

G.S.K.V. Nortshide Barbell Beginnerswedstrijd 18-19 februari 2017

Uitslagen		SQUAT			BENCH PRESS				DEADLIFT						
M/V	BW	NAAM	1	2	3	1	2	3	SUB	1	2	3	TOTAL	Wilks	
Groep 1															
Dames -48															
1	V	46.10	Ianthe van Belzen	67.5	72.5	77.5	40.0	45.0	47.5	125.0	80.0	85.0	90.0	215.0	293.18
Dames -52															
1	V	50.30	Pleun Oekkers	105.0	110.0	115.0	57.5	60.0	62.5	177.5	125.0	130.0	(137.5)	307.5	393.24
Dames -63															
1	V	60.10	Frencky Thijs	102.5	110.0	(115.0)	62.5	65.0	(67.5)	175.0	115.0	122.5	127.5	302.5	336.82
2	V	60.60	Lisette Verlaan	75.0	80.0	85.0	50.0	55.0	(60.0)	140.0	107.5	117.5	125.0	265.0	293.18
3	V	62.50	Charlotte Gerrits	72.5	77.5	85.0	42.5	47.5	50.0	135.0	112.5	122.5	(130.0)	257.5	278.22
Dames -72															
1	V	71.90	Loreen de Graaf	110.0	115.0	117.5	62.5	(67.5)	67.5	185.0	130.0	137.5	142.5	327.5	319.95
2	V	71.10	Wies Achtereekte	80.0	90.0	100.0	65.0	70.0	72.5	172.5	110.0	130.0	135.0	307.5	302.67
3	V	68.20	Liza Knoop	100.0	105.0	110.0	50.0	55.0	(60.0)	165.0	107.5	115.0	120.0	285.0	288.74
4	V	68.70	Desiree Michielse	82.5	90.0	95.0	45.0	50.0	52.5	147.5	122.5	130.0	135.0	282.5	284.74
5	V	65.00	Karen Bensen	85.0	90.0	95.0	52.5	57.5	(65.0)	152.5	100.0	107.5	112.5	265.0	278.01
6	V	66.70	Sara Cohen	75.0	80.0	85.0	52.5	57.5	(62.5)	142.5	110.0	115.0	122.5	265.0	272.80
7	V	66.00	Celine Höller	40.0	45.0	52.5	35.0	(40.0)	(40.0)	87.5	80.0	85.0	(90.0)	172.5	178.95

	M/V	BW	NAAM	SQUAT			BENCH PRESS			SUB	DEADLIFT			TOTAL	Wilks
				1	2	3	1	2	3		1	2	3		
Dames -84															
1	V	74.60	Nienke Eilander	115.0	120.0	125.0	45.0	47.5	50.0	175.0	120.0	130.0	137.5	312.5	298.08
Dames +84															
1	V	84.90	Janel ter Steege	(80.0)	80.0	90.0	47.5	(50.0)	50.0	140.0	110.0	120.0	135.0	275.0	243.94
Heren -74															
1	M	72.10	Jasper Timmerman	140.0	147.5	147.5	100.0	105.0	(110.0)	252.5	185.0	192.5	200.0	452.5	331.66
2	M	70.90	Ivo van den Nieuwenh	125.0	135.0	147.5	75.0	80.0	87.5	235.0	175.0	185.0	(200.0)	420.0	311.71
3	M	73.80	Maties Hofstede	130.0	135.0	(142.5)	80.0	85.0	90.0	225.0	140.0	150.0	160.0	385.0	277.47
4	M	72.20	Richard Postma	85.0	97.5	(105.0)	75.0	82.5	(85.0)	180.0	120.0	(132.5)	132.5	312.5	228.82
Heren -83															
1	M	78.50	Bernie Helms	150.0	157.5	165.0	110.0	120.0	(125.0)	285.0	195.0	205.0	212.5	497.5	343.78
2	M	77.20	Maarten van den Nieu	150.0	160.0	(170.0)	95.0	102.5	110.0	270.0	170.0	180.0	(185.0)	450.0	314.40
3	M	80.20	Rob Fakkert	130.0	137.5	140.0	100.0	(107.5)	110.0	250.0	160.0	175.0	185.0	435.0	296.51
4	M	80.20	Maarten Gooskens	140.0	(150.0)	150.0	85.0	92.5	(97.5)	242.5	155.0	165.0	170.0	412.5	281.17
5	M	79.60	Hugo Brogt	120.0	125.0	130.0	85.0	90.0	-	220.0	150.0	160.0	170.0	390.0	267.10
6	M	81.50	Peter Croughs	105.0	(112.5)	115.0	(75.0)	(80.0)	(80.0)	40.0	135.0	142.5	150.0	190.0	128.23
7	M	81.10	Bart Louwers	(130.0)	(130.0)	(130.0)	55.0	60.0	65.0	65.0	140.0	150.0	(160.0)	215.0	145.54
buiten mededinging															
	M	83.40	*Rik van Dijk	150.0	(160.0)	160.0	100.0	(105.0)	107.5	267.5	190.0	200.0	210.0	477.5	317.83

	M/V	BW	NAAM	SQUAT			BENCH PRESS			SUB	DEADLIFT			TOTAL	Wilks
				1	2	3	1	2	3		1	2	3		
			Heren -93												
1	M	92.90	Lorenz Muylknes	185.0	192.5	200.0	120.0	127.5	(132.5)	327.5	215.0	225.0	(230.0)	552.5	347.25
2	M	92.40	Toni Knap	140.0	150.0	160.0	(130.0)	140.0	(145.0)	300.0	210.0	220.0	232.5	532.5	335.55
3	M	90.60	Gidion Pijnakker	180.0	190.0	195.0	107.5	112.5	(115.0)	307.5	210.0	(217.5)	217.5	525.0	334.03
4	M	92.20	Gaelle de Haan	150.0	155.0	160.0	(110.0)	115.0	(117.5)	275.0	215.0	225.0	230.0	505.0	318.55
5	M	90.60	Roy Wevers	145.0	(160.0)	160.0	(110.0)	115.0	120.0	280.0	190.0	200.0	215.0	495.0	314.95
6	M	85.90	Alexander Meijer	175.0	182.5	187.5	100.0	105.0	(110.0)	292.5	190.0	195.0	(200.0)	487.5	319.04
7	M	87.70	Wessel Peters	150.0	160.0	170.0	100.0	105.0	107.5	277.5	190.0	200.0	205.0	482.5	312.22
8	M	88.60	Tycho van Dongen	155.0	162.5	(170.0)	(110.0)	110.0	(115.0)	272.5	190.0	200.0	202.5	475.0	305.70
9	M	88.10	Jeroen Veldman	(130.0)	130.0	140.0	110.0	120.0	(130.0)	260.0	160.0	175.0	200.0	460.0	296.94
10	M	86.10	Sebastiaan van den B	135.0	142.5	150.0	105.0	112.5	(115.0)	262.5	175.0	185.0	195.0	457.5	299.02
11	M	88.40	Sjouke Veenstra	140.0	155.0	170.0	75.0	85.0	92.5	262.5	160.0	180.0	195.0	457.5	294.79
12	M	83.60	Matthijs Sinnema	145.0	150.0	155.0	90.0	92.5	95.0	250.0	185.0	195.0	(202.5)	445.0	295.78
13	M	92.20	Arjan de Jong	150.0	160.0	(170.0)	90.0	97.5	(105.0)	257.5	160.0	170.0	180.0	437.5	275.97
14	M	91.40	Lolke Braaksma	150.0	157.5	162.5	85.0	90.0	95.0	257.5	160.0	170.0	(175.0)	427.5	270.81
15	M	89.80	Martin Höller	125.0	135.0	150.0	100.0	(110.0)	(110.0)	250.0	150.0	160.0	170.0	420.0	268.43
16	M	88.30	Hewad Melma	130.0	135.0	142.5	77.5	82.5	87.5	230.0	155.0	165.0	172.5	402.5	259.51
17	M	89.70	Merijn Bos	115.0	(125.0)	125.0	85.0	90.0	(100.0)	215.0	175.0	180.0	187.5	402.5	257.39
18	M	93.00	Bas Thijssen	100.0	110.0	120.0	80.0	87.5	90.0	210.0	155.0	162.5	170.0	380.0	238.71

	M/V	BW	NAAM	SQUAT			BENCH PRESS				DEADLIFT				
				1	2	3	1	2	3	SUB	1	2	3	TOTAL	Wilks
			Heren -105												
1	M	96.10	Miguel Semper	200.0	(210.0)	(217.5)	130.0	140.0	147.5	347.5	220.0	230.0	247.5	595.0	368.21
2	M	103.70	Ivan Carrasco Perez	185.0	195.0	205.0	127.5	135.0	140.0	345.0	220.0	235.0	250.0	595.0	357.13
3	M	97.00	Thom Charmes	170.0	177.5	185.0	132.5	137.5	140.0	325.0	220.0	232.5	240.0	565.0	348.23
4	M	99.80	Roy Kreuger	195.0	(202.5)	-	110.0	115.0	120.0	315.0	205.0	220.0	230.0	545.0	331.95
5	M	93.80	Marco Kalsbeek	165.0	172.5	177.5	115.0	120.0	125.0	302.5	200.0	212.5	225.0	527.5	330.04
6	M	103.90	Wieger Bosgraaf	185.0	(192.5)	192.5	110.0	120.0	125.0	317.5	200.0	210.0	(215.0)	527.5	316.39
7	M	100.60	Niels Bron	140.0	150.0	160.0	140.0	150.0	(160.0)	310.0	190.0	200.0	210.0	520.0	315.72
8	M	102.20	Chris Otte	150.0	160.0	167.5	125.0	(135.0)	135.0	302.5	190.0	205.0	215.0	517.5	312.29
9	M	93.10	Michiel Mooy	170.0	180.0	185.0	100.0	107.5	112.5	297.5	195.0	205.0	212.5	510.0	320.21
10	M	102.80	Pol van Hoften	170.0	(177.5)	177.5	100.0	105.0	(110.0)	282.5	195.0	205.0	212.5	495.0	298.06
11	M	95.20	Sjaak van der Meij	160.0	167.5	175.0	(100.0)	100.0	(110.0)	275.0	180.0	195.0	205.0	480.0	298.29
12	M	97.90	Bob Goossens	(140.0)	(140.0)	140.0	110.0	115.0	120.0	260.0	200.0	210.0	(220.0)	470.0	288.54
13	M	96.80	Bart de Vos	140.0	150.0	160.0	95.0	(105.0)	(105.0)	255.0	190.0	200.0	205.0	460.0	283.77
14	M	96.90	Johan Mes	115.0	125.0	(130.0)	85.0	(92.5)	(92.5)	210.0	140.0	150.0	160.0	370.0	228.14