

Dutch Weightlifting Association NGB

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COMPETITION : **Open Dutch NK 13+**

SITE : Crossfit Vianen

DATE : 10-11-2019

CITY : Vianen

ORGANIZER : Crossfit Vianen, Dutch Strength, NGB

Memb.	#	Draw	Last Name	First Name	CAT.	B.W.	Birth Date	SNATCH			Best Snatch	CLEAN & JERK			Best C & J	Total	RANK	Sinclair	Robi	RANK	
								1	2	3		1	2	3							
3778	2	10	Schuilverve	Marlous	£55	53,70	NED-UnScared Weightlifting	15-01-1995	52	56	(57)	56	72	74	(76)	74	130	1	189,352	146,011	6
1389	1	3	Dikhoff	Joke	£55	53,90	NED	09-05-1950	29	31	33	33	(41)	(41)	41	41	74	2	107,499	22,463	22
1734	5	41	Groen	Marije	£59	58,50	NED-Pack Mentality	25-03-1985	48	53	(56)	53	63	(67)	(67)	63	116	1	159,319	85,737	15
2396	4	31	ten Hoopen	Willemijn	£59	55,30	NED-Leef! Gewichthefclub	10-11-1987	42	45	48	48	53	57	(60)	57	105	2	149,803	61,579	20
1946	3	23	Apsari	Diitha	£59	55,20	INA-Dutch Strength	09-10-1991	41	45	(48)	45	51	(56)	(57)	51	96	3	137,135	45,725	21
1204	8	19	den Hartog	Carline	£64	61,50	NED-Crossfit Amersfoort	18-04-1993	(65)	65	70	70	84	86	(89)	86	156	1	207,505	190,449	2
2337	9	25	Nijsten	Susanna	£64	63,70	NED	06-10-1991	57	(60)	62	62	77	81	(84)	81	143	2	186,171	142,642	7
3111	11	39	Janson	Kirsten	£64	62,60	NED	20-03-1993	55	59	(62)	59	69	77	(81)	77	136	3	178,934	120,736	10
4064	7	5	van den Hoek	Lily	£64	63,00	NED-Mirwais Training System	17-07-1991	50	(57)	58	58	69	75	(80)	75	133	4	174,309	112,113	13
3953	10	35	van Gorkom	Heleen	£64	60,00	NED	28-03-1996	47	(50)	(50)	47	65	(68)	(70)	65	112	5	151,320	63,348	19
1405	6	1	Putters	Nannie	£64	61,00	NED	21-06-1957	26	28	(30)	28	39	40	42	42	70	6	93,588	18,677	23
3962	1	6	Fischer	Jitha	£71	70,80	NED-WeLift	23-12-1995	65	68	(70)	68	83	(86)	(86)	83	151	1	185,226	150,560	4
2968	5	16	Löwik	Nikki	£76	74,30	NED-TWEE12 Nijverdal	30-01-2001	78	(82)	82	82	90	94	97	97	179	1	214,226	231,673	1
3820	7	21	Spoelstra	Malou	£76	74,00	NED-World of Weights	02-01-1997	70	73	76	76	81	85	(88)	85	161	2	193,070	162,921	3
3784	6	20	Koene	Melissa	£76	74,50	NED-We Lift	24-01-1991	66	69	(72)	69	83	86	88	88	157	3	187,647	149,858	5
Polish permit	4	14	Pazur	Martyna	£76	73,90	POL-Grom Wiecbork	20-08-2002	60	65	68	68	80	(85)	(85)	80	148	4	177,600	123,172	9
2494	2	2	Smits	Aukje	£76	75,40	NED-Crossfit Amersfoort	15-10-1998	53	(57)	57	57	67	70	(73)	70	127	5	150,903	74,087	17
743	3	9	van der Vegte	Yvonne	£76	75,60	NED-Leef! Gewichthefclub	29-01-1983	55	(58)	(58)	55	68	(72)	(74)	68	123	6	145,963	66,615	18
4100	9	40	Kerremans	Nona	£81	79,50	NED-Mirwais Training System	13-09-1991	63	(70)	(70)	63	80	85	(90)	85	148	1	171,565	116,090	11
4163	8	37	van den Dijssel	Maxime	£81	80,30	NED	21-02-1995	60	63	(66)	63	(85)	85	(88)	85	148	2	170,802	116,090	11
1054	10	11	Boer	Jennifer	£87	85,70	NED-Crossfit Amersfoort	12-04-1988	65	(70)	(70)	65	(80)	80	83	83	148	1	166,202	102,278	14
2518	12	18	Schepens	Danique	£>87	93,50	NED-Crossfitfabriek0492	28-11-1990	77	81	(84)	81	98	(103)	103	103	184	1	200,117	140,774	8
2579	11	17	Sadowski	Cecily	£>87	89,40	NED-UnScared Weightlifting	27-06-1995	64	(67)	(69)	64	84	88	(90)	88	152	2	167,954	74,626	16
3273	13	27	Croes	Isabel	£>87	96,30	NED-Get Under the Bar	20-02-1998	(70)	70	-	70	(90)	(90)	(90)	-	-	-	-	-	-
4059	1	26	van der Nat	Joris	m67	63,80	NED-Mirwais Training System	12-06-1988	73	78	83	83	(95)	98	(103)	98	181	1	252,877	124,367	10
Polish permit	2	32	Pazur	Rafal	m73	72,50	POL	09-11-1974	85	(90)	(94)	85	100	-	-	100	185	1	238,796	106,551	11
3386	3	7	Hogervorst	Rick	m81	79,20	NED-Mirwais Training System	03-04-1997	(95)	98	(102)	98	110	(115)	(116)	110	208	1	255,776	137,446	8
2965	4	15	Pirson	Laurent	m81	80,40	NED-Unscared weightlifting	04-08-1987	87	92	(101)	92	110	(114)	(116)	110	202	2	246,483	124,730	9
2372	5	36	Verweij	Coen	m81	77,30	NED-Mirwais Training System	07-07-1992	78	82	88	88	95	(102)	(104)	95	183	3	227,936	87,837	13
USAW	5	42	Gilcrest	Andrew	m89	87,40	USA	27-09-1995	(127)	132	140	140	155	(162)	(166)	155	295	1	345,748	405,865	1
1200	4	33	van Gelderen	Randolf	m89	84,70	NED-Dutch Strength	02-03-1993	(110)	(110)	110	110	125	(130)	(132)	125	235	2	279,480	190,690	4
1305	3	30	de Gouw	Roel	m89	85,30	NED-SKVU Obelix	13-01-1995	90	96	100	100	118	123	130	130	230	3	272,621	177,542	5
2324	1	4	Stiekema	Jelmer	m89	84,30	NED-USC	04-07-1989	95	(99)	(99)	95	115	121	(128)	121	216	4	257,465	144,111	7
1626	8	28	van den Nieuwenhuizen	Maarten	m89	81,40	NED-Art of Power	16-01-1995	78	81	84	84	95	102	106	106	190	5	230,395	94,117	12
1490	7	12	Bekema	Jasper	m89	82,60	NED-SKVU Obelix	16-04-1996	74	79	82	82	93	102	(110)	102	184	6	221,502	84,600	14
927	6	8	Faas	Niek	m89	85,00	NED	16-06-1944	40	42	44	44	50	(53)	(53)	50	94	7	111,605	9,087	15
772	2	24	van der Kruis	Peter	m89	87,20	NED-Leef! Gewichthefclub	16-12-1985	(96)	(96)	(96)	-	-	-	-	-	-	-	-	-	
1496	6	13	Zantinge	Douwe	m96	91,10	NED	03-11-1995	125	130	-	130	(160)	160	-	160	290	1	333,718	301,626	3
3128	7	22	Vermetten	Alexander	m102	98,90	NED	25-03-1994	130	138	146	146	135	147	(155)	147	293	1	326,232	322,297	2
1493	8	38	Koekkoek	Niels	m102	98,40	NED-Art of Power	31-03-1994	104	(108)	(109)	104	127	(131)	132	132	236	2	263,269	157,088	6