

Corine Dijkhuizen

Squat		Bench		Deadlift	
kilo	reps	kilo	reps	kilo	reps
60	5	50	5	80	5
70		60		90	

attempted
Predicted 1RM Max

Total	BW	BW	Coefficient	Formula	Ranking
	kilo	lbs		Malone	
	80	176	0,6898	151,756	1
220					

Arjen Goossens

Squat		Bench		Deadlift	
kilo	reps	kilo	reps	kilo	reps
115	4	90	4	115	5
135		105		135	

attempted
Predicted 1RM Max

	82,4	182	0,6214	Schwartz	
				233,025	3
375					

Renaldo Groothedde

Squat		Bench		Deadlift	
kilo	reps	kilo	reps	kilo	reps
95	3	90	2	110	5
110		95		125	

attempted
Predicted 1RM Max

	74,7	165	0,6656	Schwartz	
				219,648	4
330					

Stefan Hofman

Squat		Bench		Deadlift	
kilo	reps	kilo	reps	kilo	reps
did not test					

attempted
Predicted 1RM Max

Martijn Koevoets

Squat		Bench		Deadlift	
kilo	reps	kilo	reps	kilo	reps
85	5	60	5	100	5
100		70		115	

attempted
Predicted 1RM Max

	67,9	150	0,7207	Schwartz	
				205,3995	5
285					

Robert Pothoven

Squat		Bench		Deadlift	
kilo	reps	kilo	reps	kilo	reps
120	5	115	5	160	4
140		130		180	

attempted
Predicted 1RM Max

	85	187	0,6077	Schwartz	
				273,465	1
450					

Johan Schuller

Squat		Bench		Deadlift	
kilo	reps	kilo	reps	kilo	reps
125	6	100	5	150	5
150		115		170	

attempted
Predicted 1RM Max

	83	183	0,6167	Schwartz	
				268,2645	2
435					

Bram Verbruggen

Squat		Bench		Deadlift	
kilo	reps	kilo	reps	kilo	reps
105	4	80	5	105	5
115		90		135	

attempted
Predicted 1RM Max

	88	194	0,5935	Schwartz	
				201,79	6
340					