NSK Powerliften 2025

2025-10-25 & 26 Leiden

LGW.	Lot	Geb.	Naam	Vereniging	Studentenstad	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
52.0 kg dames																	
51.37	5	2002	Reese Lamijo	Deliberate Strength	Amsterdam - SSA	110	115	-120	55	57.5	60	137.5	145	150	325	82.935	1
51.51	1	2002	Lene de Jong	SKVU Mammoet	Nijmegen	85	92.5	-97.5	72	-76	76	115	125	-130	293.5	74.72	2
47.07	4	2000	Justine Fleming	Team Francke powerlifting	Eindhoven	92.5	100	-105	55	57.5	-60	120	130	-138	287.5	79.578	3
57.0 kg dames																	
56.52	3	2006	Lynn Nguyen	Demonstrength	Utrecht	120	127.5	-132.5	72.5	77.5	-80	135	145	147.5	352.5	83.214	1
55.03	16	2003	Zoë Birouk	Partner For Power	Amsterdam - SSVU	112.5	120	-125	65	67.5	-70	155	162.5	-168	350	84.351	2
56.9	7	2004	Anne Valckx	TSKV Spartacus	Breda	115	122.5	127.5	72.5	75	77.5	127.5	140	-145	345	81.032	3
56.6	6	2003	Anissa Faber	Deliberate Strength	Groningen	115	122.5	127.5	70	72.5	75	130	-138	-138	332.5	78.408	4
56.78	11	2001	Roos Blom	Deliberate Strength	Amsterdam - SSA	115	120	122.5	-65	65	-67.5	120	130	135	322.5	75.868	5
56.07	10	2006	Ylia de Bruin	Deliberate Strength	Utrecht	97.5	105	-110	65	67.5	-70	110	117.5	125	297.5	70.66	6
63.0 kg dames																	
62.27	14	2003	Lieke van Oosten	Deliberate Strength	Amsterdam - SSVU	145	155	160.5	72.5	77.5	80	155	165	172.5	413	91.044	1
61.82	17	2002	Odyl de Greeff	9 for 9 coaching	Enschede	132.5	140	145	90.5	-93.5	-93.5	150	160	170	405.5	89.819	2
61.21	9	2005	Tirza Visser	Pjotrs Powertraining	Leeuwarden	117.5	125	-130	67.5	70	-72.5	150	160	-165	355	79.156	3
60.77	2	2003	Hewan Admasu	Deliberate Strength	Rotterdam	110	115	120	62.5	67.5	-72.5	145	-155	-155	332.5	74.502	4
60.62	12	2005	Nova Kuipers	Hades Elite Strength	Leiden	95	105	110	50	55	-57.5	120	130	135	300	67.334	5
61.11	15	2005	Chloe Bijlsma	TSKV Spartacus	Tilburg	75	82.5	90	52.5	57.5	-60	85	95	102.5	250	55.805	6
69.0 kg dames																	
68.83	21	2002	Charlotte Jongenotter	Lifting Limits	Amsterdam - SSVU	150	157.5	160	80	82.5	85	165	175	0	420	87.132	1
68.68	6	2003	Matengi van Heugten	Team Francke powerlifting	Eindhoven	147.5	-153	152.5	77.5	82.5	-85	160	167.5	-170	402.5	83.604	2
67.31	26	2001	Lisa van Kempen	FoxGym	Leiden	140	147.5	152.5	60	65	67.5	155	170	-183	390	81.943	3
65.9	14	2004	Kim Degenhardt	Powerbuild Coaching	Rotterdam	127.5	135	-140	75	77.5	80	140	150	-153	365	77.653	4
65.74	1	2001	Maria Huver	XclusiveCoaching	Amsterdam - SSVU	125	130	135	65	67.5	-70	135	145	150	352.5	75.103	5
68.92	19	2001	Maud Hartig	Wu Dynasty	Tilburg	125	130	132.5	65	67.5	-70	140	145	150	350	72.557	6
68.4	23	2004	Franka Siemons	ASKV Kratos	Amsterdam - SSA	120	127.5	132.5	57.5	62.5	-65	-130	135	-150	330	68.703	7
65.2	29	2005	Jade Cheng	Demonstrength	Wageningen	97.5	105	110	55	60	-62.5	130	140	-148	310	66.379	8

LGW.	Lot	Geb.	Naam	Vereniging	Studentenstad	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
76.0 kg dames																	
75.6	17	2003	Frederique Ubachs	Deliberate Strength	Nijmegen	130	137.5	145	105.5	110.5	113	150	162.5	167.5	425.5	84.1	1
71.74	5	2004	Danique Zwaan	9 for 9 coaching	Leiden	137.5	145	150	82.5	87.5	-90	170	177.5	185	422.5	85.715	2
72.32	15	2004	Nousha Mjon Wegenwijs	Strength For All	Den Haag	150	165	175	60	65	-67.5	155	175	-188	415	83.843	3
73.19	25	2002	Sanne Bruynooge	GSKV Northside Barbell	Groningen	132.5	142.5	150	70	75	-77.5	140	150	-160	375	75.303	4
72.39	28	2001	Philomeyn Visschedijk	NSKV Profectus	Nijmegen	122.5	130	135	62.5	67.5	-70	145	152.5	162.5	365	73.705	5
73.73	7	2003	Petra Willems	GSKV Northside Barbell	Groningen	102.5	112.5	120	60	65	67.5	145	157.5	170	357.5	71.525	6
73.75	27	2003	Josefina Boschero	Team Francke powerlifting	Eindhoven	130	135	-140	75	80	-82.5	130	137.5	-140	352.5	70.515	7
74.68	11	2004	Nada Nasef	WorkBodyFit	Amsterdam - SSA	122.5	130	-135	55	60	-62.5	110	130	150	340	67.597	8
73.03	24	2002	Marcella Lucardie	Blackout Barbell Coaching	Amsterdam - SSA	105	112.5	-117.5	65	67.5	-70	147.5	155	-165	335	67.345	9
84.0 kg dames																	
80.26	9	2002	Juli Besteman	Adapt Powerlifting	Leiden	163.5	170.5	175.5	87.5	90	-92.5	175	185	192.5	458	88.116	1
82.76	2	2005	Dominique van Dusseldorp	ASKV Kratos	Amsterdam - SSVU	157.5	160	-165	80	-85	-85	170	180	187.5	427.5	81.21	2
77.05	16	2002	Lujza Andó	TSKV Spartacus	Tilburg	160	-170	171	67.5	72.5	75	155	165	-175	411	80.516	3
81.73	10	2003	Ylse van der Weit	Supreme Strength Coaching	Groningen	142.5	150	-155	67.5	-72.5	72.5	165	175	182.5	405	77.329	4
80.85	12	2005	Alana Veraar	Sterrek Personal Training	Amsterdam - SSVU	135	142.5	150	72.5	77.5	-80	160	170	172.5	400	76.719	5
82.84	3	1999	Gioia Buijs	Victory Culture	Amsterdam - SSA	130	137.5	142.5	75	77.5	80	145	155	165	387.5	73.583	6
84.0+ kg dames																	
140.62	4	2001	Vera Kleinsmit	Thor Athletics Gym	Leeuwarden	160	167.5	173.5	67.5	72.5	75	185	192.5	202	450.5	75.595	1
114.53	22	1998	Elle Bouman	Wu Dynasty	Tilburg	140	147.5	155	75	77.5	80	145	157.5	167.5	402.5	69.581	2
95.84	8	2001	Hanna de Jonge	Deliberate Strength	Utrecht	142.5	150	155	57.5	60	-62.5	165	177.5	-188	392.5	70.848	3

LGW.	Lot	Geb.	Naam	Vereniging	Studentenstad	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
59.0 kg heren																	
58.72	25	2000	Ivar van der Spoel	L.S.K.V. Fortius	Leiden	130	140.5	145	92.5	-95	95	160	185	-195	425	70.505	1
66.0 kg heren																	
65.74	4	2003	Desmond Leung	Lifting Limits	Amsterdam - SSA	177.5	187.5	-195	107.5	112.5	115	195	210	-238	512.5	80.058	1
62.11	25	2003	Joran Choo	Sportcentrum TopFit	Tilburg	160	170	182.5	102.5	110	115	182.5	192.5	202.5	500	80.497	2
64.86	24	1999	Mick Cheng	GSKV Northside Barbell	Groningen	132.5	142.5	152.5	97.5	102.5	107.5	157.5	172.5	-188	432.5	68.045	3
64.42	30	2005	Feije Ferkranus	Gym Iron Heart	Groningen	130	140	152.5	97.5	-108	-108	160	170	180	430	67.896	4
65.11	6	2007	Niek Kunkels	DSKV IJzersterk	Delft	115	122.5	130	-100	-108	-108	150	162.5	-170	0	0	-

NSK 2025 uitslag

LGW.	Lot	Geb.	Naam	Vereniging	Studentenstad	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
74.0 kg heren																	
73.46	21	2003	Lars Suppers	Deliberate Strength	Breda	212.5	225	236	142.5	150	155	220	240	258.5	649.5	95.716	1
73.2	18	2004	Yannick Broos	SKVU Mammoet	Utrecht	187.5	197.5	200	117.5	122.5	127.5	240	258	-261	585.5	86.444	2
72.83	14	2004	Terence Jacobs	Fortex Powerlifting	Maastricht	190	-203	-202.5	115	122.5	127.5	205	220	230	547.5	81.047	3
72.05	9	2003	Bismar Alfarisi	ESKV FENRIR	Enschede	182.5	192.5	-200	122.5	127.5	-130	197.5	210	-218	530	78.898	4
71.9	17	2003	Nout Mulder	Sportja	Leiden	182.5	192.5	197.5	105	110	-115	205	215	220	527.5	78.611	5
73.06	15	2003	Joshua de Wit	TSKV Spartacus	Tilburg	155	162.5	170	92.5	-100	-100	200	215	-220	477.5	70.569	6
72.74	27	2001	Anka Kara	SKVU Mammoet	Utrecht	150	160	-165	-125	-125	125	172.5	182.5	-195	467.5	69.249	7
73.61	23	2002	Tom Laverman	NSKV Profectus	Nijmegen	140	155	165	117.5	125	127.5	150	167.5	0	460	67.718	8
83.0 kg heren																	
81.86	19	2002	Collin Henry Arts	Lifting Limits	Amsterdam - SSA	217.5	227.5	235	137.5	142.5	147.5	270	295.5	297.5	680	94.791	1
82.11	2	2001	Luuk Tiel	2to1 Coaching	Rotterdam	215	232.5	242.5	157.5	-165	165	240	257.5	272.5	680	94.645	2
80.5	16	2002	Mika van Herk	Perfect Performance	Leiden	200	210	217.5	110	115	-120	250	275	287.5	620	87.166	3
82.43	26	2003	Liam Fong	Strength Point	Amsterdam - SSA	205	215	225	150	152.5	155	232.5	240	-250	620	86.124	4
81.48	7	2005	Lukas Hoogendam	Powerbuild Coaching	Leiden	215	230	237.5	-140	-140	140	225	240	-250	617.5	86.282	5
82.87	5	2001	Milan van der Voort	Supreme Strength Coaching	Leiden	207.5	220	227.5	132.5	137.5	-140	222.5	237.5	-248	602.5	83.468	6
80.32	28	2004	Xander Oldenhof	Strength Valley	Enschede	190	205	215	132.5	142.5	145	200	220	240	600	84.451	7
77.91	10	2002	Stefan Hooglander	Sportja	Delft	190	200	207.5	110	115	120	215	227.5	235	562.5	80.415	8
81.55	29	2001	Leroy Mourits	SKVU Mammoet	Utrecht	175	187.5	195	117.5	122.5	-125	220	235	245	562.5	78.563	9
81.11	22	2004	Milosz Molenda	JvM coaching	Tilburg	185	197.5	205	-135	-140	140	197.5	210	-220	555	77.728	10
82.4	3	2004	Younes Azzaoui	2to1 Coaching	Rotterdam	165	175	-185	127.5	135	-138	207.5	222.5	232.5	542.5	75.372	11
76.14	11	2004	Melvin Bruins	2to1 Coaching	Enschede	175	190	205	110	117.5	125	190	205	-220	535	77.393	12
79.48	12	2002	Jari van der Heijden	Team Francke powerlifting	Eindhoven	-190	-190	190	-105	105	-110	215	230	-240	525	74.291	13
77.36	8	2005	Ahmet Topaloglu	Wu Dynasty	Rotterdam	187.5	200	205	105	110	-113	75	0	0	390	55.958	14

NSK 2025 uitslag

LGW.	Lot	Geb.	Naam	Vereniging	Studentenstad	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
93.0 kg heren																	
92.35	17	2002	Jesse van Mourik	Supreme Strength Coaching	Leiden	255	-263	267.5	190	-196	-196	310	330.5	0	788	103.44	1
92.37	28	2004	Jesse Sporrel	Deliberate Strength	Amsterdam - SSVU	250	262.5	270	152.5	160	-165	255	270	-280	700	91.879	2
92.78	1	2002	Jesse ten Voorde	2to1 Coaching	Utrecht	225	242.5	-250	127.5	130	-133	240	262.5	277.5	650	85.132	3
89.72	19	1999	Jia Xing Lin	L.S.K.V. Fortius	Leiden	210	225	237.5	150	-163	-163	-260	260	-280	647.5	86.213	4
89.76	22	2002	Stan Kuipers	Hades Elite Strength	Nijmegen	230	242.5	252.5	125	132.5	-138	235	247.5	260	645	85.86	5
90.18	12	2001	Matthijs Weltens	Wu Dynasty	Tilburg	215	230	237.5	125	132.5	135	247.5	272.5	-278	645	85.663	6
89.8	4	2001	Etienne Bordes	ASKV Kratos	Amsterdam - SSVU	190	210	-220	-115	130	-138	245	270	280	620	82.515	7
89.73	21	2005	Sem Resmann	Powerbuild Coaching	Amsterdam - SSVU	-200	210	220	130	135	140	225	240	252.5	612.5	81.548	8
90.27	18	2004	Pascal de Bloois	Staal & Kracht	Den Haag	190	202.5	210	-100	100	105	260	280	295	610	80.975	9
84.71	3	2003	Boaz Hofland	Matrix coaching	Rotterdam	-197.5	-205	205	130	137.5	142.5	230	245	255	602.5	82.55	10
85.91	24	2005	Thijmen Klop	SKVU Mammoet	Utrecht	190	200	210	140	145	-150	-200	200	225	580	78.908	11
91.4	26	2000	Juri Holswilder	Adapt Powerlifting	Den Haag	177.5	187.5	192.5	130	135	-138	227.5	240	247.5	575	75.864	12
89.53	16	2003	Jan Kruisinga	Partner For Power	Rotterdam	185	200	-212.5	102.5	107.5	-115	240	-260	260	567.5	75.64	13
92.13	14	2005	Michael Geers	Supreme Strength Coaching	Rotterdam	185	200	-205	127.5	135	140	190	210	220	560	73.597	14
91.2	27	2004	Bartosz Ilejko	GSKV Northside Barbell	Groningen	185	197.5	210	100	107.5	112.5	200	217.5	232.5	555	73.304	15
91.05	8	2006	Gabriël Leenderts	TSKV Spartacus	Tilburg	167.5	-183	185	-143	145	147.5	180	192.5	202.5	535	70.719	16
91.63	10	2006	Wouter Mastenbroek	L.S.K.V. Fortius	Leiden	180	185	190	-120	125	-128	200	215	220	535	70.499	17
92.95	6	2001	Rick Duyvestijn	3 for 9	Utrecht	-230	-230	-230	152.5	-160	-160	0	0	0	0	0	-

NSK 2025 uitslag

LGW.	Lot	Geb.	Naam	Vereniging	Studentenstad	SQ 1	SQ 2	SQ 3	BP 1	BP 2	BP 3	DL 1	DL 2	DL 3	Totaal	Punten	PL.
105.0 kg heren																	
95.02	7	2002	Denzel Gijsbertha	Supreme Strength Coaching	Rotterdam	275	290	295	-158	162.5	167.5	310	330	342.5	805	104.22	1
104.99	6	2007	Justin Copenhaver	9 for 9 coaching	Groningen	240	255	267.5	160	167.5	170	255	280	295	732.5	90.442	2
101.2	11	2001	Deante Plug	Epic gym	Den Haag	240	255	262.5	165	172.5	177.5	250	270	280	720	90.444	3
104.06	3	2005	Roman Rodríguez Syzonov	Team Francke powerlifting	Eindhoven	225	240	252.5	152.5	160	165	277.5	295	-305	712.5	88.338	4
102.87	14	2001	Jannik Zozmann	9 for 9 coaching	Rotterdam	247.5	262.5	-270	142.5	150	155	250	272.5	287.5	705	87.88	5
97.41	19	2004	Koen Thijssen	SKVU Mammoet	Utrecht	240	255	267.5	135	140	142.5	275	292.5	-310	702.5	89.865	6
98.42	1	2002	Sonny Carter	Lunar Rising	Den Haag	225	240	247.5	152.5	160	167.5	255	270	280	695	88.467	7
104.63	16	2001	Siebren Marinus	GSKV Northside Barbell	Groningen	240	-255	255	150	160	165	260	275	-290	695	85.949	8
103.68	15	2003	Amine el Ferdoussi	Kroes Control Performance	Eindhoven	220	230	240	150	157.5	-165	250	260	-270	657.5	81.658	9
102.11	17	2000	Ezra van Essen Hampel	Supreme Strength Gym	Leiden	225	237.5	-242.5	135	142.5	-148	255	267.5	-275	647.5	80.994	10
102.14	2	2002	Milan Wassing	2to1 Coaching	Leeuwarden	220	235	-247.5	145	150	152.5	230	250	-263	637.5	79.733	11
97.72	9	2005	Nick van Loon	Powerbuild Coaching	Amsterdam - SSA	200	210	-215	145	152.5	-158	240	255	-265	617.5	78.871	12
99.26	12	2003	Lupa Rosendaal	DSKV IJzersterk	Rotterdam	202.5	210	215	125	132.5	137.5	205	215	227.5	580	73.53	13
103.17	5	1995	Joeri van Dijk	GSKV Northside Barbell	Groningen	160	172.5	185	145	152.5	160	192.5	212.5	227.5	572.5	71.266	14
101.06	10	2000	Davide Xausa	ASKV Kratos	Amsterdam - SSA	200	215	-225	115	125	130	-200	-200	200	545	68.507	15
104.27	8	2000	Sander Spoon	GSKV Northside Barbell	Groningen	167.5	180	187.5	115	122.5	-130	190	210	230	540	66.888	16
120.0 kg heren																	
109.08	23	2002	Finn Verschoor	Deliberate Strength	Eindhoven	225	240	250	130	-138	142.5	262.5	282.5	-303	675	81.885	1
115.78	20	2000	Jules in 't Groen	TSKV Spartacus	Tilburg	220	232.5	-240	152.5	157.5	160	260	280	-290	672.5	79.418	2
110.17	7	2004	Julian Hornstra	Strength Valley	Delft	207.5	220	230	-128	130	-138	245	265	-275	625	75.476	3
117.09	2	2002	Yarik Pászli	Iron House Co	Amsterdam - SSVU	205	217.5	-227.5	130	137.5	-145	235	252.5	-263	607.5	71.385	4
118.39	11	2001	Felix Brugman	Ironside Coaching	Delft	-197.5	205	-217.5	122.5	-128	127.5	232.5	245	250	582.5	68.115	5
120.0+ kg heren																	
125.5	5	2002	Ouissam el Khamsi	Iron Enhanced Syndicate	Amsterdam - SSVU	225	-240	240	140	-153	-153	280	-300	0	660	75.255	1

Sterkste studentensteden dames

Plaats	Punten	Studentenstad / sportorg.	Punten	Details
1	48	Amsterdam - SSVU	420.457	Lieke van Oosten (12) + Charlotte Jongenotter (12) + Zoë Birouk (9) + Dominique van Dusseldorp (9) + Alana Veraar (6)
2	35	Leiden	323.108	Juli Besteman (12) + Danique Zwaan (9) + Lisa van Kempen (8) + Nova Kuipers (6)
3	30	Amsterdam - SSA	368.686	Reese Lamijo (12) + Roos Blom (6) + Gioia Buijs (5) + Franka Siemons (4) + Nada Nasef (3)
4	27	Nijmegen	232.524	Frederique Ubachs (12) + Lene de Jong (9) + Philomeyn Visschedijk (6)
5	27	Tilburg	278.459	Elle Bouman (9) + Lujza Andó (8) + Maud Hartig (5) + Chloe Bijlsma (5)
6	26	Groningen	302.565	Anissa Faber (7) + Ylse van der Weit (7) + Sanne Bruynooge (7) + Petra Willems (5)
7	25	Utrecht	224.722	Lynn Nguyen (12) + Hanna de Jonge (8) + Ylia de Bruin (5)
8	21	Eindhoven	233.698	Matengi van Heugten (9) + Justine Fleming (8) + Josefina Boschero (4)
9	20	Leeuwarden	154.751	Vera Kleinsmit (12) + Tirza Visser (8)
10	14	Rotterdam	152.155	Kim Degenhardt (7) + Hewan Admasu (7)
11	9	Enschede	89.819	Odyl de Greeff (9)
12	8	Den Haag	83.843	Nousha Mjon Wegenwijs (8)
13	8	Breda	81.032	Anne Valckx (8)
14	3	Wageningen	66.379	Jade Cheng (3)

Sterkste studentensteden heren

Plaats	Punten	Studentenstad / sportorg.	Punten	Details
1	45	Leiden	433.607	Jesse van Mourik (12) + Ivar van der Spoel (12) + Mika van Herk (8) + Jia Xing Lin (7) + Lukas Hoogendam (6)
2	35	Amsterdam - SSVU	402.581	Ouissam el Khamsi (12) + Jesse Sporrel (9) + Yarik Pászli (7) + Etienne Bordes (4) + Sem Resmann (3)
3	33	Amsterdam - SSA	408.351	Collin Henry Arts (12) + Desmond Leung (12) + Liam Fong (7) + Nick van Loon (1) + Davide Xausa (1)
4	29	Rotterdam	444.932	Denzel Gijsbertha (12) + Luuk Tiel (9) + Jannik Zozmann (6) + Boaz Hofland (1) + Jan Kruisinga (1)
5	29	Tilburg	393.875	Joran Choo (9) + Jules in 't Groen (9) + Matthijs Weltens (5) + Joshua de Wit (5) + Milosz Molenda (1)
6	28	Groningen	385.635	Justin Copenhaver (9) + Mick Cheng (8) + Feije Ferkranus (7) + Siebren Marinus (3) + Bartosz Ilejko (1)
7	28	Utrecht	409.252	Yannick Broos (9) + Jesse ten Voorde (8) + Koen Thijssen (5) + Anka Kara (4) + Leroy Mourits (2)
8	22	Eindhoven	326.172	Finn Verschoor (12) + Roman Rodríguez Syzonov (7) + Amine el Ferdoussi (2) + Jari van der Heijden (1)
9	17	Delft	224.006	Julian Hornstra (8) + Felix Brugman (6) + Stefan Hooglander (3)
10	15	Den Haag	335.75	Deante Plug (8) + Sonny Carter (4) + Pascal de Bloois (2) + Juri Holswilder (1)
11	12	Breda	95.716	Lars Suppers (12)
12	12	Enschede	240.742	Bismar Alfarisi (7) + Xander Oldenhof (4) + Melvin Bruins (1)
13	9	Nijmegen	153.578	Stan Kuipers (6) + Tom Laverman (3)
14	8	Maastricht	81.047	Terence Jacobs (8)
15	1	Leeuwarden	79.733	Milan Wassing (1)

Sterkste Open gebaseerd op de IPF GL formule

Dames

Plaats	Naam	Punten	LGW	Vereniging
1	Lieke van Oosten	91.044	62.27 kg	Deliberate Strength
2	Odyl de Greeff	89.819	61.82 kg	9 for 9 coaching
3	Juli Besteman	88.116	80.26 kg	Adapt Powerlifting

Heren

Plaats	Naam	Punten	LGW	Vereniging
1	Denzel Gijsbertha	104.217	95.02 kg	Supreme Strength Coaching
2	Jesse van Mourik	103.441	92.35 kg	Supreme Strength Coaching
3	Lars Suppers	95.716	73.46 kg	Deliberate Strength

NSK Powerliften 2025

M/V	Klasse	LGW	Geb.	Naam	Vereniging	Studentenstad	Instelling	Tot	P
V	52.0 kg	51.37	2002	Reese Lamijo	Deliberate Strength	Amsterdam - SSA	Amsterdam University of Applied Sciences	325	1
V	52.0 kg	51.51	2002	Lene de Jong	SKVU Mammoet	Nijmegen	-	293.5	-
V	52.0 kg	47.07	2000	Justine Fleming	Team Francke powerlifti	Eindhoven	-	287.5	-
V	57.0 kg	56.52	2006	Lynn Nguyen	Demonstrength	Utrecht	Utrecht University of Applied Sciences	352.5	1
V	57.0 kg	55.03	2003	Zoë Birouk	Partner For Power	Amsterdam - SSVU	Vrije Universiteit Amsterdam	350	2
V	57.0 kg	56.9	2004	Anne Valckx	TSKV Spartacus	Breda	-	345	-
V	57.0 kg	56.6	2003	Anissa Faber	Deliberate Strength	Groningen	-	332.5	-
V	57.0 kg	56.78	2001	Roos Blom	Deliberate Strength	Amsterdam - SSA	-	322.5	-
V	57.0 kg	56.07	2006	Ylia de Bruin	Deliberate Strength	Utrecht	-	297.5	-
V	63.0 kg	62.27	2003	Lieke van Oosten	Deliberate Strength	Amsterdam - SSVU	Vrije Universiteit Amsterdam	413	1
V	63.0 kg	61.82	2002	Odyl de Greeff	9 for 9 coaching	Enschede	University of Twente	405.5	2
V	63.0 kg	61.21	2005	Tirza Visser	Pjotrs Powertraining	Leeuwarden	-	355	-
V	63.0 kg	60.77	2003	Hewan Admasu	Deliberate Strength	Rotterdam	-	332.5	-
V	63.0 kg	60.62	2005	Nova Kuipers	Hades Elite Strength	Leiden	-	300	-
V	63.0 kg	61.11	2005	Chloe Bijlsma	TSKV Spartacus	Tilburg	-	250	-
V	69.0 kg	68.83	2002	Charlotte Jongenotter	Lifting Limits	Amsterdam - SSVU	Vrije Universiteit Amsterdam	420	1
V	69.0 kg	68.68	2003	Matengi van Heugten	Team Francke powerlifti	Eindhoven	Fontys University of Applied Sciences	402.5	2
V	69.0 kg	67.31	2001	Lisa van Kempen	FoxGym	Leiden	Leiden University	390	3
V	69.0 kg	65.9	2004	Kim Degenhardt	Powerbuild Coaching	Rotterdam	-	365	-
V	69.0 kg	65.74	2001	Maria Huver	XclusiveCoaching	Amsterdam - SSVU	-	352.5	-
V	69.0 kg	68.92	2001	Maud Hartig	Wu Dynasty	Tilburg	-	350	-
V	69.0 kg	68.4	2004	Franka Siemons	ASKV Kratos	Amsterdam - SSA	-	330	-
V	69.0 kg	65.2	2005	Jade Cheng	Demonstrength	Wageningen	-	310	-
V	76.0 kg	75.6	2003	Frederique Ubachs	Deliberate Strength	Nijmegen	Radboud University	425.5	1
V	76.0 kg	71.74	2004	Danique Zwaan	9 for 9 coaching	Leiden	Leiden University of Applied Sciences	422.5	2
V	76.0 kg	72.32	2004	Nousha Mjon Wegenwijs	Strength For All	Den Haag	The Hague University of Applied Sciences	415	3
V	76.0 kg	73.19	2002	Sanne Bruynooge	GSKV Northside Barbell	Groningen	-	375	-
V	76.0 kg	72.39	2001	Philomeyn Visschedijk	NSKV Profectus	Nijmegen	-	365	-
V	76.0 kg	73.73	2003	Petra Willems	GSKV Northside Barbell	Groningen	-	357.5	-
V	76.0 kg	73.75	2003	Josefina Boschero	Team Francke powerlifti	Eindhoven	-	352.5	-
V	76.0 kg	74.68	2004	Nada Nasef	WorkBodyFit	Amsterdam - SSA	-	340	-

V	76.0 kg	73.03	2002	Marcella Lucardie	Blackout Barbell Coachi	Amsterdam - SSA	-	335	-	
V	84.0 kg	80.26	2002	Juli Besteman	Adapt Powerlifting	Leiden	Leiden University of Applied Sciences	458		1
V	84.0 kg	82.76	2005	Dominique van Dusseldorp	ASKV Kratos	Amsterdam - SSVU	Vrije Universiteit Amsterdam	427.5		2
V	84.0 kg	77.05	2002	Lujza Andó	TSKV Spartacus	Tilburg	Tilburg University	411		3
V	84.0 kg	81.73	2003	Ylse van der Weit	Supreme Strength Coac	Groningen	-	405	-	
V	84.0 kg	80.85	2005	Alana Veraar	Sterrek Personal Trainin	Amsterdam - SSVU	-	400	-	
V	84.0 kg	82.84	1999	Gioia Buijs	Victory Culture	Amsterdam - SSA	-	387.5	-	
V	84.0+ kg	140.62	2001	Vera Kleinsmit	Thor Athletics Gym	Leeuwarden	NHL Stenden University of Applied Sciences	450.5		1
V	84.0+ kg	114.53	1998	Elle Bouman	Wu Dynasty	Tilburg	-	402.5	-	
V	84.0+ kg	95.84	2001	Hanna de Jonge	Deliberate Strength	Utrecht	-	392.5	-	
M	59.0 kg	58.72	2000	Ivar van der Spoel	L.S.K.V. Fortius	Leiden	-	425	-	
M	66.0 kg	65.74	2003	Desmond Leung	Lifting Limits	Amsterdam - SSA	-	512.5	-	
M	66.0 kg	62.11	2003	Joran Choo	Sportcentrum TopFit	Tilburg	-	500	-	
M	66.0 kg	64.86	1999	Mick Cheng	GSKV Northside Barbell	Groningen	-	432.5	-	
M	66.0 kg	64.42	2005	Feije Ferkranus	Gym Iron Heart	Groningen	-	430	-	
M	66.0 kg	65.11	2007	Niek Kunkels	DSKV IJzersterk	Delft	-	0	-	
M	74.0 kg	73.46	2003	Lars Suppers	Deliberate Strength	Breda	AVANS University of Applied Sciences	649.5		1
M	74.0 kg	73.2	2004	Yannick Broos	SKVU Mammoet	Utrecht	Utrecht University	585.5		2
M	74.0 kg	72.83	2004	Terence Jacobs	Fortex Powerlifting	Maastricht	-	547.5	-	
M	74.0 kg	72.05	2003	Bismar Alfarisi	ESKV FENRIR	Enschede	-	530	-	
M	74.0 kg	71.9	2003	Nout Mulder	Sportja	Leiden	-	527.5	-	
M	74.0 kg	73.06	2003	Joshua de Wit	TSKV Spartacus	Tilburg	-	477.5	-	
M	74.0 kg	72.74	2001	Anka Kara	SKVU Mammoet	Utrecht	-	467.5	-	
M	74.0 kg	73.61	2002	Tom Laverman	NSKV Profectus	Nijmegen	-	460	-	
M	83.0 kg	81.86	2002	Collin Henry Arts	Lifting Limits	Amsterdam - SSA	University of Amsterdam	680		1
M	83.0 kg	82.11	2001	Luuk Tiel	2to1 Coaching	Rotterdam	Erasmus University	680		2
M	83.0 kg	80.5	2002	Mika van Herk	Perfect Performance	Leiden	Leiden University of Applied Sciences	620		3
M	83.0 kg	82.43	2003	Liam Fong	Strength Point	Amsterdam - SSA	University of Amsterdam	620		4
M	83.0 kg	81.48	2005	Lukas Hoogendam	Powerbuild Coaching	Leiden	-	617.5	-	
M	83.0 kg	82.87	2001	Milan van der Voort	Supreme Strength Coac	Leiden	-	602.5	-	
M	83.0 kg	80.32	2004	Xander Oldenhof	Strength Valley	Enschede	-	600	-	
M	83.0 kg	77.91	2002	Stefan Hooglander	Sportja	Delft	-	562.5	-	
M	83.0 kg	81.55	2001	Leroy Mourits	SKVU Mammoet	Utrecht	-	562.5	-	
M	83.0 kg	81.11	2004	Milosz Molenda	JvM coaching	Tilburg	-	555	-	

M	83.0 kg	82.4	2004	Younes Azzaoui	2to1 Coaching	Rotterdam	-	542.5	-
M	83.0 kg	76.14	2004	Melvin Bruins	2to1 Coaching	Enschede	-	535	-
M	83.0 kg	79.48	2002	Jari van der Heijden	Team Francke powerlifti	Eindhoven	-	525	-
M	83.0 kg	77.36	2005	Ahmet Topaloglu	Wu Dynasty	Rotterdam	-	390	-
M	93.0 kg	92.35	2002	Jesse van Mourik	Supreme Strength Coac	Leiden	Leiden University	788	1
M	93.0 kg	92.37	2004	Jesse Sporrel	Deliberate Strength	Amsterdam - SSVU	Vrije Universiteit Amsterdam	700	2
M	93.0 kg	92.78	2002	Jesse ten Voorde	2to1 Coaching	Utrecht	University of Utrecht	650	3
M	93.0 kg	89.72	1999	Jia Xing Lin	L.S.K.V. Fortius	Leiden	-	647.5	-
M	93.0 kg	89.76	2002	Stan Kuipers	Hades Elite Strength	Nijmegen	HAN University of Applied Sciences	645	4
M	93.0 kg	90.18	2001	Matthijs Weltens	Wu Dynasty	Tilburg	Tilburg University	645	5
M	93.0 kg	89.8	2001	Etienne Bordes	ASKV Kratos	Amsterdam - SSVU	-	620	-
M	93.0 kg	89.73	2005	Sem Resmann	Powerbuild Coaching	Amsterdam - SSVU	-	612.5	-
M	93.0 kg	90.27	2004	Pascal de Bloois	Staal & Kracht	Den Haag	-	610	-
M	93.0 kg	84.71	2003	Boaz Hofland	Matrix coaching	Rotterdam	-	602.5	-
M	93.0 kg	85.91	2005	Thijmen Klop	SKVU Mammoet	Utrecht	-	580	-
M	93.0 kg	91.4	2000	Juri Holswilder	Adapt Powerlifting	Den Haag	-	575	-
M	93.0 kg	89.53	2003	Jan Kruisinga	Partner For Power	Rotterdam	-	567.5	-
M	93.0 kg	92.13	2005	Michael Geers	Supreme Strength Coac	Rotterdam	-	560	-
M	93.0 kg	91.2	2004	Bartosz Ilejko	GSKV Northside Barbell	Groningen	-	555	-
M	93.0 kg	91.05	2006	Gabriël Leenderts	TSKV Spartacus	Tilburg	-	535	-
M	93.0 kg	91.63	2006	Wouter Mastenbroek	L.S.K.V. Fortius	Leiden	-	535	-
M	93.0 kg	92.95	2001	Rick Duyvestijn	3 for 9	Utrecht	-	0	-
M	105.0 kg	95.02	2002	Denzel Gijsbertha	Supreme Strength Coac	Rotterdam	Rotterdam University of Applied Sciences	805	1
M	105.0 kg	104.99	2007	Justin Copenhaver	9 for 9 coaching	Groningen	Hanze University of Applied Sciences	732.5	2
M	105.0 kg	101.2	2001	Deante Plug	Epic gym	Den Haag	The Hague University of Applied Sciences	720	3
M	105.0 kg	104.06	2005	Roman Rodríguez Syzonov	Team Francke powerlifti	Eindhoven	Eindhoven University of Technology	712.5	4
M	105.0 kg	102.87	2001	Jannik Zozmann	9 for 9 coaching	Rotterdam	Rotterdam University of Applied Sciences	705	5
M	105.0 kg	97.41	2004	Koen Thijssen	SKVU Mammoet	Utrecht	Utrecht University	702.5	6
M	105.0 kg	98.42	2002	Sonny Carter	Lunar Rising	Den Haag	The Hague University of Applied Sciences	695	7
M	105.0 kg	104.63	2001	Siebren Marinus	GSKV Northside Barbell	Groningen	Hanze University of Applied Sciences	695	8
M	105.0 kg	103.68	2003	Amine el Ferdoussi	Kroes Control Performa	Eindhoven	-	657.5	-
M	105.0 kg	102.11	2000	Ezra van Essen Hampel	Supreme Strength Gym	Leiden	-	647.5	-
M	105.0 kg	102.14	2002	Milan Wassing	2to1 Coaching	Leeuwarden	-	637.5	-
M	105.0 kg	97.72	2005	Nick van Loon	Powerbuild Coaching	Amsterdam - SSA	-	617.5	-

M	105.0 kg	99.26	2003	Lupa Rosendaal	DSKV IJzersterk	Rotterdam	-	580	-
M	105.0 kg	103.17	1995	Joeri van Dijk	GSKV Northside Barbell	Groningen	-	572.5	-
M	105.0 kg	101.06	2000	Davide Xausa	ASKV Kratos	Amsterdam - SSA	-	545	-
M	105.0 kg	104.27	2000	Sander Spoon	GSKV Northside Barbell	Groningen	-	540	-
M	120.0 kg	109.08	2002	Finn Verschoor	Deliberate Strength	Eindhoven	-	675	-
M	120.0 kg	115.78	2000	Jules in 't Groen	TSKV Spartacus	Tilburg	-	672.5	-
M	120.0 kg	110.17	2004	Julian Hornstra	Strength Valley	Delft	-	625	-
M	120.0 kg	117.09	2002	Yarik Pászli	Iron House Co	Amsterdam - SSVU	-	607.5	-
M	120.0 kg	118.39	2001	Felix Brugman	Ironside Coaching	Delft	-	582.5	-
M	120.0+ kg	125.5	2002	Ouissam el Khamsi	Iron Enhanced Syndicat	Amsterdam - SSVU	-	660	-

EUPC kwalificatie dames 2026

1	42	Vrije Universiteit Amsterdam	343.737646	Lieke van Oosten (12) + Charlotte Jongenotter (12) + Zoë Birouk (9) + Dominique van Dusseldorp **(9)**
2	21	Leiden University of Applied Sciences	173.83114	Juli Besteman (12) + Danique Zwaan (9)
3	12	Radboud University	84.09965	Frederique Ubachs (12)
4	12	Utrecht University of Applied Sciences	83.213618	Lynn Nguyen (12)
5	12	Amsterdam University of Applied Sciences	82.935125	Reese Lamijo (12)
6	12	NHL Stenden University of Applied Sciences	75.594801	Vera Kleinsmit (12)
7	9	University of Twente	89.819467	Odyl de Greeff (9)
8	9	Fontys University of Applied Sciences	83.60408	Matengi van Heugten (9)
9	8	The Hague University of Applied Sciences	83.84328	Nousha Mjon Wegenwijs (8)
10	8	Leiden University	81.9429	Lisa van Kempen (8)
11	8	Tilburg University	80.515722	Lujza Andó (8)

EUPC kwalificatie heren 2026

1	19	University of Amsterdam	180.91552	Collin Henry Arts (12) + Liam Fong (7)
2	18	Rotterdam University of Applied Sciences	192.097275	Denzel Gijsbertha (12) + Jannik Zozmann (6)
3	14	Utrecht University	176.308309	Yannick Broos (9) + Koen Thijssen (5)
4	12	Leiden University	103.44076	Jesse van Mourik (12)
5	12	AVANS University of Applied Sciences	95.716166	Lars Suppers (12)
6	12	Hanze University of Applied Sciences	176.39034	Justin Copenhaver (9) + Siebren Marinus (3)
7	12	The Hague University of Applied Sciences	178.911485	Deante Plug (8) + Sonny Carter (4)
8	9	Erasmus University	94.64512	Luuk Tiel (9)
9	9	Vrije Universiteit Amsterdam	91.8792	Jesse Sporrel (9)
10	8	Leiden University of Applied Sciences	87.1658	Mika van Herk (8)
11	8	University of Utrecht	85.1318	Jesse ten Voorde (8)
12	7	Eindhoven University of Technology	88.337888	Roman Rodríguez Syzonov (7)
13	7	HAN University of Applied Sciences	85.860465	Stan Kuipers (7)
14	6	Tilburg University	85.663095	Matthijs Weltens (6)

NSK Powerliften 2025

M/V	Klasse	LGW	Geb.	Naam	Vereniging	Studentenstad	Instelling	Tot	P
V	52.0 kg	51.37	2002	Reese Lamijo	Deliberate Strength	Amsterdam - SSA	Amsterdam University of Applied Sciences	325	1
V	52.0 kg	51.51	2002	Lene de Jong	SKVU Mammoet	Nijmegen	-	293.5	-
V	52.0 kg	47.07	2000	Justine Fleming	Team Francke powerliftin	Eindhoven	-	287.5	-
V	57.0 kg	56.52	2006	Lynn Nguyen	Demonstrength	Utrecht	-	352.5	-
V	57.0 kg	55.03	2003	Zoë Birouk	Partner For Power	Amsterdam - SSVU	-	350	-
V	57.0 kg	56.9	2004	Anne Valckx	TSKV Spartacus	Breda	-	345	-
V	57.0 kg	56.6	2003	Anissa Faber	Deliberate Strength	Groningen	-	332.5	-
V	57.0 kg	56.78	2001	Roos Blom	Deliberate Strength	Amsterdam - SSA	-	322.5	-
V	57.0 kg	56.07	2006	Ylia de Bruin	Deliberate Strength	Utrecht	-	297.5	-
V	63.0 kg	62.27	2003	Lieke van Oosten	Deliberate Strength	Amsterdam - SSVU	Vrije Universiteit Amsterdam	413	1
V	63.0 kg	61.82	2002	Odyl de Greeff	9 for 9 coaching	Enschede	University of Twente	405.5	2
V	63.0 kg	61.21	2005	Tirza Visser	Pjotrs Powertraining	Leeuwarden	-	355	-
V	63.0 kg	60.77	2003	Hewan Admasu	Deliberate Strength	Rotterdam	-	332.5	-
V	63.0 kg	60.62	2005	Nova Kuipers	Hades Elite Strength	Leiden	-	300	-
V	63.0 kg	61.11	2005	Chloe Bijlsma	TSKV Spartacus	Tilburg	-	250	-
V	69.0 kg	68.83	2002	Charlotte Jongenotter	Lifting Limits	Amsterdam - SSVU	Vrije Universiteit Amsterdam	420	1
V	69.0 kg	68.68	2003	Matengi van Heugten	Team Francke powerliftin	Eindhoven	-	402.5	-
V	69.0 kg	67.31	2001	Lisa van Kempen	FoxGym	Leiden	-	390	-
V	69.0 kg	65.9	2004	Kim Degenhardt	Powerbuild Coaching	Rotterdam	-	365	-
V	69.0 kg	65.74	2001	Maria Huver	XclusiveCoaching	Amsterdam - SSVU	-	352.5	-
V	69.0 kg	68.92	2001	Maud Hartig	Wu Dynasty	Tilburg	-	350	-
V	69.0 kg	68.4	2004	Franka Siemons	ASKV Kratos	Amsterdam - SSA	-	330	-
V	69.0 kg	65.2	2005	Jade Cheng	Demonstrength	Wageningen	-	310	-
V	76.0 kg	75.6	2003	Frederique Ubachs	Deliberate Strength	Nijmegen	Radboud University	425.5	1
V	76.0 kg	71.74	2004	Danique Zwaan	9 for 9 coaching	Leiden	Leiden University of Applied Sciences	422.5	2
V	76.0 kg	72.32	2004	Nousha Mjon Wegenwijs	Strength For All	Den Haag	The Hague University of Applied Sciences	415	3
V	76.0 kg	73.19	2002	Sanne Bruynooge	GSKV Northside Barbell	Groningen	-	375	-
V	76.0 kg	72.39	2001	Philomeyn Visschedijk	NSKV Profectus	Nijmegen	-	365	-
V	76.0 kg	73.73	2003	Petra Willems	GSKV Northside Barbell	Groningen	-	357.5	-
V	76.0 kg	73.75	2003	Josefina Boschero	Team Francke powerliftin	Eindhoven	-	352.5	-
V	76.0 kg	74.68	2004	Nada Nasef	WorkBodyFit	Amsterdam - SSA	-	340	-

V	76.0 kg	73.03	2002	Marcella Lucardie	Blackout Barbell Coachin	Amsterdam - SSA	-	335	-	
V	84.0 kg	80.26	2002	Juli Besteman	Adapt Powerlifting	Leiden	Leiden University of Applied Sciences	458		1
V	84.0 kg	82.76	2005	Dominique van Dusseldorp	ASKV Kratos	Amsterdam - SSVU	Vrije Universiteit Amsterdam	427.5		2
V	84.0 kg	77.05	2002	Lujza Andó	TSKV Spartacus	Tilburg	-	411	-	
V	84.0 kg	81.73	2003	Ylse van der Weit	Supreme Strength Coach	Groningen	-	405	-	
V	84.0 kg	80.85	2005	Alana Veraar	Sterrek Personal Training	Amsterdam - SSVU	-	400	-	
V	84.0 kg	82.84	1999	Gioia Buijs	Victory Culture	Amsterdam - SSA	-	387.5	-	
V	84.0+ kg	140.62	2001	Vera Kleinsmit	Thor Athletics Gym	Leeuwarden	NHL Stenden University of Applied Sciences	450.5		1
V	84.0+ kg	114.53	1998	Elle Bouman	Wu Dynasty	Tilburg	-	402.5	-	
V	84.0+ kg	95.84	2001	Hanna de Jonge	Deliberate Strength	Utrecht	-	392.5	-	
M	59.0 kg	58.72	2000	Ivar van der Spoel	L.S.K.V. Fortius	Leiden	-	425	-	
M	66.0 kg	65.74	2003	Desmond Leung	Lifting Limits	Amsterdam - SSA	-	512.5	-	
M	66.0 kg	62.11	2003	Joran Choo	Sportcentrum TopFit	Tilburg	-	500	-	
M	66.0 kg	64.86	1999	Mick Cheng	GSKV Northside Barbell	Groningen	-	432.5	-	
M	66.0 kg	64.42	2005	Feije Ferkranus	Gym Iron Heart	Groningen	-	430	-	
M	66.0 kg	65.11	2007	Niek Kunkels	DSKV IJzersterk	Delft	-	0	-	
M	74.0 kg	73.46	2003	Lars Suppers	Deliberate Strength	Breda	AVANS University of Applied Sciences	649.5		1
M	74.0 kg	73.2	2004	Yannick Broos	SKVU Mammoet	Utrecht	-	585.5	-	
M	74.0 kg	72.83	2004	Terence Jacobs	Fortex Powerlifting	Maastricht	-	547.5	-	
M	74.0 kg	72.05	2003	Bismar Alfarisi	ESKV FENRIR	Enschede	-	530	-	
M	74.0 kg	71.9	2003	Nout Mulder	Sportja	Leiden	-	527.5	-	
M	74.0 kg	73.06	2003	Joshua de Wit	TSKV Spartacus	Tilburg	-	477.5	-	
M	74.0 kg	72.74	2001	Anka Kara	SKVU Mammoet	Utrecht	-	467.5	-	
M	74.0 kg	73.61	2002	Tom Laverman	NSKV Profectus	Nijmegen	-	460	-	
M	83.0 kg	81.86	2002	Collin Henry Arts	Lifting Limits	Amsterdam - SSA	University of Amsterdam	680		1
M	83.0 kg	82.11	2001	Luuk Tiel	2to1 Coaching	Rotterdam	Erasmus University	680		2
M	83.0 kg	80.5	2002	Mika van Herk	Perfect Performance	Leiden	-	620	-	
M	83.0 kg	82.43	2003	Liam Fong	Strength Point	Amsterdam - SSA	-	620	-	
M	83.0 kg	81.48	2005	Lukas Hoogendam	Powerbuild Coaching	Leiden	-	617.5	-	
M	83.0 kg	82.87	2001	Milan van der Voort	Supreme Strength Coach	Leiden	-	602.5	-	
M	83.0 kg	80.32	2004	Xander Oldenhof	Strength Valley	Enschede	-	600	-	
M	83.0 kg	77.91	2002	Stefan Hooglander	Sportja	Delft	-	562.5	-	
M	83.0 kg	81.55	2001	Leroy Mourits	SKVU Mammoet	Utrecht	-	562.5	-	
M	83.0 kg	81.11	2004	Milosz Molenda	JvM coaching	Tilburg	-	555	-	

M	83.0 kg	82.4	2004	Younes Azzaoui	2to1 Coaching	Rotterdam	-	542.5	-	
M	83.0 kg	76.14	2004	Melvin Bruins	2to1 Coaching	Enschede	-	535	-	
M	83.0 kg	79.48	2002	Jari van der Heijden	Team Francke powerliftin	Eindhoven	-	525	-	
M	83.0 kg	77.36	2005	Ahmet Topaloglu	Wu Dynasty	Rotterdam	-	390	-	
M	93.0 kg	92.35	2002	Jesse van Mourik	Supreme Strength Coach	Leiden	Leiden University	788		1
M	93.0 kg	92.37	2004	Jesse Sporrel	Deliberate Strength	Amsterdam - SSVU	Vrije Universiteit Amsterdam	700		2
M	93.0 kg	92.78	2002	Jesse ten Voorde	2to1 Coaching	Utrecht	-	650	-	
M	93.0 kg	89.72	1999	Jia Xing Lin	L.S.K.V. Fortius	Leiden	-	647.5	-	
M	93.0 kg	89.76	2002	Stan Kuipers	Hades Elite Strength	Nijmegen	-	645	-	
M	93.0 kg	90.18	2001	Matthijs Weltens	Wu Dynasty	Tilburg	-	645	-	
M	93.0 kg	89.8	2001	Etienne Bordes	ASKV Kratos	Amsterdam - SSVU	-	620	-	
M	93.0 kg	89.73	2005	Sem Resmann	Powerbuild Coaching	Amsterdam - SSVU	-	612.5	-	
M	93.0 kg	90.27	2004	Pascal de Bloois	Staal & Kracht	Den Haag	-	610	-	
M	93.0 kg	84.71	2003	Boaz Hofland	Matrix coaching	Rotterdam	-	602.5	-	
M	93.0 kg	85.91	2005	Thijmen Klop	SKVU Mammoet	Utrecht	-	580	-	
M	93.0 kg	91.4	2000	Juri Holswilder	Adapt Powerlifting	Den Haag	-	575	-	
M	93.0 kg	89.53	2003	Jan Kruisinga	Partner For Power	Rotterdam	-	567.5	-	
M	93.0 kg	92.13	2005	Michael Geers	Supreme Strength Coach	Rotterdam	-	560	-	
M	93.0 kg	91.2	2004	Bartosz Ilejko	GSKV Northside Barbell	Groningen	-	555	-	
M	93.0 kg	91.05	2006	Gabriël Leenderts	TSKV Spartacus	Tilburg	-	535	-	
M	93.0 kg	91.63	2006	Wouter Mastenbroek	L.S.K.V. Fortius	Leiden	-	535	-	
M	93.0 kg	92.95	2001	Rick Duyvestijn	3 for 9	Utrecht	-	0	-	
M	105.0 kg	95.02	2002	Denzel Gijsbertha	Supreme Strength Coach	Rotterdam	Rotterdam University of Applied Sciences	805		1
M	105.0 kg	104.99	2007	Justin Copenhaver	9 for 9 coaching	Groningen	Hanze University of Applied Sciences	732.5		2
M	105.0 kg	101.2	2001	Deante Plug	Epic gym	Den Haag	The Hague University of Applied Sciences	720		3
M	105.0 kg	104.06	2005	Roman Rodríguez Syzonov	Team Francke powerliftin	Eindhoven	-	712.5	-	
M	105.0 kg	102.87	2001	Jannik Zozmann	9 for 9 coaching	Rotterdam	-	705	-	
M	105.0 kg	97.41	2004	Koen Thijssen	SKVU Mammoet	Utrecht	-	702.5	-	
M	105.0 kg	98.42	2002	Sonny Carter	Lunar Rising	Den Haag	-	695	-	
M	105.0 kg	104.63	2001	Siebren Marinus	GSKV Northside Barbell	Groningen	-	695	-	
M	105.0 kg	103.68	2003	Amine el Ferdoussi	Kroes Control Performan	Eindhoven	-	657.5	-	
M	105.0 kg	102.11	2000	Ezra van Essen Hampel	Supreme Strength Gym	Leiden	-	647.5	-	
M	105.0 kg	102.14	2002	Milan Wassing	2to1 Coaching	Leeuwarden	-	637.5	-	
M	105.0 kg	97.72	2005	Nick van Loon	Powerbuild Coaching	Amsterdam - SSA	-	617.5	-	

M	105.0 kg	99.26	2003	Lupa Rosendaal	DSKV IJzersterk	Rotterdam	-	580	-
M	105.0 kg	103.17	1995	Joeri van Dijk	GSKV Northside Barbell	Groningen	-	572.5	-
M	105.0 kg	101.06	2000	Davide Xausa	ASKV Kratos	Amsterdam - SSA	-	545	-
M	105.0 kg	104.27	2000	Sander Spoon	GSKV Northside Barbell	Groningen	-	540	-
M	120.0 kg	109.08	2002	Finn Verschoor	Deliberate Strength	Eindhoven	-	675	-
M	120.0 kg	115.78	2000	Jules in 't Groen	TSKV Spartacus	Tilburg	-	672.5	-
M	120.0 kg	110.17	2004	Julian Hornstra	Strength Valley	Delft	-	625	-
M	120.0 kg	117.09	2002	Yarik Pászli	Iron House Co	Amsterdam - SSVU	-	607.5	-
M	120.0 kg	118.39	2001	Felix Brugman	Ironside Coaching	Delft	-	582.5	-
M	120.0+ kg	125.5	2002	Ouissam el Khamsi	Iron Enhanced Syndicate	Amsterdam - SSVU	-	660	-

WUPC kwalificatie dames 2026

1	33	Vrije Universiteit Amsterdam	259.386596	Lieke van Oosten (12) + Charlotte Jongenotter (12) + Dominique van Dusseldorp (9)
2	21	Leiden University of Applied Sciences	173.83114	Juli Besteman (12) + Danique Zwaan (9)
3	12	Radboud University	84.09965	Frederique Ubachs (12)
4	12	Amsterdam University of Applied Sciences	82.935125	Reese Lamijo (12)
5	12	NHL Stenden University of Applied Sciences	75.594801	Vera Kleinsmit (12)
6	9	University of Twente	89.819467	Odyl de Greeff (9)
7	8	The Hague University of Applied Sciences	83.84328	Nousha Mjon Wegenwijs (8)

WUPC kwalificatie heren 2026

1	12	Rotterdam University of Applied Sciences	104.21691	Denzel Gijsbertha (12)
2	12	Leiden University	103.44076	Jesse van Mourik (12)
3	12	AVANS University of Applied Sciences	95.716166	Lars Suppers (12)
4	12	University of Amsterdam	94.79132	Collin Henry Arts (12)
5	9	Erasmus University	94.64512	Luuk Tiel (9)
6	9	Vrije Universiteit Amsterdam	91.8792	Jesse Sporrel (9)
7	9	Hanze University of Applied Sciences	90.441775	Justin Copenhaver (9)
8	8	The Hague University of Applied Sciences	90.44424	Deante Plug (8)