

Bayerischer Gewichtheber- und Kraftsportverband (BGKV e.V.)

Bayerische Rekorde der weiblichen Senioren AK I (RAW)

03.05.2018

Kniebeuge

47,0 kg			77,5		
52,0 kg			85,0		
57,0 kg			90,0		
63,0 kg			100,0		
72,0 kg			110,0		
84,0 kg			115,0		
84,0+ kg			122,5		

Bankdrücken

47,0 kg			47,5		
52,0 kg			52,5		
57,0 kg			55,0		
63,0 kg			62,5		
72,0 kg			67,5		
84,0 kg			75,0		
84,0+ kg			77,5		

Kreuzheben

47,0 kg			77,5		
52,0 kg			87,5		
57,0 kg			95,0		
63,0 kg			105,0		
72,0 kg			115,0		
84,0 kg			125,0		
84,0+ kg			132,5		

Total

47,0 kg			205,0		
52,0 kg			225,0		
57,0 kg			240,0		
63,0 kg			267,5		
72,0 kg			292,5		
84,0 kg			315,0		
84,0+ kg			332,5		

Bayerische Rekorde im Einzelbankdrücken

47,0 kg			52,5		
52,0 kg			55,0		
57,0 kg	Rummel Martina	KSC Puch e.V.	65,0	21.04.2018	Kaufbeuren
63,0 kg			65,0		
72,0 kg	Haas Regina	KSC Puch e.V.	102,5	21.04.2018	Kaufbeuren
84,0 kg			77,5		
84,0+ kg			80,0		

Bayerische Rekorde im Einzelkreuzheben

47,0 kg			77,5		
52,0 kg			87,5		
57,0 kg			95,0		
63,0 kg			105,0		
72,0 kg			115,0		
84,0 kg			125,0		
84,0+ kg			132,5		