

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

Bayerische Rekorde der weiblichen Senioren AK II (RAW)

03.05.2018

Kniebeuge

47,0 kg			72,5		
52,0 kg			77,5		
57,0 kg			85,0		
63,0 kg			90,0		
72,0 kg			95,0		
84,0 kg			102,5		
84,0+ kg			105,0		

Bankdrücken

47,0 kg			42,5		
52,0 kg			45,0		
57,0 kg			47,5		
63,0 kg	McSwain Dagmar	Turngemeinde Landshut 1861 e.V.	55,0	31.03.2018	Landshut
72,0 kg			57,5		
84,0 kg			62,5		
84,0+ kg			65,0		

Kreuzheben

47,0 kg			72,5		
52,0 kg			77,5		
57,0 kg			85,0		
63,0 kg			95,0		
72,0 kg			105,0		
84,0 kg			112,5		
84,0+ kg			120,0		

Total

47,0 kg			185,0		
52,0 kg			200,0		
57,0 kg			215,0		
63,0 kg			235,0		
72,0 kg			255,0		
84,0 kg			275,0		
84,0+ kg			287,5		

Bayerische Rekorde im Einzelbankdrücken

47,0 kg			45,0		
52,0 kg			47,5		
57,0 kg			52,5		
63,0 kg	McSwain Dagmar	Turngemeinde Landshut 1861 e.V.	55,0	31.03.2018	Landshut
72,0 kg	Haas Regina	KSC Puch e.V.	102,5	21.04.2018	Kaufbeuren
84,0 kg			65,0		
84,0+ kg			67,5		

Bayerische Rekorde im Einzelkreuzheben

47,0 kg			72,5		
52,0 kg			77,5		
57,0 kg			85,0		
63,0 kg			95,0		
72,0 kg			105,0		
84,0 kg			112,5		
84,0+ kg			120,0		