

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

Bayerische Rekorde der weiblichen Senioren AK III (RAW)

03.05.2018

Kniebeuge

47,0 kg			45,0		
52,0 kg			52,5		
57,0 kg			57,5		
63,0 kg			65,0		
72,0 kg			72,5		
84,0 kg			77,5		
84,0+ kg			85,0		

Bankdrücken

47,0 kg			35,0		
52,0 kg			40,0		
57,0 kg			42,5		
63,0 kg	McSwain Dagmar	Turngemeinde Landshut 1861 e.V.	55,0	31.03.2018	Landshut
72,0 kg			52,5		
84,0 kg			55,0		
84,0+ kg			57,5		

Kreuzheben

47,0 kg			52,5		
52,0 kg			57,5		
57,0 kg			65,0		
63,0 kg	McSwain Dagmar	Turngemeinde Landshut 1861 e.V.	85,0	31.03.2018	Landshut
72,0 kg			85,0		
84,0 kg			95,0		
84,0+ kg			100,0		

Total

47,0 kg			132,5		
52,0 kg			147,5		
57,0 kg			165,0		
63,0 kg	McSwain Dagmar	Turngemeinde Landshut 1861 e.V.	200,0	31.03.2018	Landshut
72,0 kg			207,5		
84,0 kg			225,0		
84,0+ kg			240,0		

Bayerische Rekorde im Einzelbankdrücken

47,0 kg			40,0		
52,0 kg			42,5		
57,0 kg			45,0		
63,0 kg	McSwain Dagmar	Turngemeinde Landshut 1861 e.V.	55,0	31.03.2018	Landshut
72,0 kg			55,0		
84,0 kg			57,5		
84,0+ kg			62,5		

Bayerische Rekorde im Einzelkreuzheben

47,0 kg			52,5		
52,0 kg			57,5		
57,0 kg			65,0		
63,0 kg	McSwain Dagmar	Turngemeinde Landshut 1861 e.V.	85,0	31.03.2018	Landshut
72,0 kg			85,0		
84,0 kg			95,0		
84,0+ kg			100,0		