

| Lohnummer groep | 2022 Dutch Strength Spring Lift | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------------|---------------------------------|------------|----------|------|------------------------------|---------|-----|--------|--------------|------------|--------------------------------|------------|------|-----------------------|------------|------------|------------|-----|-----|-----|----------------|-----|------|------|------------------|-------|--------|--------|----------|---------|---------|---------|
| | Rank | Birth year | int. age | Nat. | Type Competitie | Datum | BCF | AC | Name Athlete | Given Name | Gender M(male) F(female) | Sen. Class | BWT | NAT-Club/Team | Name Coach | Given Name | Geb. datum | S1 | S2 | S3 | Best Snatch | C1 | C2 | C3 | Best Cl.&Jerk | Total | ES% | ACES% | DS-Total | DS-ptn | DSA-ptn | DS Rank |
| | 20-3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 3 | 1 | 1999 | 23 | NED | 3-Dutch Strength Spring Lift | 20-3-22 | 363 | 1,0000 | Nachawati | Tarek | M | M81 | 77,7 | NED-Dutch Strength | Waalewijn | Myrthe | 1-1-1999 | 87 | 92 | 95 | 95 | 112 | 118 | -122 | 118 | 213 | 58,68% | 58,68% | 504 | 138,84% | 138,84% | 2 |
| 4 | 1 | 1992 | 30 | NED | 3-Dutch Strength Spring Lift | 20-3-22 | 406 | 1,0000 | de Pee | Jarro | M | M102 | 96,2 | NED-Strength Club | Gumbulut | Kerem | 26-8-1992 | 93 | 98 | 102 | 102 | 120 | 126 | 131 | 131 | 233 | 57,39% | 57,39% | 670 | 165,02% | 165,02% | 1 |
| 8 | 1 | 1998 | 24 | NED | 3-Dutch Strength Spring Lift | 20-3-22 | 363 | 1,0000 | Wilmink | Lukas | M | M81 | 79,4 | NED- | | | 19-8-1998 | 85 | -90 | 93 | 93 | 110 | 115 | -121 | 115 | 208 | 57,30% | 57,30% | 403 | 111,02% | 111,02% | 4 |
| 1 | 1 | 1999 | 23 | NED | 3-Dutch Strength Spring Lift | 20-3-22 | 272 | 1,0000 | Waalewijn | Myrthe | F | F76 | 72,3 | NED-Dutch Strength | Nachawati | Tarek | 18-10-1999 | 62 | 65 | -68 | 65 | 80 | 84 | 86 | 86 | 151 | 55,51% | 55,51% | 377 | 138,60% | 138,60% | 3 |
| 12 | 1 | 1991 | 31 | NED | 3-Dutch Strength Spring Lift | 20-3-22 | 327 | 1,0160 | Schaubiers | Justin | M | M67 | 66,2 | NED-AKA Weightlifting | Kreuger | Alexander | 12-10-1991 | -80 | 80 | -86 | 80 | 100 | -104 | -105 | 100 | 180 | 55,05% | 55,93% | 180 | 55,05% | 55,93% | 12 |
| 6 | 1 | 1988 | 34 | NED | 3-Dutch Strength Spring Lift | 20-3-22 | 216 | 1,059 | Potharst | Vera | F | F65 | 53,8 | NED- | Waalewijn | Myrthe | 12-2-1988 | -50 | 50 | -53 | 50 | 60 | -63 | 65 | 65 | 115 | 53,24% | 56,38% | 175 | 81,02% | 85,80% | 8 |
| 7 | 1 | 1984 | 38 | NED | 3-Dutch Strength Spring Lift | 20-3-22 | 272 | 1,1090 | de Vries | Elsa | F | F76 | 75,7 | NED-Dutch Strength | Velstra | Roel | 30-7-1984 | 58 | 62 | -65 | 62 | -78 | -78 | 80 | 80 | 142 | 52,21% | 57,90% | 200 | 73,53% | 81,54% | 10 |
| 2 | 1 | 1984 | 38 | NED | 3-Dutch Strength Spring Lift | 20-3-22 | 272 | 1,1090 | Schouten | Kim | F | F76 | 72,0 | NED- | Guinares | Ianne | 25-4-1984 | 49 | 53 | 55 | 55 | 67 | 71 | -74 | 71 | 126 | 46,32% | 51,37% | 295 | 108,46% | 120,28% | 5 |
| 11 | 1 | 2000 | 22 | NED | 3-Dutch Strength Spring Lift | 20-3-22 | 343 | 1,0000 | Bakker | Mark | M | M73 | 68,5 | NED- | Guinares | Ianne | 1-3-2000 | 64 | 68 | 71 | 71 | -73 | 73 | 78 | 78 | 149 | 43,44% | 43,44% | 354 | 103,21% | 103,21% | 6 |
| 5 | 1 | 1990 | 32 | NED | 3-Dutch Strength Spring Lift | 20-3-22 | 294 | 1,0310 | Roos | Ingeborg | F | F87 | 82,0 | NED-Dutch Strength | Mehdi Raki | Armin | 8-6-1990 | 50 | 53 | 56 | 56 | 63 | 66 | -69 | 66 | 122 | 41,50% | 42,78% | 288 | 97,96% | 101,00% | 7 |
| 9 | 1 | 1980 | 42 | NED | 3-Dutch Strength Spring Lift | 20-3-22 | 363 | 1,1620 | Westerkamp | Tommy | M | M81 | 78,9 | NED-Dutch Strength | Mehdi Raki | Armin | 9-8-1980 | 61 | 63 | 66 | 66 | 78 | -83 | -86 | 78 | 144 | 39,67% | 46,10% | 268 | 73,83% | 85,79% | 9 |
| 10 | 1 | 2004 | 18 | NED | 3-Dutch Strength Spring Lift | 20-3-22 | 395 | 1,0000 | Tahiri | Yassir | M | M96 | 95,4 | NED-Dutch Strength | Khoudja | Samy | 20-12-2004 | -60 | -60 | 62 | 62 | -75 | 77 | 84 | 84 | 146 | 36,96% | 36,96% | 223 | 56,46% | 56,46% | 11 |

Hierboven inplakken van waarden

Opmerkingen - groene velden worden automatisch berekend, blauwe kolomhoofden wel invullen, als je op een cel/kolomhoofd staat zie je evt. een opmerking, let even op de datum in l - evt. corrigeren naar wedstrijddatum

Model teamscore

| Naam team | MF | ES% |
|----------------------|----|---------|
| 1 Nachawati Tarek M | | 58,68% |
| 2 Waalewijn Myrthe F | | 55,51% |
| 3 de Vries Elsa F | | 52,21% |
| 4 Roos Ingeborg F | | 41,50% |
| Teamtotaal som3beste | | 166,40% |