

Beginnerswedstrijd Lelystad 2022

30-4&1-5-2022 Lelystad

**63.0 kg dames**

| LGW.  | Lot | Geb. | Naam                  | SQ 1 | SQ 2 | SQ 3  | BP 1 | BP 2  | BP 3  | DL 1  | DL 2   | DL 3   | Totaal | Punten | PL. |
|-------|-----|------|-----------------------|------|------|-------|------|-------|-------|-------|--------|--------|--------|--------|-----|
| 61.60 | 23  | 1993 | Maria Schreurs        | 105  | 115  | 120   | 55   | 62.5  | 65    | 122.5 | 135    | -142.5 | 320    | 71.049 | 1   |
| 61.90 | 25  | 2004 | Ayla van Leeuwen      | 80   | 95   | 102.5 | 65   | -67.5 | 67.5  | 120   | 127.5  | 132.5  | 302.5  | 66.947 | 2   |
| 62.40 | 5   | 2000 | Esmee Berendsen       | 92.5 | 97.5 | 105   | 60   | 65    | 70    | 115   | 122.5  | 127.5  | 302.5  | 66.594 | 3   |
| 61.40 | 14  | 1999 | Isabelle van den Beld | -80  | 85   | 90    | 45   | 50    | 55    | 100   | 107.5  | 115    | 260    | 57.853 | 4   |
| 61.60 | 29  | 1998 | Jasmijn Hübers        | 80   | 82.5 | 90    | 47.5 | 50    | -52.5 | 107.5 | -112.5 | 112.5  | 252.5  | 56.062 | 5   |
| 60.50 | 20  | 2001 | Rianka van Bennekom   | 80   | 85   | 90    | 40   | 45    | -47.5 | 100   | 110    | 115    | 250    | 56.188 | 6   |
| 61.40 | 21  | 1997 | Zoë Stubij            | 85   | 90   | 95    | 45   | 47.5  | 50    | 95    | 100    | 102.5  | 247.5  | 55.072 | 7   |

**69.0 kg dames**

| LGW.  | Lot | Geb. | Naam               | SQ 1  | SQ 2  | SQ 3   | BP 1 | BP 2  | BP 3  | DL 1  | DL 2  | DL 3   | Totaal | Punten | PL. |
|-------|-----|------|--------------------|-------|-------|--------|------|-------|-------|-------|-------|--------|--------|--------|-----|
| 67.00 | 4   | 2002 | Betty Aborah       | 125   | 132.5 | 142.5  | 70   | 77.5  | 82.5  | 170   | 185   | 200    | 425    | 89.537 | 1   |
| 67.50 | 19  | 1995 | Priscilla Molenaar | 107.5 | 112.5 | -117.5 | 75   | 77.5  | 80    | 130   | 140   | 145    | 337.5  | 70.797 | 2   |
| 66.00 | 15  | 1994 | Sarah Rahman       | 125   | 130   | -132.5 | 57.5 | -62.5 | -62.5 | 140   | 142.5 | -150   | 330    | 70.143 | 3   |
| 67.50 | 6   | 1996 | Basak Ozkan        | 112.5 | 117.5 | 122.5  | 45   | 50    | -55   | 125   | 135   | 140    | 312.5  | 65.553 | 4   |
| 67.00 | 2   | 1991 | Zina Koning        | 90    | 95    | 100    | 65   | 70    | -72.5 | 130   | 135   | 140    | 310    | 65.309 | 5   |
| 67.90 | 31  | 2002 | Ginny Soedarso     | 115   | 125   | -140   | 45   | 52.5  | -60   | 110   | 120   | 125    | 302.5  | 63.240 | 6   |
| 68.50 | 9   | 2000 | Amber Mes          | 107.5 | -115  | 115    | 42.5 | 45    | 47.5  | 120   | 125   | 130    | 292.5  | 60.845 | 7   |
| 68.40 | 30  | 2001 | Sterre Snackers    | 100   | 107.5 | 112.5  | 47.5 | -52.5 | 52.5  | 107.5 | 115   | 122.5  | 287.5  | 59.855 | 8   |
| 65.40 | 10  | 1983 | Gwen Heuts         | 80    | 85    | 90     | 57.5 | 62.5  | 65    | 92.5  | 100   | 110    | 265    | 56.638 | 9   |
| 67.70 | 16  | 1996 | Rhea Lambregts     | 82.5  | 87.5  | -90    | 45   | 47.5  | -50   | 117.5 | 125   | -127.5 | 260    | 54.447 | 10  |
| 66.50 | 22  | 1995 | Romy Riemersma     | 87.5  | 95    | 100    | 45   | -50   | -50   | 105   | -110  | 110    | 255    | 53.959 | 11  |
| 68.90 | 1   | 1993 | Whitley Arends     | 75    | 80    | -85    | 40   | 45    | 50    | 80    | 90    | -100   | 220    | 45.615 | 12  |
| 68.10 | 7   | 1994 | Marieke Visser     | 50    | 55    | -60    | 37.5 | 40    | 42.5  | 82.5  | 90    | 95     | 192.5  | 40.176 | 13  |

**76.0 kg dames**

| LGW.  | Lot | Geb. | Naam                | SQ 1 | SQ 2  | SQ 3   | BP 1 | BP 2 | BP 3  | DL 1  | DL 2  | DL 3  | Totaal | Punten | PL. |
|-------|-----|------|---------------------|------|-------|--------|------|------|-------|-------|-------|-------|--------|--------|-----|
| 73.90 | 35  | 1996 | Patricia Meana Saez | 95   | 102.5 | 110    | 69   | 72.5 | 75    | 135   | 142.5 | 150   | 335    | 66.947 | 1   |
| 70.80 | 17  | 1985 | Karin Fikse         | 100  | 110   | 112.5  | 60   | 65   | 70    | 105   | 115   | 120   | 302.5  | 61.797 | 2   |
| 73.10 | 53  | 2003 | Hajar Badaoui       | -110 | -115  | 115    | 50   | 52.5 | -57.5 | 110   | -120  | 127.5 | 295    | 59.275 | 3   |
| 75.20 | 55  | 1991 | Jenny Fleuren       | 97.5 | 102.5 | -107.5 | 52.5 | 55   | 57.5  | 112.5 | 117.5 | 120   | 280    | 55.482 | 4   |
| 74.80 | 3   | 1993 | Shanel Hospers      | 87.5 | 95    | -100   | 47.5 | 52.5 | -55   | 112.5 | 115   | 117.5 | 265    | 52.645 | 5   |
| 73.90 | 49  | 2005 | Mente Klaver        | -95  | 95    | 97.5   | 42.5 | -45  | 45    | 107.5 | 112.5 | 117.5 | 260    | 51.959 | 6   |
| 73.10 | 43  | 1994 | Annabelle Spieard   | 75   | 80    | 85     | 55   | 60   | -62.5 | 95    | 100   | 105   | 250    | 50.233 | 7   |

**84.0 kg dames**

| LGW.  | Lot | Geb. | Naam            | SQ 1   | SQ 2  | SQ 3  | BP 1 | BP 2 | BP 3 | DL 1 | DL 2  | DL 3  | Totaal | Punten | PL. |
|-------|-----|------|-----------------|--------|-------|-------|------|------|------|------|-------|-------|--------|--------|-----|
| 83.90 | 18  | 1978 | Daphne Pieteron | -127.5 | 127.5 | 132.5 | 80   | 82.5 | 85   | 145  | 157.5 | -165  | 375    | 70.851 | 1   |
| 81.80 | 32  | 1998 | Julia Windt     | 65     | 72.5  | 75    | 40   | -45  | -45  | 85   | 95    | 102.5 | 217.5  | 41.514 | 2   |

**84.0+ kg dames**

| LGW.  | Lot | Geb. | Naam            | SQ 1  | SQ 2 | SQ 3   | BP 1  | BP 2 | BP 3 | DL 1  | DL 2 | DL 3   | Totaal | Punten | PL. |
|-------|-----|------|-----------------|-------|------|--------|-------|------|------|-------|------|--------|--------|--------|-----|
| 91.90 | 54  | 2000 | Emma Meinen     | 110   | 115  | 120    | 50    | 52.5 | -55  | 130   | 140  | 145    | 317.5  | 58.063 | 1   |
| 90.60 | 9   | 1992 | Danielle Heijne | 102.5 | 110  | 115    | 50    | -55  | -55  | 122.5 | 135  | -140   | 300    | 55.122 | 2   |
| 89.70 | 19  | 1976 | Eva Raat        | 95    | 97.5 | -102.5 | -47.5 | 47.5 | -50  | -135  | 135  | -142.5 | 280    | 51.621 | 3   |

**66.0 kg heren**

| LGW.  | Lot | Geb. | Naam          | SQ 1  | SQ 2  | SQ 3  | BP 1 | BP 2  | BP 3  | DL 1 | DL 2  | DL 3  | Totaal | Punten | PL. |
|-------|-----|------|---------------|-------|-------|-------|------|-------|-------|------|-------|-------|--------|--------|-----|
| 64.30 | 7   | 2000 | Richard Duits | -155  | 155   | 157.5 | 95   | 102.5 | 105   | 185  | 200   | -215  | 462.5  | 73.100 | 1   |
| 62.80 | 25  | 1997 | Bart Pieters  | -140  | 152.5 | 157.5 | 95   | 105   | -110  | 160  | 170   | 177.5 | 440    | 70.422 | 2   |
| 64.70 | 6   | 1995 | Tom Claessen  | 102.5 | 107.5 | 110   | 62.5 | 65    | 70    | 135  | 142.5 | 150   | 330    | 51.987 | 3   |
| 62.80 | 10  | 2004 | Rick Vluggen  | 75    | 87.5  | -95   | 50   | 55    | -57.5 | 110  | 120   | 127.5 | 270    | 43.214 | 4   |

**74.0 kg heren**

| LGW.  | Lot | Geb. | Naam                 | SQ 1  | SQ 2  | SQ 3   | BP 1  | BP 2  | BP 3   | DL 1   | DL 2  | DL 3   | Totaal | Punten | PL. |
|-------|-----|------|----------------------|-------|-------|--------|-------|-------|--------|--------|-------|--------|--------|--------|-----|
| 72.70 | 16  | 1997 | Alex Yang            | 170   | 185   | 187.5  | 130   | 135   | -140   | 200    | 215   | 220    | 542.5  | 80.382 | 1   |
| 71.10 | 8   | 1999 | Luke van Ingen       | -170  | 170   | 175    | 102.5 | -105  | 105    | 205    | 210   | 215    | 495    | 74.200 | 2   |
| 73.70 | 11  | 1998 | Sahand Bahrami       | 150   | 160   | 167.5  | 115   | 122.5 | -127.5 | 185    | 192.5 | -202.5 | 482.5  | 70.985 | 3   |
| 72.00 | 39  | 2001 | Mauritius van Maurik | 130   | 142.5 | 150    | 107.5 | 115   | 117.5  | -177.5 | 177.5 | 185    | 452.5  | 67.385 | 4   |
| 72.80 | 47  | 1994 | Jelle van Rossum     | 155   | 165   | -170   | -82.5 | 82.5  | 87.5   | 190    | 200   | -205   | 452.5  | 66.999 | 5   |
| 74.00 | 18  | 1991 | Babek Khani          | 130   | 135   | 142.5  | 117.5 | 125   | -127.5 | 160    | 170   | 180    | 447.5  | 65.697 | 6   |
| 71.90 | 36  | 1996 | Matthijs Hekman      | 117.5 | 127.5 | 137.5  | 92.5  | 100   | -105   | 167.5  | 177.5 | 190    | 427.5  | 63.709 | 7   |
| 69.60 | 26  | 2000 | Niels Klijn          | 132.5 | 140   | 145    | 92.5  | 95    | -97.5  | 157.5  | 167.5 | 175    | 415    | 62.907 | 8   |
| 73.10 | 48  | 2002 | Jari van der Heijden | 140   | 145   | 150    | 80    | 85    | 0      | 170    | -175  | 175    | 410    | 60.576 | 9   |
| 71.30 | 34  | 2002 | Niels van Leeuwen    | 125   | 132.5 | -140   | 75    | 80    | -85    | 155    | 165   | -172.5 | 377.5  | 56.504 | 10  |
| 66.90 | 15  | 2003 | Daan Muller          | -105  | 107.5 | 115    | 75    | 82.5  | 87.5   | 135    | 142.5 | 160    | 362.5  | 56.105 | 11  |
| 68.60 | 43  | 2003 | Finn Kretzers        | 100   | 105   | -107.5 | 70    | 72.5  | 77.5   | 137.5  | 150   | 157.5  | 340    | 51.931 | 12  |

**83.0 kg heren**

| LGW.  | Lot | Geb. | Naam                   | SQ 1  | SQ 2  | SQ 3  | BP 1  | BP 2   | BP 3   | DL 1  | DL 2  | DL 3   | Totaal | Punten | PL. |
|-------|-----|------|------------------------|-------|-------|-------|-------|--------|--------|-------|-------|--------|--------|--------|-----|
| 81.50 | 59  | 1999 | Roger Hijlaard         | 182.5 | 192.5 | 200   | 112.5 | 120    | 125    | 220   | 230   | 240    | 565    | 78.937 | 1   |
| 80.80 | 2   | 2002 | Daan Pepers            | 185   | 192.5 | 200   | 115   | -122.5 | -125   | 215   | 225   | 237.5  | 552.5  | 77.529 | 2   |
| 81.00 | 10  | 1996 | Noud Frints            | 160   | 175   | 182.5 | 95    | 105    | 107.5  | 185   | 195   | 200    | 490    | 68.673 | 3   |
| 77.20 | 44  | 2003 | Liam Wayman            | 140   | 150   | 162.5 | 80    | 87.5   | 92.5   | 182.5 | 195   | 215    | 470    | 67.508 | 4   |
| 76.40 | 5   | 2004 | Jens Westra            | 147.5 | 157.5 | 170   | 87.5  | 95     | 102.5  | 170   | 182.5 | 195    | 467.5  | 67.510 | 5   |
| 81.70 | 28  | 1997 | Pierre Vandenberghe    | 135   | 145   | 157.5 | 90    | 97.5   | 102.5  | 170   | 182.5 | 192.5  | 452.5  | 63.140 | 6   |
| 77.50 | 17  | 1988 | Rik Aarts              | 147.5 | -155  | 155   | 82.5  | 87.5   | 90     | 175   | 182.5 | 192.5  | 437.5  | 62.715 | 7   |
| 78.60 | 51  | 1999 | Jose Gregorio Martinez | 130   | 140   | 147.5 | 70    | 82.5   | -90    | 185   | 205   | -207.5 | 435    | 61.907 | 8   |
| 81.40 | 33  | 2002 | Luuk de Vries          | 135   | 142.5 | 150   | 70    | 75     | 82.5   | 155   | 170   | 180    | 412.5  | 57.667 | 9   |
| 81.60 | 4   | 1998 | Jasper van Westing     | 130   | 137.5 | -145  | 100   | 105    | -107.5 | 150   | 157.5 | 162.5  | 405    | 56.548 | 10  |
| 75.70 | 37  | 2000 | Thimo de Winter        | 117.5 | 125   | 130   | 67.5  | 72.5   | -77.5  | 162.5 | 172.5 | 180    | 382.5  | 55.498 | 11  |
| 75.30 | 42  | 1995 | Michael Diebels        | 97.5  | 102.5 | 110   | 65    | 70     | -75    | 110   | 120   | 130    | 310    | 45.103 | 12  |
| 69.90 | 24  | 2001 | Sicco Oortwijn         | 105   | 112.5 | 115   | 65    | 70     | 72.5   | 150   | 160   | 170    | 0      | 0.000  | -   |
| 80.60 | 55  | 2002 | Milo Zaagsma           | 140   | 150   | 160   | 90    | 97.5   | 102.5  | -135  | -140  | -140   | 0      | 0.000  | -   |

**93.0 kg heren**

| LGW.  | Lot | Geb. | Naam                 | SQ 1  | SQ 2  | SQ 3  | BP 1  | BP 2  | BP 3   | DL 1  | DL 2  | DL 3  | Totaal | Punten | PL. |
|-------|-----|------|----------------------|-------|-------|-------|-------|-------|--------|-------|-------|-------|--------|--------|-----|
| 91.60 | 7   | 2003 | Ivo Buringa Zeilstra | 210   | 217.5 | 225   | 150   | 162.5 | -172.5 | 220   | 230   | 240   | 627.5  | 82.701 | 1   |
| 91.30 | 44  | 1998 | Kevin Evers          | 202.5 | 207.5 | 215   | 135   | 142.5 | 147.5  | 222.5 | 232.5 | 250   | 612.5  | 80.854 | 2   |
| 90.90 | 34  | 1993 | Davy Kagenaar        | 170   | 180   | -190  | 125   | 132.5 | -137.5 | 225   | 240   | 245   | 557.5  | 73.753 | 3   |
| 86.80 | 6   | 1997 | Alex Man             | 175   | 185   | 195   | 120   | 127.5 | 132.5  | 210   | -225  | 227.5 | 555    | 75.120 | 4   |
| 89.80 | 42  | 2001 | Sefik Ozer           | 185   | 192.5 | 200   | 107.5 | 112.5 | -117.5 | 210   | 222.5 | -235  | 535    | 71.202 | 5   |
| 91.00 | 29  | 1997 | Thomas van Dongen    | 150   | 160   | 167.5 | 120   | 127.5 | -132.5 | 180   | 195   | 205   | 500    | 66.111 | 6   |
| 88.30 | 27  | 1995 | Luc Wouters          | 130   | 145   | 155   | 105   | 117.5 | -125   | 190   | 210   | 220   | 492.5  | 66.094 | 7   |
| 91.20 | 14  | 2001 | Yorick Paassen       | 142.5 | 152.5 | 162.5 | 95    | 102.5 | 110    | 180   | 195   | 207.5 | 480    | 63.398 | 8   |
| 85.50 | 2   | 1998 | Rubin Koot           | 162.5 | 170   | 175   | 95    | 100   | 107.5  | 165   | 180   | 190   | 472.5  | 64.438 | 9   |
| 87.00 | 22  | 2002 | Fedor Batelaan       | 150   | 160   | 170   | 90    | -100  | -100   | 190   | 205   | -220  | 465    | 62.866 | 10  |
| 87.40 | 58  | 1993 | Edwin de Groot       | 140   | 145   | 150   | 100   | -110  | 110    | 180   | 190   | 200   | 460    | 62.048 | 11  |
| 90.60 | 47  | 2001 | Dapper Bruijn        | 135   | 140   | 147.5 | 92.5  | 97.5  | -100   | 175   | 190   | 200   | 445    | 58.966 | 12  |
| 90.80 | 24  | 2005 | Mart Kapteijn        | -160  | 160   | -165  | 100   | -105  | -105   | 170   | 175   | 180   | 440    | 58.240 | 13  |
| 86.80 | 40  | 2001 | Sami van der Slik    | 135   | 142.5 | 150   | 95    | -100  | 100    | 155   | 165   | 175   | 425    | 57.524 | 14  |
| 86.00 | 31  | 1994 | Patrick Massop       | 115   | 120   | 130   | 75    | 80    | 82.5   | 175   | 185   | -190  | 397.5  | 54.051 | 15  |
| 89.40 | 28  | 2002 | Tom Jansen           | -125  | 125   | 132.5 | 90    | -95   | -95    | 147.5 | 155   | 170   | 392.5  | 52.352 | 16  |

**105.0 kg heren**

| LGW.   | Lot | Geb. | Naam                | SQ 1  | SQ 2  | SQ 3   | BP 1  | BP 2   | BP 3   | DL 1  | DL 2  | DL 3   | Totaal | Punten | PL. |
|--------|-----|------|---------------------|-------|-------|--------|-------|--------|--------|-------|-------|--------|--------|--------|-----|
| 101.90 | 30  | 1998 | Noud van Hoek       | 210   | -220  | 220    | 150   | 160    | -167.5 | 245   | 252.5 | 260    | 640    | 80.134 | 1   |
| 97.70  | 3   | 1996 | Jesse Soepenbergh   | 170   | 180   | 200    | 140   | 145    | 150    | -240  | 250   | -260   | 600    | 76.643 | 2   |
| 101.30 | 2   | 2003 | Lucas Steeneke      | 180   | 192.5 | 202.5  | 122.5 | 130    | 137.5  | 235   | 250   | -262.5 | 590    | 74.080 | 3   |
| 97.90  | 31  | 2001 | Jannik Zozmann      | 180   | 190   | 200    | 115   | 122.5  | 127.5  | 222.5 | 237.5 | 250    | 577.5  | 73.697 | 4   |
| 104.20 | 11  | 2002 | Enzo Brouwers       | 205   | 215   | 220    | -110  | 110    | -120   | 220   | 235   | 245    | 575    | 71.245 | 5   |
| 103.40 | 8   | 1999 | Rinus de Wit        | -180  | 180   | -192.5 | 137.5 | 142.5  | -145   | 220   | -230  | -235   | 542.5  | 67.462 | 6   |
| 100.40 | 29  | 2003 | Kevin van den Ouden | 160   | 170   | 180    | 112.5 | 117.5  | 120    | 190   | 210   | -220   | 510    | 64.306 | 7   |
| 99.90  | 15  | 2003 | Sem van der Vinne   | 160   | 175   | 187.5  | 112.5 | 120    | -127.5 | 180   | 192.5 | 200    | 507.5  | 64.142 | 8   |
| 102.00 | 12  | 2003 | Bas Bouwhuis        | 172.5 | 182.5 | 190    | -100  | 100    | 107.5  | 200   | 210   | -215   | 507.5  | 63.514 | 9   |
| 95.00  | 19  | 2003 | Cédric van Lenthe   | 165   | 175   | 180    | 100   | 110    | -120   | 185   | 200   | 205    | 495    | 64.090 | 10  |
| 97.10  | 16  | 2003 | Jochem van Harten   | 130   | 140   | -150   | 120   | -127.5 | 135    | 180   | 190   | 195    | 470    | 60.215 | 11  |
| 101.00 | 4   | 2001 | Hedde Helmhout      | 130   | 140   | 150    | 95    | 102.5  | 110    | 165   | 177.5 | -190   | 437.5  | 55.009 | 12  |

**120.0 kg heren**

| LGW.   | Lot | Geb. | Naam          | SQ 1   | SQ 2  | SQ 3 | BP 1 | BP 2 | BP 3 | DL 1 | DL 2 | DL 3 | Totaal | Punten | PL. |
|--------|-----|------|---------------|--------|-------|------|------|------|------|------|------|------|--------|--------|-----|
| 114.30 | 1   | 2001 | Levi Kempkens | 160    | 167.5 | 175  | 100  | 110  | 115  | 200  | 210  | 220  | 510    | 60.574 | 1   |
| 113.00 | 21  | 2003 | Gijs Claassen | -172.5 | 172.5 | 180  | 100  | 105  | -110 | 180  | 190  | 200  | 485    | 57.901 | 2   |

## Sterkste Beginner gebaseerd op de IPF GL formule

## Dames

| Plaats | Naam            | Punten | Lichaamsgewicht |
|--------|-----------------|--------|-----------------|
| 1      | Betty Aborah    | 89.537 | 67.00 kg        |
| 2      | Maria Schreurs  | 71.049 | 61.60 kg        |
| 3      | Daphne Pieteron | 70.851 | 83.90 kg        |

## Heren

| Plaats | Naam                 | Punten | Lichaamsgewicht |
|--------|----------------------|--------|-----------------|
| 1      | Ivo Buringa Zeilstra | 82.701 | 91.60 kg        |
| 2      | Kevin Evers          | 80.854 | 91.30 kg        |
| 3      | Alex Yang            | 80.382 | 72.70 kg        |