

Lotnummer  
Groep

# Nederlandse Gewichtheftbond Model 2022 (NK Teams Voorronde 3 Regio 1)

Sunday 19 Jun 2022

Rank	ES%	Birth year	Int. Age	Nat.	Type Competitie	Datum	ES	AC	Name Athlete	Given Name	M/F	Sen. Class	BWT	NAT-Club/Team	Name Coach	Given Name	Coach Full Name	Geb. datum	S1	S2	S3	Best Snatch	C1	C2	C3	Best C&J	Total	ES%	ACES %	
1	2	2	2000	22	NED	2-NGB NTCG-3	18-6-22	395	1.000	Zeevaarder	Jasper	M	M 96	89.2	World of Weights	Witteveen	Jan	Jan Witteveen	11-07-2000	-103	103	-107	103	142	-147	-147	142	245	62.03%	62.03%
2	1	5	1998	24	NED	2-NGB NTCG-3	18-6-22	294	1.000	Genee	Toscane	F	F 87	82.0	World of Weights	Witteveen	Jan	Jan Witteveen	10-02-1998	68	72	-76	72	92	94	-96	94	166	56.46%	56.46%
3	1	10	1994	28	NED	2-NGB NTCG-3	18-6-22	406	1.000	Zee	Stefan	M	M 102	101.0	World of Weights	Witteveen	Jan	Jan Witteveen	01-11-1994	80	85	-90	85	100	110	-115	110	195	48.03%	48.03%
4	2	4	1997	25	NED	2-NGB NTCG-3	18-6-22	272	1.000	Spoelstra	Malou	F	F 76	74.6	World of Weights	Witteveen	Jan	Jan Witteveen	02-01-1997	70	-74	74	74	82	-86	86	86	160	58.82%	58.82%
2	2	12	2005	17	NED	2-NGB NTCG-3	18-6-22	343	1.000	de Boer	Felix	M	M 73	69.1	AKA Weightlifting	Schuurbiers	Justin	Justin Schuurbiers	28-11-2005	62	-67	-70	62	72	-76	76	76	138	40.23%	40.23%
3	1	8	1987	35	GBR	2-NGB NTCG-3	18-6-22	242	1.072	Culligan	Sarah	F	F 64	62.3	AKA Weightlifting	Schuurbiers	Justin	Justin Schuurbiers	01-08-1987	55	-57	57	57	-68	-68	68	68	125	51.65%	55.37%
4	2	14	1989	33	GBR	2-NGB NTCG-3	18-6-22	321	1.046	Watt	Joanna	F	F >87	95.0	AKA Weightlifting	Schuurbiers	Justin	Justin Schuurbiers	07-02-1989	53	-56	-56	53	71	-75	75	75	128	39.88%	41.71%
1	1	2	1986	36	NED	2-NGB NTCG-3	18-6-22	395	1.083	van der Meulen	Frank	M	M 96	95.9	MLAB Weightlifting	Timmerman	Karien	Karien Timmerman	02-04-1986	105	110	-115	110	125	130	135	135	245	62.03%	67.17%
2	1	9	1989	33	NED	2-NGB NTCG-3	18-6-22	272	1.046	Arends	Sandra	F	F 76	74.9	MLAB Weightlifting	Timmerman	Karien	Karien Timmerman	24-03-1989	58	-64	-64	58	75	80	-85	80	138	50.74%	53.07%
3	2	7	1994	28	NED	2-NGB NTCG-3	18-6-22	381	1.000	Sumer	Semih	M	M 89	89.0	MLAB Weightlifting	Timmerman	Karien	Karien Timmerman	28-02-1994	95	-102	-105	95	110	-120	-120	110	205	53.81%	53.81%
4	2	6	1989	33	NED	2-NGB NTCG-3	18-6-22	260	1.046	Oudheusden	Rebecca	F	F 71	70.3	MLAB Weightlifting	Timmerman	Karien	Karien Timmerman	14-07-1989	50	55	60	60	70	75	80	80	140	53.85%	56.32%
1	2	1	1984	38	NED	2-NGB NTCG-3	18-6-22	282	1.110	Plakke	Susan	F	F 81	78.9	Dutch Strength	Bruijnen	Tom	Tom Bruijnen	27-03-1984	75	80	-85	80	90	96	-102	96	176	62.41%	69.28%
2	1	11	1979	43	NED	2-NGB NTCG-3	18-6-22	260	1.187	Dost	Eske	F	F 71	65.5	Dutch Strength	Bruijnen	Tom	Tom Bruijnen	02-06-1979	-43	43	48	48	60	65	-68	65	113	43.46%	51.59%
3	1	13	2006	16	NED	2-NGB NTCG-3	18-6-22	363	1.000	Goedhart	Thomas	M	M 81	80.5	Dutch Strength	Bruijnen	Tom	Tom Bruijnen	17-08-2006	-60	60	66	66	80	-83	-85	80	146	40.22%	40.22%
4	2	15	1999	23	NED	2-NGB NTCG-3	18-6-22	321	1.000	Visch	Sonja	F	F >87	90.3	Dutch Strength	Bruijnen	Tom	Tom Bruijnen	03-07-1999	31	33	35	35	41	43	46	46	81	25.23%	25.23%

De volgende Teams zijn (virtueel) door naar de NK Teams Finale:

- Regio 1    **1 MLAB Weightlifting**
- Regio 1    **2 World of Weights**
- Regio 2    **1 Powerhouse 040**
- Regio 2    **2 Art of Power**

## Teamscores

World of Weights				ES%
1	1	Zeevaarder	Jasper	62.03%
1	2	Genee	Toscane	56.46%
1	3	Zee	Stefan	48.03%
1	4	Spoelstra	Malou	58.82%
Team Totaal (Top 3)				177.31%

AKA Weightlifting				ES%
2	1			0.00%
2	2	de Boer	Felix	40.23%
2	3	Culligan	Sarah	51.65%
2	4	Watt	Joanna	39.88%
Team Totaal (Top 3)				131.76%

MLAB Weightlifting				ES%
3	1	van der Meulen	Frank	62.03%
3	2	Arends	Sandra	50.74%
3	3	Sumer	Semih	53.81%
3	4	Oudheusden	Rebecca	53.85%
Team Totaal (Top 3)				169.68%

Dutch Strength				ES%
4	1	Plakke	Susan	62.41%
4	2	Dost	Eske	43.46%
4	3	Goedhart	Thomas	40.22%
4	4	Visch	Sonja	25.23%
Team Totaal (Top 3)				146.09%

# Nederlandse Gewichtheftbond Model 2022 (NK Teams Voorronde 3 Regio 2)

Sunday 19 Jun 2022

Lotnummer	Groep	Rank	Birth year	Int. Age	Nat.	Type Competitie	Datum	ES	AC	Name Athlete	Given Name	M/F	Sen. Class	BWT	NAT-Club/Team	Name Coach	Given Name	Coach Full Name	Geb. datum	S1	S2	S3	Best Snatch	C1	C2	C3	Best C&J	Total	ES%	ACE %
1	1	13	2002	20	NED	2-NGB NTCG-3	18-6-22	395	1.000	Zheng	Hong Jie	M	M 96	94.1	DSKV IJzersterk	de Lange	Rudy	Rudy de Lange	04-02-2002	60	70	-75	70	70	80	90	90	160	40.51%	40.51%
2	2	5	1999	23	NED	2-NGB NTCG-3	18-6-22	381	1.000	Rugge	Daniël	M	M 89	86.2	DSKV IJzersterk	de Lange	Rudy	Rudy de Lange	17-11-1999	87	90	-95	90	107	-113	113	113	203	53.28%	53.28%
4	2	8	1999	23	NED	2-NGB NTCG-3	18-6-22	327	1.000	Espada	Laurens	M	M 67	64.4	DSKV IJzersterk	de Lange	Rudy	Rudy de Lange	25-07-1999	65	68	70	70	88	93	-100	93	163	49.85%	49.85%
1	1	11	1997	25	NED	2-NGB NTCG-3	18-6-22	260	1.000	Damm	Larissa	F	F 71	66.9	Art of Power	Asrian	David	David Asrian	22-09-1997	52	55	-58	55	62	-66	-66	62	117	45.00%	45.00%
2	2	3	1998	24	NED	2-NGB NTCG-3	18-6-22	381	1.000	Wilmink	Lukas	M	M 89	85.4	Art of Power	Asrian	David	David Asrian	19-08-1998	88	92	96	96	112	117	123	123	219	57.48%	57.48%
3	1	15	1991	31	GBR	2-NGB NTCG-3	18-6-22	242	1.016	de Wit	Kim	F	F 64	62.5	Art of Power	Asrian	David	David Asrian	19-01-1991	-53	-53	-53	0	66	69	71	71		0.00%	0.00%
4	2	4	1978	44	GRE	2-NGB NTCG-3	18-6-22	381	1.189	Charalampidis	Theo	M	M 89	86.0	Art of Power	Asrian	David	David Asrian	01-10-1978	85	92	-97	92	110	117	-122	117	209	54.86%	65.22%
1	1	2	1999	23	NED	2-NGB NTCG-3	18-6-22	381	1.000	Vanhouttem	Max	M	M 89	88.7	KSV Helios	Aretz	Ralph	Ralph Aretz	11-06-1999	100	-105	105	105	125	-130	-130	125	230	60.37%	60.37%
2	2	14	1979	43	NED	2-NGB NTCG-3	18-6-22	327	1.176	Goorden	Bas	M	M 67	64.5	KSV Helios	Aretz	Ralph	Ralph Aretz	13-03-1979	57	59	-61	59	73	-75		73	132	40.37%	47.47%
3	1	12	2004	18	NED	2-NGB NTCG-3	18-6-22	309	1.000	Steinschuld	Dani	M	M 61	59.9	KSV Helios	Aretz	Ralph	Ralph Aretz	11-01-2004	-60	-60	60	60	75	78	-81	78	138	44.66%	44.66%
4	2	7	2005	17	NED	2-NGB NTCG-3	18-6-22	343	1.000	Huits	Daan	M	M 73	70.1	KSV Helios	Aretz	Ralph	Ralph Aretz	06-11-2005	-73	74	78	78	90	95	100	100	178	51.90%	51.90%
1	1	1	1999	23	NED	2-NGB NTCG-3	18-6-22	381	1.000	de Hoop	Tom	M	M 89	87.7	Powerhouse 040	Winters	Peter	Peter Winters	23-04-1999	92	99	102	102	124	129	-136	129	231	60.63%	60.63%
2	1	6	2007	15	NED	2-NGB NTCG-3	18-6-22	216	1.000	Mostert	Lynn	F	F 55	54.8	Powerhouse 040	Winters	Peter	Peter Winters	20-05-2007	49	-52	53	53	58	60	62	62	115	53.24%	53.24%
3	2	9	1993	29	NED	2-NGB NTCG-3	18-6-22	363	1.000	Erkens	Rick	M	M 81	77.8	Powerhouse 040	Winters	Peter	Peter Winters	13-07-1993	70	74	77	77	86	-91	91	91	168	46.28%	46.28%
4	2	10	1977	45	NED	2-NGB NTCG-3	18-6-22	381	1.203	Prinsen	Peter	M	M 89	87.7	Powerhouse 040	Winters	Peter	Peter Winters	18-12-1977	70	-76	78	78	90	96	-102	96	174	45.67%	54.94%

De volgende Teams zijn (virtueel) door naar de NK Teams Finale:

- Regio 1 **1 MLAB Weightlifting**
- Regio 1 **2 World of Weights**
- Regio 2 **1 Powerhouse 040**
- Regio 2 **2 Art of Power**

Teamscores			
1	<b>DSKV IJzersterk</b>		<b>ES%</b>
1	1	Zheng	Hong Jie 40.51%
1	2	Rugge	Daniël 53.28%
1	3		0.00%
1	4	Espada	Laurens 49.85%
	<b>Team Totaal (Top 3)</b>		<b>143.63%</b>
2	<b>Art of Power</b>		<b>ES%</b>
2	1	Damm	Larissa 45.00%
2	2	Wilmink	Lukas 57.48%
2	3	de Wit	Kim 0.00%
2	4	Charalampidis	Theo 54.86%
	<b>Team Totaal (Top 3)</b>		<b>157.34%</b>
3	<b>KSV Helios</b>		<b>ES%</b>
3	1	Vanhouttem	Max 60.37%
3	2	Goorden	Bas 40.37%
3	3	Steinschuld	Dani 44.66%
3	4	Huits	Daan 51.90%
	<b>Team Totaal (Top 3)</b>		<b>156.92%</b>
4	<b>Powerhouse 040</b>		<b>ES%</b>
4	1	de Hoop	Tom 60.63%
4	2	Mostert	Lynn 53.24%
4	3	Erkens	Rick 46.28%
4	4	Prinsen	Peter 45.67%
	<b>Team Totaal (Top 3)</b>		<b>160.15%</b>