

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

Bayerische Rekorde der weiblichen Jugend (RAW)

03.05.2018

Kniebeuge

43,0 kg	Standard		55,0		
47,0 kg	Standard		65,0		
52,0 kg	Standard		75,0		
57,0 kg	Standard		85,0		
63,0 kg	Standard		95,0		
72,0 kg	Standard		105,0		
84,0 kg	Standard		112,5		
84,0+ kg	Standard		115,0		

Bankdrücken

43,0 kg	Standard		30,0		
47,0 kg	Standard		32,5		
52,0 kg	Standard		40,0		
57,0 kg	Standard		45,0		
63,0 kg	Standard		52,5		
72,0 kg	Standard		57,5		
84,0 kg	Standard		65,0		
84,0+ kg	Standard		72,5		

Kreuzheben

43,0 kg	Standard		55,0		
47,0 kg	Standard		65,0		
52,0 kg	Standard		75,0		
57,0 kg	Standard		85,0		
63,0 kg	Standard		95,0		
72,0 kg	Standard		105,0		
84,0 kg	Standard		112,5		
84,0+ kg	Standard		115,0		

Total

43,0 kg	Standard		140,0		
47,0 kg	Standard		160,0		
52,0 kg	Standard		187,5		
57,0 kg	Standard		212,5		
63,0 kg	Standard		240,0		
72,0 kg	Standard		265,0		
84,0 kg	Standard		287,5		
84,0+ kg	Standard		305,0		

Bayerische Rekorde im Einzelbankdrücken

43,0 kg	Standard		30,0		
47,0 kg	Standard		35,0		
52,0 kg	Standard		42,5		
57,0 kg	Standard		47,5		
63,0 kg	Standard		52,5		
72,0 kg	Standard		57,5		
84,0 kg	Standard		65,0		
84,0+ kg	Standard		72,5		

Bayerische Rekorde im Einzelkreuzheben

43,0 kg	Standard		55,0		
47,0 kg	Standard		65,0		
52,0 kg	Standard		75,0		
57,0 kg	Standard		85,0		
63,0 kg	Standard		95,0		
72,0 kg	Standard		105,0		
84,0 kg	Standard		112,5		
84,0+ kg	Standard		120,0		