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|  | **Wedstrijdkalender 2019** |  |  |
|  |  |  |  |
| Dec | SAP CUP | 14-dec-18 |  |
|  |  |  |  |
| Jan | NK 15+ (30 D en 30 H) | 19-jan-19 | open aanbesteding |
|  | kwalificatiecriterium 260-165 |  |  |
|  | deelname 7-14 okt gepubliceerd |  |  |
|  | op basis NGB ranglijst 2018 |  |  |
|  |  |  |  |
| Mrt | Open NK 35+ | 2-mrt-19 | Den Helder - North West Weightlifting |
|  |  |  |  |
| Mrt | Toernooi | 3-mrt-19 | Den Helder - North West Weightlifting |
|  |  |  |  |
| Mrt | Dutch Strength Spring Cup 13+ | 16-mrt-19 | Amsterdam - Dutch Strength |
|  |  |  |  |
| Apr | Nat Team Kampioenschappen -1 | 13-apr-19 |  |
|  | 13:00 weging 14:30 weging | voor aanvang |  |
|  | Tot 1-feb aanmelden Tom Bruijnen |  |  |
|  |  |  |  |
| Apr | NK -20-23 | 20-apr-19 | open aanbesteding |
|  |  |  |  |
| Mei | Toernooi ?? | 11-mei-19 | open aanbesteding |
|  | Kwalificatie EK masters? |  |  |
|  |  |  |  |
| Mei | Nat Team Kampioenschappen -2 | 18-mei-19 |  |
|  | 13:00 weging 14:30 weging | voor aanvang |  |
|  |  |  |  |
| Jun | NK 15-17 | 8-jun-19 | open aanbesteding |
|  |  |  |  |
| Jun | NK studenten MBO, HBO, Uni | 15-jun-19 | open aanbesteding |
|  |  |  |  |
| Jun | Nat Team Kampioenschappen -3 | 22-jun-19 |  |
|  | 13:00 weging 14:30 weging | voor aanvang |  |
|  |  |  |  |
| Jun | Dutch Strength Summer CUP 13+ | 29-jun-19 | Amsterdam - Dutch Strength |
|  |  |  |  |
| Sep | NK teams finale | 21-sep-19 | open aanbesteding |
|  |  |  |  |
| Okt | Dutch Strength Autumn CUP | 12-okt-19 | Amsterdam - Dutch Strengh |
|  |  |  |  |
| Okt | Dutch Strength Autumn CUP | 13-okt-19 | Amsterdam - Dutch Strengh |
|  |  |  |  |
| Nov | Open NK 15+ | 9-nov-19 | open aanbesteding |
|  |  |  |  |
| Dec | Dutch Strength Winter Cup | 7-dec-19 | Regio Amsterdam |
|  |  |  |  |
| Dec | Dutch Strength Winter Cup | 8-dec-19 | Regio Amsterdam |
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