

SBD Cup  
29&30-10-2022

**52.0 kg dames**

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
50.80	2001	Rebecca Croes	Untamed Strength	97.5	105	110	70	75	-77.5	140	150	155	340	87,619	1	
51.73	2001	Nikki Klein	Beresterk	97.5	102.5	105	57.5	60	-62.5	125	135	140	305	77,361	2	
47.74	1994	Ianthe van Belzen	NKV Atlas	100	105	-110	65	67.5	70	112.5	120	125	300	81,897	3	
51.56	1999	Maartje Claessen	Krachtlab	97.5	102.5	105	60	62.5	-65	122.5	132.5	-137.5	300	76,310	4	
50.43	2001	Carlijne Schmid	Untamed Strength	-97.5	100	-110	52.5	57.5	60	130	137.5	-145	297.5	77,168	5	
51.45	1993	Jie Yi Wu Chen	TSKV Spartacus	90	95	100	62.5	-65	65	117.5	125	-135	290	73,903	6	
50.92	2005	Amélie Bevers	Sportcentrum TopFit	82.5	87.5	90	52.5	57.5	-60	115	120	-125	267.5	68,792	7	

**57.0 kg dames**

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
57.00	1995	Miriam Amri	Supreme Strength Coaching	127.5	137.5	-145	70	75	77.5	167.5	177.5	182.5	397.5	93,240	1	
56.35	1992	Sophie Nijenhuis	The Bearded Coach	117.5	127.5	-135	65	70	-72.5	155	165	175	372.5	88,137	2	
55.88	1999	Gaby Voerman	StrengthValleyNL	-100	100	112.5	60	65	67.5	125	137.5	150	330	78,585	3	
54.70	1993	Chanou Leeters	Powerful Sports	92.5	-97.5	100	57.5	60	-62.5	140	152.5	-170	312.5	75,674	4	
55.69	1996	Tessa Schaper	Algemeen Lid	105	110	112.5	60	-65	65	115	122.5	130	307.5	73,420	5	
55.90	1993	Karlijn Wijsman	Perfect Performance	-97.5	97.5	102.5	57.5	62.5	65	110	117.5	122.5	290	69,040	6	
56.62	1994	Stefanie Faber	Grow Coaching	100	105	-110	52.5	55	-57.5	117.5	127.5	-140	287.5	67,778	7	
54.86	1997	Talitha Guerrero Obando	Iron House Co	85	90	-92.5	60	62.5	65	115	-120	125	280	67,646	8	
55.53	1980	Mieke Hubers	K&C training	92.5	97.5	-102.5	45	47.5	-50	110	120	125	270	64,611	9	
56.62	1980	Geneviève Huizeling	Perfect Performance	90	95	-97.5	50	52.5	55	112.5	117.5	120	270	63,653	10	
54.86	2000	Anjali den Boer	Algemeen Lid	70	75	82.5	52.5	55	-57.5	110	115	120	257.5	62,210	11	
52.09	2002	Floortje Savrij Droste	Nakama-gym	62.5	67.5	70	42.5	45	-47.5	117.5	130	132.5	247.5	62,403	12	
53.60	1972	Carolien Schouten	Iron House Co	55	62.5	65	42.5	45	-50	90	95	100	210	51,695	13	

## 63.0 kg dames

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL	DT.
59.74	1996	Grace Heijns	Staal & Kracht	120	-127.5	127.5	62.5	67.5	70	142.5	150	160	357.5	81,054	1	
60.42	2003	Esmee Neeleman	9 for 9 coaching	107.5	-115	115	72.5	77.5	82.5	140	147.5	157.5	355	79,859	2	
62.62	1996	Florence Peeters	Grow Coaching	122.5	127.5	130	72.5	-75	-75	130	137.5	147.5	350	76,874	3	
58.80	1993	Larissa Vermaning	Krachtlab	105	112.5	117.5	-80	82.5	-87.5	130	140	147.5	347.5	79,675	4	
59.03	1995	Viola Gyed	Striktly Powerhouse	115	122.5	-127.5	65	67.5	70	130	140	147.5	340	77,739	5	
62.56	1996	Laura Koopman	Algemeen Lid	110	115	120	62.5	67.5	70	140	150	-167.5	340	74,725	6	
62.22	2000	Esmée Berendsen	The Bearded Coach	110	120	122.5	65	70	72.5	120	130	135	330	72,785	7	
62.23	1993	Aniek Schreurs	Krachtlab	117.5	-125	-125	57.5	62.5	65	130	140	145	327.5	72,227	8	
61.44	1977	Ginny Rambow	No Excuses Hilversum	105	110	-115	72.5	77.5	-80	120	130	132.5	320	71,173	9	
59.97	1998	Cathelijne Blom	Beresterk	-100	-100	105	55	57.5	-60	140	150	-155	312.5	70,662	10	
61.48	1991	Miriam Beusink	No Excuses Hilversum	-100	-105	105	50	52.5	-55	120	127.5	135	292.5	65,028	11	
61.83	1981	Margoo Timmermans	Loods 37	87.5	95	100	55	57.5	-60	127.5	135	-140	292.5	64,783	12	
59.22	2001	Amber Hoffers	9 for 9 coaching	-80	85	87.5	55	57.5	60	125	135	142.5	290	66,156	13	
60.88	1997	Erzsébet Jennifer Kovacs	Striktly Powerhouse	87.5	95	100	60	-62.5	62.5	115	120	127.5	290	64,900	14	
61.95	1997	Iman te Wildt	Grow Coaching	-100	100	105	47.5	52.5	55	115	122.5	130	290	64,147	15	
60.93	1998	Deborah Hartog	Untamed Strength	90	97.5	105	55	57.5	-60	110	117.5	125	287.5	64,304	16	
60.11	1999	Rosa Asberg	Algemeen Lid	100	-105	105	50	52.5	-55	110	115	120	277.5	62,646	17	
61.72	1998	Simone Verhoef	Perfect Performance	90	95	-100	55	57.5	60	112.5	117.5	-125	272.5	60,424	18	
62.05	1971	Pauline Schwencke	Perfect Performance	85	90	-95	-55	57.5	60	110	117.5	120	270	59,659	19	
61.17	1998	Nienke Oldenburger	SKVU Obelix	82.5	87.5	90	50	52.5	-55	112.5	120	125	267.5	59,672	20	
59.84	2001	Paulina Breidenbach	Krachtlab	90	97.5	-102.5	47.5	-50	-52.5	105	115	-120	260	58,880	21	
60.25	1997	Zoë Stubij	Algemeen Lid	92.5	102.5	105	47.5	50	-52.5	100	-107.5	-107.5	255	57,475	22	
61.78	2001	Rianka van Bennekom	Luke PowerPT	90	95	-100	45	47.5	-50	110	-117.5	-120	252.5	55,953	23	
61.66	2002	Teddy Knoop	StrengthValleyNL	75	85	-90	50	-57.5	-57.5	100	105	110	245	54,362	24	
59.63	1998	Nicole Kreuger	Iron House Co	75	80	-85	37.5	40	42.5	102.5	107.5	110	232.5	52,781	25	
61.42	1993	Milou Drost	Iron House Co	-110	-110	-110	60	65	67.5	130	-135	137.5	0	0.000	-	

## 69.0 kg dames

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
65.62	2000	Romy van Vianen	Algemeen Lid	152.5	157.5	160	-85	-85	85	165	170	-175	415	88,517	1	
68.02	2002	Michelle Weyers	Krachtlab	135	142.5	-147.5	82.5	87.5	90	162.5	177.5	-185	410	85,628	2	
67.66	1998	Jolijn Brandsma	Team Magna	130	140	-145	55	60	-65	165	185	-190	385	80,651	3	
67.78	1988	Senja-Irene Torres Perez	Iron House Co	140	147.5	152.5	70	77.5	-80	140	147.5	-152.5	377.5	78,999	4	
68.32	1997	Sevde Bayrak	WorkBodyFit	122.5	130	135	67.5	-72.5	-72.5	150	-152.5	165	367.5	76,560	5	
67.84	1995	Yanou Athineos	Team LorenzM	125	130	-135	57.5	62.5	65	150	160	-167.5	355	74,253	6	
68.22	1997	Chenine Bleumink	K&C training	120	127.5	132.5	65	70	72.5	130	140	150	355	74,018	7	
66.54	1988	Desie Dircks	Elite Performance	110	117.5	-122.5	65	67.5	70	152.5	157.5	165	352.5	74,564	8	
66.72	2000	Bibi Stellema	WorkBodyFit	120	125	-130	70	75	-77.5	150	152.5	-170	352.5	74,446	9	
64.84	1995	Priscilla Molenaar	Beresterk	110	115	117.5	80	82.5	-85	135	140	145	345	74,125	10	
66.84	1994	Judith van Dijk	Algemeen Lid	105	110	115	57.5	60	62.5	145	157.5	167.5	345	72,785	11	
67.20	1997	Nikki van der Welle	Algemeen Lid	-115	120	125	50	52.5	55	150	157.5	165	345	72,557	12	
67.70	1997	Chantal Schalkers	Horizon Lifestyle	117.5	125	130	60	65	70	130	137.5	145	345	72,247	13	
67.60	1988	Florianne Volbeda	No Excuses Hilversum	110	-120	-120	77.5	82.5	-85	137.5	145	147.5	340	71,261	14	
66.20	1991	Samantha Bendeler	Legacy Gym	125	130	-132.5	52.5	55	57.5	140	150	-157.5	337.5	71,608	15	
64.78	1995	Nelleke van Staveren	StrengthValleyNL	110	115	120	60	65	70	120	135	145	335	72,017	16	
67.64	1975	Kim Hoetjes-Mulders	East End Strength Sports	120	125	-130	70	75	-77.5	125	130	135	335	70,189	17	
66.56	1996	Başak Özkan	WorkBodyFit	120	127.5	-130	52.5	-57.5	-57.5	137.5	147.5	152.5	332.5	70,321	18	
67.80	1991	Zina Koning	Huijser Coaching	-102.5	102.5	110	70	75	77.5	135	145	-157.5	332.5	69,571	19	
67.50	1999	Naomi van Valen	Alpha Gym	115	120	122.5	62.5	65	-67.5	140	-150	-157.5	327.5	68,699	20	
68.40	1999	Suzanna Stroom	Algemeen Lid	112.5	117.5	120	52.5	57.5	-60	130	140	145	322.5	67,141	21	
64.46	1994	Sarah Rahman	Algemeen Lid	-120	120	-125	60	65	-67.5	130	-145	-145	315	67,925	22	
67.92	1996	Iris van de Poel	3 for 9	92.5	100	-105	62.5	67.5	-72.5	135	142.5	147.5	315	65,842	23	
68.94	1991	Siri Bentem	Staal & Kracht	100	107.5	-112.5	57.5	62.5	-65	145	-160	-160	315	65,291	24	
65.50	1994	Debbie Schoone	De Krachtformule	107.5	-115	115	62.5	65	67.5	115	122.5	130	312.5	66,728	25	
68.00	2000	Annemie van Lakwijk	Untamed Strength	112.5	120	-127.5	50	-55	-55	140	-150	-150	310	64,754	26	
65.00	1999	Saskia Taams	Beresterk	100	105	107.5	55	57.5	60	132.5	140	-145	307.5	65,968	27	
67.20	1992	Bianca Ungureanu	Algemeen Lid	95	-102.5	102.5	65	70	-75	135	-142.5	-142.5	307.5	64,670	28	
68.00	1995	Rosan Diks	De Krachtformule	90	95	100	62.5	65	67.5	120	127.5	135	302.5	63,187	29	
67.20	1999	Tessa Snoek	Grow Coaching	97.5	105	110	45	-47.5	-47.5	120	130	140	295	62,041	30	
68.30	1994	Hester Schaap	East End Strength Sports	92.5	97.5	105	52.5	55	57.5	122.5	130	-137.5	292.5	60,946	31	
68.20	1999	Brittany Jones	Grow Coaching	85	90	-95	55	57.5	60	130	140	-150	290	60,475	32	
67.80	1995	Jiska Chang	WorkBodyFit	100	105	-110	47.5	-50	-50	122.5	132.5	-140	285	59,632	33	
68.60	1983	Hanneke Chorus	NKV Atlas	110	117.5	-122.5	47.5	52.5	-55	115	-120	-120	285	59,237	34	
67.20	1997	Sanne Verhoeven	Algemeen Lid	95	97.5	-110	45	50	52.5	110	125	132.5	282.5	59,413	35	

## 69.0 kg dames (vervolg)

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
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63.50	1983	Gwen Heuts	Algemeen Lid	90	97.5	100	60	65	67.5	100	107.5	-112.5	275	59,862	36
68.30	1996	Miranda Ziekman	StrengthValleyNL	-100	100	-102.5	57.5	-60	-60	115	-117.5	-117.5	272.5	56,779	37
68.30	1995	Yessi Kristiani	Barbell Lifestyle	-90	90	-97.5	45	50	-55	105	115	122.5	262.5	54,695	38
64.80	2001	Romy van Dillen	Legacy Gym	95	102.5	110	42.5	45	-47.5	95	105	-110	260	55,883	39
67.40	1989	Aylin Bilaloglu	Algemeen Lid	-90	90	100	47.5	-50	50	105	-110	-110	255	53,537	40
65.80	1995	Linda Lanting	Beresterk	82.5	87.5	-92.5	52.5	55	57.5	-107.5	107.5	-112.5	252.5	53,768	41
65.50	1968	Sylvia Deemter	No Excuses Hilversum	80	90	-97.5	37.5	40	-42.5	107.5	115	-120	245	52,315	42
68.40	2001	Sterre Snackers	Krachtlab	-105	-110	-110	47.5	50	52.5	107.5	115	120	0	0.000	-
68.94	2002	Iza Kwantes	9 for 9 coaching	122.5	127.5	130	-65	-65	-65	160	180	-182.5	0	0.000	-

## 76.0 kg dames

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
73.94	1998	Janna Hallink	Iron House Co	140	147.5	150	85	90	92.5	165	177.5	182.5	425	84,910	1	
73.64	2001	Tessa Ophoff	Team LorenzM	140	150	155	75	80	-85	165	175	180	415	83,080	2	
73.34	2000	Femke Ploeg	Algemeen Lid	140	-145	145	75	82.5	85	170	180	-195	410	82,246	3	
73.46	1995	Ramona Schuit	StrengthValleyNL	-142.5	147.5	-157.5	80	85	90	160	170	-185	407.5	81,678	4	
74.94	1996	Symone Kooistra	East End Strength Sports	137.5	142.5	-145	77.5	82.5	-85	172.5	177.5	-192.5	402.5	79,889	5	
75.36	2000	Lisa Zuiderduin	Strength Academy	125	132.5	140	62.5	65	67.5	165	175	180	387.5	76,705	6	
75.28	1993	Nienke Eilander	East End Strength Sports	145	152.5	-160	62.5	65	-67.5	155	-162.5	162.5	380	75,259	7	
73.64	2000	Phylicia Keizer	Strength Academy	110	122.5	130	87.5	90	92.5	140	152.5	-170	375	75,072	8	
70.78	1986	Maaïke Brinkhof	Iron House Co	115	122.5	-127.5	67.5	72.5	-75	160	170	175	370	75,598	9	
74.14	1987	Angeline Bosma	Legacy Gym	107.5	-115	115	60	65	67.5	152.5	162.5	-170	345	68,835	10	
74.64	1995	Franca Vos	Grow Coaching	122.5	-127.5	-127.5	57.5	62.5	-65	145	152.5	160	345	68,609	11	
73.60	2000	Sam Brassier	Untamed Strength	110	117.5	125	55	60	-65	135	145	155	340	68,084	12	
74.00	1988	Maartje van Vught	Algemeen Lid	112.5	117.5	-122.5	62.5	67.5	70	-130	130	147.5	335	66,902	13	
72.70	1993	Emma Dierickx	Strength Academy	-112.5	112.5	122.5	72.5	75	77.5	130	-142.5	-142.5	330	66,492	14	
74.34	1999	Chenna Kuijpers	Grow Coaching	115	-120	120	50	52.5	-55	125	137.5	-142.5	310	61,770	15	
74.54	1993	Tamara Jetten	TSKV Spartacus	105	-110	112.5	57.5	60	62.5	127.5	135	-142.5	310	61,689	16	
71.42	1990	Anell Roos	NKV Atlas	107.5	115	120	47.5	52.5	-55	110	117.5	125	297.5	60,497	17	
73.36	1999	Georgette Vriens	Elite Performance	97.5	-102.5	105	40	45	-47.5	120	130	142.5	292.5	58,668	18	
73.50	1991	Soraya Wessels	Iron House Co	-105	105	-112.5	60	65	67.5	105	115	120	292.5	58,612	19	
74.94	1995	Jolein van den Bogaart	Algemeen Lid	100	105	-110	55	60	-62.5	115	120	-122.5	285	56,567	20	
72.58	1993	Whitley Ponte-Arends	RAF Sport	100	-107.5	-107.5	47.5	52.5	57.5	100	107.5	112.5	270	54,448	21	
72.20	2003	Louise Möllers	9 for 9 coaching	87.5	92.5	95	40	-45	45	110	120	125	265	53,584	22	
72.80	1979	Wendy van der Gun	Iron House Co	90	-100	-100	50	-52.5	-52.5	115	120	125	265	53,358	23	
74.90	1990	Emmica de Smet	Huijser Coaching	82.5	-90	90	47.5	52.5	-55	105	110	117.5	260	51,619	24	
71.80	1997	Mette Dhond	Striktly Powerhouse	80	87.5	-95	-50	50	-57.5	105	112.5	-120	250	50,697	25	
73.20	1992	Lynne van der Steen	Algemeen Lid	-130	-130	-130	60	65	70	150	160	170	0	0.000	-	

**84.0 kg dames**

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
82.00	1986	Ankie Timmers	NKV Atlas	160	167.5	172.5	115	120	122.5	185	195	205	500	95,339	1	
80.20	1967	Lapanda Mampikin	RAF Sport	140	-160	160	85	87.5	-95	180	195	210	457.5	88,048	2	
78.30	1998	Michelle de Jong	Team LorenzM	130	-140	140	85	87.5	90	160	170	-175	400	77,792	3	
82.20	1985	Karlijn Verkaik	Perfect Performance	140	-145	-145	65	-70	-70	167.5	175	0	380	72,385	4	
82.90	1982	Jessica Konjanan	Team LorenzM	115	122.5	130	70	72.5	75	147.5	157.5	165	370	70,239	5	
83.30	2000	Britt Krijger	Grow Coaching	135	142.5	-147.5	67.5	70	72.5	147.5	155	-165	370	70,105	6	
80.10	1995	Daimy Vinken	No Excuses Hilversum	125	132.5	140	60	67.5	72.5	130	145	-167.5	357.5	68,839	7	
81.00	1982	Bianca van Beugen	NSKV Profectus	115	120	125	70	75	-77.5	137.5	142.5	145	345	66,119	8	
82.60	2003	Anne van Gils	Grow Coaching	120	125	132.5	57.5	60	62.5	135	140	-150	335	63,688	9	
80.70	1997	Iris de Groot	East End Strength Sports	110	115	-120	60	62.5	65	130	140	150	330	63,343	10	
78.00	1991	Marjan Steenge	East End Strength Sports	105	110	115	55	57.5	-60	145	150	155	327.5	63,802	11	
80.10	1994	Aniek te Kronnie	K&C training	-117.5	-122.5	122.5	47.5	50	52.5	130	142.5	152.5	327.5	63,063	12	
78.10	2002	Cheryl Jansen	Untamed Strength	97.5	105	110	50	52.5	-57.5	110	117.5	-120	280	54,517	13	
83.10	1985	Marjolein Egtberts	Krachtlab	80	87.5	-92.5	42.5	45	-47.5	107.5	115	120	252.5	47,888	14	

**84.0+ kg dames**

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
88.10	1986	Ilrish Kensenhuis	NKV Atlas	165	172.5	177.5	92.5	97.5	-100	205	215	-225	490	90,906	1	
108.70	1990	Vrony Peters	Strength Academy	192.5	-197.5	197.5	77.5	80	-82.5	185	192.5	-200	470	82,129	2	
115.70	1996	Brittney van den Berg	Striktly Powerhouse	130	140	145	85	95	-100	155	165	175	415	71,604	3	
113.00	1994	Sterre van Krimpen	Sterrek Personal Training	145	152.5	157.5	85	87.5	-90	150	160	-170	405	70,197	4	
91.90	1989	Susanna van den Oever	Enforce Hoofddorp	135	145	-155	57.5	-62.5	62.5	145	160	172.5	380	69,493	5	
90.50	1978	Daphne Pieteron	Strength Academy	120	130	135	80	82.5	-85	150	160	-170	377.5	69,388	6	
92.90	2001	Floortje Leander	Grow Coaching	117.5	122.5	130	72.5	75	-80	130	137.5	147.5	352.5	64,240	7	
95.20	2000	Emma Meinen	Abyss	130	135	140	60	-65	-65	147.5	152.5	-157.5	352.5	63,756	8	
94.20	2003	Amber Hattar	Algemeen Lid	125	135	-145	67.5	-70	-70	135	145	-152.5	347.5	63,054	9	
90.00	1998	Kim Dolmans	Algemeen Lid	110	115	125	55	60	62.5	140	150	-155	337.5	62,151	10	
90.60	1994	Thalita Mulders	Algemeen Lid	120	130	-140	60	-62.5	-62.5	130	140	-145	330	60,634	11	
97.70	1998	Danique de Vries	Huijser Coaching	122.5	130	135	57.5	62.5	-67.5	122.5	-130	130	327.5	58,786	12	
118.10	1991	Kelly Alvares	Huijser Coaching	95	100	105	47.5	52.5	-57.5	117.5	-125	125	282.5	48,560	13	

**59.0 kg heren**

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
57.71	2004	Naadir Twahir	Strength Point	145	155	160	92.5	100	-102.5	175	185	195	455	76,187	1	
57.46	2000	Tristan Nguyen	Untamed Strength	150	160	170	85	92.5	-100	150	160	170	432.5	72,589	2	
58.32	1991	Bas Oei	Strength Academy	115	122.5	130	-82.5	87.5	90	155	167.5	175	395	65,769	3	
58.34	1994	Marinus Breunisse	Elite Performance	-110	110	112.5	55	-60	-60	-137.5	137.5	-145	305	50,774	4	

**66.0 kg heren**

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
64.78	2000	Richard Duits	Iron House Co	165	175	-180	110	-115	-115	215	222.5	-230	507.5	79,897	1	
64.98	1994	Bram van der Zaan	Supreme Strength Coaching	150	160	165	100	110	115	185	205	215	495	77,802	2	
64.98	1989	Najef Zondringa	Algemeen Lid	150	160	-170	105	-115	-115	205	210	212.5	477.5	75,051	3	
66.00	1987	Gennaro Pattiha	Algemeen Lid	140	145	147.5	100	-105	0	200	212.5	-215	460	71,707	4	
65.80	1999	Benjamin Groen	Algemeen Lid	135	137.5	-142.5	115	122.5	-127.5	170	180	-185	440	68,699	5	
62.66	1995	Faustino de Groot	Barbell Lifestyle	-137.5	-137.5	137.5	100	105	-110	180	190	-200	432.5	69,304	6	
65.00	1990	Paolo Modena	Algemeen Lid	-145	145	-152.5	80	-82.5	-82.5	190	197.5	200	425	66,789	7	
65.14	2002	Casper Karremans	Algemeen Lid	145	-152.5	-155	87.5	92.5	-95	170	-180	-180	407.5	63,965	8	
64.32	1991	Rowan Scheepers	Striktly Powerhouse	117.5	-122.5	125	70	-75	75	132.5	135	140	340	53,730	9	

**74.0 kg heren**

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
73.60	1993	Eray Cingi	Team Magna	205	215	220	135	-145	-145	220	230	247.5	602.5	88,702	1	
72.60	1999	Geronimo Niklas	StrengthValleyNL	185	195	-202.5	150	-157.5	-157.5	230	242.5	-257.5	587.5	87,112	2	
72.80	1999	Leroy Sinay	Iron House Co	185	195	200	115	122.5	127.5	230	240	-245	567.5	84,026	3	
73.60	1997	Alex Yang	Algemeen Lid	182.5	192.5	197.5	135	-142.5	142.5	200	210	222.5	562.5	82,814	4	
73.30	2002	Kiran Goossens	Striktly Powerhouse	190	200	205	120	-125	-125	205	-215	215	540	79,669	5	
73.30	1999	Emiel Rens	9 for 9 coaching	167.5	175	180	120	125	-130	215	230	-245	535	78,932	6	
72.60	2001	Justin Lo Tam Loi	Staal & Kracht	170	177.5	185	110	117.5	122.5	200	215	225	532.5	78,956	7	
72.60	2004	Mika Bremer	3 for 9	175	185	-190	-115	120	-125	200	210	220	525	77,844	8	
69.10	2004	Terence Jacobs	Krachtlab	170	177.5	185	100	107.5	-110	205	220	227.5	520	79,122	9	
71.20	2002	Pieter Voorwinden	9 for 9 coaching	-170	170	175	127.5	132.5	-137.5	-200	200	210	517.5	77,516	10	
73.30	1970	Johny Paelinck	Strength Academy	160	170	180	105	110	112.5	180	190	-200	482.5	71,186	11	
73.90	2005	Mick de Jongh	9 for 9 coaching	155	165	170	75	77.5	80	215	225	232.5	482.5	70,886	12	
72.30	1989	Kennedy Rocha	Westerkracht	140	-150	150	115	125	-130	175	187.5	200	475	70,583	13	
70.30	2003	Duke Heitink	9 for 9 coaching	135	142.5	150	95	100	102.5	185	-192.5	-192.5	437.5	65,970	14	
71.40	1996	Matthijs Hekman	Strength Academy	125	135	140	95	100	102.5	175	187.5	-200	430	64,315	15	
72.20	2002	Stefan Radouane	Westerkracht	-145	155	167.5	70	77.5	-85	155	170	185	430	63,942	16	
69.00	1995	Tom Claessen	Krachtlab	110	117.5	120	-70	72.5	75	145	155	-170	350	53,296	17	
71.80	2001	Joshua Amatsetam	Vondelgym	175	182.5	-185	-110	-110	-110	240	250	-260	0	0.000	-	
72.00	2002	Ibrahim Yaqoob	Algemeen Lid	-170	-185	-185	115	122.5	-132.5	225	-235	-245	0	0.000	-	



## 83.0 kg heren

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
82.49	1991	Tim de Klerk	SportArena Eindhoven	245	-255	0	165	-170	0	270	285	-295	695	96,507	1	
82.20	1998	Marco Lee	Strength Point	215	225	-230	172.5	177.5	180	240	255	-265	660	91,810	2	
81.40	1986	Jeroen Winnen	Strength Academy	190	202.5	210	155	-160	-160	240	-252.5	252.5	617.5	86,325	3	
79.10	1998	Shane Tol	Strength Academy	210	-222.5	-222.5	-130	130	-135	230	-250	250	590	83,694	4	
80.70	1993	Remco Bourgeois	Legacy Gym	170	180	190	120	125	130	255	270	-285	590	82,844	5	
82.14	1991	Thijs Oudshoorn	Staal & Kracht	195	-205	-212.5	145	-150	150	230	-240	-240	575	80,016	6	
82.32	1993	Murad Barmou	Strength Academy	180	195	205	112.5	120	125	230	245	-260	575	79,927	7	
80.64	2004	Jip Beerse	Krachtlab	180	190	200	125	130	-135	210	225	232.5	562.5	79,012	8	
80.85	2004	Stefan Meinen	9 for 9 coaching	187.5	195	-200	125	130	-132.5	215	225	235	560	78,557	9	
81.88	1996	Tomas Bozon	Krachtlab	180	-195	-200	135	-142.5	-147.5	230	-245	245	560	78,053	10	
82.00	1994	Martijn Warndorff	3 for 9	180	-187.5	-195	130	135	137.5	215	225	235	552.5	76,951	11	
81.22	1989	Don van der Steeg	Algemeen Lid	-195	200	-205	140	-142.5	142.5	195	207.5	-212.5	550	76,975	12	
77.74	2004	Jort Peels	9 for 9 coaching	185	195	202.5	110	117.5	120	202.5	215	220	542.5	77,643	13	
81.15	1997	Mike Beer	Strength Point	185	195	-202.5	107.5	115	-120	220	230	-240	540	75,609	14	
82.00	1996	Raveen van Oldenmark	Supreme Strength Coaching	170	182.5	187.5	100	107.5	-110	222.5	237.5	245	540	75,210	15	
79.00	1989	Jefta Delfos	3 for 9	160	167.5	175	117.5	122.5	127.5	215	227.5	235	537.5	76,296	16	
79.10	2001	Zohair Kanjaa	Supreme Strength Coaching	157.5	167.5	-175	120	125	127.5	230	240	-250	535	75,892	17	
81.25	1999	Manuel Apalmo	Alpha Gym	170	172.5	-180	127.5	-132.5	-132.5	205	215	-225	515	72,063	18	
82.18	1996	Noud Frints	Krachtlab	177.5	187.5	-195	100	110	112.5	190	205	212.5	512.5	71,301	19	
79.66	2001	Julius van Hulst	Iron House Co	-165	170	180	100	-105	-105	230	-242.5	-242.5	510	72,085	20	
80.94	2004	Jens Westra	9 for 9 coaching	165	175	-185	100	107.5	112.5	187.5	197.5	212.5	500	70,101	21	
81.02	1994	Tylo Beerten	Loods 37	147.5	155	162.5	107.5	112.5	-115	197.5	215	225	500	70,066	22	
75.96	2005	Melle Peels	9 for 9 coaching	162.5	172.5	180	107.5	-115	-115	187.5	200	210	497.5	72,056	23	
78.69	2005	Lorenzo de Weerd	9 for 9 coaching	160	170	-177.5	100	105	110	200	210	-220	490	69,694	24	
81.48	1994	Bart Schieving	Algemeen Lid	-165	-165	170	110	-115	117.5	175	185	200	487.5	68,117	25	
80.56	2003	Liam Wayman	Strength For All	155	165	177.5	90	-97.5	97.5	200	210	-235	485	68,160	26	
82.34	1999	Raoul Mourits	9 for 9 coaching	-160	160	170	-95	100	-105	200	207.5	215	485	67,409	27	
79.92	1991	Marc Smit	StrengthValleyNL	155	162.5	170	95	100	-102.5	190	200	207.5	477.5	67,380	28	
81.96	1998	Rubin Koot	WorkBodyFit	-170	170	-177.5	100	107.5	-110	170	185	195	472.5	65,825	29	
81.93	2001	Adam Schultz	Algemeen Lid	160	-170	-170	105	110	-115	190	-200	-200	460	64,095	30	
76.22	2002	Sten Terlouw	Supreme Strength Coaching	130	145	152.5	90	95	100	185	202.5	-207.5	455	65,785	31	
78.06	1999	Jerrel den Harder	Supreme Strength Coaching	140	152.5	162.5	120	-132.5	-132.5	155	170	-180	452.5	64,626	32	
81.00	2000	Michiel Stekelenburg	Krachtlab	132.5	140	145	100	107.5	112.5	135	150	162.5	420	58,862	33	
81.14	2002	Luuk de Vries	Westerkracht	142.5	152.5	155	-80	80	85	165	180	-190	420	58,811	34	

**83.0 kg heren (vervolg)**

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
77.50	2001	Daniël den Hollander	Striktly Powerhouse	-125	-125	125	77.5	82.5	-85	150	157.5	165	372.5	53,397	36	
79.70	1995	Michael Diebels	Beresterk	110	115	117.5	67.5	70	75	130	137.5	145	337.5	47,691	37	
79.11	1995	Frank Toonen	Algemeen Lid	185	200	-202.5	-120	-130	-130	0	0	0	0	0.000	-	
82.51	1993	Bart Sprengelmeijer	StrengthValleyNL	225	240	247.5	142.5	150	-152.5	255	265	-275	662.5	91,983	-	P

## 93.0 kg heren

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
91.58	1997	Damian van Sinderen	StrengthValleyNL	210	230	240	150	160	-165	240	260	275	675	88,971	1	
91.68	1999	Lennart Bolks	Algemeen Lid	220	232.5	240	-165	172.5	180	227.5	245	255	675	88,924	2	
91.03	1997	Bram Smits	Strength Point	225	232.5	240	150	155	-157.5	265	277.5	-287.5	672.5	88,905	3	
91.07	1996	Ries de Haan	Iron House Co	230	240	245	140	147.5	-152.5	265	275	-287.5	667.5	88,224	4	
92.60	1993	Casper Vaes	Loods 37	230	245	255	142.5	147.5	-152.5	250	265	-275	667.5	87,507	5	
92.06	1999	Niek Bronsvooort	3 for 9	205	215	222.5	150	155	0	255	270	280	657.5	86,443	6	
90.71	1991	Marciano Schildmeijer	Sportcentrum TopFit	220	230	-235	147.5	152.5	-155	255	265	-270	647.5	85,748	7	
91.00	1991	Lars Knöps	Perfect Performance	192.5	202.5	-207.5	165	172.5	-177.5	250	260	270	645	85,283	8	
88.54	1998	Martijn Hazeleger	Pjotrs Powertraining	205	217.5	225	150	-155	-155	255	267.5	-275	642.5	86,109	9	
90.72	1998	Halim Schultz	WorkBodyFit	190	200	205	155	160	-170	250	265	275	640	84,749	10	
91.20	2000	Tarik Azzaoui	StrengthValleyNL	210	220	-230	147.5	155	160	250	-260	260	640	84,531	11	
91.59	1999	Cerian Veilbrief	Supreme Strength Coaching	235	-245	-247.5	-145	145	150	232.5	245	255	640	84,353	12	
91.42	1996	Hans van Rootselaar	Iron House Co	202.5	215	222.5	152.5	-160	162.5	220	235	245	630	83,111	13	
91.98	2000	Nando Kolk	Beresterk	207.5	217.5	225	127.5	-132.5	132.5	262.5	272.5	-277.5	630	82,863	14	
87.33	1992	Rim Pinckers	Krachtlab	210	225	232.5	137.5	142.5	-147.5	225	242.5	-255	617.5	83,326	15	
88.12	1978	Job Zeijen	Krachtlab	205	217.5	220	117.5	127.5	-130	245	265	-282.5	612.5	82,282	16	
92.01	1999	Bruno Frijn	Krachtlab	190	202.5	210	130	140	-145	260	-280	-280	610	80,219	17	
89.35	1995	Marcel Goedhart	NKV Atlas	210	222.5	230	120	127.5	-135	245	-260	-260	602.5	80,385	18	
91.16	1999	Brent Verkooijen	3 for 9	205	215	220	125	132.5	-140	235	250	-255	602.5	79,594	19	
89.28	1999	Sam ter Mors	The Bearded Coach	175	187.5	200	130	140	-147.5	222.5	242.5	255	595	79,415	20	
91.21	1996	Joey Biesterbos	StrengthValleyNL	190	197.5	205	120	125	-130	255	265	-300	595	78,582	21	
91.74	1998	Roy Bulthuis	Perfect Performance	220	227.5	232.5	120	122.5	-125	230	237.5	-245	592.5	78,030	22	
87.54	1992	Maik van der Sleen	East End Strength Sports	205	-215	215	107.5	112.5	-115	245	255	260	587.5	79,183	23	
92.20	2001	Bram Paul	Algemeen Lid	185	197.5	202.5	130	135	-137.5	225	240	250	587.5	77,182	24	
92.38	1999	André Haverlag	Nakama-gym	195	202.5	210	127.5	132.5	-137.5	245	-257.5	-257.5	587.5	77,109	25	
90.52	1996	Sjoerd Dijkstra	Iron House Co	200	210	-215	127.5	132.5	-135	225	235	242.5	585	77,551	26	
92.01	1991	Mike Beelen	Loods 37	207.5	220	225	107.5	-115	115	235	-245	245	585	76,932	27	
90.82	2000	Sven Kapteyn	WorkBodyFit	180	190	200	120	127.5	132.5	220	235	250	582.5	77,094	28	
90.90	2005	Thijs van den Dobbelsteen	9 for 9 coaching	202.5	210	212.5	125	-132.5	132.5	225	235	237.5	582.5	77,060	29	
92.97	1994	Carlo Groeneweg	Algemeen Lid	190	197.5	-200	137.5	-142.5	-142.5	235	240	245	580	75,888	30	
91.88	1997	Sander Baltus	Bassies Halterclub	200	207.5	212.5	110	117.5	-120	220	235	245	575	75,669	31	
90.53	2002	Milan Wassing	Algemeen Lid	210	-220	-220	120	127.5	-130	-225	225	235	572.5	75,889	32	
85.16	1984	Michel Laugs	Loods 37	165	172.5	175	135	142.5	147.5	230	237.5	242.5	565	77,206	33	
91.64	1990	Jim van de Ven	Striktly Powerhouse	177.5	187.5	190	127.5	132.5	135	225	232.5	237.5	562.5	74,119	34	
87.66	2001	Jaden Dos Santos Cheung	Algemeen Lid	175	182.5	190	115	120	125	220	235	245	560	75,425	35	

**93.0 kg heren (vervolg)**

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
89.44	1996	Joep Janssen	Strength For All	182.5	192.5	200	122.5	127.5	130	210	220	230	560	74,677	36	
91.22	1996	Kevin Philipsen	Algemeen Lid	190	200	-210	130	135	-140	220	222.5	-245	557.5	73,626	37	
90.54	2002	Kevin Duijkers	9 for 9 coaching	200	207.5	212.5	112.5	117.5	122.5	210	217.5	220	555	73,566	38	
90.86	2000	Elmo van den Broek	StrengthValleyNL	185	-187.5	200	120	127.5	-132.5	210	225	-235	552.5	73,107	39	
85.72	1985	Peter van der Mast	East End Strength Sports	180	190	-200	125	132.5	-137.5	205	217.5	225	547.5	74,570	40	
91.74	1996	Bernd Haaijer	Iron House Co	180	187.5	195	110	-120	-120	227.5	235	240	545	71,775	41	
91.20	1998	Jesse Blaauw	Strength For All	170	177.5	185	112.5	117.5	122.5	220	235	-255	542.5	71,653	42	
92.00	1992	Klemen Smrekar	Algemeen Lid	-200	200	215	100	112.5	-120	200	215	-225	542.5	71,346	43	
90.20	1999	Milan Daalhuisen	Team LorenzM	177.5	187.5	192.5	120	130	-137.5	195	210	-220	532.5	70,714	44	
90.04	2000	Dennis Hulsebos	No Excuses Hilversum	175	185	195	120	-130	-130	200	215	-220	530	70,444	45	
88.50	1998	Jeroen van Leeuwen	Epic gym	172.5	177.5	182.5	112.5	117.5	-122.5	215	225	-230	525	70,377	46	
90.40	1998	Abel Agterberg	StrengthValleyNL	165	175	-180	107.5	112.5	-117.5	-220	220	235	522.5	69,311	47	
87.10	2002	Jesse Froon	9 for 9 coaching	170	-180	185	107.5	115	120	190	205	215	520	70,261	48	
89.50	1996	Joris Jonk	Striktly Powerhouse	160	170	180	115	122.5	-130	190	200	215	517.5	68,987	49	
88.80	2000	Dyon Nelis	Staal & Kracht	180	185	-187.5	105	110	115	200	207.5	-212.5	507.5	67,917	50	
88.10	2001	Ralf Vanoppen	Krachtlab	140	147.5	155	100	105	107.5	-220	230	240	502.5	67,512	51	
90.40	2001	Yorick Paassen	9 for 9 coaching	152.5	162.5	-170	102.5	107.5	112.5	195	207.5	225	500	66,326	52	
87.84	1999	Simon Klaassen	NKV Atlas	165	-172.5	-172.5	100	-107.5	-107.5	225	230	-235	495	66,603	53	
84.70	1998	Nout Hakkesteegt	TSKV Spartacus	170	180	185	85	90	-95	190	205	215	490	67,140	54	
90.10	2001	Xander van der Steen	Iron House Co	150	160	-170	107.5	-115	-115	215	222.5	-232.5	490	65,106	55	
89.14	2000	Emre Ekmekci	Algemeen Lid	175	-190	-190	110	115	-122.5	190	-202.5	-205	480	64,116	56	
90.44	1991	Lloyd Bieshaar	Staal & Kracht	160	170	-175	97.5	0	0	200	210	-225	477.5	63,327	57	
90.80	1990	Lennart ter Haar	Striktly Powerhouse	-160	160	-165	100	-107.5	-107.5	197.5	207.5	215	475	62,873	58	
90.50	1997	Rutger Wijsmuller	Algemeen Lid	150	157.5	165	97.5	102.5	107.5	175	187.5	200	472.5	62,644	59	
86.90	1995	Mitchell Steenberghe	Sportcentrum TopFit	160	167.5	172.5	100	105	-107.5	170	175	180	457.5	61,887	60	
89.60	1990	Vikram Radhakrishnan	Pjotrs Powertraining	150	157.5	160	97.5	-102.5	107.5	175	182.5	190	457.5	60,955	61	
87.00	2005	Frank Warrink	Algemeen Lid	145	152.5	157.5	82.5	90	92.5	185	200	-210	450	60,838	62	
90.80	2005	Stijn Reimert	StrengthValleyNL	-147.5	-157.5	165	92.5	97.5	100	185	-200	-210	450	59,564	63	
84.80	2000	Marien Moens	Algemeen Lid	140	-147.5	147.5	85	92.5	100	170	185	200	447.5	61,280	64	
91.60	1997	Nick Olink	Iron House Co	137.5	147.5	-152.5	80	85	87.5	190	200	-210	435	57,331	65	
87.40	1994	Patrick Massop	Beresterk	-127.5	127.5	135	80	85	87.5	185	192.5	200	422.5	56,990	66	
91.40	1977	Eelco Hoetjes	East End Strength Sports	145	-152.5	152.5	75	77.5	80	180	190	-200	422.5	55,743	67	
87.50	1990	Casper Zoeteman	Staal & Kracht	125	130	135	92.5	100	107.5	145	155	170	412.5	55,609	68	
91.80	1981	Bram Dunnink	No Excuses Hilversum	130	137.5	145	90	95	-100	155	165	-170	405	53,320	69	
89.30	1972	Stephan Langeveld	StrengthValleyNL	112.5	120	-125	67.5	72.5	75	155	165	-170	360	48,044	70	

**93.0 kg heren (vervolg)**

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
87.90	1990	Mark Welten	Striktly Powerhouse	-165	170	175	-105	-105	-105	190	200	205	0	0.000	-	
89.98	1990	Thomas Roosendaal	Striktly Powerhouse	-190	200	-205	-120	-125	-125	230	237.5	-242.5	0	0.000	-	
90.40	1985	Bas Diks	K&C training	-162.5	-162.5	-162.5	95	100	-105	210	222.5	235	0	0.000	-	
90.80	2002	Rik Bruin	Algemeen Lid	-185	-190	-197.5	127.5	-135	-140	225	237.5	245	0	0.000	-	
91.12	1990	Martin van den Berg	Striktly Powerhouse	195	-202.5	205	135	-140	140	-225	-230	-230	0	0.000	-	

## 105.0 kg heren

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
103.99	1995	Bob van den Boogaard	NKV Atlas	-300	302.5	310	155	165	170	300	320	325	805	99,838	1	
101.62	1995	Juan Lovera	ASKV Kratos	-205	220	230	172.5	180	-185	295	-310	310	720	90,268	2	
103.44	1997	Dennis Scholten	StrengthValleyNL	230	237.5	-240	177.5	185	-190	-270	272.5	285	707.5	87,963	3	
104.32	1994	Khubeib Al Jabar	SportArena Eindhoven	-220	225	230	170	-175	-175	280	295	-300	695	86,068	4	
102.35	1994	Sherif van der Lans	Supreme Strength Coaching	225	235	-240	150	-157.5	157.5	272.5	292.5	-302.5	685	85,591	5	
103.30	1994	Roy Kreuger	Iron House Co	227.5	235	-240	165	-167.5	0	270	280	-290	680	84,598	6	
98.99	2000	Hennes de Kok	3 for 9	227.5	235	242.5	150	155	160	275	-290	-297.5	677.5	86,003	7	
103.22	1993	Marcel Tamminga	East End Strength Sports	210	230	-250	142.5	147.5	0	-300	300	-330	677.5	84,318	8	
101.96	1995	Fabian Reehuis	Elite Performance	240	252.5	-260	135	142.5	147.5	255	265	275	675	84,493	9	
100.83	1998	Erik van den Bulk	Perfect Performance	220	225	235	155	162.5	-170	230	267.5	0	665	83,680	10	
103.39	1995	Stanley van Essen	3 for 9	227.5	240	250	147.5	155	157.5	245	-257.5	257.5	665	82,698	11	
104.36	1996	Steyn Slingschroder	StrengthValleyNL	237.5	250	255	147.5	155	162.5	235	247.5	-260	665	82,338	12	
100.12	1976	Sven den Houting	Sportcentrum TopFit	225	240	250	135	145	150	225	240	250	650	82,067	13	
96.10		Mickey Hart	Iron House Co	215	227.5	235	160	-165	-165	240	250	-270	645	83,048	14	
103.68	1996	Tom van Mill	Staal & Kracht	195	205	217.5	135	145	147.5	235	-250	255	620	77,001	15	
98.53	1989	Tom van de Graaf	Algemeen Lid	200	210	220	142.5	147.5	150	220	230	245	615	78,242	16	
104.35	2003	Oane Jansen	Krachtlab	210	225	232.5	125	132.5	135	232.5	245	-252.5	612.5	75,841	17	
102.53	1996	Marick Klarenbeek	East End Strength Sports	205	215	-217.5	130	135	140	235	250	255	610	76,157	18	
104.45	1999	Rick Boers	Algemeen Lid	-215	215	-225	140	147.5	150	215	230	240	605	74,879	19	
101.93	1991	Rutger Dijk	StrengthValleyNL	-195	205	207.5	120	125	-130	235	255	265	597.5	74,802	20	
96.61	2001	Remco van den Broek	Algemeen Lid	180	-190	190	135	142.5	-150	240	260	-267.5	592.5	76,094	21	
97.78	1999	Devin van Gils	Alpha Gym	175	185	192.5	135	142.5	145	230	245	255	592.5	75,656	22	
101.54	1998	Tom Böckling	9 for 9 coaching	200	207.5	212.5	130	135	137.5	220	232.5	242.5	592.5	74,311	23	
102.10	2004	Milan Groote	Sportcentrum TopFit	190	205	215	115	122.5	127.5	220	235	250	592.5	74,118	24	
102.52	2002	Yannick van der Corput	9 for 9 coaching	190	202.5	212.5	125	130	135	210	227.5	240	587.5	73,351	25	
104.46	1987	Emiel Laugs	Loods 37	180	190	200	160	165	-170	190	205	220	585	72,400	26	
104.98	1989	Thomas Tijdeman	Sportcentrum TopFit	210	220	-227.5	140	147.5	-150	205	217.5	-227.5	585	72,233	27	
102.40	1999	Rinus de Wit	Pjotrs Powertraining	190	-197.5	200	140	145	-150	235	0	0	580	72,454	28	
97.53	2001	Jannik Zozmann	9 for 9 coaching	190	-200	200	122.5	-127.5	127.5	235	247.5	-257.5	575	73,511	29	
102.52	1998	Otte Jansen	StrengthValleyNL	180	190	-200	125	135	-140	220	230	240	565	70,541	30	
99.90	1996	Ludchano Leliveld	Pjotrs Powertraining	180	192.5	200	130	-137.5	-137.5	220	232.5	-242.5	562.5	71,094	31	
99.56	1994	Anne Wind	StrengthValleyNL	195	-207.5	-210	117.5	125	130	220	235	-250	560	70,893	32	
100.12	1993	Joost Vaessen	Krachtlab	185	195	200	122.5	127.5	130	200	215	222.5	552.5	69,757	33	
103.64	1996	Marc Verbeek	Strength Academy	-190	190	-200	110	117.5	-120	210	225	235	542.5	67,388	34	

**105.0 kg heren (vervolg)**

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
104.90	2004	Jesse de Haan	Strength For All	185	195	202.5	117.5	122.5	125	190	200	207.5	535	66,083	35	
100.08	1994	Ali Kilic	WorkBodyFit	180	190	207.5	115	125	-132.5	180	200	-230	532.5	67,245	36	
94.74	2005	Daan Hofstra	9 for 9 coaching	-187.5	195	-205	127.5	132.5	135	187.5	200	-207.5	530	68,713	37	
101.38	2003	Cédric van Lenthe	9 for 9 coaching	165	175	185	117.5	-125	127.5	202.5	217.5	-227.5	530	66,521	38	
104.82	2001	Jayco de Ligt	Team LorenzM	150	160	170	-115	120	125	205	220	230	525	64,871	39	
98.74	1977	Arthur Roodenburg	Strength Academy	192.5	200	205	95	100	-105	205	217.5	-225	522.5	66,407	40	
102.14	1990	Erwin van Doggenaar	No Excuses Hilversum	155	165	175	110	115	117.5	205	220	230	522.5	65,350	41	
100.94	1994	Lars Lurvink	K&C training	192.5	-202.5	-202.5	107.5	112.5	-117.5	192.5	202.5	212.5	517.5	65,086	42	
101.80	1977	Martijn van Oostveen	Striktly Powerhouse	150	160	-170	127.5	-132.5	132.5	215	225	-232.5	517.5	64,826	43	
95.36	2001	Allard Gooshouwer	Grow Coaching	170	180	-187.5	107.5	112.5	115	200	210	220	515	66,558	44	
99.54	2000	Zennar den Hartog	WorkBodyFit	150	165	175	105	112.5	120	-220	220	-240	515	65,202	45	
101.54	2001	Tom van Oosterom	StrengthValleyNL	167.5	175	180	87.5	92.5	-95	195	210	225	497.5	62,396	46	
103.88	1990	Nick van der Loo	Krachtlab	140	-150	152.5	105	112.5	117.5	200	212.5	225	495	61,421	47	
97.96	1997	Jasper Neulen	StrengthValleyNL	155	167.5	172.5	102.5	110	-115	195	205	-215	487.5	62,194	48	
97.10	1989	Gwidon Miezalski	Algemeen Lid	170	175	180	-120	125	130	-170	175	-185	485	62,137	49	
102.37	1991	Stijn Gierkink	K&C training	-165	165	175	95	100	-105	180	195	205	480	59,970	50	
102.26	1991	Mike Visser	Striktly Powerhouse	160	167.5	-172.5	110	117.5	-122.5	165	175	182.5	467.5	58,438	51	
102.22	1990	Erwin Poort	East End Strength Sports	150	160	170	80	85	90	185	195	205	465	58,137	52	
94.85	1966	Rolf Bettinger	StrengthValleyNL	120	132.5	140	102.5	107.5	-112.5	165	185	195	442.5	57,336	53	

**105.0 kg heren, adaptive athlete**

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
103.24	2002	Enzo Brouwers	Alpha Gym	-205	215	-230	110	120	-125	215	230	-240	565			

**120.0 kg heren**

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
118.50	1990	Glenn Kofman	StrengthValleyNL	-285	285	305	185	195	-200	285	295	-312.5	795	92,926	1	
107.70	1980	Robin Kensenhuis	Sportcentrum TopFit	235	255	265	150	160	0	285	310	330	755	92,127	2	
116.60	2001	Noah Sipsma	Krachtlab	220	232.5	240	125	135	142.5	260	270	280	662.5	77,992	3	
118.70	1992	Luuk de Wit	Algemeen Lid	205	215	225	135	142.5	-147.5	255	270	275	642.5	75,045	4	
114.90	1987	Silvan van Leeuwen	Iron House Co	205	217.5	225	135	140	142.5	245	260	-270	627.5	74,356	5	
119.20	1995	Vincent Baarslag	ASKV Kratos	200	-215	-215	122.5	127.5	-132.5	295	-305	0	622.5	72,575	6	
118.00	1991	Mike Kolkman	Westerkracht	-220	220	-235	130	140	-150	225	240	255	615	72,020	7	
117.80	1996	Daan van Vught	Loods 37	220	230	240	110	120	-125	210	225	-235	585	68,558	8	

**120.0+ kg heren**

LGW.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.	DT.
162.40	1990	Sebastiaan Tempelaars	Sportcentrum Life	335	355	-372.5	230	240	-245	305	320	-330	915	94,330	1	
136.30	1996	Coen Wijnia	Team LorenzM	230	-242.5	250	182.5	187.5	192.5	250	265	-280	707.5	77,956	2	
130.00	1998	Jordy van Muijen	Sportcentrum TopFit	222.5	235	245	137.5	145	-152.5	277.5	-285	-285	667.5	74,990	3	
129.80	1997	Lars Kruik	Alpha Gym	215	230	240	127.5	135	-140	267.5	280	-295	655	73,633	4	
123.30	1989	Arjaan Martini	East End Strength Sports	210	220	230	100	105	110	280	295	-310	635	72,955	5	
126.90	2001	Luuc van Gennip	Sportcentrum TopFit	170	180	190	135	140	145	190	200	215	550	62,418	6	

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

Plaats	Naam	Punten	Lichaamsgewicht	Vereniging
1	Ankie Timmers	95,339	82.00 kg	NKV Atlas
2	Miriam Amri	93,240	57.00 kg	Supreme Strength Coaching
3	Ilrish Kensenhuis	90,906	88.10 kg	NKV Atlas

**Heren**

Plaats	Naam	Punten	Lichaamsgewicht	Vereniging
1	Bob van den Boogaard	99,838	103.99 kg	NKV Atlas
2	Tim de Klerk	96,507	82.49 kg	SportArena Eindhoven
3	Sebastiaan Tempelaars	94,330	162.40 kg	Sportcentrum Life



Sterkste verenigingen & sportscholen dames  
(per gewichtsklasse berekend)

Plaats	Vereniging	Punten	Team- score	Details
1	NKV Atlas	387,876	34	Ankie Timmers (12) + Ilrish Kensenhuis (12) + Iantje van Belzen (8) + Anell Roos (1) + Hanneke Chorus (1)
2	Team Lorenz	305,364	28	Tessa Ophoff (9) + Michelle de Jong (8) + Jessica Konjanaan (6) + Yanou Athineos (5)
3	Krachtlab	372,719	27	Michelle Weyers (9) + Larissa Vermaning (7) + Maartje Claessen (7) + Aniek Schreurs (3) + Paulina Breidenbach (1)
4	Iron House Co	365,766	25	Janna Hallink (12) + Senja-Irene Torres Perez de San Roman (7) + Talitha Guerrero Obando (3) + Maaïke Brinkhof (2) + Soraya Wessels (1)
5	Strength Academy	369,786	23	Vrony Peters (9) + Lisa Zuiderduin (5) + Daphne Pieterse (5) + Phylicia Keizer (3) + Emma Dierickx (1)
6	Grow Coaching	342,685	23	Florence Peeters (8) + Britt Krijger (5) + Stefanie Faber (4) + Floortje Leander (4) + Anne van Gils (2)
7	Untamed Strength	361,929	21	Rebecca Croes (12) + Carljine Schmid (6) + Sam Brassier (1) + Annemie van Lakwijk (1) + Deborah Hartog (1)
8	StrengthValleyNL	343,420	18	Gaby Voerman (8) + Ramona Schuit (7) + Nelleke van Staveren (1) + Miranda Ziekman (1) + Teddy Knoop (1)
9	Striktly Powerhouse	264,939	16	Brittney van den Berg (8) + Viola Gyed (6) + Erzsébet Jennifer Kovacs (1) + Mette Dhond (1)
10	Perfect Performance	325,162	15	Karlijn Verkaik (7) + Karlijn Wijsman (5) + Geneviève Huizeling (1) + Simone Verhoef (1) + Pauline Schwencke (1)

Sterkste verenigingen & sportscholen heren  
(per gewichtsklasse berekend)

Plaats	Vereniging	Punten	Team- score	Details
1	StrengthValleyNL	441.503	42	Glenn Kofman (12) + Damian van Sinderen (12) + Geronimo Niklas (9) + Dennis Scholten (8) + Tarik Azzaoui (1)
2	Iron House Co	411,100	38	Richard Duits (12) + Leroy Sinay (8) + Ries de Haan (7) + Silvan van Leeuwen (6) + Roy Kreuger (5)
3	Strength Point	332,511	30	Naadir Twahir (12) + Marco Lee (9) + Bram Smits (8) + Mike Beer (1)
4	Strength Academy	386.902	28	Jeroen Winnen (8) + Bas Oei (8) + Shane Tol (7) + Murad Barmou (4) + Johny Paelinck (1)
5	Sportcentrum TopFit	397.35	27	Robin Kensenhuis (9) + Jordy van Muijen (8) + Luuc van Gennip (5) + Marciano Schildmeijer (4) + Sven den Houting (1)
6	SportArena Eindhoven	182.575	19	Tim de Klerk (12) + Khubeib Al Jabar (7)
7	Supreme Strength Coachin	398.848	18	Bram van der Zaan (9) + Sherif van der Lans (6) + Cerian Veilbrief (1) + Zohair Kanjaa (1) + Raveen van Oldenmark (1)
8	Krachtlab	401.734	15	Noah Sipsma (8) + Jip Beerse (3) + Terence Jacobs (2) + Rim Pinckers (1) + Job Zeijen (1)
9	NKV Atlas	246.825	14	Bob van den Boogaard (12) + Marcel Goedhart (1) + Simon Klaassen (1)
10	ASKV Kratos	162.843	14	Juan Lovera (9) + Vincent Baarslag (5)