

Northside Barbell Summer Cup 2023

3&4-6-2023 Groningen

52.0 kg dames

LGW.	Lot	Cat.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
51.88	14	Open	1996	Anouk Greve	Krachtlab	120	125	127.5	72.5	75	77.5	140	150	160	365	92,348	1
50.22	28	Open	2002	Lene de Jong	SKVU Obelix	-80	80	82.5	50	52.5	-55	105	110	115	250	65,091	2

57.0 kg dames

LGW.	Lot	Cat.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
55.66	24	Open	1995	Viola Gyed	Striktly Powerhouse	127.5	-132.5	135	70	-72.5	72.5	147.5	-155	-155	355	84,797	1
56.46	10	Open	1998	Simone Scheltens	Push & Pull Fitness	92.5	100	105	60	62.5	65	122.5	130	135	305	72,059	2
55.94	11	Open	1980	Mieke Hubers	K&C training	95	100	-102.5	45	-50	-50	115	122.5	130	275	65,433	3
56.14	8	Open	1980	Alexandra Lugtigheid-Rellum	Sterrek Personal Training	55	60	65	32.5	35	-37.5	75	82.5	87.5	187.5	44,491	4

63.0 kg dames

LGW.	Lot	Cat.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
59.10	18	Open	1997	Roos Otten	Beresterk	100	107.5	110	55	57.5	-60	135	145	150	317.5	72,534	1
60.80	4	Open	1997	Erzsébet Jennifer Kovacs	Striktly Powerhouse	-102.5	105	110	62.5	-67.5	-67.5	130	-135	135	307.5	68,878	2
61.40	22	Open	1998	Kelly Senden	Perfect Performance	95	102.5	110	60	-65	-65	127.5	135	-140	305	67,866	3
59.58	3	Open	1994	Stefanie Faber	Iron House Co	102.5	107.5	110	52.5	57.5	60	125	132.5	-137.5	302.5	68,713	4
61.54	24	Open	1998	Simone Verhoef	Perfect Performance	95	100	-105	60	62.5	-65	125	130	-135	292.5	64,986	5
61.60	15	Open	1998	Anieke Schaap	GSKV Northside Barbell	77.5	85	90	45	47.5	50	112.5	122.5	130	270	59,948	6
61.82	8	Open	2001	Amber Ligtlee	K&C training	85	90	-95	40	45	-47.5	95	105	-107.5	240	53,161	7
61.10	17	Open	1981	Lydian Medema	Team Better Stronger	67.5	70	72.5	45	47.5	-50	97.5	102.5	107.5	227.5	50,788	8

69.0 kg dames

LGW.	Lot	Cat.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
67.42	29	Open	1989	Sytske Bekker	East End Strength Sports	125	132.5	137.5	75	77.5	80	150	160	167.5	385	80,816	1
66.69	9	Open	1997	Chenine Bleumink	K&C training	127.5	132.5	-137.5	70	75	-77.5	140	150	-155	357.5	75,521	2
67.46	19	Open	1998	Nina Yzer	Krachtlab	117.5	122.5	125	-60	60	62.5	130	137.5	142.5	330	69,247	3
67.76	4	Open	1997	Sanne van Delden	Push & Pull Fitness	97.5	-102.5	102.5	60	65	-67.5	125	132.5	140	307.5	64,361	4
68.16	1	Open	1998	Julie Rossell	Krachtlab	90	95	100	52.5	57.5	60	127.5	132.5	-135	292.5	61,017	5
66.96	12	Open	1978	Julia Lanser	Sterrek Personal Training	87.5	95	100	42.5	47.5	52.5	110	117.5	125	277.5	58,483	6
67.92	16	Open	1998	Amber Sentener	Team Better Stronger	97.5	-102.5	-102.5	47.5	50	52.5	115	120	125	275	57,481	7
66.52	21	Open	1975	Inge Rijnders	Sterrek Personal Training	77.5	82.5	87.5	37.5	40	42.5	97.5	105	107.5	237.5	50,247	8
67.68	15	Open	1980	Bregje Pol	Sterrek Personal Training	75	-80	80	32.5	35	37.5	92.5	102.5	105	222.5	46,602	9
67.72	17	Open	1999	Diane van der Hoeven	GSKV Northside Barbell	-90	-92.5	-92.5	57.5	-62.5	62.5	115	122.5	125	0	0	-

76.0 kg dames

LGW.	Lot	Cat.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
75.58	19	Open	1993	Nienke Eilander	East End Strength Sports	150	157.5	160	-65	65	-67.5	160	167.5	172.5	397.5	78,575	1
74.28	16	Open	1987	Angeline Bosma	Legacy Gym	-125	-125	125	67.5	-70	-70	155	-165	165	357.5	71,263	2
72.52	6	Open	1997	Aniek Brugman	Team LorenzM	107.5	115	120	65	70	-72.5	140	150	157.5	347.5	70,107	3
70.46	25	Open	2001	Isa Boonstra	GSKV Northside Barbell	105	112.5	117.5	67.5	70	75	130	140	152.5	345	70,662	4
76.00	10	Open	2000	Eline Blok	Perfect Performance	92.5	100	105	72.5	75	80	122.5	130	-135	315	62,104	5
74.72	33	Open	1992	Ilona van der Veer	Victory Culture	92.5	100	102.5	62.5	-67.5	67.5	127.5	135	142.5	312.5	62,114	6
75.16	31	Open	2003	Linde Gorissen	Huijser Coaching	95	102.5	105	47.5	50	-52.5	122.5	130	-140	285	56,487	7
70.72	12	Open	2001	Tirsa Piergoelam	JordiLiftz	80	85	90	55	57.5	60	100	110	117.5	267.5	54,68	8
75.56	23	Open	2002	Bente Oosterwold	Team Better Stronger	75	77.5	82.5	47.5	50	52.5	115	122.5	130	265	52,39	9
73.18	34	Open	2000	Myrthe Veenstra	Beresterk	77.5	85	92.5	45	47.5	-50	95	105	112.5	252.5	50,707	10
74.10	29	Open	1994	Marieke Visser	IdunaCoaching	72.5	77.5	82.5	42.5	45	47.5	97.5	105	112.5	242.5	48,397	11

84.0 kg dames

LGW.	Lot	Cat.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
83.34	14	Open	1999	Gioia Buijs	Victory Culture	120	130	135	65	70	-72.5	140	152.5	-157.5	357.5	67,723	1
78.88	5	Open	2002	Aniek Nijland	Beresterk	120	127.5	132.5	57.5	62.5	65	145	152.5	155	352.5	68,33	2
79.18	23	Open	1994	Aniek te Kronnie	K&C training	130	135	137.5	50	52.5	-55	140	155	162.5	352.5	68,217	3
82.36	3	Open	2001	Fay Middel	Untamed Strength	105	112.5	117.5	77.5	80	82.5	127.5	137.5	-142.5	337.5	64,239	4
82.50	6	Open	2001	Lies Annema	Gym Iron Heart	102.5	112.5	-120	65	67.5	70	140	152.5	-157.5	335	63,719	5
80.08	30	Open	1991	Marjan Steenge	Beresterk	107.5	115	120	52.5	57.5	-60	147.5	155	-160	332.5	64,032	6
83.82	22	Open	1985	Lotte Spijker-Smallenburg	Sterrek Personal Training	80	-85	85	55	-60	-60	112.5	125	130	270	51,032	7
80.86	25	Open	1979	Rachel Betancourt	Sterrek Personal Training	70	75	-77.5	40	-42.5	42.5	95	102.5	-105	220	42,193	8
83.74	20	Open	1999	Wasila Moktefi	GSKV Northside Barbell	110	117.5	122.5	-65	-65	-65	107.5	115	-125	0	0	-

84.0+ kg dames

LGW.	Lot	Cat.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
84.60	2	Open	2004	Elbrich Fokkinga	GSKV Northside Barbell	97.5	102.5	-107.5	57.5	60	62.5	140	147.5	157.5	322.5	60,736	1
91.88	18	Open	1985	Bianca van Olst	Sterrek Personal Training	77.5	82.5	87.5	45	47.5	-50	107.5	115	-120	250	45,723	2

66.0 kg heren

LGW.	Lot	Cat.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
65.38	26	Open	1997	Ishvar Lalbahadoersing	Barbell Lifestyle	145	152.5	155	100	105	107.5	185	195	202.5	465	72,849	1

74.0 kg heren

LGW.	Lot	Cat.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
73.34	1	Open	1997	Martijn de Olde	Perfect Performance	180	190	197.5	120	125	-127.5	230	245	252.5	575	84,81	1
71.84	27	Open	1993	Nick Imminga	East End Strength Sports	150	157.5	-165	95	100	105	172.5	182.5	190	452.5	67,463	2
72.72	21	Open	1996	Freak Okkema	GSKV Northside Barbell	132.5	142.5	147.5	82.5	87.5	90	177.5	187.5	192.5	430	63,703	3
71.70	20	Open	2006	Sem Eringa	Ultima Fitness BV	125	135	-145	60	67.5	-72.5	180	190	200	402.5	60,07	4
66.96	11	Open	2000	Bas van der Veen	GSKV Northside Barbell	122.5	130	137.5	72.5	77.5	-82.5	152.5	165	172.5	387.5	59,946	5

83.0 kg heren

LGW.	Lot	Cat.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
82.42	18	Open	1997	Tim de Pater	GSKV Northside Barbell	197.5	205	210	122.5	127.5	130	222.5	237.5	245	585	81,267	1
80.08	19	Open	2001	Janis Königs	SKVU Obelix	177.5	187.5	192.5	130	135	-140	227.5	240	250	577.5	81,407	2
82.52	14	Open	1989	Jefta Delfos	3 for 9	170	180	-185	122.5	127.5	130	225	237.5	247.5	557.5	77,399	3
82.84	37	Open	1996	Raveen van Oldenmark	Supreme Strength Coaching	180	190	195	107.5	-112.5	112.5	225	237.5	-252.5	545	75,516	4
81.84	34	Open	1997	Timo de Smit	Untamed Strength	-160	170	-180	102.5	110	-112.5	230	245	-260	525	73,193	5
82.10	21	Open	1985	Peter van der Mast	East End Strength Sports	175	-185	-190	117.5	122.5	127.5	197.5	212.5	222.5	525	73,076	6
79.22	32	Open	2002	Jan Bauer	JordiLiftz	167.5	177.5	185	85	90	-92.5	220	235	240	515	72,999	7
82.42	27	Open	2003	Simon van Gastel	GSKV Northside Barbell	150	160	-165	92.5	-97.5	97.5	200	212.5	-220	470	65,291	8
76.52	36	Open	1999	Gerk-Jan Huisma	East End Strength Sports	120	125	127.5	80	85	-87.5	150	152.5	155	367.5	53,027	9

93.0 kg heren

LGW.	Lot	Cat.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
90.28	29	Open	1990	Gerard Pruijsen	Striktly Powerhouse	200	210	220	157.5	165	170	220	240	252.5	642.5	85,285	1
92.10	5	Open	1981	Scott Wenmakers	Krachtlab	190	205	210	130	-137.5	137.5	215	230	-237.5	577.5	75,909	2
87.70	31	Open	1999	Menno Bouma	JordiLiftz	-195	200	210	115	125	-130	220	232.5	-242.5	567.5	76,418	3
89.92	35	Open	2000	Thom Revitt	JordiLiftz	167.5	-175	175	125	132.5	137.5	240	252.5	-262.5	565	75,146	4
90.50	45	Open	1997	Thomas van Dongen	Push & Pull Fitness	170	180	190	130	-135	-135	210	220	230	550	72,919	5
89.16	16	Open	1998	Jasper Hoiting	GSKV Northside Barbell	177.5	-185	187.5	95	100	105	212.5	225	232.5	525	70,118	6
91.34	40	Open	1999	Simon Klaassen	NKV Atlas	160	167.5	172.5	110	115	-120	222.5	230	235	522.5	68,959	7
92.28	15	Open	2004	Dylan Koel	JordiLiftz	170	177.5	185	110	115	-120	200	210	215	515	67,629	8
85.60	2	Open	1993	Casper Bielawski	GSKV Northside Barbell	177.5	187.5	192.5	105	112.5	115	195	205	-212.5	512.5	69,852	9
91.42	17	Open	2000	Julius Benjamins	NSKV Profectus	162.5	172.5	180	107.5	-112.5	-112.5	195	205	212.5	500	65,961	10
88.78	43	Open	1999	Dennis de Pee	East End Strength Sports	-160	165	-180	122.5	-130	-130	190	200	207.5	495	66,252	11
90.16	7	Open	1990	Mark Welten	Striktly Powerhouse	-160	-167.5	170	100	107.5	-112.5	190	202.5	212.5	490	65,085	12
91.50	3	Open	2001	Thomas Koeling	GSKV Northside Barbell	160	170	-175	110	-115	-115	187.5	-197.5	197.5	477.5	62,966	13
89.10	26	Open	1999	Tristan Dikkers	GSKV Northside Barbell	127.5	135	-142.5	97.5	100	105	175	185	195	435	58,118	14
91.90	24	Open	1996	Yves du Long	NSKV Profectus	185	192.5	200	110	115	120	75	0	0	395	51,976	15

105.0 kg heren

LGW.	Lot	Cat.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
103.30	26	Open	1999	Aaron van der Wolde	Ultima Fitness BV	265	277.5	-282.5	175	182.5	185	300	320	-337.5	782.5	97,35	1
98.40	5	Open	1997	Owen Doorten	Fitness Factory Assen	207.5	222.5	232.5	142.5	150	155	252.5	267.5	-275	655	83,384	2
96.94	23	Open	2000	Casper Peters	NSKV Profectus	215	225	-230	132.5	137.5	140	245	257.5	265	630	80,778	3
102.68	19	Open	1988	Karel Kodde	GSKV Northside Barbell	225	235	240	135	140	-142.5	240	250	-257.5	630	78,599	4
104.18	6	Open	1995	Jorrit van Leiden	GSKV Northside Barbell	220	227.5	235	115	122.5	130	225	240	257.5	622.5	77,138	5
100.84	20	Open	1998	Jochem Broekhuis	ESKV Odin	205	215	220	150	-157.5	-157.5	240	250	-260	620	78,014	6
101.26	14	Open	2003	Kevin van den Ouden	Supreme Strength Coaching	182.5	195	205	-122.5	122.5	125	220	230	-235	560	70,326	7
102.38	1	Open	1994	Lars Lurvink	K&C training	200	207.5	215	115	-120	-120	205	220	-235	550	68,713	8
100.58	15	Open	2001	Dapper Bruijn	Team Francke powerlifting	177.5	190	200	107.5	112.5	117.5	200	215	225	542.5	68,346	9
102.42	12	Open	1977	Martijn van Oostveen	Striktly Powerhouse	150	162.5	167.5	-135	135	-140	225	235	-240	537.5	67,139	10
103.20	16	Open	1991	Stijn Gierkink	K&C training	175	182.5	-190	92.5	97.5	-102.5	190	200	210	490	60,988	11
99.36	11	Open	2004	Rick Teerink	JordiLiftz	145	152.5	160	-85	90	95	190	202.5	-212.5	457.5	57,972	12
104.04	25	Open	2001	Tijmen Tolboom	Team Francke powerlifting	75	0	0	107.5	115	-120	75	0	0	265	32,858	13
99.80	4	Open	1990	Martin van den Berg	Striktly Powerhouse	-200	-200	-200	135	140	145	230	240	250	0	0	-

120.0 kg heren

LGW.	Lot	Cat.	Geb.	Naam	Vereniging	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
118.54	21	Open	1994	Dennis Stiekema	Gym Iron Heart	210	-225	-225	160	170	-175	-270	-270	270	650	75,966	1
113.74	10	Open	1996	Mohamed Inoubli	Krachtlab	185	200	205	132.5	-142.5	-142.5	220	250	-265	587.5	69,932	2
112.98	9	Open	1997	Simon Rezelman	Team LorenzM	187.5	200	210	120	130	-135	220	235	-247.5	575	68,651	3
112.44	8	Open	2007	Djustin Berentsen	K&C training	150	157.5	165	80	85	-87.5	140	155	165	415	49,655	4

Sterkste Open gebaseerd op de IPF GL formule

Dames

Plaats	Naam	Punten	Lichaamsgewicht	Vereniging
1	Anouk Greve	92,348	51.88 kg	Krachtlab
2	Viola Gyed	84,797	55.66 kg	Striktly Powerhouse
3	Sytske Bekker	80,816	67.42 kg	East End Strength Sports

Heren

Plaats	Naam	Punten	Lichaamsgewicht	Vereniging
1	Aaron van der Wolde	97,35	103.30 kg	Ultima Fitness BV
2	Gerard Pruijsen	85,285	90.28 kg	Striktly Powerhouse
3	Martijn de Olde	84,81	73.34 kg	Perfect Performance