

## Bundesverband Deutscher Kraftdreikämpfer (BVDK e.V.)

**Stand:** 08.09.2017

### Deutsche Rekorde im Kraftdreikampf der weiblichen B-Jugend

| 43,0 kg            |          |       |       |       |       |
|--------------------|----------|-------|-------|-------|-------|
| <b>Kniebeugen</b>  | Standard | ..... | 55,0  | ..... | ..... |
| <b>Bankdrücken</b> | Standard | ..... | 32,5  | ..... | ..... |
| <b>Kreuzheben</b>  | Standard | ..... | 55,0  | ..... | ..... |
| <b>Dreikampf</b>   | Standard | ..... | 142,5 | ..... | ..... |

| 47,0 kg            |           |                |       |            |             |
|--------------------|-----------|----------------|-------|------------|-------------|
| <b>Kniebeugen</b>  | Standard  | .....          | 62,5  | .....      | .....       |
| <b>Bankdrücken</b> | Standard  | .....          | 37,5  | .....      | .....       |
| <b>Kreuzheben</b>  | Pia Große | PL Lauchhammer | 67,5  | 25.10.2014 | Lauchhammer |
| <b>Dreikampf</b>   | Standard  | .....          | 162,5 | .....      | .....       |

| 52,0 kg            |             |                |       |            |             |
|--------------------|-------------|----------------|-------|------------|-------------|
| <b>Kniebeugen</b>  | Standard    | .....          | 70,0  | .....      | .....       |
| <b>Bankdrücken</b> | Standard    | .....          | 42,5  | .....      | .....       |
| <b>Kreuzheben</b>  | Celine Hein | KSV Weissensee | 100,0 | 20.09.2014 | Lauchhammer |
| <b>Dreikampf</b>   | Celine Hein | KSV Weissensee | 202,5 | 20.09.2014 | Lauchhammer |

| 57,0 kg            |                        |                           |       |            |             |
|--------------------|------------------------|---------------------------|-------|------------|-------------|
| <b>Kniebeugen</b>  | Celine Hein            | KSV Weißensee             | 90,0  | 22.10.2016 | Sömmerda    |
| <b>Bankdrücken</b> | Sonja, Stefanie Krüger | FC Rhein-Main Rüsselsheim | 55,0  | 25.10.2014 | Lauchhammer |
| <b>Kreuzheben</b>  | Sonja, Stefanie Krüger | FC Rhein-Main Rüsselsheim | 117,5 | 25.10.2014 | Lauchhammer |
| <b>Dreikampf</b>   | Sonja, Stefanie Krüger | FC Rhein-Main Rüsselsheim | 257,5 | 25.10.2014 | Lauchhammer |

| 63,0 kg            |                        |                           |       |            |             |
|--------------------|------------------------|---------------------------|-------|------------|-------------|
| <b>Kniebeugen</b>  | Sonja, Stefanie Krüger | FC Rhein-Main Rüsselsheim | 123,0 | 24.10.2015 | Lauchhammer |
| <b>Bankdrücken</b> | Sonja, Stefanie Krüger | FC Rhein-Main Rüsselsheim | 75,5  | 24.10.2015 | Lauchhammer |
| <b>Kreuzheben</b>  | Sonja, Stefanie Krüger | FC Rhein-Main Rüsselsheim | 135,0 | 08.06.2015 | Salo        |
| <b>Dreikampf</b>   | Sonja, Stefanie Krüger | FC Rhein-Main Rüsselsheim | 332,5 | 08.06.2015 | Salo        |

| 72,0 kg            |                        |                           |       |            |             |
|--------------------|------------------------|---------------------------|-------|------------|-------------|
| <b>Kniebeugen</b>  | Sonja, Stefanie Krüger | FC Rhein-Main Rüsselsheim | 117,5 | 12.09.2015 | Lauchhammer |
| <b>Bankdrücken</b> | Sonja, Stefanie Krüger | FC Rhein-Main Rüsselsheim | 70,5  | 12.09.2015 | Lauchhammer |
| <b>Kreuzheben</b>  | Sonja, Stefanie Krüger | FC Rhein-Main Rüsselsheim | 132,5 | 12.09.2015 | Lauchhammer |
| <b>Dreikampf</b>   | Sonja, Stefanie Krüger | FC Rhein-Main Rüsselsheim | 320,5 | 12.09.2015 | Lauchhammer |

| 84,0 kg            |                |                          |       |            |          |
|--------------------|----------------|--------------------------|-------|------------|----------|
| <b>Kniebeugen</b>  | Standard       | KSV Weißensee            | 90,0  | 22.10.2016 | Sömmerda |
| <b>Bankdrücken</b> | Standard       | .....                    | 67,5  | .....      | .....    |
| <b>Kreuzheben</b>  | Amely, Mendyka | Powerlifting Lauchhammer | 120,0 | 22.10.2016 | Sömmerda |
| <b>Dreikampf</b>   | Standard       | .....                    | 277,5 | .....      | .....    |

| 84,0+ kg           |                 |                          |       |            |             |
|--------------------|-----------------|--------------------------|-------|------------|-------------|
| <b>Kniebeugen</b>  | Samantha Füßler | Powerlifting Lauchhammer | 110,0 | 11.02.2017 | Lauchhammer |
| <b>Bankdrücken</b> | Standard        | .....                    | 70,0  | .....      | .....       |
| <b>Kreuzheben</b>  | Samantha Füßler | Powerlifting Lauchhammer | 125,0 | 11.02.2017 | Lauchhammer |
| <b>Dreikampf</b>   | Standard        | .....                    | 290,0 | .....      | .....       |

## Deutsche Rekorde im Kraftdreikampf der weiblichen A-Jugend

### 43,0 kg

|                    |          |       |       |       |       |
|--------------------|----------|-------|-------|-------|-------|
| <b>Kniebeugen</b>  | Standard | ..... | 85,0  | ..... | ..... |
| <b>Bankdrücken</b> | Standard | ..... | 45,0  | ..... | ..... |
| <b>Kreuzheben</b>  | Standard | ..... | 85,0  | ..... | ..... |
| <b>Dreikampf</b>   | Standard | ..... | 215,0 | ..... | ..... |

### 47,0 kg

|                    |          |       |       |       |       |
|--------------------|----------|-------|-------|-------|-------|
| <b>Kniebeugen</b>  | Standard | ..... | 100,0 | ..... | ..... |
| <b>Bankdrücken</b> | Standard | ..... | 50,0  | ..... | ..... |
| <b>Kreuzheben</b>  | Standard | ..... | 100,0 | ..... | ..... |
| <b>Dreikampf</b>   | Standard | ..... | 250,0 | ..... | ..... |

### 52,0 kg

|                    |                |                |       |            |          |
|--------------------|----------------|----------------|-------|------------|----------|
| <b>Kniebeugen</b>  | Anja Schreiner | SC Oberölsbach | 120,0 | 29.10.2011 | Landshut |
| <b>Bankdrücken</b> | Anja Schreiner | SC Oberölsbach | 84,0  | 29.10.2011 | Landshut |
| <b>Kreuzheben</b>  | Anja Schreiner | SC Oberölsbach | 120,0 | 29.10.2011 | Landshut |
| <b>Dreikampf</b>   | Anja Schreiner | SC Oberölsbach | 324,0 | 29.10.2011 | Landshut |

### 57,0 kg

|                    |                   |                       |       |            |             |
|--------------------|-------------------|-----------------------|-------|------------|-------------|
| <b>Kniebeugen</b>  | Viktoria Beilmann | TSV 1892 Heiligenrode | 135,5 | 11.02.2017 | Lauchhammer |
| <b>Bankdrücken</b> | Viktoria Beilmann | TSV 1892 Heiligenrode | 75,0  | 08.05.2017 | Malaga      |
| <b>Kreuzheben</b>  | Standard          | .....                 | 130,0 | .....      | .....       |
| <b>Dreikampf</b>   | Viktoria Beilmann | TSV 1892 Heiligenrode | 335,0 | 08.05.2017 | Malaga      |

### 63,0 kg

|                    |                       |                           |       |            |         |
|--------------------|-----------------------|---------------------------|-------|------------|---------|
| <b>Kniebeugen</b>  | Sonja Stefanie Krüger | FC Rhein-Main Rüsselsheim | 215,0 | 31.08.2016 | Szczyrk |
| <b>Bankdrücken</b> | Sonja Stefanie Krüger | FC Rhein-Main Rüsselsheim | 132,5 | 16.11.2016 | Orlando |
| <b>Kreuzheben</b>  | Sonja Stefanie Krüger | FC Rhein-Main Rüsselsheim | 165,0 | 16.11.2016 | Orlando |
| <b>Dreikampf</b>   | Sonja Stefanie Krüger | FC Rhein-Main Rüsselsheim | 505,0 | 16.11.2016 | Orlando |

### 72,0 kg

|                    |                       |                         |       |            |         |
|--------------------|-----------------------|-------------------------|-------|------------|---------|
| <b>Kniebeugen</b>  | Sonja Stefanie Krüger | Fitness-Club Rhein-Main | 230,0 | 31.08.2017 | Orlando |
| <b>Bankdrücken</b> | Sonja Stefanie Krüger | Fitness-Club Rhein-Main | 147,0 | 31.08.2017 | Orlando |
| <b>Kreuzheben</b>  | Sonja Stefanie Krüger | Fitness-Club Rhein-Main | 180,0 | 31.08.2017 | Orlando |
| <b>Dreikampf</b>   | Sonja Stefanie Krüger | Fitness-Club Rhein-Main | 557,0 | 31.08.2017 | Orlando |

### 84,0 kg

|                    |          |       |       |       |       |
|--------------------|----------|-------|-------|-------|-------|
| <b>Kniebeugen</b>  | Standard | ..... | 175,0 | ..... | ..... |
| <b>Bankdrücken</b> | Standard | ..... | 100,0 | ..... | ..... |
| <b>Kreuzheben</b>  | Standard | ..... | 175,0 | ..... | ..... |
| <b>Dreikampf</b>   | Standard | ..... | 450,0 | ..... | ..... |

### 84,0+ kg

|                    |          |       |       |       |       |
|--------------------|----------|-------|-------|-------|-------|
| <b>Kniebeugen</b>  | Standard | ..... | 180,0 | ..... | ..... |
| <b>Bankdrücken</b> | Standard | ..... | 110,0 | ..... | ..... |
| <b>Kreuzheben</b>  | Standard | ..... | 180,0 | ..... | ..... |
| <b>Dreikampf</b>   | Standard | ..... | 470,0 | ..... | ..... |