

# Powerlifting Holland

## Tweede Holland-Cup

### Spijkenisse Aad de Hoog 25-11-2017

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	55	RAW	31	57,00	Simone van de Boomgaard	NL	Open					35,0	40,0	42,5	42,5				42,5	38,033		4.					0,8949
m	2	60	RAW	27	60,70	Kristel Nierman	NL	Open					47,5	-52,5	-52,5	47,5				47,5	40,085		3.					0,8439
m	3	67,5	RAW	21	63,20	Ilse Vos	NL	Open					67,5	70,0	-72,5	70,0				70,0	57,008		1.					0,8144
m	4	82,5	RAW	30	79,70	Nathalie Rapaille	NL	Open					65,0	70,0	75,0	75,0				75,0	51,323		2.		-77,5			0,6843
m	5	75	RAW	59	73,40	Coert Hoppenbrouwers	NL	Open					100,0	105,0	-110,0	105,0				105,0	75,968	102,556	4.					0,7235
m	6	82,5	RAW				NL	Open																				
m	7	82,5	RAW	20	85,00	Ivar Reijken	NL						75,0	80,0	-85,0	80,0				80,0	52,664		10.					0,6583
m	8						NL																					
m	9	90	RAW	31	93,00	Luuk de Ruiter	NL	Open					107,5	115,0	120,0	120,0				120,0	75,384		8.					0,6282
m	10	90	RAW																									
m	11	90	RAW	58	88,50	Crhis van Orsouw	NL	M4					115,0	120,0	-123,5	120,0				120,0	77,280	102,164	5.					0,6440
m	12	90	RAW	34	91,60	Paddy Schoenmakers	NL	Open					-187,5	190,0	195,0	195,0				195,0	123,396		1.		-201,0			0,6328
m	13	100	RAW	24	85,40	Jonathan Samuel	NL	Open					105,0	112,5	-115,0	112,5				112,5	73,868		9.					0,6566
m	14	100	RAW	29	97,10	Tery Groen	NL	Open					130,0	135,0	-140,0	135,0				135,0	83,174		7.					0,6161
m	15																											
m	16	110	Raw	23	95,10	Nick Gorissen	NL	Juni					162,5	170,0	-175,0	170,0				170,0	105,689		3.					0,6217
m	17																											
m	18																											
m	19	125	RAW	58	112,70	Jos Ploegmakers	NL	M4					150,0	160,0	-163,5	160,0				160,0	93,488	123,591	2.					0,5843
m	20	125	RAW	25	114,30	Nick Rovers	NL	Open					140,0	145,0	150,0	150,0				150,0	87,300		6.					0,5820
m	21	125	RAW				NL																					
m	22	140	RAW				NL																					
m	23	140	RAW				NL																					
m	24	140	RAW				NL																					
m	25	140+	RAW				NL																					
m	26	140+	RAW				NL																					

HEADREFEREE

NAME:

LEFT-REFEREE

NAME:

RIGHT-REFEREE

NAME: