

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

Bayerische Rekorde der weiblichen Senioren AK III (RAW)

11.08.2019

Kniebeuge

47,0 kg	Standard		45,0		
52,0 kg	Standard		52,5		
57,0 kg	Standard		57,5		
63,0 kg	McSwain Dagmar	Turngemeinde Landshut 1861 e.V.	65,0	12.05.2018	Forchheim
72,0 kg	Standard		72,5		
84,0 kg	Standard		77,5		
84,0+ kg	Standard		85,0		

Bankdrücken

47,0 kg	Standard		35,0		
52,0 kg	Standard		40,0		
57,0 kg	Standard		42,5		
63,0 kg	McSwain Dagmar	Turngemeinde Landshut 1861 e.V.	57,5	12.05.2018	Forchheim
72,0 kg	Standard		52,5		
84,0 kg	Standard		55,0		
84,0+ kg	Standard		57,5		

Kreuzheben

47,0 kg	Standard		52,5		
52,0 kg	Standard		57,5		
57,0 kg	Standard		65,0		
63,0 kg	McSwain Dagmar	Turngemeinde Landshut 1861 e.V.	90,0	12.05.2018	Forchheim
72,0 kg	Standard		85,0		
84,0 kg	Standard		95,0		
84,0+ kg	Standard		100,0		

Total

47,0 kg	Standard		132,5		
52,0 kg	Standard		147,5		
57,0 kg	Standard		165,0		
63,0 kg	McSwain Dagmar	Turngemeinde Landshut 1861 e.V.	212,5	12.05.2018	Forchheim
72,0 kg	Standard		207,5		
84,0 kg	Standard		225,0		
84,0+ kg	Standard		240,0		

Bayerische Rekorde im Einzelbankdrücken

47,0 kg	Standard		40,0		
52,0 kg	Standard		42,5		
57,0 kg	Standard		45,0		
63,0 kg	McSwain Dagmar	Turngemeinde Landshut 1861 e.V.	57,5	12.05.2018	Forchheim
72,0 kg	Standard		55,0		
84,0 kg	Standard		57,5		
84,0+ kg	Speth Eva	TSV Burgau	94,0	07.08.2019	Hamm

Bayerische Rekorde im Einzelkreuzheben

47,0 kg	Standard		52,5		
52,0 kg	Standard		57,5		
57,0 kg	Standard		65,0		
63,0 kg	McSwain Dagmar	Turngemeinde Landshut 1861 e.V.	90,0	12.05.2018	Forchheim
72,0 kg	Standard		85,0		
84,0 kg	Standard		95,0		
84,0+ kg	Standard		100,0		