

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

### Bayerische Rekorde der männlichen Senioren AK IV

29.03.2018

#### Kniebeuge

|           |                      |               |       |            |                 |
|-----------|----------------------|---------------|-------|------------|-----------------|
| 59,0 kg   |                      |               |       |            |                 |
| 66,0 kg   | Diepold Alexander/37 | KSC Puch      | 150,0 | 17.07.2012 | Pilsen          |
| 74,0 kg   | Diepold Alexander/37 | KSC Puch      | 145,0 | 29.03.2012 | Gräfenhainichen |
| 83,0 kg   | Schötz Rainer/43     | TSV Altenberg | 215,0 | 26.01.2013 | Landshut        |
| 93,0 kg   | Schötz Rainer/43     | TSV Altenberg | 167,5 | 27.04.2013 | Frauenau/Ndb.   |
| 105,0 kg  | Kennerknecht, Xaver  | TV Kempten    | 160,0 | 20.02.2016 | Randersacker    |
| 120,0 kg  | Mietz Alfons         | KSC Frauenau  | 200,0 | 16.02.2018 | Lauchhammer     |
| 120,0+ kg |                      |               |       |            |                 |

#### Bankdrücken

|           |                      |               |       |            |                 |
|-----------|----------------------|---------------|-------|------------|-----------------|
| 59,0 kg   |                      |               |       |            |                 |
| 66,0 kg   | Diepold Alexander/37 | KSC Puch      | 112,5 | 17.07.2012 | Pilsen          |
| 74,0 kg   | Diepold Alexander/37 | KSC Puch      | 110,0 | 29.03.2012 | Gräfenhainichen |
| 83,0 kg   | Schötz Rainer/43     | TSV Altenberg | 147,5 | 26.01.2013 | Landshut        |
| 93,0 kg   | Schötz Rainer/43     | TSV Altenberg | 120,0 | 27.04.2013 | Frauenau/Ndb.   |
| 105,0 kg  | Kennerknecht, Xaver  | TV Kempten    | 97,5  | 11.06.2016 | Randersacker    |
| 120,0 kg  | Mietz Alfons         | KSC Frauenau  | 142,5 | 13.01.2018 | Pfatter         |
| 120,0+ kg |                      |               |       |            |                 |

#### Kreuzheben

|           |                      |               |       |            |                 |
|-----------|----------------------|---------------|-------|------------|-----------------|
| 59,0 kg   |                      |               |       |            |                 |
| 66,0 kg   | Diepold Alexander/37 | KSC Puch      | 150,0 | 28.01.2012 | Frauenau/Ndb.   |
| 74,0 kg   | Diepold Alexander/37 | KSC Puch      | 152,5 | 29.03.2012 | Gräfenhainichen |
| 83,0 kg   | Schötz Rainer/43     | TSV Altenberg | 227,5 | 26.01.2013 | Landshut        |
| 93,0 kg   | Schötz Rainer/43     | TSV Altenberg | 200,0 | 27.04.2013 | Frauenau/Ndb.   |
| 105,0 kg  | Kennerknecht, Xaver  | TV Kempten    | 200,0 | 11.06.2016 | Randersacker    |
| 120,0 kg  | Mietz Alfons         | KSC Frauenau  | 225,0 | 13.01.2018 | Pfatter         |
| 120,0+ kg |                      |               |       |            |                 |

#### Total

|           |                      |               |       |            |                 |
|-----------|----------------------|---------------|-------|------------|-----------------|
| 59,0 kg   |                      |               |       |            |                 |
| 66,0 kg   | Diepold Alexander/37 | KSC Puch      | 412,5 | 17.07.2012 | Pilsen          |
| 74,0 kg   | Diepold Alexander/37 | KSC Puch      | 407,5 | 29.03.2012 | Gräfenhainichen |
| 83,0 kg   | Schötz Rainer/43     | TSV Altenberg | 590,0 | 26.01.2013 | Landshut        |
| 93,0 kg   | Schötz Rainer/43     | TSV Altenberg | 487,5 | 27.04.2013 | Frauenau/Ndb.   |
| 105,0 kg  | Kennerknecht, Xaver  | TV Kempten    | 452,5 | 11.06.2016 | Randersacker    |
| 120,0 kg  | Mietz Alfons         | KSC Frauenau  | 560,0 | 16.02.2018 | Lauchhammer     |
| 120,0+ kg |                      |               |       |            |                 |

#### Bayerische Rekorde im Einzelbankdrücken

|           |                      |                |       |            |               |
|-----------|----------------------|----------------|-------|------------|---------------|
| 59,0 kg   |                      |                |       |            |               |
| 66,0 kg   | Diepold Alexander/37 | KSC Puch       | 112,5 | 05.05.2012 | Amberg/Obpf.  |
| 74,0 kg   | Nägerl Hans/39       | PSC Rosenberg  | 110,0 | 26.08.2011 | Lauchhammer   |
| 83,0 kg   | Schötz Rainer/43     | TSV Altenberg  | 140,0 | 11.05.2013 | Randersacker  |
| 93,0 kg   | Schötz Rainer/43     | SC Oberölsbach | 145,0 | 15.10.2016 | Frauenau/Ndb. |
| 105,0 kg  | Bauer Werner/43      | AC Amberg      | 157,5 | 17.05.2014 | Randersacker  |
| 120,0 kg  | Mietz Alfons         | KSC Frauenau   | 145,0 | 24.03.2018 | Unterölsbach  |
| 120,0+ kg |                      |                |       |            |               |

#### Bayerische Rekorde im Einzelkreuzheben

|           |                      |                     |       |            |               |
|-----------|----------------------|---------------------|-------|------------|---------------|
| 59,0 kg   |                      |                     |       |            |               |
| 66,0 kg   | Diepold Alexander/37 | KSC Puch            | 155,0 | 03.11.2012 | Nürnberg/Mfr. |
| 74,0 kg   | Mielich Ulrich/39    | ESV 1927 Regensburg | 130,0 | 19.11.2011 | Amberg/Obpf.  |
| 83,0 kg   | Schötz Rainer/43     | TSV 1946 Altenberg  | 220,0 | 23.11.2013 | Randersacker  |
| 93,0 kg   | Zahn, Heinz          | AC Amberg           | 165,0 | 14.11.2015 | Amberg/Obpf.  |
| 105,0 kg  | Kennerknecht Xaver   | TV Kempten          | 202,5 | 28.10.2017 | Randersacker  |
| 120,0 kg  | Mietz Alfons         | KSC Frauenau        | 230,0 | 03.12.2017 | Mainz         |
| 120,0+ kg |                      |                     |       |            |               |