

Open NK Powerliften 2023
25&26-2-2023 Tilburg

47.0 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.
45.88	21	1994	Ianthe van Belzen	NKV Atlas	100	105	110.5	-57.5	-57.5	57.5	115	122.5	-127.5	290.5	82,51	1

52.0 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.
51.86	4	1994	Pleun Dekkers	NKV Atlas	157.5	162.5	165	80	85	-88	157.5	165	170.5	420.5	106,426	1
51.64	11	1996	Anouk Greve	Krachtlab	117.5	-122.5	122.5	70	-72.5	-75	140	147.5	155	347.5	88,273	2
50.58	12	1997	Judith Hendrix	NSKV Profectus	107.5	-112.5	112.5	45	47.5	50	130	140	147.5	310	80,197	3
50.98	5	1999	Maartje Claessen	Krachtlab	-102.5	102.5	107.5	60	65	-67.5	125	132.5	137.5	310	79,638	4
52.00	6	1996	Jesse Lentjes	SportArena Eindhoven	-102.5	102.5	-107.5	-65	-65	65	125	132.5	137.5	305	77,015	5
51.72	16	1999	Laura Jansen	GSKV Northside Barbell	102.5	107.5	112.5	57.5	60	-62.5	110	117.5	122.5	295	74,837	6
51.36	1	1993	Jie Yi Wu Chen	TSKV Spartacus	92.5	97.5	102.5	60	62.5	65	117.5	125	-132.5	292.5	74,654	7

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.
56.82	17	1993	Mylène van der Spek	Perfect Performance	155	160	165	85	90	-92.5	172.5	181.5	188.5	443.5	104,277	1
56.74	9	1995	Miriam Amri	Supreme Strength Coaching	137.5	147.5	152.5	77.5	82.5	-85	179	188	-190.5	423	99,563	2
55.98	10	1997	Mylène Soeterbroek	Supreme Strength Coaching	130	137.5	-142.5	-75	75	-80	160	170	172.5	385	91,556	3
55.66	18	1992	Sophie Nijenhuis	The Bearded Coach	120	130	-135	65	-70	-70	170	180	-190	375	89,574	4
56.46	20	1993	Larissa Vermaning	Krachtlab	115	120	-125	72.5	-77.5	-77.5	130	140	150	342.5	80,918	5
56.26	14	1996	Tessa Schaper	Algemeen Lid	107.5	112.5	117.5	60	65	-67.5	125	132.5	137.5	320	75,807	6
56.52	8	1998	Cathelijne Blom	Supreme Strength Coaching	100	105	107.5	55	57.5	60	142.5	150	-155	317.5	74,951	7
56.08	15	1986	Joëlla Munster	Algemeen Lid	102.5	107.5	112.5	55	57.5	-60	125	135	145	315	74,807	8
55.98	7	1991	Ly-Anne Cadeau	Supreme Strength Coaching	100	107.5	-112.5	60	65	-67.5	127.5	132.5	137.5	310	73,72	9
56.30	3	1993	Chanou Leeters	Loods 37	92.5	97.5	-102.5	57.5	-60	-60	140	150	155	310	73,398	10
53.32	2	1997	Shelika Leidelmeijer	Algemeen Lid	100	-105	107.5	-67.5	-72.5	-72.5	112.5	120	125	0	0	-

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.
62.87	22	1996	Esmee Dijkers	Krachtlab	145	150	155	75	80	85	187.5	200	-210	440	96,393	1
62.80	7	1996	Kaylee-Sue Danies	GSKV Northside Barbell	-140	140	-150	77.5	82.5	85	-162.5	170	182.5	407.5	89,337	2
61.08	9	1999	Janneke Brauckman	Beresterk	135	142.5	-145	85	90	92.5	162.5	170	-175	405	90,434	3
62.21	10	1998	Sanne van der Ploeg	Algemeen Lid	137.5	145	-150	77.5	82.5	-85	162.5	170	-185	397.5	87,683	4
61.41	17	1978	Aysun Cakmak	Strength Academy	120	-130	130	75	77.5	-80	160	167.5	175	382.5	85,102	5
61.62	18	1996	Eva de Langen	Perfect Performance	127.5	135	140	67.5	70	-72.5	157.5	167.5	-175	377.5	83,798	6
62.02	15	1987	Marije Dollen	StrengthValleyNL	110	117.5	122.5	70	77.5	-80	140	150	157.5	357.5	79,018	7
59.84	21	1996	Grace Heijns	Staal & Kracht	-125	125	-130	62.5	67.5	72.5	145	155	-165	352.5	79,827	8
58.89	1	1995	Viola Gyed	Striktly Powerhouse	122.5	127.5	-132.5	-67.5	67.5	70	142.5	150	-155	347.5	79,589	9
62.22	3	1996	Florence Peeters	Grow Coaching	122.5	-127.5	127.5	75	80	-82.5	132.5	140	-150	347.5	76,645	10
62.31	19	1994	Sarah Rahman	Algemeen Lid	125	-130	-130	55	60	62.5	150	-160	0	337.5	74,369	11
62.98	11	1994	Marije van Bloois	Team Better Stronger	115	122.5	-130	62.5	-67.5	-67.5	135	142.5	-145	327.5	71,666	12

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.
65.32	19	1992	Iris Scholten	East End Strength Sports	185	192.5	-196	100	-105	105	182.5	-192.5	-192.5	480	102,666	1
67.36	3	2000	Romy van Vianen	Supreme Strength Coaching	162.5	-170	170	90	92.5	95	165	175	180	445	93,459	2
67.34	12	1998	Emma Omani	Krachtlab	145	152.5	-155	90	-95	-95	180	195	-203.5	437.5	91,9	3
68.32	9	1998	Jolijn Brandsma	Team Magna	140	150	-155	60	62.5	-65	170	187.5	-192.5	400	83,331	4
68.60	2	1989	Sytske Bekker	East End Strength Sports	122.5	130	135	72.5	75	77.5	150	160	165	377.5	78,463	5
67.04	6	1995	Priscilla Molenaar	Beresterk	120	127.5	130	82.5	85	87.5	140	150	157.5	375	78,976	6
66.08	1	1988	Desie Dircks	Elite Performance	112.5	120	125	67.5	-72.5	-72.5	165	172.5	180	372.5	79,12	7
67.30	16	1993	Debora Soeters	Algemeen Lid	-127.5	132.5	137.5	62.5	65	-70	147.5	155	162.5	365	76,697	8
67.80	11	1995	Yanou Athineos	Algemeen Lid	127.5	135	-140	60	65	67.5	145	152.5	160	362.5	75,848	9
66.80	14	1997	Nikki van der Welle	Algemeen Lid	-125	130	-135	57.5	60	-65	165	-172.5	-175	355	74,921	10
66.56	8	1991	Samantha Bendeler	Legacy Gym	132.5	137.5	140	55	57.5	60	140	150	-157.5	350	74,022	11
67.14	10	1994	Judith van Dijk	Algemeen Lid	115	120	125	60	62.5	-65	160	-170	-170	347.5	73,121	12
67.44	18	1999	Amy Hage	Beresterk	117.5	122.5	127.5	65	67.5	70	142.5	150	-160	347.5	72,932	13
67.92	15	1996	Shanna Verheijen	StrengthValleyNL	115	122.5	125	67.5	72.5	-75	130	140	147.5	345	72,113	14
68.00	7	1997	Chantal Schalkers	Horizon Lifestyle	125	-127.5	-127.5	62.5	-67.5	-67.5	130	140	-145	327.5	68,409	15
67.66	5	1997	Chenine Bleumink	K&C training	127.5	132.5	-137.5	-70	-72.5	-72.5	140	150	-155	0	0	-

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.
75.49	15	1992	Danielle Huijser	Team LorenzM	157.5	165	-170	97.5	-100	-100	182.5	192.5	200	462.5	91,476	1
74.29	5	2000	Femke Ploeg	Algemeen Lid	147.5	157.5	162.5	80	85	-87.5	175	190	202.5	450	89,696	2
74.52	23	1998	Janna Hallink	Iron House Co	145	-150	150	87.5	90	92.5	175	187.5	192.5	435	86,575	3
72.43	24	1998	Loraine van Aalten	Algemeen Lid	135	145	150	82.5	-87.5	87.5	172.5	182.5	190	427.5	86,301	4
74.47	12	1995	Ramona Schuit	StrengthValleyNL	145	155	165	82.5	90	-92.5	160	-170	170	425	84,613	5
74.45	19	1996	Symone Kooistra	East End Strength Sports	-137.5	142.5	147.5	80	-85	85	175	182.5	187.5	420	83,628	6
74.19	22	2001	Tessa Ophoff	Krachtlab	150	155	157.5	75	80	-82.5	170	-182.5	-185	407.5	81,278	7
72.29	16	1998	Iris van Pinxteren	Luke PowerPT	140	147.5	150	85	90	-92.5	152.5	162.5	-167.5	402.5	81,335	8
75.78	10	2000	Lisa Zuiderduin	Strength Academy	135	145	150	65	67.5	70	170	182.5	-187.5	402.5	79,464	9
74.03	17	2000	Phylicia Keizer	Sterrek Personal Training	115	125	132.5	85	90	95	145	157.5	170	397.5	79,368	10
74.60	3	1996	Yvette van Benten	GSKV Northside Barbell	145	152.5	-155	65	-67.5	67.5	155	165	170	390	77,578	11
73.35	2	1997	Sevde Bayrak	IdunaCoaching	127.5	135	-140	65	67.5	70	157.5	170	182.5	387.5	77,727	12
73.73	8	1992	Lyenne van der Steen	Elite Performance	130	137.5	142.5	72.5	-75	-75	162.5	-172.5	172.5	387.5	77,527	13
75.40	7	1995	Dominique van Deurser	TSKV Spartacus	135	140	-145	67.5	72.5	-75	160	167.5	-170	380	75,202	14
71.41	25	1986	Maaike Brinkhof	Iron House Co	120	127.5	-132.5	70	72.5	-75	160	170	175	375	76,262	15

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.
83.90	6	1967	Lapanda Mampikin	Sportcentrum TopFit	170	180	-185	90	95	-100	190	222	230	505	95,413	1
83.08	18	1983	Iris Kensenhuis	Algemeen Lid	150	157.5	162.5	80	85	87.5	205	215	222.5	472.5	89,62	2
81.66	20	1986	Sharon Rietveld	Algemeen Lid	165	172.5	-177.5	77.5	82.5	-85	182.5	192.5	200	455	86,906	3
82.04	4	1999	Ragnhild Maarleveld	DSKV IJzersterk	135	145	-152.5	65	70	75	185	200	-207.5	420	80,069	4
80.34	14	2001	Cathelijne Gort	WorkBodyFit	115	122.5	130	90	95	100	160	170	180	410	78,848	5
83.51	21	1985	Karlijn Verkaik	Perfect Performance	140	145	-150	67.5	70	72.5	170	180	-195	397.5	75,24	6

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.
89.56	2	1986	Ilrish Kensenhuis	NKV Atlas	170	177.5	180	92.5	97.5	100	207.5	220	-229	500	92,231	1
86.59	16	1973	Ielja Strik	Perfect Performance	175	182.5	187.5	122.5	-127.5	-127.5	180	187.5	-195	497.5	92,876	2
103.66	4	1990	Vrony Peters	Strength Academy	192.5	200	-202.5	-75	75	-77.5	185	-190	-190	460	81,28	3
103.17	6	1995	Larissa Bastiani	StrengthValleyNL	135	147.5	152.5	75	80	-82.5	185	197.5	-202.5	430	76,068	4
93.44	20	1979	Mirjam Loerakker	Enforce Hoofddorp	145	155	-165	-70	-75	75	165	175	185	415	75,492	5
115.89	14	1994	Sterre van Krimpen	Sterrek Personal Training	152.5	-160	-160	77.5	82.5	-87.5	157.5	170	-175	405	69,857	6
117.39	12	1996	Brittney van den Berg	Striktly Powerhouse	155	170	-175	-95	-105	-105	175	-185	-185	0	0	-

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.
58.80	26	2002	Kemal Ergin	SportArena Eindhoven	160	167.5	172	-120	120	-128	190	197.5	200	492	81,561	1
57.91	12	2004	Naadir Twahir	Strength Point	155	162.5	-167.5	95	102.5	105	195.5	207.5	212.5	480	80,225	2
58.91	7	1995	Faustino de Groot	Barbell Lifestyle	130	-140	140	100	-102.5	0	185	196	-208	436	72,206	3
58.45	1	1991	Bas Oei	Strength Academy	125	130	135	-85	-85	85	170	177.5	-182.5	397.5	66,106	4
58.56	15	2000	Tom Kuurstra	SKVU Obelix	80	-82.5	0	77.5	82.5	85	140	147.5	155	320	53,164	5

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.
65.38	25	2001	Tyrese Zichem	Demonstrength	195	203	210.5	107.5	112.5	115	240	250	-258.5	575.5	90,161	1
64.88	27	2000	Richard Duits	Iron House Co	170	-180	182.5	112.5	117.5	-120	210	222.5	230	530	83,371	2
65.12	22	1999	Andonis Roosberg	TSKV Spartacus	195	-206	-206	117.5	122.5	125	185	192.5	200	520	81,638	3
64.61	4	1992	Glenn Vandendijk	Loods 37	167.5	-177.5	180	102.5	110	-115	195	205	215	505	79,614	4
65.70	23	1997	Mario van Nistelrooij	Algemeen Lid	160	170	-177.5	115	120	-122.5	200	215	-235	505	78,911	5
65.78	11	1995	Michel Pham	Staal & Kracht	182.5	187.5	-195	102.5	-107.5	-107.5	202.5	215	-232.5	505	78,861	6
65.40	9	1989	Najef Zondringa	Algemeen Lid	155	165	-170	110	-115	-115	210	215	220	495	77,537	7
65.05	21	2002	Dominic Therattil	GSKV Northside Barbell	147.5	155	162.5	90	95	-102.5	215	227.5	-235	485	76,186	8
65.64	16	1987	Gennaro Pattiiha	Algemeen Lid	140	-150	150	-100	100	0	210	215	-225	465	72,696	9
65.50	17	2002	Tom Laverman	NSKV Profectus	150	157.5	-162.5	102.5	-107.5	-107.5	200	-210	-210	460	71,996	10
65.65	14	1999	Benjamin Groen	9 for 9 coaching	137.5	145	150	120	122.5	125	175	-182.5	-190	450	70,345	11

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.
73.82	19	1991	Remco Sanders	No Excuses Hilversum	222.5	-227.5	-227.5	150	-157.5	157.5	260	275	-285.5	655	96,282	1
73.39	8	1993	Eray Cingi	Team Magna	210	225	230	145	-152.5	-152.5	230	240	257.5	632.5	93,257	2
73.56	5	1988	Alwin Tan	Supreme Strength Coaching	197.5	207.5	212.5	137.5	142.5	-147.5	225	237.5	245	600	88,359	3
72.57	24	1999	Geronimo Niklas	Striktly Powerhouse	190	200	-205	145	-152.5	-152.5	235	247.5	-255	592.5	87,872	4
73.43	18	1999	Leroy Sinay	Iron House Co	190	200	-205	125	130	132.5	235	245	-252.5	577.5	85,124	5
72.73	2	1997	Martijn de Olde	Perfect Performance	190	-197.5	-197.5	127.5	-132.5	-132.5	240	250	-260	567.5	84,068	6
73.47	6	1997	Alex Yang	Algemeen Lid	190	200	-205	135	140	-145	-207.5	207.5	-225	547.5	80,679	7

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.
82.38	2	1998	Arnold Veenhof	Algemeen Lid	245	257.5	268	162.5	167.5	170	260	272.5	280	718	99,768	1
82.90	14	1993	Joey Ma	DSKV IJzersterk	252.5	262.5	-268.5	140	145	-147.5	292.5	307.5	-311.5	715	99,035	2
81.60	1	1998	Luc Koekelkoren	GSKV Northside Barbell	222.5	235	242.5	-145	147.5	157.5	-252.5	262.5	287.5	687.5	95,992	3
82.56	18	1991	Tim de Klerk	SportArena Eindhoven	240	250	-257.5	160	165	-170	272.5	-285	0	687.5	95,424	4
82.94	11	1995	Timothy Martens	Barbell Lifestyle	215	227.5	232.5	142.5	145	-150	280	297.5	-311.5	675	93,472	5
81.82	9	1983	Raymond Bruynaers	Loods 37	212.5	227.5	237.5	145	-150	-150	247.5	265	275	657.5	91,677	6
82.66	8	1998	Marco Lee	Strength Point	217.5	227.5	232.5	172.5	-177.5	-177.5	245	-260	-270	650	90,164	7
82.96	15	2002	Justin Wu	Strength For All	225	232.5	-240	-160	160	-170	245	255	0	647.5	89,653	8
82.30	5	1995	Martijn Heidemans	Push & Pull Fitness	220	-230	230	137.5	142.5	-150	260	272.5	-275	645	89,669	9
81.66	3	1985	Sijun Wu	Perfect Performance	192.5	202.5	207.5	122.5	127.5	130	275	287.5	-292.5	625	87,233	10
82.62	16	1990	Gerard Pruijsen	Striktly Powerhouse	-215	-220	220	150	157.5	162.5	225	240	-252.5	622.5	86,371	11
78.60	7	1998	Shane Tol	Strength Academy	210	217.5	-225	130	132.5	0	240	257.5	-275	607.5	86,456	12
81.64	6	1998	Michael Burgmans	Elite Performance	195	207.5	217.5	-137.5	137.5	-150	225	237.5	247.5	602.5	84,102	13
82.02	19	1991	Mike Marreevee	Perfect Performance	210	-220	220	110	117.5	-120	250	257.5	262.5	600	83,557	14
81.66	10	1991	Mels Harutunian	Striktly Powerhouse	210	-217.5	-222.5	130	-135	-135	250	-265	-265	590	82,347	15
81.64	17	1999	Stijn Schoonhoff	Perfect Performance	197.5	207.5	215	127.5	132.5	-135	225	-232.5	232.5	580	80,962	16
81.80	12	1992	Ruud Kassing	DSKV IJzersterk	190	200	-205	140	145	-152.5	125	0	0	470	65,542	17

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.
91.86	23	1996	Richard van Bezooijen	MAX Gym	275	282.5	-287.5	175	182.5	187.5	287.5	305	310	780	102,657	1
91.24	6	1996	Sil Maris	GSKV Northside Barbell	255	267.5	277.5	160	167.5	-170	285	305	312.5	757.5	100,028	2
92.48	17	1996	Jody de Ruiter	StrengthValleyNL	255	267.5	275	165	172.5	175	280	300	-310	750	98,385	3
89.24	5	1991	Willem van der Wal	Algemeen Lid	245	260	-265	172.5	180	-185	297.5	-315	-315	737.5	98,456	4
88.02	19	1995	Olivier Tjhuis	Horizon Lifestyle	245	257.5	260	165	-172.5	-172.5	290	307.5	-325	732.5	98,458	5
89.64	25	1999	Luc van der Male	Algemeen Lid	232.5	245	252.5	162.5	-175	175	275	290	300	727.5	96,907	6
91.38	20	1993	Casper Vaes	Loods 37	235	245	-252.5	142.5	150	-152.5	250	270	275	670	88,407	7
89.88	8	1998	Martijn Hazeleger	Pjotrs Powertraining	225	232.5	237.5	155	-157.5	157.5	255	-275	-275	650	86,47	8
91.02	2	1999	Cerian Veilbrief	Supreme Strength Coaching	-235	235	-242.5	150	-155	-155	245	255	265	650	85,935	9
91.58	22	1993	Hessel Veltman	Beresterk	212.5	225	230	145	150	-152.5	255	270	-275	650	85,676	10
92.30	16	1996	Joey Biesterbos	StrengthValleyNL	200	210	217.5	132.5	-137.5	137.5	270	290	-300	645	84,692	11
91.26	12	1992	Jeffrey Goos	Perfect Performance	200	212.5	222.5	165	170	-172.5	235	245	250	642.5	84,833	12
90.68	3	1991	Marciano Schildmeijer	Sportcentrum TopFit	215	-225	-227.5	147.5	152.5	-155	250	262.5	272.5	640	84,768	13
91.94	28	1991	Lars Knöps	Perfect Performance	190	197.5	-202.5	167.5	175	-180	250	260	265	637.5	83,867	14
91.92	4	1996	Hans van Rootselaar	Iron House Co	205	-217.5	222.5	152.5	160	165	232.5	247.5	-252.5	635	83,547	15
92.64	10	1999	Djahmar Schoonheim	Pjotrs Powertraining	215	-222.5	222.5	132.5	137.5	142.5	252.5	260	-267.5	625	81,918	16
92.44	9	2000	Nando Kolk	Beresterk	200	-215	220	-130	130	-135	-245	245	265	615	80,693	17

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.
105.00	24	1995	Bob van den Boogaard	NKV Atlas	300	-310.5	310.5	155	162.5	167.5	310	325	-337.5	803	99,142	1
103.30	18	1999	Jacob Slump	Algemeen Lid	265	280	287.5	165	172.5	175	290	305	-315	767.5	95,484	2
104.79	8	1992	Aldreyson Ortega	Supreme Strength Coaching	270	282.5	287.5	160	165	-167.5	285	300	-310	752.5	92,993	3
100.59	17	1997	Bram Smits	Strength Point	235	250	265	152.5	160	-170	275	295	305	730	91,963	4
103.79	2	1997	Dennis Scholten	Krachtlab	220	235	245	180	185	-190	270	290	300	730	90,618	5
101.34	1	1995	Juan Lovera	ASKV Kratos	215	232.5	235	170	-182.5	-182.5	295	310	317.5	722.5	90,699	6
102.45	19	1998	Erik van den Bulk	Perfect Performance	235	245	257.5	162.5	167.5	175	240	267.5	275	707.5	88,361	7
103.43	4	1999	Li Hu	TSKV Spartacus	245	260	270	140	147.5	-152.5	270	282.5	-290	700	87,035	8
104.08	22	1994	Sherif van der Lans	Supreme Strength Coaching	230	240	245	150	-157.5	157.5	265	282.5	297.5	700	86,78	9
104.15	3	1992	Oğuzhan Karakaya	Algemeen Lid	250	260	270	145	157.5	-165	265	272.5	-275	700	86,753	10
103.70	5	1995	Fabian Reehuis	Elite Performance	250	260	267.5	137.5	145	150	255	267.5	280	697.5	86,618	11
96.69	16	1999	Lennart Bolks	StrengthValleyNL	227.5	240	250	160	170	175	245	265	-275	690	88,581	12
104.05	10	1995	Stanley van Essen	3 for 9	237.5	252.5	260	145	155	-162.5	250	262.5	270	685	84,932	13
103.87	23	1994	Khubeib Al Jabar	SportArena Eindhoven	210	225	227.5	165	170	-172.5	280	-295	0	677.5	84,07	14
104.33	7	1996	Steyn Slingschroder	StrengthValleyNL	250	260	270	155	-162.5	-162.5	242.5	252.5	-260	677.5	83,897	15

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.
118.94	24	1990	Glenn Kofman	StrengthValleyNL	295	310	-320.5	185	195	200	285	295	300	810	94,525	1
111.26	18	1980	Robin Kensenhuis	Sportcentrum TopFit	265	280	-285	165	170	0	315	330	-345	780	93,774	2
105.38	14	1999	Lex van Haaren	NKV Atlas	-295	-295	295	160	167.5	170	280	300	-315	765	94,292	3
110.22	11	1996	Rens Croonen	Barbell Benders Powerlifting	240	250	-255	175	185	-187.5	270	-300	300	735	88,742	4
116.90	26	1997	Rick van Dranen	TeamMammoth	240	252.5	262.5	145	152.5	160	280	300	310	732.5	86,135	5
116.76	21	1999	Arjen Francke	SportArena Eindhoven	232.5	242.5	-250	157.5	165	-167.5	280	300	-315	707.5	83,239	6
119.44	27	2001	Siebren Marinus	GSKV Northside Barbell	245	257.5	265	155	160	162.5	255	270	280	707.5	82,412	7
118.82	15	1993	Michael Freriks	Team LorenzM	215	225	230	180	190	-195	250	257.5	-260	677.5	79,097	8

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.
161.44	9	1990	Sebastiaan Tempelaars	Sportcentrum Life	310	330	345	235	242.5	-252.5	300	317.5	330	917.5	94,788	1
123.57	12	1990	Luke Diepenbroek	Luke PowerPT	265	277.5	-285	175	182.5	-187.5	282.5	297.5	-310	757.5	86,947	2
137.40	6	1996	Coen Wijnia	Team LorenzM	237.5	252.5	-255	170	180	-185	250	265	280	712.5	78,252	3
138.67	21	1998	Jordy van Muijen	Sportcentrum TopFit	260	-275	-275	150	155	-160	275	285	-300	700	76,597	4
167.70	20	1989	Sven Jansen	TSKV Spartacus	220	230	240	170	180	-185	240	255	265	685	69,831	5

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

Plaats	Naam	Punten	Lichaamsgewicht	Vereniging
1	Pleun Dekkers	106,426	51.86 kg	NKV Atlas
2	Mylène van der Spek	104,277	56.82 kg	Perfect Performance
3	Iris Scholten	102,666	65.32 kg	East End Strength Sports

Heren

Plaats	Naam	Punten	Lichaamsgewicht	Vereniging
1	Richard van Bezooijen	102,657	91.86 kg	MAX Gym
2	Sil Maris	100,028	91.24 kg	GSKV Northside Barbell
3	Arnold Veenhof	99,768	82.38 kg	Algemeen Lid

Sterkste verenigingen & sportscholen dames

(per gewichtsklasse berekend)

Plaats	Vereniging	Teamscore	Punten	Details
1	Krachtlab	42	437,123	Esmee Dijjers (12) + Anouk Greve (9) + Emma Omani (8) + Maartje Claessen (7) + Larissa Vermaning (6)
2	NKV Atlas	36	281,166	Pleun Dekkers (12) + Ilrish Kensenhuis (12) + Ianthe van Belzen (12)
3	Supreme Strength Coaching	32	433,249	Miriam Amri (9) + Romy van Vianen (9) + Mylène Soeterbroek (8) + Cathelijne Blom (4) + Ly-Anne Cadeau (2)
4	Perfect Performance	31	356,192	Mylène van der Spek (12) + Ielja Strik (9) + Eva de Langen (5) + Karlijn Verkaik (5)
5	East End Strength Sports	23	264,757	Iris Scholten (12) + Sytske Bekker (6) + Symone Kooistra (5)
6	StrengthValleyNL	18	311,812	Larissa Bastiani (7) + Ramona Schuit (6) + Marije Dollen (4) + Shanna Verheijen (1)
7	Strength Academy	16	245,845	Vrony Peters (8) + Aysun Cakmak (6) + Lisa Zuiderduin (2)
8	GSKV Northside Barbell	15	241,753	Kaylee-Sue Danies (9) + Laura Jansen (5) + Yvette van Benten (1)
9	Beresterk	14	242,342	Janneke Brauckman (8) + Priscilla Molenaar (5) + Amy Hage (1)
10	Sportcentrum TopFit	12	95,413	Lapanda Mampikin (12)

Sterkste verenigingen & sportscholen heren

(per gewichtsklasse berekend)

Plaats	Vereniging	Teamscore	Punten	Details
1	SportArena Eindhoven	25	344,294	Kemal Ergin (12) + Tim de Klerk (7) + Arjen Francke (5) + Khubeib Al Jabar (1)
2	GSKV Northside Barbell	24	354,618	Sil Maris (9) + Luc Koekelkoren (8) + Siebren Marinus (4) + Dominic Therattil (3)
3	StrengthValleyNL	23	450,080	Glenn Kofman (12) + Jody de Ruiter (8) + Lennart Bolks (1) + Joey Biesterbos (1) + Steyn Slingschroder (1)
4	NKV Atlas	20	193,433	Bob van den Boogaard (12) + Lex van Haaren (8)
5	Strength Point	20	262,352	Naadir Twahir (9) + Bram Smits (7) + Marco Lee (4)
6	Supreme Strength Coaching	20	354,067	Aldreyson Ortega (8) + Alwin Tan (8) + Sherif van der Lans (2) + Cerian Veilbrief (2)
7	Sportcentrum TopFit	17	255,139	Robin Kensenhuis (9) + Jordy van Muijen (7) + Marciano Schildmeijer (1)
8	TSKV Spartacus	17	238,504	Andonis Roosberg (8) + Sven Jansen (6) + Li Hu (3)
9	Iron House Co	16	252,042	Richard Duits (9) + Leroy Sinay (6) + Hans van Rootselaar (1)
10	Loods 37	16	259,699	Glenn Vandendijk (7) + Raymond Bruynaers (5) + Casper Vaes (4)