| 93.0 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 | 92.37 | O   | Maarten Debeij    | 9 for 9 coaching       | 200   | 210   | 222.5 | 142.5       | 150   | 155   | 372.5 | 230      | 245   | 260   | 632.5 | 83.019 |    |
| M       | 20 | 91.38 | O   | Klaas Boersma     | GSKV Northside Barbell | 215   | 225   | 230   | 135         | 140   | 140   | 365   | 215      | 230   | 242.5 | 607.5 | 80.160 |    |
| M       | 6  | 89.47 | O   | Rens van Lieshout | 9 for 9 coaching       | 190   | 200   | 210   | 130         | 137.5 | 140   | 337.5 | 250      | 265   | 275   | 602.5 | 80.331 |    |
| M       | 1  | 92.21 | O   | Tuan Pham         | THRVE                  | 195   | 205   | 212.5 | 125         | 132.5 | 137.5 | 345   | 240      | 252.5 | 260   | 597.5 | 78.492 |    |
| M       | 7  | 91.60 | O   | Max Koolhaas      | Optimal performance    | 200   | 212.5 | 212.5 | 125         | 132.5 | 135   | 345   | 225      | 245   | 265   | 590   | 77.759 |    |
| M       | 23 | 90.55 | O   | Koen Sijmons      | Beresterk              | 175   | 185   | 192.5 | 125         | 130   | 135   | 322.5 | 190      | 202.5 | 207.5 | 530   | 70.248 |    |

| 120.0+ 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         | 14 | 129.95 | O   | Naïm Benssallam | 101 Procent Coaching | 210   | 225 | 230 | 160         | 170   | 170 | 395 | 250      | 265   | 280   | 660   | 74.160 |    |
| M         | 9  | 131.27 | O   | Itja de Goede   | Lifting Limits       | 207.5 | 220 | 230 | 125         | 132.5 | 140 | 370 | 230      | 247.5 | 257.5 | 627.5 | 70.212 |    |

## Referees (name and signature)

Head referee:

Left referee:

Right referee:

# Scoresheet Regiokampioenschappen Noord 2026 • Zondagochtend (2/2)

Groningen - 12 July 2026

| 93.0 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       | 18 | 91.39 | O   | Serrano Agostien              | Limitless Coaching          | 280   | 295   | 310   | 145         | 145   | 160   | 455   | 280      | 300   | 310   | 765   | 100.937 |    |
| M       | 15 | 91.94 | O   | Roelf Bouwmeester             | Beresterk                   | 235   | 245   | 245   | 150         | 155   | 157.5 | 392.5 | 290      | 312.5 | 335   | 727.5 | 95.707  |    |
| M       | 21 | 86.45 | O   | Olaf van Arkel                | 365strength                 | 227.5 | 240   | 247.5 | 132.5       | 137.5 | 140   | 385   | 280      | 290   | 300   | 675   | 91.546  |    |
| M       | 11 | 89.24 | O   | Lars Schipper                 | 9 for 9 coaching            | 215   | 230   | 242.5 | 140         | 147.5 | 152.5 | 390   | 260      | 280   | 295   | 670   | 89.445  |    |
| M       | 5  | 92.94 | O   | Jonathan Rodrigues de Miranda | NSKV Profectus              | 230   | 237.5 | 242.5 | 140         | 145   | 147.5 | 385   | 260      | 280   | 287.5 | 665   | 87.023  |    |
| M       | 3  | 92.46 | O   | Marnix Louwe Kooijmans        | Demonstrength               | 225   | 240   | 245   | 135         | 142.5 | 147.5 | 387.5 | 255      | 275   | 285   | 662.5 | 86.916  |    |
| M       | 19 | 91.77 | O   | Cees Snip                     | 9 for 9 coaching            | 215   | 230   | 240   | 155         | 162.5 | 170   | 410   | 220      | 240   | 260   | 650   | 85.589  |    |
| M       | 8  | 92.00 | O   | Etienne Bordes                | ASKV Kratos                 | 210   | 230   | 240   | 105         | 115   | 120   | 360   | 270      | 290   | 300   | 650   | 85.484  |    |
| M       | 4  | 90.56 | O   | Beau Tom Johannes             | Lucky Coaching              | 205   | 217.5 | 225   | 155         | 162.5 | 170   | 387.5 | 230      | 247.5 | 255   | 635   | 84.161  |    |
| M       | 2  | 89.38 | O   | Twan Damhuis                  | INVINCIBLE coaching & rehab | 220   | 230   | 235   | 127.5       | 135   | 140   | 365   | 240      | 255   | 265   | 630   | 84.040  |    |

## Referees (name and signature)

Head referee:

Left referee:

Right referee: