

**Nederlands Kampioenschap Bankdrukken 26-03-2017  
te Amsterdam**

Gew. klasse	BDW	NAME	GYM	BENCHPRESS			TOT.	Wilks	Klassering per leeftijdsklasse							
				1	2.	3.			Open	Sub	Jun	M I	M II	M III	M IV	
		<b>Dames</b>					0.0									
57 kg	53.32	Yara Immers	Alg lid	42.5	45.0	-50.0	45.0	55.0	1		2					
72kg	71.05	Maaike de Vries	Hardcore	110.0	x	x	110.0	108.3	1		1					
84 kg	83.70	Iejla Strik	Atlas Nijmegen	170.0	-180.0	-185.0	170.0	151.9	1							
84 kg	80.85	Joan Steeman	Alg lid	60.0	65.0	-67.5	65.0	59.1	2							
84+kg	114.15	Brenda van der Meulen	SSS Alkmaar	190.0	203.0	207.5	207.5	167.5	1							
Gew. klasse	BDW	NAME	GYM	BENCHPRESS			TOT.	Wilks	Klassering per leeftijdsklasse							
				1	2.	3.			Open	Sub	Jun	M I	M II	M III	M IV	
		<b>Heren</b>														
66 kg	64.90	Frank Calor	Sandow Delft	120.0	135.0	-137.5	135.0	107.5	1							
74 kg	66.05	Charlie Smith	Sport Arena	160.0	-165.0	167.5	167.5	131.4	1					1		
74 kg	67.75	Jan van Waardenburg	TopFit	105.0	110.0	-115.0	110.0	84.5	2					3		
74 kg	72.05	Maaikel Hamers	Alg Lid	90.0	95.0	100.0	100.0	73.3	3	1						
83 kg	82.05	Art Asrian	Art of Power	170.0	-185.0	-192.5	170.0	114.2	1							
83 kg	81.10	Neil Commandeur	Spartacus NS	-145.0	-145.0	145.0	145.0	98.2	3							
83 kg	81.60	Jos van Kersbergen	Sport Arena	-150.0	-150.0	150.0	150.0	101.2	2						4	
83 kg	77.10	Jurgen Kaaijmolen	Alg Lid	-100.0	100.0	-105.0	100.0	69.9	4	2						
							0.0									
93kg	88.80	Pieter van de Vijfeijken	Spartacus NS	-160.0	160.0	-165.0	160.0	102.8	1					2		
93kg	90.55	Pier Wierda	KSC Friesland	130.0	136.0	140.0	140.0	89.1	2						5	
93kg	92.75	Aad Fabrie	Hardcore	125.0	x	x	125.0	78.6	3							1
105 kg	103.20	Harm de Jong	KSC Friesland	230.0	240.0	-250.0	240.0	144.3	1							
105 kg	101.45	Paul den Ouden	Topfit	175.0	185.0	192.5	192.5	116.5	2						1	
105 kg	101.55	Sven den Houting	SSS Alkmaar	180.0	190.0	192.5	192.5	116.4	3				2			
105 kg	101.50	Francisco G. Morales	Spartacus NS	182.5	-192.5	-192.5	182.5	110.4	4							
105 kg	100.35	Jochem Schaap	SSS Alkmaar	160.0	170.0	175.0	175.0	106.3	5		1					
105 kg	102.20	Mariusz Vermeulen	Atlas Nijmegen	170.0	-210.0	-210.0	170.0	102.6	6						3	
105 kg	102.55	Pascal Boers	Alg lid	-132.5	-132.5	-132.5	0.0	0.00								
120 kg	112.65	Valentijn Hulshorst	Alg. lid	185	190	195	195	113.9	1				3			
120 kg	117.4	Orson Harms	Spartacus NS	180.0	187.5	-192.5	187.5	108.4	2				4			
120 kg	109.65	Roel van Drogen	KSC Friesland	165.0	170.0	175.0	175.0	103.1	3						2	
							0.0									
120+ kg	120.25	Jordi Snijder	Spartacus NS	300.0	-315.0	-315.0	300.0	172.4	1							
120+ kg	180.30	Sven Jansen	Spartacus TB	240.0	250.0	260.0	260.0	139.9	2							
120+ kg	159.30	Rene Hamers	Alg lid	225.0	-230.0	-230.0	225.0	123.4	3				1			
120+ kg	134.25	Wesley Ortega	Spartacus NS	192.5	-202.5	-202.5	192.5	108.3	4							