

# Beginnerswedstrijd Powerliften Nijmegen

2020-02-15 Nijmegen

| LGW.           | Lot | Categorie | Naam                  | Vereniging | SQ 1   | SQ 2   | SQ 3   | BP 1 | BP 2  | BP 3  | DL 1  | DL 2  | DL 3   | Totaal | Punten | PL. |
|----------------|-----|-----------|-----------------------|------------|--------|--------|--------|------|-------|-------|-------|-------|--------|--------|--------|-----|
| 52.0 kg dames  |     |           |                       |            |        |        |        |      |       |       |       |       |        |        |        |     |
| 48.7           | 8   | Beginner  | Maartje Claessen      | Beginner   | 60     | 67.5   | 72.5   | 40   | 42.5  | -47.5 | 80    | 87.5  | 95     | 210    | 398.06 | 1   |
| 51.1           | 11  | Beginner  | Eva Zhu               | Beginner   | -107.5 | -107.5 | -107.5 | 50   | 55    | -60   | 110   | 120   | 130    | 0      | 0.00   | -   |
| 57.0 kg dames  |     |           |                       |            |        |        |        |      |       |       |       |       |        |        |        |     |
| 55.8           | 4   | Beginner  | Amber de Groot        | Beginner   | 92.5   | 95     | 97.5   | 42.5 | 45    | -47.5 | 95    | 100   | 105    | 247.5  | 446.62 | 1   |
| 56.3           | 9   | Beginner  | Kelly Senden          | Beginner   | 65     | 67.5   | 72.5   | 40   | 42.5  | 45    | 80    | 85    | 90     | 207.5  | 368.36 | 2   |
| 63.0 kg dames  |     |           |                       |            |        |        |        |      |       |       |       |       |        |        |        |     |
| 62.1           | 18  | Beginner  | Valerie Hindriks      | Beginner   | 85     | 92.5   | 95     | 47.5 | 52.5  | -55   | 117.5 | 125   | 130    | 277.5  | 479.98 | 1   |
| 63.0           | 21  | Beginner  | Xiamei Klančnik       | Beginner   | 82.5   | 90     | 95     | 45   | 47.5  | -50   | 112.5 | 120   | 125    | 267.5  | 459.16 | 2   |
| 61.6           | 9   | Beginner  | Katyana Ponticorvo    | Beginner   | 92.5   | 97.5   | -100   | 52.5 | -57.5 | -57.5 | 105   | 110   | 112.5  | 262.5  | 454.64 | 3   |
| 61.3           | 5   | Beginner  | Nora Bouman           | Beginner   | 87.5   | 95     | 100    | 50   | 55    | 57.5  | 92.5  | 100   | -107.5 | 257.5  | 446.56 | 4   |
| 61.7           | 8   | Beginner  | Dimphy Jansen         | Beginner   | 70     | -77.5  | 77.5   | 40   | 45    | -47.5 | 85    | 92.5  | 100    | 222.5  | 382.24 | 5   |
| 61.8           | 22  | Beginner  | Fj Rosier             | Beginner   | -80    | -80    | 80     | 45   | -50   | 50    | -75   | 75    | 82.5   | 212.5  | 363.99 | 6   |
| 72.0 kg dames  |     |           |                       |            |        |        |        |      |       |       |       |       |        |        |        |     |
| 69.0           | 12  | Beginner  | Zuzanna Mandrysz      | Beginner   | -110   | 110    | 117.5  | 50   | 55    | 57.5  | 120   | 127.5 | 135    | 310    | 513.75 | 1   |
| 66.9           | 15  | Beginner  | Robin van Rosmalen    | Beginner   | 87.5   | 95     | 100    | 55   | 57.5  | 60    | 125   | 132.5 | 140    | 300    | 503.48 | 2   |
| 69.8           | 17  | Beginner  | Emma Cecchi           | Beginner   | -100   | 105    | -107.5 | 47.5 | 50    | -55   | 110   | 115   | 120    | 275    | 452.66 | 3   |
| 70.5           | 1   | Beginner  | Marion Staats         | Beginner   | 90     | 95     | 100    | 55   | 60    | -62.5 | 110   | 115   | -120   | 275    | 450.86 | 4   |
| 70.0           | 10  | Beginner  | Elise Groenendijk     | Beginner   | 82.5   | 87.5   | 95     | 47.5 | 55    | -60   | 100   | 110   | 117.5  | 267.5  | 439.61 | 5   |
| 65.4           | 2   | Beginner  | Romy Koppert          | Beginner   | 67.5   | 77.5   | 85     | 50   | 55    | -60   | 110   | 117.5 | 125    | 265    | 447.59 | 6   |
| 69.6           | 7   | Beginner  | Kimberly Meysen       | Beginner   | 95     | 100    | 105    | -55  | 55    | -60   | 100   | 100   | -105   | 260    | 428.04 | 7   |
| 63.7           | 3   | Beginner  | Mylene van der Scheer | Beginner   | 62.5   | 70     | -77.5  | 40   | 45    | 50    | 80    | 90    | 100    | 220    | 373.06 | 8   |
| 84.0 kg dames  |     |           |                       |            |        |        |        |      |       |       |       |       |        |        |        |     |
| 77.5           | 6   | Beginner  | Trudy Peters          | Beginner   | 90     | 97.5   | 102.5  | 60   | 65    | 70    | 110   | 125   | 130    | 302.5  | 478.10 | 1   |
| 79.3           | 17  | Beginner  | Marjolein Egtberts    | Beginner   | 30     | 45     | 50     | 35   | -37.5 | -37.5 | 50    | 70    | 85     | 170    | 267.35 | 2   |
| 84.0+ kg dames |     |           |                       |            |        |        |        |      |       |       |       |       |        |        |        |     |
| 94.3           | 16  | Beginner  | Larissa Bastiani      | Beginner   | 120    | 125    | 130    | 72.5 | -77.5 | -77.5 | 150   | 157.5 | 162.5  | 365    | 534.32 | 1   |
| 103.7          | 23  | Beginner  | Kim Dolmans           | Beginner   | 100    | -115   | -115   | 45   | 50    | -52.5 | 115   | 125   | 135    | 285    | 407.62 | 2   |

| LGW.          | Lot | Categorie | Naam                  | Vereniging | SQ 1  | SQ 2   | SQ 3   | BP 1  | BP 2   | BP 3   | DL 1  | DL 2  | DL 3   | Totaal | Punten | PL. |
|---------------|-----|-----------|-----------------------|------------|-------|--------|--------|-------|--------|--------|-------|-------|--------|--------|--------|-----|
| 59.0 kg heren |     |           |                       |            |       |        |        |       |        |        |       |       |        |        |        |     |
| 56.7          | 5   | Beginner  | Tom Kuurstra          | Beginner   | 90    | 97.5   | 102.5  | 62.5  | 67.5   | 72.5   | 102.5 | 110   | 117.5  | 292.5  | 346.39 | 1   |
| 66.0 kg heren |     |           |                       |            |       |        |        |       |        |        |       |       |        |        |        |     |
| 64.1          | 6   | Beginner  | Gianni Koorndijk      | Beginner   | -140  | 140    | 150    | 100   | -105   | -105   | 180   | 210   | -0     | 460    | 533.99 | 1   |
| 63.4          | 19  | Beginner  | Victor Bosch          | Beginner   | 100   | 110    | 115    | 70    | 80     | 85     | 140   | 150   | 160    | 360    | 403.26 | 2   |
| 64.1          | 22  | Beginner  | Davey Plones          | Beginner   | 105   | 112.5  | 115    | 90    | 95     | 100    | 115   | 122.5 | -130   | 337.5  | 369.16 | 3   |
| 63.2          | 18  | Beginner  | Tom Nillesen          | Beginner   | -90   | 90     | 102.5  | 70    | 80     | 85     | 110   | -120  | 125    | 312.5  | 339.81 | 4   |
| 65.8          | 14  | Beginner  | Carlos Seba           | Beginner   | -160  | -160   | -160   | -92.5 | -92.5  | -92.5  | 180   | 182.5 | 200    | 0      | 0.00   | -   |
| 74.0 kg heren |     |           |                       |            |       |        |        |       |        |        |       |       |        |        |        |     |
| 73.1          | 11  | Beginner  | Marco Lee             | Beginner   | 155   | 162.5  | 170    | 125   | 130    | -135   | 210   | 220   | 225    | 525    | 560.81 | 1   |
| 71.9          | 7   | Beginner  | Ivaylo Stoykov        | Beginner   | 180   | 190    | -195   | 100   | -102.5 | -102.5 | 220   | 225   | 232.5  | 522.5  | 564.76 | 2   |
| 72.6          | 12  | Beginner  | Nicholas van den Top  | Beginner   | 150   | -157.5 | 157.5  | 120   | 125    | -130   | 180   | 187.5 | 192.5  | 475    | 501.95 | 3   |
| 71.4          | 5   | Beginner  | Almar van der Stappen | Beginner   | 150   | 157.5  | 162.5  | 102.5 | 107.5  | 112.5  | 180   | 187.5 | -192.5 | 462.5  | 492.82 | 4   |
| 73.2          | 14  | Beginner  | Vincent van den Broek | Beginner   | 130   | 137.5  | 145    | 90    | 95     | 97.5   | 190   | 205   | -210   | 447.5  | 465.00 | 5   |
| 67.8          | 18  | Beginner  | Janic Rabe            | Beginner   | 122.5 | 130    | 140    | 85    | 92.5   | -95    | 152.5 | 165   | 175    | 407.5  | 442.21 | 6   |
| 73            | 27  | Beginner  | Mitchell Steenberghe  | Beginner   | 130   | -137.5 | -137.5 | 85    | 90     | 95     | 140   | 150   | 160    | 385    | 389.05 | 7   |
| 83.0 kg heren |     |           |                       |            |       |        |        |       |        |        |       |       |        |        |        |     |
| 82.3          | 22  | Beginner  | Jeroen Top            | Beginner   | 190   | 205    | 212.5  | 125   | 130    | 132.5  | 230   | 237.5 | 245    | 590    | 588.58 | 1   |
| 82.6          | 9   | Beginner  | Jody de Ruiter        | Beginner   | 195   | 205    | 212.5  | 125   | 130    | 135    | 225   | 232.5 | -240   | 580    | 575.71 | 2   |
| 80.1          | 25  | Beginner  | Tim Janssen           | Beginner   | 157.5 | -167.5 | 167.5  | 95    | 102.5  | 107.5  | 200   | 212.5 | -225   | 487.5  | 480.89 | 3   |
| 77.0          | 1   | Beginner  | Joep Janssen          | Beginner   | 155   | 165    | -170   | 100   | 107.5  | -112.5 | 200   | 212.5 | -217.5 | 485    | 492.03 | 4   |
| 81.0          | 10  | Beginner  | Chris van Toor        | Beginner   | 150   | 157.5  | 162.5  | 105   | 110    | 112.5  | 180   | 192.5 | 202.5  | 477.5  | 465.50 | 5   |
| 81.8          | 16  | Beginner  | Elmo van den Broek    | Beginner   | 150   | 160    | -170   | 105   | 110    | -117.5 | 195   | 205   | -210   | 475    | 459.34 | 6   |
| 77.1          | 26  | Beginner  | Timo van de Fliert    | Beginner   | 145   | 152.5  | 160    | 100   | 107.5  | -112.5 | 180   | 192.5 | 200    | 467.5  | 470.76 | 7   |
| 80.6          | 24  | Beginner  | Sam van der Wekken    | Beginner   | 145   | 155    | 160    | -90   | 92.5   | -100   | 170   | 185   | 187.5  | 440    | 423.82 | 8   |
| 80.5          | 20  | Beginner  | Jelle Kool            | Beginner   | 140   | -147.5 | 150    | 92.5  | 97.5   | 102.5  | -160  | 170   | 180    | 432.5  | 415.53 | 9   |
| 81.5          | 21  | Beginner  | Nick Janssen          | Beginner   | -140  | 145    | 155    | 90    | 95     | 102.5  | 155   | 165   | 175    | 432.5  | 411.77 | 10  |
| 81.8          | 17  | Beginner  | Maurits Benard        | Beginner   | 120   | 130    | 135    | -90   | 95     | 100    | 150   | 160   | -165   | 395    | 367.70 | 11  |
| 77.1          | 6   | Beginner  | Loek van Leeuwen      | Beginner   | 100   | 107.5  | 115    | 97.5  | 105    | 107.5  | 125   | 140   | 145    | 367.5  | 351.91 | 12  |
| 74.9          | 32  | Beginner  | Jaro Franssen         | Beginner   | 95    | 105    | 115    | 85    | 92.5   | -95    | 130   | 142.5 | 152.5  | 360    | 350.96 | 13  |
| 80.1          | 23  | Beginner  | Martijn Schenkelaars  | Beginner   | 110   | 115    | 120    | 75    | -80    | -80    | 150   | -155  | -160   | 345    | 315.53 | 14  |
| 80.2          | 2   | Beginner  | Philip Gijswijt       | Beginner   | -80   | 80     | -100   | 80    | -82.5  | -85    | 100   | 120   | 130    | 290    | 251.45 | 15  |
| 80.6          | 30  | Beginner  | Rik Lamers            | Beginner   | 170   | 180    | 185    | -85   | -92.5  | -92.5  | -190  | -190  | -190   | 0      | 0.00   | -   |

## 93.0 kg heren

|      |    |          |                         |          |       |       |        |       |        |        |        |       |        |       |        |    |
|------|----|----------|-------------------------|----------|-------|-------|--------|-------|--------|--------|--------|-------|--------|-------|--------|----|
| 91.5 | 20 | Beginner | Thijs van de Wall Perné | Beginner | 190   | 205   | 215    | 115   | -122.5 | -122.5 | 255    | 270   | 280    | 610   | 569.37 | 1  |
| 85.4 | 23 | Beginner | Sijun Wu                | Beginner | 182.5 | 195   | 200    | 120   | 125    | -130   | 240    | 250   | 260    | 585   | 568.23 | 2  |
| 83.5 | 9  | Beginner | Perry Franken           | Beginner | 175   | 195   | -202.5 | 120   | 130    | 140    | 210    | 225   | 235    | 570   | 560.10 | 3  |
| 90.4 | 7  | Beginner | Kimo van Hulst          | Beginner | 210   | 215   | -220   | 115   | 120    | 122.5  | 220    | 227.5 | -230   | 565   | 525.32 | 4  |
| 87.0 | 15 | Beginner | Mark te Hennepe         | Beginner | -175  | 185   | 195    | 110   | 117.5  | 125    | 220    | 230   | 237.5  | 557.5 | 530.76 | 5  |
| 91.6 | 24 | Beginner | Jochem van Kesteren     | Beginner | 170   | 180   | -192.5 | 120   | 130    | -140   | 210    | 220   | 230    | 540   | 493.95 | 6  |
| 87.5 | 14 | Beginner | Sander Koelewijn        | Beginner | -185  | 185   | -195   | 102.5 | 107.5  | -115   | 227.5  | 235   | 245    | 537.5 | 506.69 | 7  |
| 89.8 | 12 | Beginner | Damian Colijn           | Beginner | 185   | 195   | -205   | 120   | 127.5  | -132.5 | -192.5 | 202.5 | 210    | 532.5 | 492.43 | 8  |
| 90.4 | 4  | Beginner | Sebastiaan Rodrigues D  | Beginner | 155   | 165   | 172.5  | 105   | 112.5  | -117.5 | 230    | 237.5 | 242.5  | 527.5 | 484.83 | 9  |
| 91.7 | 21 | Beginner | Jeroen Didden           | Beginner | -180  | 180   | -190   | 105   | 112.5  | -117.5 | 220    | 230   | -240   | 522.5 | 474.85 | 10 |
| 92.0 | 26 | Beginner | Stefan Schipper         | Beginner | 155   | 160   | 175    | 110   | 120    | -125   | 190    | 210   | 225    | 520   | 471.14 | 11 |
| 85.3 | 1  | Beginner | Menno Stekelenburg      | Beginner | 140   | 147.5 | -155   | 120   | 127.5  | 132.5  | 200    | 215   | 220    | 500   | 473.74 | 12 |
| 92.8 | 19 | Beginner | Takis Hoogterp          | Beginner | 182.5 | 187.5 | 192.5  | 92.5  | 100    | -107.5 | 195    | 205   | -212.5 | 497.5 | 444.49 | 13 |
| 86.1 | 10 | Beginner | Rik Elschott            | Beginner | 145   | 155   | 165    | 107.5 | 115    | 120    | 185    | 195   | -215   | 480   | 448.45 | 14 |
| 91.1 | 17 | Beginner | Milco Brosky            | Beginner | 140   | 150   | -160   | 130   | -140   | -140   | 180    | 200   | -220   | 480   | 431.26 | 15 |
| 91.2 | 18 | Beginner | Yannick Reitsema        | Beginner | -150  | 150   | -160   | 107.5 | -115   | -115   | 200    | 210   | -220   | 467.5 | 417.51 | 16 |

## 105.0 kg heren

|       |    |          |                   |          |       |       |       |       |       |       |       |       |       |     |        |    |
|-------|----|----------|-------------------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|--------|----|
| 103.7 | 15 | Beginner | Yannick Menzing   | Beginner | -200  | 200   | -210  | 125   | 132.5 | 140   | 240   | 260   | 275   | 615 | 530.83 | 1  |
| 101.5 | 30 | Beginner | Frank van Leeuwen | Beginner | 205   | 215   | 220   | 125   | 130   | -135  | 230   | 240   | -245  | 590 | 512.63 | 2  |
| 97.6  | 23 | Beginner | Hidde Vermeulen   | Beginner | 190   | 197.5 | 205   | 112.5 | 117.5 | 122.5 | 212.5 | 222.5 | 227.5 | 555 | 489.29 | 3  |
| 102.4 | 8  | Beginner | Robin Vlaanderen  | Beginner | -175  | 175   | 195   | 105   | -115  | -120  | 230   | 240   | -250  | 540 | 459.42 | 4  |
| 103.3 | 9  | Beginner | Nathanaël Luten   | Beginner | 180   | 190   | -200  | 140   | -150  | -150  | 170   | 185   | 200   | 530 | 446.86 | 5  |
| 103.8 | 28 | Beginner | Jasper Lam        | Beginner | 150   | 160   | -170  | 90    | -105  | 105   | 220   | 230   | -235  | 495 | 410.48 | 6  |
| 102.8 | 3  | Beginner | Jesse Meijer      | Beginner | 142.5 | 150   | 157.5 | 100   | 107.5 | 112.5 | 195   | 210   | 220   | 490 | 408.02 | 7  |
| 94.8  | 21 | Beginner | Rob Nijland       | Beginner | 125   | 130   | -140  | 105   | 110   | -120  | 190   | 200   | 215   | 455 | 393.52 | 8  |
| 102.5 | 2  | Beginner | Ferdi Kamer       | Beginner | 160   | 170   | -180  | 102.5 | 110   | 115   | 155   | 165   | 170   | 455 | 373.54 | 9  |
| 100.4 | 24 | Beginner | Jord Marcus       | Beginner | 120   | 130   | 140   | 90    | -95   | -100  | -160  | 170   | 175   | 405 | 327.75 | 10 |

## 120.0 kg heren

|       |    |          |                    |          |     |        |        |        |        |        |     |      |       |       |        |   |
|-------|----|----------|--------------------|----------|-----|--------|--------|--------|--------|--------|-----|------|-------|-------|--------|---|
| 118.0 | 12 | Beginner | Tomasz Bujalski    | Beginner | 220 | 230    | 235    | 170    | 180    | 185    | 240 | 250  | 260   | 680   | 552.13 | 1 |
| 111.2 | 4  | Beginner | Roel van den Akker | Beginner | 185 | 190    | 200    | 120    | 125    | 130    | 200 | 210  | 220   | 550   | 446.08 | 2 |
| 112.7 | 15 | Beginner | Sjuul van Bentum   | Beginner | 135 | 145    | 155    | 75     | 82.5   | -85    | 200 | -210 | -210  | 437.5 | 334.64 | 3 |
| 117.2 | 14 | Beginner | Coen Wijnia        | Beginner | 200 | -207.5 | -207.5 | -162.5 | -162.5 | -162.5 | 230 | 245  | 252.5 | 0     | 0.00   | - |

## 120.0+ kg heren

|       |    |          |                   |          |     |     |     |     |       |       |     |       |       |     |        |   |
|-------|----|----------|-------------------|----------|-----|-----|-----|-----|-------|-------|-----|-------|-------|-----|--------|---|
| 124.5 | 11 | Beginner | Hendrik Tolenaars | Beginner | 180 | 190 | 200 | 120 | 132.5 | 142.5 | 230 | 242.5 | 242.5 | 585 | 448.94 | 1 |
|-------|----|----------|-------------------|----------|-----|-----|-----|-----|-------|-------|-----|-------|-------|-----|--------|---|

Sterkste Beginner gebaseerd op de IPF formule

Dames

| Plaats | Naam               | Punten | Lichaamsgewicht |
|--------|--------------------|--------|-----------------|
| 1      | Larissa Bastiani   | 534.32 | 94.3 kg         |
| 2      | Zuzanna Mandrysz   | 513.75 | 69.0 kg         |
| 3      | Robin van Rosmalen | 503.48 | 66.9 kg         |

Heren

| Plaats | Naam                    | Punten | Lichaamsgewicht |
|--------|-------------------------|--------|-----------------|
| 1      | Jeroen Top              | 588.58 | 82.3 kg         |
| 2      | Jody de Ruiter          | 575.71 | 82.6 kg         |
| 3      | Thijs van de Wall Perné | 569.37 | 91.5 kg         |