

Northside Barbell Summer Cup
25&26-6-2022 Groningen

57.0 kg dames

LGW.	Lot	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
55.42	4	1986	Joëlla Munster	Vondelgym	92.5	97.5	-102.5	55	-57.5	-57.5	122.5	130	135	287.5	68.905	1
56.98	18	1998	Kelly Senden	Perfect Performance	-92.5	97.5	-102.5	55	60	-62.5	117.5	130	-137.5	287.5	67.455	2

63.0 kg dames

LGW.	Lot	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
62.98	1	1996	Florence Peeters	Grow Coaching	115	117.5	122.5	67.5	70	75	125	-135	137.5	335	73.307	1
62.28	21	1995	Nelleke van Staveren	StrengthValleyNL	112.5	-120	120	65	-70	-70	-135	135	140	325	71.637	2
61.10	26	1995	Anne-Lise Strandmoe	East End Strength Sports	97.5	105	-112.5	-55	-57.5	57.5	137.5	142.5	147.5	310	69.206	3
61.32	29	1997	Roos Otten	Beresterk	87.5	92.5	97.5	47.5	50	52.5	125	135	142.5	292.5	65.142	4
59.82	24	2001	Paulina Breidenbach	Krachtlab	87.5	95	100	50	55	-57.5	115	125	-130	280	63.424	5
60.86	30	2001	Danique Plasmeijer	Grow Coaching	100	105	-107.5	45	-47.5	-47.5	115	120	125	275	61.557	6
61.84	3	1997	Iman te Wildt	Grow Coaching	95	100	105	47.5	50	-52.5	105	110	115	270	59.793	7
62.00	31	2001	Milou van Delden	Beresterk	87.5	95	100	47.5	50	52.5	100	107.5	112.5	265	58.585	8
59.88	15	1998	Nienke Oldenburger	SKVU Obelix	77.5	82.5	87.5	45	47.5	50	110	115	120	257.5	58.286	9

69.0 kg dames

LGW.	Lot	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
68.58	10	1998	Xiamei Klancnik	NKV Atlas	-125	127.5	135	62.5	67.5	-70	145	155	160	362.5	75.357	1
67.34	33	1993	Debora Soeters	Vondelgym	120	-127.5	130	57.5	62.5	-65	135	145	152.5	345	72.469	2
68.00	22	1998	Nina Yzer	Krachtlab	115	122.5	-125	55	-60	60	122.5	132.5	135	317.5	66.320	3
68.08	8	1998	Tessa Rozema	Grow Coaching	-115	-117.5	117.5	57.5	60	-62.5	125	130	-142.5	307.5	64.188	4
67.08	32	1999	Sophie de Tombe	Untamed Strength	107.5	-115	117.5	55	60	-62.5	110	115	120	297.5	62.632	5
68.14	7	1999	Floortje Radema	GSKV Northside Barbell	95	102.5	107.5	57.5	60	-62.5	95	102.5	110	277.5	57.897	6
67.90	17	2003	Petra Willems	GSKV Northside Barbell	75	80	85	47.5	50	-52.5	115	127.5	-140	262.5	54.878	7
65.12	5	2001	Romy van Dillen	Legacy Gym	90	95	-102.5	40	42.5	-45	100	110	-115	247.5	53.036	8

76.0 kg dames

LGW.	Lot	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
74.04	9	1996	Symone Kooistra	East End Strength Sports	130	137.5	142.5	72.5	77.5	82.5	155	165	172.5	397.5	79.363	1
74.70	35	1993	Nienke Eilander	East End Strength Sports	145	152.5	-157.5	60	62.5	65	155	157.5	-165	375	74.546	2
74.56	21	1995	Larissa Koning	Beresterk	110	115	-120	55	57.5	60	135	140	145	320	63.671	3
74.22	8	2000	Eline Blok	Grow Coaching	95	100	-105	70	-72.5	-72.5	120	127.5	-152.5	297.5	59.327	4
72.86	14	1994	Hester Schaap	East End Strength Sports	92.5	97.5	102.5	52.5	55	-57.5	127.5	135	-137.5	292.5	58.870	5

84.0 kg dames

LGW.	Lot	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
81.78	25	1993	Jeanine Maas	Team LorenzM	125	132.5	-137.5	75	80	-85	132.5	140	142.5	355	67.765	1
82.50	23	2001	Elke Bokma	Beresterk	115	120	125	60	62.5	65	122.5	132.5	-142.5	322.5	61.341	2
78.66	16	2003	Anne van Gils	Grow Coaching	115	122.5	-125	60	65	-70	-125	125	-142.5	312.5	60.651	3
80.92	6	1997	Iris de Groot	East End Strength Sports	110	115	-117.5	60	62.5	-65	112.5	117.5	122.5	300	57.518	4
80.80	36	2000	Iris van den Berg	GSKV Northside Barbell	95	102.5	110	42.5	47.5	-50	120	127.5	130	287.5	55.156	5
80.38	37	1998	Kimberley van der Graaff	Alpha Gym	92.5	-97.5	100	45	47.5	-50	105	110	117.5	265	50.952	6
82.56	32	1985	Marjolein Egtberts	Krachtlab	-80	82.5	-85	42.5	45	-50	107.5	115	-120	242.5	46.112	7
79.90	2	1997	Fleur Goedhart	Team LorenzM	112.5	117.5	122.5	-82.5	-85	-85	145	152.5	0	0	0.000	-

84.0+ kg dames

LGW.	Lot	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
106.72	28	1991	Lesley van Ginkel	Beresterk	102.5	107.5	112.5	52.5	55	57.5	135	142.5	150	320	56.150	1
104.86	27	1993	Emmy Severijns	SKVU Obelix	102.5	110	-115	60	-65	-65	120	127.5	135	305	53.740	2
90.42	5	1999	Wasila Moktefi	GSKV Northside Barbell	100	107.5	112.5	55	60	62.5	105	112.5	-122.5	287.5	52.860	3
88.84	4	1996	Myrthe Scheepers	SportArena Eindhoven	77.5	85	-90	52.5	55	-57.5	105	112.5	-117.5	252.5	46.707	4

59.0 kg heren

LGW.	Lot	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
57.30	4	2002	Asher Hamid	Barbell Lifestyle	105	-115	-115	65	72.5	77.5	115	-127.5	130	312.5	52.527	1

66.0 kg heren

LGW.	Lot	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
64.74	7	2000	Richard Duits	Algemeen Lid	150	160	-170	100	105	110	180	200	210	480	75.592	1
65.42	15	1992	Glenn Vandendijk	Loods 37	155	165	-167.5	100	-105	105	180	190	195	465	72.826	2
64.82	10	1997	Ishvar Lalbahadoersing	Barbell Lifestyle	135	142.5	150	97.5	102.5	105	175	185	-190	440	69.248	3

74.0 kg heren

LGW.	Lot	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
72.80	16	1995	Matthijs Kemp	SKVU Obelix	187.5	197.5	200	112.5	117.5	-120	195	205	-215	522.5	77.363	1
72.52	28	1998	Bram de Ruiter	Huijser Coaching	167.5	175	-180	95	100	105	220	232.5	-242.5	512.5	76.035	2
68.72	25	2004	Terence Jacobs	Krachtlab	-175	175	185	100	107.5	-110	215	-230	-232.5	507.5	77.444	3
72.18	9	1997	Tom Wiegman	GSKV Northside Barbell	-155	155	165	95	100	102.5	185	195	202.5	470	69.900	4
67.60	27	1994	Yorick Zegarra	Team LorenzM	122.5	130	135	77.5	82.5	85	160	172.5	180	400	61.570	5

83.0 kg heren

LGW.	Lot	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
82.00	27	1991	Tim de Klerk	SportArena Eindhoven	-240	250	-257.5	162.5	167.5	-170	-272.5	285	-292.5	702.5	97.843	1
82.00	19	1998	Marco Lee	SportArena Eindhoven	210	-220	220	167.5	-175	175	-230	230	255	650	90.531	2
82.62	23	1991	Mike Marreevee	Perfect Performance	215	225	232.5	110	117.5	122.5	270	-280	280	635	88.105	3
78.52	14	1998	Luc Koekelkoren	Team LorenzM	207.5	215	220	137.5	-145	145	242.5	257.5	267.5	632.5	90.062	4
82.20	25	1985	Sijun Wu	Perfect Performance	192.5	200	207.5	120	125	127.5	275	287.5	-292.5	622.5	86.593	5
82.06	30	1983	Raymond Bruynaers	Loods 37	215	230	-235	137.5	-147.5	-147.5	247.5	-265	-265	615	85.624	6
81.96	32	1986	Jeroen Winnen	Strength Academy	185	195	200	-155	155	-160	230	240	250	605	84.284	7
81.92	38	1990	Jorghinio Alfred	Perfect Performance	212.5	217.5	-220	127.5	130	132.5	235	-240	-240	585	81.518	8
81.58	4	2002	Jilles Kok	Strength Academy	-200	-200	200	110	115	-125	215	227.5	240	555	77.501	9
81.30	17	1985	Peter van der Mast	East End Strength Sports	175	182.5	195	120	127.5	130	195	210	220	545	76.237	10
77.50	36	2003	Andy Hoang	Team LorenzM	180	187.5	-190	125	132.5	135	205	212.5	-220	535	76.691	11
81.88	15	1999	Manuel Apalmo	Alpha Gym	165	175	185	127.5	132.5	135	200	210	-217.5	530	73.872	12
82.28	5	2004	Abdullah Karacelik	SportArena Eindhoven	180	195	-202.5	110	117.5	122.5	190	205	212.5	530	73.690	13
80.48	29	1995	Bastiaan de Wit	Algemeen Lid	155	-165	172.5	-115	120	125	180	192.5	-205	490	68.898	14
79.70	7	1996	Daan Schouten	NKV Atlas	160	167.5	175	90	95	-100	190	200	207.5	477.5	67.475	15
80.82	33	1998	Sander Robben	East End Strength Sports	95	-105	105	75	80	82.5	165	177.5	185	372.5	52.264	16
81.46	18	1996	Lars Giesen	Perfect Performance	185	192.5	195	-105	-107.5	-107.5	230	240	245	0	0.000	-

93.0 kg heren

LGW.	Lot	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
92.06	3	1993	Casper Vaes	Loods 37	220	232.5	240	137.5	142.5	-147.5	240	-257.5	-257.5	622.5	81.841	1
88.88	19	1998	Martijn Hazeleger	Pjotrs Powertraining	195	207.5	212.5	-152.5	152.5	-157.5	230	242.5	250	615	82.267	2
91.12	2	1999	Djahmar Schoonheim	Pjotrs Powertraining	-207.5	-207.5	207.5	132.5	137.5	142.5	-250	250	260	610	80.602	3
91.34	11	1988	Joost van Twist	SportArena Eindhoven	185	195	-205	135	145	-150	235	252.5	262.5	602.5	79.517	4
90.16	24	1991	Mike Beelen	Loods 37	207.5	217.5	-220	105	112.5	-117.5	235	247.5	-255	577.5	76.707	5
91.00	1	1998	Jochem Broekhuis	ESKV Odin	180	187.5	192.5	130	-137.5	137.5	225	232.5	240	570	75.366	6
87.02	20	1991	Alwin Wubs	East End Strength Sports	170	180	190	92.5	97.5	100	222.5	237.5	250	540	72.997	7
88.56	22	1992	Quirijn Meijer	SKVU Obelix	195	-205	-205	85	90	92.5	230	240	250	537.5	72.029	8
90.46	6	1998	Bido Mohamed	ASKV Kratos	160	170	180	115	122.5	-130	195	210	230	532.5	70.614	9
91.60	12	1996	Bernd Haaijer	Iron House Co	165	172.5	177.5	105	112.5	115	210	222.5	227.5	520	68.533	10
91.02	5	2001	Allard Gooshouwer	Grow Coaching	165	172.5	-180	100	105	110	190	200	210	492.5	65.112	11
90.00	16	1994	Peter Bijl	GSKV Northside Barbell	170	177.5	185	95	102.5	107.5	190	-202.5	-202.5	482.5	64.145	12
90.58	14	1990	Marcel Brandsma	East End Strength Sports	165	172.5	-177.5	85	90	92.5	190	200	207.5	472.5	62.617	13
89.98	17	1990	Vikram Radhakrishnan	Pjotrs Powertraining	142.5	150	155	95	100	105	160	170	175	435	57.836	14
88.94	9	1998	Wesley Kruse	GSKV Northside Barbell	-195	-195	-195	-105	105	110	180	190	202.5	0	0.000	-

105.0 kg heren

LGW.	Lot	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
104.64	38	1992	Aldreyson Ortega	Supreme Strength Coaching	270	280	0	157.5	165	-167.5	280	-302.5	-302.5	725	89.655	1
104.52	29	1994	Khubeib Al Jabar	SportArena Eindhoven	220	230	235	170	-177.5	177.5	285	302.5	-312.5	715	88.466	2
102.80	1	1998	Sebastiaan Rodrigues de Miranda	NSKV Profectus	215	230	-240	122.5	-130	130	255	265	275	635	79.179	3
101.96	12	1996	Marick Klarenbeek	East End Strength Sports	205	-215	-215	130	135	-140	230	240	245	585	73.227	4
102.88	30	1995	Jorrit van Leiden	GSKV Northside Barbell	210	217.5	225	107.5	115	117.5	215	225	235	577.5	71.984	5
97.74	11	1997	Takis Hoogterp	SKVU Obelix	190	200	210	120	125	130	210	220	230	570	72.797	6
97.20	3	1999	Dennis de Pee	East End Strength Sports	155	162.5	-167.5	112.5	-120	120	185	200	-205	482.5	61.786	7

120.0 kg heren

LGW.	Lot	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
112.60	24	1992	Arjen Francke	SportArena Eindhoven	210	220	230	155	162.5	-167.5	280	-300	-300	672.5	80.414	1
119.10	28	1989	Arjaan Martini	East End Strength Sports	200	212.5	222.5	92.5	100	105	270	287.5	300	627.5	73.185	2
109.50	6	1997	Alex Wildeboer	East End Strength Sports	195	212.5	-225	115	120	125	255	270	285	622.5	75.384	3
114.54	34	1992	Jeroen Versluis	Vondelgym	-210	-215	215	127.5	135	-140	235	240	250	600	71.197	4

120.0+ kg heren

LGW.	Lot	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
130.56	9	1997	Luuk Wemmenhove	Team LorenzM	190	200	205	125	130	135	-215	-215	215	555	62.240	1
156.80	8	1998	Rowen van der Heide	East End Strength Sports	185	195	-210	100	110	-115	225	240	-252.5	545	56.899	2

Sterkste Open gebaseerd op de IPF GL formule**Dames**

Plaats	Naam	Punten	Lichaamsgewicht	Vereniging
1	Symone Kooistra	79.363	74.04 kg	East End Strength Sports
2	Xiamei Klancnik	75.357	68.58 kg	NKV Atlas
3	Nienke Eilander	74.546	74.70 kg	East End Strength Sports

Heren

Plaats	Naam	Punten	Lichaamsgewicht	Vereniging
1	Tim de Klerk	97.843	82.00 kg	SportArena Eindhoven
2	Marco Lee	90.531	82.00 kg	SportArena Eindhoven
3	Luc Koekelkoren	90.062	78.52 kg	Team LorenzM

Sterkste verenigingen & sportscholen dames

(per gewichtsklasse berekend)

Plaats	Vereniging	Teamscore	Punten	Details
1	East End Strength Sports	42	339.504	Symone Kooistra (12) + Nienke Eilander (9) + Anne-Lise Strandmoe (8) + Iris de Groot (7) + Hester Schaap (6)
2	Beresterk	39	304.889	Lesley van Ginkel (12) + Elke Bokma (9) + Larissa Koning (8) + Roos Otten (7) + Milou van Delden (3)
3	Grow Coaching	39	319.030	Florence Peeters (12) + Anne van Gils (8) + Tessa Rozema (7) + Eline Blok (7) + Danique Plasmeijer (5)
4	GSKV Northside Barbell	23	220.792	Wasila Moktefi (8) + Iris van den Berg (6) + Floortje Radema (5) + Petra Willems (4)
5	Vondelgym	21	141.374	Joëlla Munster (12) + Debora Soeters (9)
6	Krachtlab	18	175.856	Nina Yzer (8) + Paulina Breidenbach (6) + Marjolein Egtberts (4)
7	NKV Atlas	12	75.357	Xiamei Klancnik (12)
8	Team LorenzM	12	67.765	Jeanine Maas (12)
9	SKVU Obelix	11	112.027	Emmy Severijns (9) + Nienke Oldenburger (2)
10	StrengthValleyNL	9	71.637	Nelleke van Staveren (9)
11	Perfect Performance	9	67.455	Kelly Senden (9)
12	SportArena Eindhoven	7	46.707	Myrthe Scheepers (7)
13	Untamed Strength	6	62.632	Sophie de Tombe (6)
14	Alpha Gym	5	50.952	Kimberley van der Graaff (5)
15	Legacy Gym	3	53.036	Romy van Dillen (3)

Sterkste verenigingen & sportscholen heren

(per gewichtsklasse berekend)

Plaats	Vereniging	Teamscore	Punten	Details
1	SportArena Eindhoven	49	436.770	Tim de Klerk (12) + Arjen Francke (12) + Marco Lee (9) + Khubeib Al Jabar (9) + Joost van Twist (7)
2	East End Strength Sports	37	351.692	Arjaan Martini (9) + Rowen van der Heide (9) + Alex Wildeboer (8) + Marick Klarenbeek (7) + Alwin Wubs (4)
3	Loods 37	32	316.998	Casper Vaes (12) + Glenn Vandendijk (9) + Mike Beelen (6) + Raymond Bruynaers (5)
4	Team LorenzM	26	290.563	Luuk Wemmenhove (12) + Luc Koekelkoren (7) + Yorick Zegarra (6) + Andy Hoang (1)
5	Barbell Lifestyle	20	121.775	Asher Hamid (12) + Ishvar Lalbahadoersing (8)
6	SKVU Obelix	20	222.189	Matthijs Kemp (12) + Takis Hoogterp (5) + Quirijn Meijer (3)
7	Pjotrs Powertraining	18	220.705	Martijn Hazeleger (9) + Djahmar Schoonheim (8) + Vikram Radhakrishnan (1)
8	Perfect Performance	17	256.216	Mike Marreevee (8) + Sijun Wu (6) + Jorghinio Alfred (3)
9	GSKV Northside Barbell	14	206.028	Tom Wiegman (7) + Jorrit van Leiden (6) + Peter Bijl (1)
10	Supreme Strength Coaching	12	89.655	Aldreyson Ortega (12)
11	Huijser Coaching	9	76.035	Bram de Ruiter (9)
12	NSKV Profectus	8	79.179	Sebastiaan Rodrigues de Miranda (8)
13	Krachtlab	8	77.444	Terence Jacobs (8)
14	Vondelgym	7	71.197	Jeroen Versluis (7)
15	Strength Academy	6	161.785	Jeroen Winnen (4) + Jilles Kok (2)
16	ESKV Odin	5	75.366	Jochem Broekhuis (5)
17	ASKV Kratos	2	70.614	Bido Mohamed (2)
18	Alpha Gym	1	73.872	Manuel Apalmo (1)
19	Iron House Co	1	68.533	Bernd Haaijer (1)
20	NKV Atlas	1	67.475	Daan Schouten (1)
21	Grow Coaching	1	65.112	Allard Gooshouwer (1)