

Corine Dijkhuizen		Squat		Bench		Deadlift		Total	BW kilo	BW lbs	Coefficient	Formula Malone	Ranking
		kilo	reps	kilo	reps	kilo	reps						
attempted		60	5	50	5	80	5						
19-jun	Predicted 1RM Max	70		60		90		220	80	176	0,6898	151,756	1
21-aug	TEST	77,5		62,5		102,5		242,5	80,8	178	0,6811	165,16675	1

Renaldo Groothedde		Squat		Bench		Deadlift		Schwartz					
		kilo	reps	kilo	reps	kilo	reps						
attempted		95	3	90	2	110	5						
19-jun	Predicted 1RM Max	110		95		125		330	74,7	165	0,6656	219,648	4
21-aug	TEST	100		85		130		315	73	161	0,6788	213,822	3

Stefan Hofman		Squat		Bench		Deadlift								
		kilo	reps	kilo	reps	kilo	reps							
attempted		did not test												
19-jun	Predicted 1RM Max													
21-aug	TEST	105		95		130		330	78,3	173	0,642	211,86	4	

Martijn Koevoets		Squat		Bench		Deadlift		Schwartz					
		kilo	reps	kilo	reps	kilo	reps						
attempted		85	5	60	5	100	5						
19-jun	Predicted 1RM Max	100		70		115		285	67,9	150	0,7207	205,3995	5
21-aug	TEST	90		60		130		280	67	148	0,7294	204,232	5

Robert Pothoven		Squat		Bench		Deadlift		Schwartz					
		kilo	reps	kilo	reps	kilo	reps						
attempted		120	5	115	5	160	4						
19-jun	Predicted 1RM Max	140		130		180		450	85	187	0,6077	273,465	1
21-aug	TEST	155		132,5		190		477,5	84,5	186	0,6099	291,22725	1

Johan Schuller		Squat		Bench		Deadlift		Schwartz					
		kilo	reps	kilo	reps	kilo	reps						
attempted		125	6	100	5	150	5						
19-jun	Predicted 1RM Max	150		115		170		435	83	183	0,6167	268,2645	2
21-aug	TEST	150		105		175		430	81	179	0,6262	253,611	2

Bram Verbruggen		Squat		Bench		Deadlift		Schwartz					
		kilo	reps	kilo	reps	kilo	reps						
attempted		105	4	80	5	105	5						
19-jun	Predicted 1RM Max	115		90		135		340	88	194	0,5935	201,79	6
21-aug	TEST	150		0		180		330	93	205	0,5744	189,552	6