OPEN DUTCH CHAMPIONSHIPS 2007

Powerlifting Holland 10 MAART 2007

EMM

							SQUAT				BENCHPRESS				DEADLIFT							
NR	ST.	CAT.	BDW.	NAME	GYM	CAT.	1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.	TOT.	Reshel	PL.	4. SQ	4. BP	4.DL
1		-67,5	64,50	Tanja van Huizen	Almere	TeenB	115,0	125,0	135,0	135,0	55,0	60,0	65,0	200,0	105,0	112,5	117,5	317,5	536,6		-145,0	-67,5	122,5
2		-75	72,30	Kelly van Giesbergen	Almere	JuniorC	120,0	130,0	135,0	135,0	55,0	-60,0	60,0	195,0	110,0	120,0	125,0	320,0	504,6				
3		-67,5	64,60	Lucas Gijsbertsen	Dronten	OpenA	160,0	185,0	200,0	200,0	140,0	160,0	-180,0	360,0	170,0	190,0	-210,0	550,0	715,0				
		-75,0		Wesley Oomen	Almere	Teen																	
4		-75,0	72,30	René Bosma	Eóord	TeenB	150,0	165,0	175,0	175,0	95,0	100,0	-102,5	275,0	145,0	162,5	-175,0	437,5	506,6				
5		-75,0	73,80	Martin Karius	Deutschl	OpenA	165,0	180,0	195,0	195,0	135,0	147,5	-155,0	342,5	195,0	210,0	-220,0	552,5	627,6				
6		-82,5	76,60	Calin Eschenasy	Deutschl	M50+	205,0	-220,0	220,0	220,0	135,0	140,0	145,0	365,0	200,0	220,0	-235,0	585,0	647,0				
		-82,5		Santi Tjikhoesi	Alkmaar	Open																	
7		-82,5		John de Rijke	Alkmaar	Open																	
8		-90,0	86,90	Bas de Vries	Eóord	OpenB	175,0	-185,0	185,0	185,0	115,0	120,0	-125,0	305,0	175,0	185,0	-192,5	490,0	486,1				
9		-90,0	85,00	Dennis Maats	Eóord	OpenC	140,0	147,5	152,5	152,5	87,5	92,5	-95,0	245,0	155,0	165,0	175,0	420,0	422,5				
10		-90,0		Victor Mooren	Almere	TeenB																	
1		-90,0		Ben Peters	Alkmaar	OpenA																	
2		-100,0	91,10	Josanti van Rijsoort	Alkmaar	M40+	220,0	240,0	250,0	250,0	120,0	127,5	132,5	382,5	220,0	-240,0	-240,0	602,5	579,0				
3		-100,0	91,40	Phil Watkins	Great Brit	OpenA	305,0	320,0	-330,0	320,0	-180,0	185,0	-192,5	505,0	290,0	300,0	312,0	817,0	784,3				
4		-100,0	99,30	Mahmoud Ali	Dronten	OpenC	170,0	-190,0	190,0	190,0	100,0	110,0	117,5	307,5	170,0	190,0	205,0	512,5	470,5				
5		-100,0	92,80	Peter Berghmans	Dronten	M50+	190,0	210,0	220,0	220,0	115,0	-122,5	-122,5	335,0	190,0	215,0	225,0	560,0	532,0				
6		-125,0	112,20	Mark Griffiths	Great Brit	OpenA	320,0	340,0	366,0	366,0	200,0	210,0	-220,0	576,0	300,0	315,0	-330,0	891,0	783,2				
7		-125,0	123,80	Melvin Oosting	Dronten	TeenC	140,0	160,0	170,0	170,0	90,0	100,0	-105,0	270,0	170,0	185,0	200,0	470,0	403,7				
8		-110,0	106,50	Peter Bongers	Alkmaar	M40+	240,0	270,0	290,0	290,0	155,0	170,0	-180,0	460,0	250,0	280,0	295,0	755,0	675,0				295,5
9		-125,0	122,20	Ed Fennema	Dronten	M40+	300,0	320,0	-330,0	320,0	-200,0	210,0	-215,0	530,0	280,0	-300,0	-305,0	810,0	697,4				
10		-140,0	138,00	Looi Al Houmadi	Dronten	OpenB	260,0	280,0	300,0	300,0	150,0	167,5	175,0	475,0	225,0	240,0	260,0	735,0	618,9				
				Jan Poelarends	Eóord	OpenA																	
				Richard Fricker	Great Brit	M45+																	

EN DUTCH CHAMPIONSHIPS 2007

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MELOORD NETHERLANDS

						BENCHPRESS						
NR	CAT.	CAT.	BDW	NAME	GYM	1.	2.	3.	TOT.	PL.	Reshel	4. BP
1	-67,5	Teen	66,70	Wesley Oomen	Almere	70,0	75,0	-80,0	75,0		94,3	
2	-82,5	Open	80,00	Ilias Bouriouris	Deutschland	125,0	132,5	-145,0	132,5		139,7	
3	-82,5	M40+	82,50	Jörg Rödiger	Deutschland	125,0	135,0	-140,0	135,0		138,9	
4	-90,0	M45+	82,80	Horst Fischer	Deutschland	125,0	130,0	-132,5	130,0		133,4	
5	-90,0	Open		Schwade	Deutschland							
6	-82,5	Junior	81,50	John de Rijke	Alkmaar	85,0	-92,5	-92,5	85,0		88,3	
7	-90,0	Junior	84,70	Jeroen Beck	Almere	115,0	125,0	132,5	132,5		134,0	
8	-90,0	Junior	85,30	Daniël van den Braak	Alkmaar	150,0	-155,0	-155,0	150,0		150,6	
9	-90,0	Open	89,90	Thomas Elfner	Deutschland	145,0	157,5	160,0	160,0		155,2	
10	-90,0	M40+		Christoph Martin	Deutschland							
11	-100,0	M50+	92,10	Dave Tickle	Great Britain	155,0	160,0	165,0	165,0		157,4	
12	-100,0	Teen	95,40	Martijn Holman	Almere	115,0	125,0	132,5	132,5		123,8	
1	-100,0	OpenC	97,90	Danny Bindinga	Almere	115,0	125,0	-130,0	125,0		115,5	
2	-100,0	OpenB	91,20	Harrald van Zoest	Almere	135,0	-145,0	-145,0	135,0		129,7	
3	-100,0	OpenB	99,10	Ruben Kooyman	Emmeloord	170,0	-180,0	-180,0	170,0		156,2	
4	-100,0	OpenA	95,00	Jean Pierre Meyer	Almere	185,0	-190,0	190,0	190,0		178,0	
5	-110,0	OpenA	100,60	Dennis Stoker	Almere	185,0	190,0	195,0	195,0		178,0	
6	-110,0	OpenA	103,00	Raymond van Deventer	Alkmaar	230,0	240,0	245,0	245,0		221,5	
7	-110,0	M50+	101,10	Elbert Vastenburg	Almere	-180,0	-190,0	-190,0	-180,0		-159,3	
8	-140,0	M45+C	130,70	Tonny Vastenburg	Almere	130,0	140,0	150,0	150,0		127,7	
9	-125,0	OpenB	125,00	Hidde de Vries	Emmeloord	-180,0	-190,0	-190,0	-180,0		-154,4	
10	-140,0	M40+	127,80	John van Iren	Emmeloord	220,0	-235,0	235,0	235,0		200,7	245,0
11	140+	M45+		Richard Fricker	Great Britain							