

**North West Weightlifting International Masters Weightlifting Tournament @ Crossfit Heerhugowaard - 2 march 2019 - males**

Lot	Name	Given Name	CAT.	B.W.	Team	Birth Date	SNATCH				CLEAN&JERK				Total	Sinclair			
							1	2	3	max	1	2	3	max		Sinclair	SMF	Rg - Rk	NED-Rk
30	<b>Deegenars</b>	<b>Dio</b>	M55 m89	84,60	NED	22624	85	90	93	93	107	112	(115)	112	<b>205</b>	243,939	<b>356,639</b>	<b>1</b>	<b>1</b>
21	<b>Visser</b>	<b>Arnoud</b>	M35 m109	108,70	NED	29822	124	130	(135)	130	(148)	148	154	154	<b>284</b>	306,106	<b>339,471</b>	<b>2</b>	<b>2</b>
5	<b>Wiesiolek</b>	<b>Rafal</b>	M40 m89	87,50	POL	27732	95	(103)	105	105	125	132	137	137	<b>242</b>	283,483	<b>337,061</b>	<b>3</b>	
41	<b>van Eindhoven</b>	<b>Roland</b>	M45 m89	86,70	NED	26439	96	(100)	102	102	125	128	(131)	128	<b>230</b>	270,561	<b>333,601</b>	<b>4</b>	<b>3</b>
36	<b>Pazur</b>	<b>Rafal</b>	M45 m73	72,60	POL	27342	86	91	(94)	91	105	(110)	110	110	<b>201</b>	259,242	<b>311,868</b>	<b>5</b>	
16	<b>Rutkowski</b>	<b>Bogdan</b>	M50 m81	79,20	POL	23870	80	85	-	85	90	95	-	95	<b>180</b>	221,345	<b>301,250</b>	<b>6</b>	
38	<b>Bruijnen</b>	<b>Tom</b>	M55 m81	78,70	NED	22992	73	(78)	(83)	73	80	90	95	95	<b>168</b>	207,272	<b>297,850</b>	<b>7</b>	<b>4</b>
14	<b>van Bun</b>	<b>Roy</b>	M40 m89	86,70	NED	27547	83	86	88	88	105	110	(112)	110	<b>198</b>	232,918	<b>276,939</b>	<b>8</b>	<b>5</b>
17	<b>Tankink</b>	<b>Rob</b>	M35 m81	79,50	NED	29893	87	89	(91)	89	113	(115)	(115)	113	<b>202</b>	247,912	<b>274,934</b>	<b>9</b>	<b>6</b>
3	<b>Beerhuizen</b>	<b>Iwan</b>	M45 m81	78,40	NED	26474	75	80	(85)	80	90	95	(100)	95	<b>175</b>	216,342	<b>266,750</b>	<b>10</b>	<b>7</b>
20	<b>van Zalen</b>	<b>Hans</b>	M35 m96	95,40	NED	30372	95	(100)	100	100	115	118	(122)	118	<b>218</b>	246,128	<b>266,557</b>	<b>11</b>	<b>8</b>
35	<b>Witteveen</b>	<b>Jan</b>	M50 m81	78,80	NED	24420	70	73	(76)	73	85	88	(91)	88	<b>161</b>	198,504	<b>265,598</b>	<b>12</b>	<b>9</b>
28	<b>Asrian</b>	<b>David</b>	M35 m73	72,40	NED	30167	79	83	86	86	100	(111)	(111)	100	<b>186</b>	240,278	<b>263,345</b>	<b>13</b>	<b>10</b>
15	<b>van Ladestijn</b>	<b>Dick</b>	M70 m67	66,70	NED	17774	45	(50)	(50)	45	50	53	(60)	53	<b>98</b>	133,038	<b>254,103</b>	<b>14</b>	<b>11</b>
23	<b>van Woerkom</b>	<b>Henk</b>	M70 m67	65,70	NED	17105	38	39	(41)	39	(52)	(53)	53	53	<b>92</b>	126,101	<b>252,705</b>	<b>15</b>	<b>12</b>
40	<b>Man</b>	<b>Lodewijk</b>	M40 m89	87,90	NED	29056	78	82	85	85	(105)	105	(111)	105	<b>190</b>	222,110	<b>252,095</b>	<b>16</b>	<b>13</b>
13	<b>Lam</b>	<b>Yu Shan</b>	M35 m89	85,50	NED	30722	80	(90)	(98)	80	110	117	(121)	117	<b>197</b>	233,249	<b>250,042</b>	<b>17</b>	<b>14</b>
22	<b>Meijer</b>	<b>Paul</b>	M65 m89	81,70	NED	19418	45	(50)	50	50	60	65	70	70	<b>120</b>	145,245	<b>246,771</b>	<b>18</b>	<b>15</b>
26	<b>Inko Tien</b>	<b>Inko</b>	M35 m73	71,10	NED	29979	(75)	75	(79)	75	90	(95)	97	97	<b>172</b>	224,557	<b>246,115</b>	<b>19</b>	<b>16</b>
32	<b>Sikkema</b>	<b>Gerard</b>	M35 m109	105,30	NED	31000	(88)	(92)	92	92	112	(116)	116	116	<b>208</b>	226,505	<b>242,814</b>	<b>20</b>	<b>17</b>
1	<b>van der Meulen</b>	<b>Friso</b>	M60 m89	84,60	NED	20276	45	50	55	55	65	70	(75)	70	<b>125</b>	148,743	<b>242,303</b>	<b>21</b>	<b>18</b>
18	<b>Faas</b>	<b>Niek</b>	M75 m89	85,90	NED	16239	40	(42)	42	42	(50)	50	52	52	<b>94</b>	111,053	<b>235,100</b>	<b>22</b>	<b>19</b>
33	<b>Kok</b>	<b>Jeroen</b>	M35 m102	99,60	NED	29898	75	80	(83)	80	(105)	107	(111)	107	<b>187</b>	207,664	<b>230,299</b>	<b>23</b>	<b>20</b>
2	<b>Goorden</b>	<b>Bas</b>	M40 m61	60,20	NED	28927	53	56	60	60	70	74	(77)	74	<b>134</b>	194,753	<b>221,045</b>	<b>24</b>	<b>21</b>
44	<b>Pieterse</b>	<b>Paul</b>	M35 m89	88,60	NED	30060	65	70	(76)	70	90	100	(106)	100	<b>170</b>	198,023	<b>217,033</b>	<b>25</b>	<b>22</b>
43	<b>Galarce Morales</b>	<b>Francisco</b>	M35 m96	94,90	NED	29796	60	70	(75)	70	90	95	100	100	<b>170</b>	192,339	<b>213,304</b>	<b>26</b>	<b>23</b>
9	<b>Zandkuil</b>	<b>Gerard</b>	M50 m89	85,70	NED	25087	(60)	(60)	(60)	-	(80)	(80)	(80)	-	-	-	-	-	-

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Lot	Name	Given Name	CAT.	B.W.	Team	Birth Date	SNATCH				CLEAN&JERK				Total	Sinclair			
							1	2	3	max	1	2	3	max		Sinclair	SMF	Rg - Rk	NED-Rk
39	<b>Hermans</b>	<b>Lieke</b>	W40 £76	73,60	NED	28173	70	74	77	77	86	(89)	90	90	<b>167</b>	200,808	<b>233,339</b>	<b>1</b>	<b>1</b>
34	<b>Dikhof</b>	<b>Joke</b>	W65 £55	54,70	NED	18392	31	33	34	34	46	49	(51)	49	<b>83</b>	119,322	<b>217,525</b>	<b>2</b>	<b>2</b>
8	<b>Berendsen</b>	<b>Maria</b>	W65 £55	52,30	NED	18689	35	37	(39)	37	43	44	45	45	<b>82</b>	121,745	<b>216,585</b>	<b>3</b>	<b>3</b>
37	<b>Pijcke</b>	<b>Adela</b>	W50 £59	57,10	NED	23923	(43)	44	47	47	62	64	66	66	<b>113</b>	157,720	<b>214,657</b>	<b>4</b>	<b>4</b>
29	<b>van den Berg</b>	<b>Lotte</b>	W40 £71	70,00	NED	28661	62	66	67	67	70	73	76	76	<b>143</b>	176,474	<b>202,769</b>	<b>5</b>	<b>5</b>
7	<b>Markiewicz</b>	<b>Justyna</b>	W35 £64	64,00	POL	30211	50	55	(58)	55	70	75	(80)	75	<b>130</b>	168,771	<b>184,973</b>	<b>6</b>	
10	<b>Oosting</b>	<b>Joyce</b>	W40 £64	63,40	NED	27588	(51)	51	(55)	51	64	68	(71)	68	<b>119</b>	155,365	<b>184,729</b>	<b>7</b>	<b>6</b>
12	<b>Gosschalk</b>	<b>Jinga</b>	W40 £76	71,50	NED	29002	53	(58)	(61)	53	70	75	80	80	<b>133</b>	162,307	<b>184,218</b>	<b>8</b>	<b>7</b>
4	<b>de Vries</b>	<b>Elsa</b>	W35 £76	73,50	NED	30893	50	57	61	61	70	74	(77)	74	<b>135</b>	162,440	<b>174,136</b>	<b>9</b>	<b>8</b>
27	<b>Vrolijk</b>	<b>Dikla</b>	W45 £55	54,90	NED	27006	38	40	(42)	40	50	53	56	56	<b>96</b>	137,659	<b>167,668</b>	<b>10</b>	<b>9</b>
45	<b>Putters</b>	<b>Nannie</b>	W60 £64	60,50	NED	20992	27	29	30	30	(41)	41	44	44	<b>74</b>	99,452	<b>155,940</b>	<b>11</b>	<b>10</b>
46	<b>Oordt</b>	<b>Lonneke</b>	W45 >87	100,90	NED	26247	40	44	47	47	58	63	68	68	<b>115</b>	122,134	<b>152,424</b>	<b>12</b>	<b>11</b>
25	<b>Schouten</b>	<b>Kim</b>	W35 £87	83,20	NED	30797	52	55	57	57	62	66	68	68	<b>125</b>	142,077	<b>152,307</b>	<b>13</b>	<b>12</b>
42	<b>Langendoen-Zijp</b>	<b>Marina</b>	W40 £64	60,50	NED	28471	37	39	(41)	39	49	51	(53)	51	<b>90</b>	120,955	<b>140,550</b>	<b>14</b>	<b>13</b>
31	<b>Pazur</b>	<b>Beata</b>	W35 £87	82,70	POL	29330	37	40	(44)	40	45	50	55	55	<b>95</b>	108,252	<b>121,459</b>	<b>15</b>	
6	<b>Forbes</b>	<b>Trisha</b>	W55 £71	69,50	GBR	22866	28	(31)	(31)	28	35	38	(41)	38	<b>66</b>	81,764	<b>117,495</b>	<b>16</b>	
11	<b>van Gerven</b>	<b>Marja</b>	W40 £87	86,90	NED	28837	25	28	31	31	40	43	(46)	43	<b>74</b>	82,649	<b>94,963</b>	<b>17</b>	<b>14</b>
19	<b>Bosma</b>	<b>Ciska</b>	W35 >87	101,70	NED	29943	(53)	(53)	(53)	-	65	70	73	73	-	-	-	-	-