

Nordliga Kraftdreikampf 2023

Mühl Rosin, 10.06.2023

Name	Vorname	Verein	W	Körper Gewicht	Geb. Datum	Dots Faktor	Kniebeuge			max	Bankdrücken			max	Stand	Kreuzheben			max	Total	Dots Punkte	
							1.	2.	3.		1.	2.	3.			1.	2.	3.				
Knuth	Nele	FSV Blau-Weiß Bergen	w	64,30	-	1,0623	90,0	100,0	105,0	105,0	70,0	75,0	80,0	75,0	180,0	110,0	120,0	125,0	125,0	405,0	324,01	
Lau	Robert	FSV Blau-Weiß Bergen	m	106,60	-	0,5995	115,0	122,5	130,0	130,0	110,0	110,0	115,0	110,0	240,0	180,0	170,0	170,0	170,0	310,0	245,78	
Schmidt	Thomas	FSV Blau-Weiß Bergen	m	125,65	-	0,5658	200,0	220,0	240,0	240,0	120,0	-	-	120,0	360,0	240,0	260,0	280,0	280,0	640,0	362,13	
max. Summen / Kg. ▶										475,0				305,0		780,0		575,0		Punkte:	931,92	
																					Platz:	7
Trautmann	Isabell	HAV 77	w	63,50	-	1,0704	97,5	102,5	107,5	107,5	57,5	62,5	66,0	62,5	170,0	115,0	122,5	130,0	130,0	300,0	321,11	
Ohlmann	Thorben	HAV 77	m	83,95	-	0,6708	150,0	162,5	170,0	170,0	107,5	117,5	122,5	117,5	287,5	200,0	215,0	225,0	225,0	512,5	343,79	
Jacobs	Niklas	HAV 77	m	82,50	-	0,6774	135,0	142,5	150,0	150,0	75,0	82,5	90,0	90,0	240,0	165,0	175,0	182,5	182,5	422,5	286,20	
max. Summen / Kg. ▶										427,5				270,0		697,5		537,5		Punkte:	951,10	
																					Platz:	6
Freese	Eduard	Greifenpower Team 1	m	104,10	-	0,6052	210,0	220,0	225,0	225,0	120,0	125,0	129,0	125,0	350,0	220,0	227,5	240,0	240,0	590,0	357,07	
Lobenstein	Albert	Greifenpower Team 1	m	83,65	-	0,6721	175,0	185,0	192,5	192,5	110,0	120,0	126,0	120,0	312,5	185,0	200,0	207,5	207,5	520,0	349,52	
Logall	Eric	Greifenpower Team 1	m	102,80	-	0,6083	205,0	205,0	215,0	215,0	140,0	145,0	150,0	150,0	365,0	230,0	242,5	252,5	252,5	617,5	375,65	
max. Summen / Kg. ▶										632,5				395,0	1.027,5		700,0		Punkte:	1082,24		
																					Platz:	5
Köhler	Nils	Greifenpower Team 2	m	106,10	-	0,5962	152,5	162,5	170,0	170,0	130,0	137,5	145,0	137,5	307,5	150,0	165,0	172,5	172,5	480,0	286,18	
Wesolowski	Konrad	Greifenpower Team 2	m	76,75	-	0,7071	150,0	157,5	162,5	162,5	85,0	90,0	93,0	90,0	252,5	155,0	165,0	170,0	170,0	422,5	298,74	
Wirth	Aaron	Greifenpower Team 2	m	84,15	-	0,6699	150,0	160,0	165,0	165,0	85,0	90,0	92,5	92,5	257,5	165,0	180,0	185,0	180,0	437,5	293,10	
max. Summen / Kg. ▶										497,5				320,0	817,5		522,5		Punkte:	878,02		
																					Platz:	9
Ahweiler	Niklas	Kraftdreikampf Flensburg	m	110,75	-	0,5908	225,0	240,0	245,0	240,0	125,0	130,0	135,0	135,0	375,0	220,0	235,0	242,5	235,0	610,0	360,36	
Hansen	Jasper	Kraftdreikampf Flensburg	m	82,20	-	0,6788	150,0	162,5	170,0	170,0	102,5	107,5	110,0	110,0	280,0	200,0	215,0	225,0	225,0	505,0	342,79	
Wolff	Michel	Kraftdreikampf Flensburg	m	114,50	-	0,5836	210,0	225,0	237,5	237,5	165,0	170,0	176,0	170,0	407,5	260,0	275,0	280,0	275,0	682,5	398,34	
max. Summen / Kg. ▶										647,5				415,0	1.062,5		735,0		Punkte:	1101,50		
																					Platz:	4
Schnurer	Anna-Caroline	Powerlifting Mühl Rosin	w	88,90	-	0,8964	105,0	110,0	115,0	115,0	67,5	72,5	72,5	72,5	187,5	140,0	152,5	162,5	162,5	350,0	313,74	
Vogel	Christopf	Powerlifting Mühl Rosin	m	99,65	-	0,6165	145,0	155,0	162,5	162,5	130,0	140,0	145,0	140,0	302,5	210,0	225,0	225,0	225,0	527,5	325,18	
Da Silva	Nico	Powerlifting Mühl Rosin	m	99,50	-	0,6169	140,0	150,0	160,0	160,0	115,0	125,0	125,0	115,0	275,0	180,0	190,0	195,0	195,0	470,0	289,92	
max. Summen / Kg. ▶										437,5				327,5	765,0		582,5		Punkte:	928,84		
																					Platz:	8
Schmehl	Joline	Schleswig 06	w	63,00	-	1,0755	112,5	117,5	120,0	120,0	65,0	70,0	73,0	70,0	190,0	130,0	135,0	140,0	140,0	330,0	354,92	
Köhne	Raphael	Schleswig 06	m	91,80	-	0,6403	205,0	217,5	225,0	217,5	132,5	140,0	145,0	140,0	357,5	260,0	280,0	292,5	280,0	637,5	408,17	
Kühl	Lukas	Schleswig 06	m	83,80	-	0,6715	210,0	220,0	220,0	220,0	140,0	145,0	150,0	150,0	370,0	240,0	260,0	260,0	260,0	630,0	423,03	
max. Summen / Kg. ▶										557,5				360,0	917,5		680,0		Punkte:	1186,13		
																					Platz:	1
Savenko	Anna	Schwerathletik Hamburg	w	56,10	-	1,1578	90,0	95,0	95,0	90,0	40,0	45,0	45,0	40,0	130,0	125,0	132,5	137,5	137,5	267,5	309,70	
Krämer	Pia-Marie	Schwerathletik Hamburg	w	114,40	-	0,8139	115,0	122,5	130,0	130,0	80,0	85,0	85,0	85,0	215,0	140,0	150,0	160,0	150,0	365,0	297,06	
max. Summen / Kg. ▶										220,0				125,0	345,0		287,5		Punkte:	606,76		
																					Platz:	10
Weigand	Maximilian	SV Quitt Ankum	m	85,90	-	0,6625	195,0	205,0	210,0	205,0	152,5	152,5	152,5	-	205,0	190,0	190,0	205,0	190,0	395,0	261,68	
Dimmel	Arthur	SV Quitt Ankum	m	103,55	-	0,6065	250,0	260,0	265,0	265,0	170,0	177,5	182,5	177,5	442,5	240,0	260,0	275,0	275,0	717,5	435,18	
Pahl	Dominik	SV Quitt Ankum	m	121,35	-	0,5722	240,0	252,5	260,0	260,0	175,0	180,0	185,0	185,0	445,0	250,0	270,0	285,0	285,0	730,0	417,70	
max. Summen / Kg. ▶										730,0				362,5	1.092,5		750,0		Punkte:	1114,55		
																					Platz:	3
Loureiro Bade	Jana	Totdgüsinger SV	w	66,90	-	1,0377	130,0	142,5	150,0	142,5	70,0	75,0	77,5	75,0	217,5	135,0	145,0	150,0	145,0	362,5	376,18	
Rünge	Dennis	Totdgüsinger SV	m	77,45	-	0,7031	165,0	172,5	177,5	172,5	135,0	145,0	150,0	150,0	322,5	200,0	215,0	222,5	215,0	537,5	377,93	
Lück	Clemens	Totdgüsinger SV	m	75,10	-	0,7168	185,0	195,0	202,5	202,5	122,5	130,0	135,0	130,0	332,5	220,0	235,0	240,0	235,0	567,5	406,79	
max. Summen / Kg. ▶										517,5				355,0	872,5		595,0		Punkte:	1160,90		
																					Platz:	2