

Juniores NK Powerliften 2023

29&30-4-2023

47.0 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.
46.88	2	Junior	2001	Merel van den Bosch	ESKV Odin	112.5	120	-123	62.5	65	-67.5	115	125	-130	310	86,151	1

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.
51.82	16	Junior	2001	Rebecca Croes	Untamed Strength	105	112.5	117.5	70	74	77.5	142.5	151.5	155	350	88,642	1
51.00	3	Junior	2001	Soo Jin van Dalen	De Krachtformule	105	110	-115	55	57.5	-60	127.5	-130	135	302.5	77,685	2
49.80	1	Junior	2001	Carlijne Schmid	Untamed Strength	102.5	107.5	-112.5	57.5	60	-62.5	132.5	-142.5	-150	300	78,706	3

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.
56.26	19	Junior	2001	Kristel Sas	TSKV Spartacus	110	115	120	77.5	80	-82.5	152.5	-160	-160	352.5	83,507	1
56.38	25	Junior	2001	Sanne van Loon	Supreme Strength Coaching	107.5	-115	115	-70	70	72.5	135	142.5	-147.5	330	78,049	2

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.
62.50	14	Junior	2002	Betty Aborah	9 for 9 coaching	147.5	155	162.5	75	80	82.5	197.5	-207.5	207.5	452.5	99,512	1
60.66	23	Junior	2001	Lisa van Kempen	Supreme Strength Coaching	-125	125	132.5	60	-65	65	155	162.5	167.5	365	81,886	2
62.46	7	Junior	2000	Tess Hille	TSKV Spartacus	130	135	137.5	65	-67.5	-67.5	147.5	152.5	-160	355	78,102	3
61.56	24	Junior	2000	Esmée Berendsen	The Bearded Coach	115	125	130	70	75	-77.5	125	135	142.5	347.5	77,188	4
62.34	21	Junior	2001	Maria Huver	Beresterk	115	120	-125	65	-67.5	-67.5	112.5	120	127.5	312.5	68,839	5

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.
67.44	23	Junior	2000	Romy van Vianen	Supreme Strength Coaching	162.5	170.5	-172.5	95	100	-103	172.5	180	185	455.5	95,599	1
67.38	24	Junior	2001	Marie-José van Daal	Grow Coaching	135	142.5	150	85	90	-92.5	175	185	200	440	92,393	2
68.29	5	Junior	2002	Iza Kwantes	9 for 9 coaching	130	137.5	-145	65	70	72.5	190	197.5	203.5	413.5	86,165	3
67.85	2	Junior	2002	Charlotte Jongenotter	Beresterk	140	145	-150	70	72.5	-75	152.5	162.5	170	387.5	81,044	4
68.21	7	Junior	2000	Manon Willemsen	Beresterk	130	135	-140	67.5	72.5	-75	160	167.5	172.5	380	79,236	5
67.83	9	Junior	2000	Annemie van Lakwijk	IdunaCoaching	120	125	130	50	52.5	55	142.5	152.5	-160	337.5	70,599	6
68.11	16	Junior	2002	Ody de Greeff	Team LorenzM	112.5	120	125	62.5	67.5	70	125	135	142.5	337.5	70,433	7

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.
75.27	1	Junior	2000	Femke Ploeg	Algemeen Lid	155	165	170	-82.5	85	90	190	206.5	-212	466.5	92,396	1
73.61	29	Junior	2002	Michelle Weyers	Krachtlab	142.5	150	155	90	95	-100.5	165	180	-190	430	86,1	2
74.01	6	Junior	2000	Phylicia Keizer	Sterrek Personal Training	130	137.5	145	90	95	97.5	162.5	172.5	182.5	425	84,87	3
72.11	18	Junior	2001	Tessa Ophoff	Krachtlab	150	155	160	75	80	-82.5	170	182.5	-187.5	422.5	85,487	4
74.69	10	Junior	2003	Danique Hoogenboezem	Beresterk	-140	140	-150	72.5	75	-77.5	-170	182.5	-190	397.5	79,024	5
76.00	22	Junior	2000	Lisa Zuiderduin	Strength Academy	140	-147.5	-147.5	65	67.5	-70	170	180	-190	387.5	76,398	6
72.95	3	Junior	2004	Mette Heuker of Hoek	Vondelgym	107.5	112.5	117.5	62.5	67.5	-70	155	165	170	355	71,405	7
74.66	25	Junior	2000	Dana Schaerlaeckens	JordiLiftz	135	140	142.5	57.5	60	62.5	140	150	-160	355	70,589	8
75.71	26	Junior	2002	Bodil Bouman	Vondelgym	147.5	152.5	-155	62.5	-65	-65	-135	135	-142.5	350	69,13	9
73.38	27	Junior	2000	Eva Konings	NSKV Profectus	125	130	-135	62.5	67.5	70	125	135	-145	335	67,183	10

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.
83.35	12	Junior	2002	Marcha Wieringa	Ultima Fitness BV	155	163	166	85	90	92.5	185	198	201	459.5	87,042	1
82.42	15	Junior	2001	Cathelijne Gort	WorkBodyFit	127.5	135	140	95	100	-102.5	180	-187.5	-205	420	79,918	2
81.28	8	Junior	2000	Sabine Hutten	Grow Coaching	127.5	135	140	67.5	72.5	-75	160	170	-180	382.5	73,2	3
83.38	4	Junior	2000	Sam Brassier	Beresterk	135	142.5	-150	70	75	-77.5	150	160	-167.5	377.5	71,499	4
81.72	21	Junior	2001	Tessa Krol	ESKV Odin	125	132.5	-140	65	-67.5	-67.5	130	137.5	140	337.5	64,444	5
83.68	19	Junior	2003	Anne van Gils	Grow Coaching	100	110	120	55	-60	60	120	-130	-130	300	56,74	6

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.
95.55	14	Junior	2004	Gianna Claessens	Loods 37	160	-169	-169	72.5	77.5	80	172.5	185	-190	425	76,783	1
90.62	11	Junior	2001	Floortje Leander	Grow Coaching	125	135	140	85	92.5	-97.5	145	157.5	165	397.5	73,031	2
92.21	20	Junior	2000	Britt Krijger	Grow Coaching	142.5	150	155	75	80	-82.5	140	152.5	162.5	397.5	72,614	3
95.53	17	Junior	2000	Emma Meinen	Sterrek Personal Training	-142.5	142.5	147.5	62.5	65	-67.5	155	165	-170	377.5	68,206	4

59.0 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.
58.04	9	Junior	2002	Jordy Gaartman	Untamed Strength	145	155	-162.5	95	-100	-100	190	200	-213	450	75,12	1
58.24	11	Junior	2003	Bert Haze	Demonstrength	140	145	150	80	85	-90	170	180	-182.5	415	69,15	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.
65.90	6	Junior	2001	Tyrese Zichem	Demonstrength	197.5	207.5	-211	107.5	115	120	242.5	-252.5	0	570	88,925	1
65.32	4	Junior	2000	Richard Duits	Iron House Co	185	195	197.5	107.5	-115	115	215	225	-237.5	537.5	84,248	2
64.72	8	Junior	2003	Olav Horward	Untamed Strength	160	170	175	105	110	0	210	-220	220	505	79,543	3
65.22	5	Junior	2000	Stephan Munneke	Iron House Co	160	167.5	172.5	95	100	102.5	190	200	205	480	75,297	4
65.50	12	Junior	2002	Mauritius van Maurik	ESKV Odin	152.5	162.5	-167.5	110	115	-120	180	190	-195	467.5	73,17	5
64.86	22	Junior	2002	Tom Laverman	NSKV Profectus	147.5	152.5	157.5	95	100	105	180	190	200	462.5	72,765	6
65.44	20	Junior	2001	Diaz van Meel	Untamed Strength	150	157.5	-160	85	90	95	190	197.5	-202.5	450	70,465	7
64.54	10	Junior	2002	Kelvin Mahadew	Demonstrength	142.5	150	152.5	92.5	100	-105	180	190	-202.5	442.5	69,801	8

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.
72.83	8	Junior	2002	Davon Domacasse	Sportcentrum TopFit	210	-220	-220	150	-157.5	-157.5	245	260	267.5	627.5	92,889	1
73.39	15	Junior	2002	Jasper Kovacs	Team Francke powerlifting	205	215	220	142.5	147.5	150	210	225	230	600	88,465	2
73.61	23	Junior	2002	Kiran Goossens	Striktly Powerhouse	210	-220	-220	127.5	-132.5	-132.5	220	230	-235	567.5	83,543	3
72.92	3	Junior	2003	Lorenzo Read	Striktly Powerhouse	180	190	195	95	100	-105	245	260	265	560	82,844	4
73.45	22	Junior	2001	Justin Lo Tam Loi	Staal & Kracht	-190	195	-210	122.5	130	-132.5	215	227.5	-237.5	552.5	81,427	5
73.50	17	Junior	2001	Yan Ting Jin	Supreme Strength Coaching	172.5	182.5	187.5	-117.5	-120	120	-230	230	242.5	550	81,03	6
73.17	1	Junior	2003	Lars Suppers	MAX Gym	190	205	-212.5	110	115	120	210	222.5	-230	547.5	80,851	7
72.83	14	Junior	2004	Mika Bremer	3 for 9	180	190	-195	120	130	-135	210	225	-230	545	80,677	8
72.62	4	Junior	2002	Pieter Voorwinden	JordiLiftz	-177.5	182.5	187.5	-137.5	137.5	-142.5	-215	215	-222.5	540	80,057	9
71.79	10	Junior	2002	Ibrahim Yaqoob	Algemeen Lid	-170	170	190	120	127.5	-130	220	-232.5	-232.5	537.5	80,165	10
69.03	5	Junior	2004	Terence Jacobs	Krachtlab	175	185	192.5	97.5	102.5	105	212.5	227.5	235	532.5	81,067	11
73.03	6	Junior	2000	Zahir van Eck	Elite Performance	160	167.5	175	137.5	145	147.5	195	207.5	-217.5	530	78,345	12
71.97	20	Junior	2002	Ruben de Bruin	Abyss	157.5	162.5	170	107.5	-112.5	-112.5	200	-212.5	220	497.5	74,103	13
72.58	16	Junior	2001	Jari Frijlink	Strength For All	145	152.5	160	80	85	-90	180	192.5	-205	437.5	64,88	14

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.
82.26	7	Junior	2002	Daan Pepers	Algemeen Lid	215	222.5	227.5	137.5	142.5	-145	270	280	282.5	652.5	90,733	1
82.00	17	Junior	2001	Brayan Cespedes Paz	Algemeen Lid	220	235	245	150	160	-165	215	225	245	650	90,531	2
79.12	18	Junior	2001	Luuk Tiel	DSKV IJzersterk	207.5	217.5	225	142.5	150	-155	250	267.5	-275	642.5	91,13	3
82.60	12	Junior	2001	Mardi don Emanuel	Strength Valley	200	210	215	135	142.5	-147.5	-250	-265	265	622.5	86,381	4
81.76	1	Junior	2001	Sam Rappange	3 for 9	207.5	217.5	225	127.5	130	132.5	242.5	255	-260	612.5	85,435	5
81.44	9	Junior	2001	Boris Swart	Supreme Strength Coaching	212.5	-222.5	222.5	130	137.5	-142.5	250	-262.5	-262.5	610	85,255	6
82.86	15	Junior	2001	Nooraldeen Hameed	9 for 9 coaching	197.5	-207.5	207.5	130	137.5	142.5	237.5	250	260	610	84,512	7
78.74	6	Junior	2001	Joshua Amatsetam	Supreme Strength Coaching	195	205	210	117.5	125	-130	260	270	-275	605	86,023	8
80.84	14	Junior	2004	Jip Beerse	Krachtlab	205	215	-220	140	145	-147.5	230	245	-260	605	84,875	9
81.98	4	Junior	2000	Berend Moormann	Grow Coaching	205	217.5	225	125	130	135	230	240	-262.5	600	83,577	10
78.89	7	Junior	2004	Jort Peels	9 for 9 coaching	212.5	227.5	-235	125	130	-132.5	222.5	237.5	-250	595	84,518	11
83.00	3	Junior	2002	Yassin Ayari	ASKV Kratos	-200	-210	210	135	140	145	207.5	217.5	227.5	582.5	80,634	12
82.76	14	Junior	2000	Mert Ferdi Kar	Supreme Strength Coaching	207.5	-215	215	125	-130	-130	225	235	-245	575	79,712	13
81.34	12	Junior	2000	Laurens van As	Algemeen Lid	177.5	185	190	125	130	-135	227.5	237.5	245	565	79,015	14
82.08	11	Junior	2000	Amine Hammi	Sportcentrum TopFit	175	182.5	190	135	-142.5	-142.5	215	230	240	565	78,653	15
81.94	5	Junior	2002	Jesse ten Voorde	Algemeen Lid	190	200	205	107.5	112.5	-115	235	245	-247.5	562.5	78,373	16
82.25	16	Junior	2004	Abdullah Karacelik	SportArena Eindhoven	200	210	215	120	125	-130	210	220	-230	560	77,875	17
82.49	5	Junior	2004	Jens Westra	9 for 9 coaching	180	-190	195	120	127.5	130	210	222.5	235	560	77,761	18
82.27	15	Junior	2001	Leroy Mourits	SKVU Obelix	185	195	200	107.5	112.5	115	220	230	235	550	76,475	19
79.46	10	Junior	2004	Stefan Meinen	FoxGym	175	187.5	-190	122.5	127.5	132.5	215	220	227.5	547.5	77,485	20
78.25	10	Junior	2002	Ahmed Al Joubori	JordiLiftz	190	202.5	-210	122.5	-130	-135	200	207.5	215	540	77,026	21
81.19	2	Junior	2001	Julius van Hulst	Iron House Co	175	185	190	100	105	-107.5	235	245	-255	540	75,59	22
77.54	16	Junior	2001	Thomas Veldhuisen	JordiLiftz	175	-185	-192.5	115	120	-127.5	230	240	-250	535	76,671	23
82.01	4	Junior	2000	Modi Badawey	Blackoutbarbellcoaching	172.5	180	-182.5	-132.5	-132.5	132.5	210	220	-225	532.5	74,161	24
81.93	8	Junior	2000	Raymond Haksteeg	Abyss	-185	185	190	105	110	115	210	222.5	-230	527.5	73,501	25
82.86	3	Junior	2000	Dennis Hulsebos	No Excuses Hilversum	175	185	-192.5	115	122.5	-125	200	215	-222.5	522.5	72,39	26
82.41	1	Junior	2000	Cayric Allie	TSKV Spartacus	177.5	-185	185	97.5	102.5	-105	225	-235	-235	512.5	71,2	27
82.62	11	Junior	2000	Rijk van Eijk	SKVU Obelix	200	207.5	215	122.5	127.5	-130	-247.5	-247.5	-247.5	0	0	-
82.78	8	Junior	2002	Kaan Yalcin	Algemeen Lid	-195	-195	-195	117.5	-127.5	-127.5	245	-265	-265	0	0	-
82.85	6	Junior	2002	Justin Wu	Strength For All	-230	-230	-230	160	165	170.5	-260	-270	-270	0	0	-

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.
89.90	16	Junior	2003	Ivo Buringa Zeilstra	Algemeen Lid	240	250	265	170	180	-190	260	275	290	735	97,766	1
92.48	5	Junior	2000	John Wortel	Pjotrs Powertraining	257.5	267.5	-272.5	175	-180	-180	287.5	-297.5	-297.5	730	95,761	2
92.56	1	Junior	2001	Philip Merino	Algemeen Lid	245	260	-265	167.5	-175	-175	270	292.5	-295	720	94,409	3
92.32	12	Junior	2000	Maarten van Eikeren	Sportcentrum TopFit	240	255	270	142.5	147.5	152.5	265	287.5	-308.5	710	93,217	4
91.90	10	Junior	2001	Nuri Hagen	Algemeen Lid	220	230	240	152.5	160	165	300	-315	-315	705	92,767	5
91.04	7	Junior	2000	Wensley Gajadien	Perfect Performance	262.5	270	277.5	147.5	152.5	-155	270	-280	-280	700	92,534	6
92.16	14	Junior	2001	Mats Berghuis	Strength For All	220	235	250	135	142.5	150	260	280	-308.5	680	89,353	7
90.90	18	Junior	2001	Rick Duyvestijn	Team LorenzM	220	230	-237.5	140	147.5	150	260	275	285	665	87,974	8
92.16	20	Junior	2000	Tarik Azzaoui	FoxGym	225	230	235	157.5	162.5	0	255	-265	265	662.5	87,054	9
92.14	19	Junior	2003	Joran Vestering	JordiLiftz	225	240	-247.5	127.5	132.5	137.5	240	255	267.5	645	84,763	10
89.70	2	Junior	2000	Jeroen Grimbergen	Algemeen Lid	225	235	245	132.5	137.5	140	235	245	255	640	85,223	11
91.36	6	Junior	2004	Rick Elgershuizen	Supreme Strength Coaching	215	220	-225	152.5	160	-165	240	252.5	260	640	84,458	12
91.70	8	Junior	2002	Rik Bruin	Algemeen Lid	205	217.5	225	132.5	140	142.5	245	260	270	637.5	83,975	13
90.92	8	Junior	2000	Nando Kolk	Beresterk	210	220	230	127.5	-132.5	0	265	275	-280	632.5	83,666	14
92.08	3	Junior	2001	Pierpaolo van Leeuwen	Strength Point	202.5	212.5	-220	-150	152.5	160	245	-260	260	632.5	83,147	15
90.27	4	Junior	2001	Tim van de Geijn	ASKV Kratos	210	-222.5	222.5	140	-145	-145	240	-255	262.5	625	82,966	16
90.94	15	Junior	2000	Quinten Doornbos	DSKV IJzersterk	207.5	217.5	-225	135	142.5	-147.5	-250	262.5	-270	622.5	82,334	17
90.75	11	Junior	2001	Jaden Dos Santos Cheung	Algemeen Lid	190	202.5	210	127.5	135	140	235	250	265	615	81,426	18
91.69	6	Junior	2000	Sven Kapteyn	WorkBodyFit	210	220	227.5	127.5	-132.5	-132.5	260	-270	-270	615	81,015	19
90.66	15	Junior	2000	Koen Overhorst	Beresterk	207.5	215	-220	145	-152.5	152.5	220	-235	240	607.5	80,472	20
92.13	9	Junior	2001	Shahil Khan	Algemeen Lid	200	207.5	212.5	127.5	135	-137.5	240	255	-262.5	602.5	79,182	21
91.55	10	Junior	2001	Matthijs Weltens	TSKV Spartacus	-212.5	212.5	225	110	115	117.5	245	257.5	-272.5	600	79,098	22
91.61	2	Junior	2002	Tim Grimbergen	Algemeen Lid	185	195	205	140	145	147.5	240	247.5	-255	600	79,073	23
91.97	17	Junior	2002	Jesse van de Fliert	Algemeen Lid	195	202.5	210	135	140	142.5	225	237.5	247.5	600	78,921	24
92.79	3	Junior	2001	Bram Paul	Algemeen Lid	190	200	210	127.5	135	-140	230	250	-260	595	77,925	25
90.15	5	Junior	2003	Rajeev van Appeldorn	Demonstrength	195	205	215	112.5	117.5	122.5	250	-270	-270	587.5	78,039	26
92.33	14	Junior	2002	Kevin Duijkers	JordiLiftz	205	212.5	217.5	120	-125	125	215	225	235	577.5	75,817	27
92.64	16	Junior	2000	Ezra van Essen Hampel	Supreme Strength Coaching	185	195	202.5	120	127.5	132.5	220	232.5	242.5	577.5	75,692	28
89.04	1	Junior	2003	Sem van der Vinne	Strength For All	185	195	205	105	110	115	210	230	250	570	76,179	29
91.45	12	Junior	2004	Stan Hoekstra	Strength Valley	192.5	-200	205	-100	107.5	-115	-235	245	-260	557.5	73,535	30
91.39	20	Junior	2000	Klaas Boersma	GSKV Northside Barbell	187.5	200	205	125	-130	130	210	-225	-225	545	71,909	31

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.
104.14	22	Junior	2000	Collin Yakwo	Strength For All	250	270	-280	177.5	185	-190	300	310	-320	765	94,813	1
102.94	21	Junior	2003	Silvan Heijnen	GSKV Northside Barbell	232.5	247.5	255	160	165	170	265	282.5	290	715	89,098	2
99.40	15	Junior	2000	Hennes de Kok	Clean Nutrition	230	240	-245	152.5	157.5	0	277.5	292.5	-317.5	690	87,417	3
101.12	23	Junior	2004	Marcel Qualm	Staal & Kracht	210	225	235	135	145	150	280	295	-305	680	85,452	4
102.10	9	Junior	2001	Deante Plug	Sportcentrum TopFit	235	250	257.5	165	172.5	-177.5	235	250	-262.5	680	85,064	5
102.86	16	Junior	2002	Rian Smit	Algemeen Lid	210	225	235	-167.5	170	175	237.5	252.5	262.5	672.5	83,833	6
102.20	2	Junior	2002	Levi Rohring	GSKV Northside Barbell	240	255	265	132.5	135	-142.5	255	-270	-270	655	81,899	7
95.30	12	Junior	2001	Max van Stuijvenberg	DSKV IJzersterk	200	215	-225	130	135	140	270	285	-300	640	82,738	8
102.08	8	Junior	2001	Jannik Zozmann	9 for 9 coaching	212.5	227.5	-235	125	127.5	137.5	240	255	270	635	79,442	9
100.74	5	Junior	2002	Ivan Schaap	JordiLiftz	200	212.5	225	130	135	140	250	262.5	-275	627.5	78,995	10
102.52	19	Junior	2003	Lucas Steeneke	Algemeen Lid	205	215	225	-137.5	137.5	-145	255	265	-275	627.5	78,345	11
103.52	17	Junior	2002	Yannick van der Corput	9 for 9 coaching	210	220	230	137.5	145	150	227.5	245	-255	625	77,678	12
102.46	11	Junior	2004	Milan Groote	Sportcentrum TopFit	200	217.5	227.5	125	130	140	240	255	-262.5	622.5	77,742	13
102.52	1	Junior	2003	Guido Carucci	Algemeen Lid	207.5	220	227.5	147.5	-152.5	-152.5	-225	235	-250	610	76,16	14
102.80	3	Junior	2001	Aron Rijn	9 for 9 coaching	200	210	220	125	132.5	-140	242.5	255	-265	607.5	75,75	15
95.42	7	Junior	2001	Thomas Emmer	Grow Coaching	195	205	215	105	-110	-110	260	280	-300	600	77,519	16
100.48	14	Junior	2001	Remco van den Broek	Algemeen Lid	185	200	207.5	140	-150	-150	-252.5	-252.5	252.5	600	75,626	17
102.94	20	Junior	2003	Dave Struijk	JordiLiftz	200	210	215	130	-132.5	-132.5	230	-245	-260	575	71,652	18
104.86	18	Junior	2001	Jayco de Ligt	Team LorenzM	180	190	200	120	125	127.5	-235	245	-257.5	572.5	70,727	19

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.
116.11	21	Junior	2001	Zorin Wijnands	Clean Nutrition	220	240	-250	175	-180	0	300	320	340	755	89,048	1
111.44	12	Junior	2000	Wouter Klaver	Strength For All	255	265	273.5	180.5	188	193.5	250	265	-272.5	732	87,939	2
119.74	9	Junior	2001	Siebren Marinus	GSKV Northside Barbell	252.5	265	273	155	-162.5	162.5	257.5	272.5	282.5	718	83,544	3
117.98	2	Junior	2001	Noah Sipsma	Krachtlab	235	250	260	130	145	-152.5	265	280	290	695	81,394	4
118.66	18	Junior	2002	Thomas Verkooijen	MAX Gym	210	217.5	225	147.5	-155	-155	-225	237.5	245	617.5	72,135	5

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.
121.81	19	Junior	2001	Daniel Dijkstra	Strength Valley	220	235	-260	160	-172.5	-172.5	250	280	-300	675	77,957	1

Sterkste Junior gebaseerd op de IPF GL formule

Dames

Plaats	Naam	Punten	Lichaamsgewicht	Vereniging
1	Betty Aborah	99,512	62.50 kg	9 for 9 coaching
2	Romy van Vianen	95,599	67.44 kg	Supreme Strength Coaching
3	Femke Ploeg	92,396	75.27 kg	Algemeen Lid

Heren

Plaats	Naam	Punten	Lichaamsgewicht	Vereniging
1	Ivo Buringa Zeilstra	97,766	89.90 kg	Algemeen Lid
2	John Wortel	95,761	92.48 kg	Pjotrs Powertraining
3	Collin Yakwo	94,813	104.14 kg	Strength For All