

Baden-Württembergischer Gewichtheber Verband (BWG e.V)

Stand: 15.12.21

Baden-Württembergische Rekorde im KDK Classic der AK1 Männer

59 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

66 kg

| | | | | | |
|--------------|-----------------|------------------------------|-----|----------|----------|
| Kniebeugen | Matthias Riesch | Corpus Fitness Weightplayers | 150 | 21.09.18 | Weinheim |
| Bankdrücken | Matthias Riesch | Corpus Fitness Weightplayers | 90 | 21.09.18 | Weinheim |
| Kreuzheben | Matthias Riesch | Corpus Fitness Weightplayers | 190 | 21.09.18 | Weinheim |
| Total | Matthias Riesch | Corpus Fitness Weightplayers | 430 | 21.09.18 | Weinheim |

74 kg

| | | | | | |
|--------------|-----------------|-------------|-------|----------|----------|
| Kniebeugen | Matthias Siegle | SV Fellbach | 202,5 | 07.06.18 | Calgary |
| Bankdrücken | Matthias Siegle | SV Fellbach | 132,5 | 12.10.17 | Chemnitz |
| Kreuzheben | Matthias Siegle | SV Fellbach | 232,5 | 12.10.17 | Chemnitz |
| Total | Matthias Siegle | SV Fellbach | 560 | 07.06.18 | Calgary |

83 kg

| | | | | | |
|--------------|-------------|------------|-------|----------|-------------|
| Kniebeugen | Rolf Hampel | AC Oppenau | 251 | 29.03.19 | Niestetal |
| Bankdrücken | Rolf Hampel | AC Oppenau | 120 | 20.08.16 | Renchtal |
| Kreuzheben | Rolf Hampel | AC Oppenau | 260 | 07.03.18 | Helsingborg |
| Total | Rolf Hampel | AC Oppenau | 615,5 | 07.03.18 | Helsingborg |

93 kg

| | | | | | |
|--------------|--------------------|-------------------------|-------|----------|-----------|
| Kniebeugen | Alexander Frank | Schwerathletik Mannheim | 170 | 08.02.20 | Wiesbaden |
| Bankdrücken | Werner Stefanowicz | AC Weinheim | 142,5 | 09.09.18 | Fellbach |
| Kreuzheben | Ralph Brenneis | ASV Grötzingen | 202,5 | 29.03.19 | Niestetal |
| Total | Werner Stefanowicz | AC Weinheim | 480 | 21.09.18 | Weinheim |

105 kg

| | | | | | |
|--------------|----------------|--------------|-------|----------|----------|
| Kniebeugen | Oliver Dittmar | AC Weinheim | 212,5 | 21.09.18 | Weinheim |
| Bankdrücken | Mario Schnurr | KSV Renchtal | 142,5 | 29.04.17 | Fellbach |
| Kreuzheben | Mario Schnurr | KSV Renchtal | 250 | 29.04.17 | Fellbach |
| Total | Oliver Dittmar | AC Weinheim | 575 | 21.09.18 | Weinheim |

120 kg

| | | | | | |
|--------------|----------------|------------|-------|----------|----------|
| Kniebeugen | Waldemar Kexel | AC Oppenau | 190 | 20.08.16 | Renchtal |
| Bankdrücken | Waldemar Kexel | AC Oppenau | 137,5 | 20.08.16 | Renchtal |
| Kreuzheben | Waldemar Kexel | AC Oppenau | 220 | 20.08.16 | Renchtal |
| Total | Waldemar Kexel | AC Oppenau | 547,5 | 20.08.16 | Renchtal |

120+ kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

Baden-Württembergischer Gewichtheber Verband (BWG e.V)

Stand: 15.12.21

Baden-Württembergische Rekorde im KDK Classic der AK1 Frauen

47 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

52 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

57 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

63 kg

| | | | | | |
|--------------|----------------|--------------|-------|----------|----------|
| Kniebeugen | Astrid Ottmann | KSV Mannheim | 82,5 | 12.10.17 | Chemnitz |
| Bankdrücken | Astrid Ottmann | KSV Mannheim | 50 | 12.10.17 | Chemnitz |
| Kreuzheben | Astrid Ottmann | KSV Mannheim | 105 | 12.10.17 | Chemnitz |
| Total | Astrid Ottmann | KSV Mannheim | 237,5 | 12.10.17 | Chemnitz |

69 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

72 kg

| | | | | | |
|--------------|-------------------|-------------|-------|----------|------------|
| Kniebeugen | Dr. Brita Fritsch | SV Fellbach | 147,5 | 21.09.18 | Greifswald |
| Bankdrücken | Dr. Brita Fritsch | SV Fellbach | 85 | 21.09.18 | Greifswald |
| Kreuzheben | Dr. Brita Fritsch | SV Fellbach | 172,5 | 21.09.18 | Greifswald |
| Total | Dr. Brita Fritsch | SV Fellbach | 405 | 21.09.18 | Greifswald |

76 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

84 kg

| | | | | | |
|--------------|----------------|------------|-------|----------|----------|
| Kniebeugen | Sybille Hampel | AC Oppenau | 95 | 20.08.16 | Renchtal |
| Bankdrücken | Sybille Hampel | AC Oppenau | 65 | 12.10.17 | Chemnitz |
| Kreuzheben | Sybille Hampel | AC Oppenau | 127,5 | 20.08.16 | Renchtal |
| Total | Sybille Hampel | AC Oppenau | 285 | 20.08.16 | Renchtal |

84+ kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

Baden-Württembergischer Gewichtheber Verband (BWG e.V)

Stand: 15.12.21

Baden-Württembergische Rekorde im KDK Classic der AK2 Männer

59 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

66 kg

| | | | | | |
|--------------|---------------|----------------|-----|----------|-------------|
| Kniebeugen | Werner Wagner | ASV Grötzingen | 80 | 16.09.16 | Lauchhammer |
| Bankdrücken | Ali Akan | AC Weinheim | 70 | 11.09.15 | Lauchhammer |
| Kreuzheben | Werner Wagner | ASV Grötzingen | 140 | 16.09.16 | Lauchhammer |
| Total | Werner Wagner | ASV Grötzingen | 290 | 16.09.16 | Lauchhammer |

74 kg

| | | | | | |
|--------------|-----------------|-------------|-------|----------|----------|
| Kniebeugen | Matthias Siegle | SV Fellbach | 202,5 | 07.06.18 | Calgary |
| Bankdrücken | Matthias Siegle | SV Fellbach | 132,5 | 12.10.17 | Chemnitz |
| Kreuzheben | Matthias Siegle | SV Fellbach | 232,5 | 12.10.17 | Chemnitz |
| Total | Matthias Siegle | SV Fellbach | 560 | 07.06.18 | Calgary |

83 kg

| | | | | | |
|--------------|-------------|------------|-------|----------|-------------|
| Kniebeugen | Rolf Hampel | AC Oppenau | 251 | 29.03.19 | Niestetal |
| Bankdrücken | Rolf Hampel | AC Oppenau | 120 | 20.08.16 | Renchtal |
| Kreuzheben | Rolf Hampel | AC Oppenau | 260 | 07.03.18 | Helsingborg |
| Total | Rolf Hampel | AC Oppenau | 615,5 | 07.03.18 | Helsingborg |

93 kg

| | | | | | |
|--------------|-----------------|----------------|-------|----------|-----------|
| Kniebeugen | Ralph Brenneis | ASV Grötzingen | 150 | 29.03.19 | Niestetal |
| Bankdrücken | Andreas Schmitt | AC Weinheim | 117,5 | 29.04.17 | Fellbach |
| Kreuzheben | Ralph Brenneis | ASV Grötzingen | 202,5 | 29.03.19 | Niestetal |
| Total | Ralph Brenneis | ASV Grötzingen | 445 | 29.03.19 | Niestetal |

105 kg

| | | | | | |
|--------------|---------------|--------------|-------|----------|----------|
| Kniebeugen | Mario Schnurr | KSV Renchtal | 207,5 | 21.09.19 | Weinheim |
| Bankdrücken | Mario Schnurr | KSV Renchtal | 142,5 | 29.04.17 | Fellbach |
| Kreuzheben | Mario Schnurr | KSV Renchtal | 250 | 29.04.17 | Fellbach |
| Total | Mario Schnurr | KSV Renchtal | 557,5 | 21.09.19 | Weinheim |

120 kg

| | | | | | |
|--------------|----------------|------------|-------|----------|----------|
| Kniebeugen | Waldemar Kexel | AC Oppenau | 190 | 20.08.16 | Renchtal |
| Bankdrücken | Waldemar Kexel | AC Oppenau | 137,5 | 20.08.16 | Renchtal |
| Kreuzheben | Waldemar Kexel | AC Oppenau | 220 | 20.08.16 | Renchtal |
| Total | Waldemar Kexel | AC Oppenau | 547,5 | 20.08.16 | Renchtal |

120+ kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

Baden-Württembergischer Gewichtheber Verband (BWG e.V)

Stand: 15.12.21

Baden-Württembergische Rekorde im KDK Classic der AK2 Frauen

47 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

52 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

57 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

63 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

69 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

72 kg

| | | | | | |
|--------------|----------------|------------|-------|----------|-----------|
| Kniebeugen | Sybille Hampel | AC Oppenau | 107,5 | 29.03.19 | Niestetal |
| Bankdrücken | Sybille Hampel | AC Oppenau | 65 | 29.03.19 | Niestetal |
| Kreuzheben | Sybille Hampel | AC Oppenau | 115 | 29.03.19 | Niestetal |
| Total | Sybille Hampel | AC Oppenau | 287,5 | 29.03.19 | Niestetal |

76 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

84 kg

| | | | | | |
|--------------|----------------|------------|-------|----------|------|
| Kniebeugen | Sybille Hampel | AC Oppenau | 97,5 | 12.03.20 | Albi |
| Bankdrücken | Sybille Hampel | AC Oppenau | 75 | 12.03.20 | Albi |
| Kreuzheben | Sybille Hampel | AC Oppenau | 130 | 12.03.20 | Albi |
| Total | Sybille Hampel | AC Oppenau | 302,5 | 12.03.20 | Albi |

84+ kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

Baden-Württembergischer Gewichtheber Verband (BWG e.V)

Stand: 15.12.21

Baden-Württembergische Rekorde im KDK Classic der AK3 Männer

59 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

66 kg

| | | | | | |
|--------------|---------------|----------------|-----|----------|-------------|
| Kniebeugen | Werner Wagner | ASV Grötzingen | 80 | 16.09.16 | Lauchhammer |
| Bankdrücken | Ali Akan | AC Weinheim | 70 | 11.09.15 | Lauchhammer |
| Kreuzheben | Werner Wagner | ASV Grötzingen | 140 | 16.09.16 | Lauchhammer |
| Total | Werner Wagner | ASV Grötzingen | 290 | 16.09.16 | Lauchhammer |

74 kg

| | | | | | |
|--------------|-----------------|----------------------|-----|----------|----------|
| Kniebeugen | Walter Matthews | PSC Mannheim-Schönau | 55 | 29.04.17 | Fellbach |
| Bankdrücken | Walter Matthews | PSC Mannheim-Schönau | 95 | 29.04.17 | Fellbach |
| Kreuzheben | Walter Matthews | PSC Mannheim-Schönau | 145 | 29.04.17 | Fellbach |
| Total | Walter Matthews | PSC Mannheim-Schönau | 295 | 29.04.17 | Fellbach |

83 kg

| | | | | | |
|--------------|-------------|------------|-------|----------|------------|
| Kniebeugen | Rolf Hampel | AC Oppenau | 225 | 28.08.21 | Greifswald |
| Bankdrücken | Rolf Hampel | AC Oppenau | 112,5 | 28.08.21 | Greifswald |
| Kreuzheben | Rolf Hampel | AC Oppenau | 236 | 28.08.21 | Greifswald |
| Total | Rolf Hampel | AC Oppenau | 573,5 | 28.08.21 | Greifswald |

93 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

105 kg

| | | | | | |
|--------------|----------------|------------|-------|----------|-----------|
| Kniebeugen | Waldemar Kexel | AC Oppenau | 160 | 09.09.18 | Fellbach |
| Bankdrücken | Waldemar Kexel | AC Oppenau | 120 | 09.09.18 | Fellbach |
| Kreuzheben | Waldemar Kexel | AC Oppenau | 202,5 | 29.03.19 | Niestetal |
| Total | Waldemar Kexel | AC Oppenau | 480 | 09.09.18 | Fellbach |

120 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

120+ kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

Baden-Württembergischer Gewichtheber Verband (BWG e.V)

Stand: 15.12.21

Baden-Württembergische Rekorde im KDK Classic der AK3 Frauen

47 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

52 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

57 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

63 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

69 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

76 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

84 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

84+ kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

Baden-Württembergischer Gewichtheber Verband (BWG e.V)

Stand: 15.12.21

Baden-Württembergische Rekorde im KDK Classic der AK4 Männer

59 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

66 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

74 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

83 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

93 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

105 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

120 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

120+ kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

Baden-Württembergischer Gewichtheber Verband (BWG e.V)

Stand: 15.12.21

Baden-Württembergische Rekorde im KDK Classic der AK4 Frauen

47 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

52 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

57 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

63 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

69 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

72 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

84 kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |

84+ kg

| | | | | | |
|--------------|-----|-----|-----|-----|-----|
| Kniebeugen | ... | ... | ... | ... | ... |
| Bankdrücken | ... | ... | ... | ... | ... |
| Kreuzheben | ... | ... | ... | ... | ... |
| Total | ... | ... | ... | ... | ... |