

Powerlifting Holland

Eerste Holland-Cup

Spijkenisse 7-10-2017

M/N	NR	CAT	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT				BENCHPRESS				DEADLIFT			TOT.	Wilks	+McCullogh	PL.	4. SQ	4. BP	4. DL	Coef.
									1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.								
m	1	67,5	RAW	28	67,30	Cathy al Bazi	NL	Open					60,0	65,0	-67,5	65,0				65,0	50,239		2.				0,7729
m	2	60	RAW	27	61,00	Kristel Nierman	NL	Open					47,5	50,0	-52,5	50,0				50,0	42,010		4.				0,8402
m	3	67,5	RAW	21	63,80	Ilse Vos	NL	Open					62,5	-67,5	67,5	67,5				67,5	54,527		1.				0,8078
m	4	75	RAW	59	74,40	Coert Hoppenbrouwers	NL	M4					100,0	105,0	110,0	110,0				110,0	78,826	106,415	4.				0,7166
m	5	75	RAW				NL	Open																			
m	6	75	RAW				NL	Open																			
m	7	82,5	RAW	30	78,90	Nathalie Rapaille	NL	Open					55,0	62,5	67,5	67,5				67,5	46,494		3.				0,6888
m	8	82,5	RAW	20	84,80	Ivar Reijken	NL	Juni					70,0	77,5	82,5	82,5				82,5	54,384		11.				0,6592
m	9	90	RAW	31	93,20	Luuk de Ruiters	NL	Open					105,0	112,5	117,5	117,5				117,5	73,743		10.				0,6276
m	10	90	RAW				NL	Open																			
m	11	90	RAW	58	89,70	Crhis van Orschouw	NL	M4					112,5	-117,5	-117,5	112,5				112,5	71,944	95,110	6.				0,6395
m	12	90	RAW	34	92,00	Paddy Schoenmakers	NL	Open					185,0	190,0	-195,0	190,0				190,0	119,985		1.				0,6315
m	13	100	RAW	29	94,50	Tery Groen	NL	Open					120,0	125,0	130,0	130,0				130,0	81,055		9.				0,6235
m	14	100	RAW	23			NL	Open																			
m	15	100	RAW				NL	Open																			
m	16	110	Raw	57		Uwe Abend	NL	M4														#VALUE!					
m	17	110	RAW	31	98,70	Roel van Mierlo	NL	Open					120,0	-140,0	140,0	140,0				140,0	85,652		7.				0,6118
m	18	125	RAW	49	119,60	Johny de Witte	NL	M2					130,0	140,0	150,0	150,0				150,0	86,310	97,703	5.				0,5754
m	19	125	RAW	57	115,60	Jos Ploegmakers	NL	M4					145,0	155,0	-163,5	155,0				155,0	89,947	116,661	2.				0,5803
m	20	125	RAW	38		Selmar Oome	NL	Open																			
m	21	125	RAW	25	113,60	Nick Rovers	NL	Open					135,0	140,0	-145,0	140,0				140,0	81,620		8.				0,5830
m	22	140	RAW	32	132,3	Jermaine Solognier	NL	Open					180,0	190,0	205,0	205,0				205,0	115,600		3.				0,5639
m	23	140	RAW				NL																				
m	24	140	RAW				NL																				
m	25	140+	RAW				NL																				
m	26	140+	RAW				NL																				

HEADREFEREE

NAME: Jaapm Fahner

LEFT-REFEREE

NAME: Erwin Krokkee

RIGHT-REFEREE

NAME: Albert Hoekstra