



Niedersächsischer Gewichtheberverband e.V.

**Niedersächsische Meisterschaftsrekorde
Bankdrücken EQ
– Frauen / Männer –**

Stand: 04.05.2024

Nds. Landesrekorde (EQ) im Bankdrücken der weiblichen B-Jugend

| | | | | |
|-------|--|--|--|--|
| -43,0 | | | | |
| -47,0 | | | | |
| -52,0 | | | | |
| -57,0 | | | | |
| -63,0 | | | | |
| -69,0 | | | | |
| -76,0 | | | | |
| -84,0 | | | | |
| +84,0 | | | | |

Nds. Landesrekorde (EQ) im Bankdrücken der männlichen B-Jugend

| | | | | |
|--------|--|--|--|--|
| -53,0 | | | | |
| -59,0 | | | | |
| -66,0 | | | | |
| -74,0 | | | | |
| -83,0 | | | | |
| -93,0 | | | | |
| -105,0 | | | | |
| -120,0 | | | | |
| +120,0 | | | | |

Nds. Landesrekorde (EQ) im Bankdrücken der weiblichen A-Jugend

| | | | | | |
|-------|----------------|----------|---------|----------|--|
| -43,0 | Müller, Sophie | SC Elite | 35,0 kg | 27.04.13 | |
| -47,0 | | | | | |
| -52,0 | | | | | |
| -57,0 | | | | | |
| -63,0 | | | | | |
| -69,0 | | | | | |
| -76,0 | | | | | |
| -84,0 | | | | | |
| +84,0 | | | | | |

Nds. Landesrekorde (EQ) im Bankdrücken der männlichen A-Jugend

| | | | | | |
|--------|----------------------|----------------|----------|----------|------------|
| -53,0 | | | | | |
| -59,0 | Haase, Hannes | SV Motor Barth | 120,0 kg | 05.10.13 | |
| -66,0 | Konradi, Christoph | SV Quitt Ankum | 92,5 kg | 22.04.17 | Bad Sachsa |
| -74,0 | Weigandt, Maximilian | SV Quitt Ankum | 135,0 kg | 01.06.19 | Ankum |
| -83,0 | Haase, Hannes | SV Motor Barth | 180,0 kg | 24.09.16 | |
| -93,0 | Konradi, Tobias | SV Quitt Ankum | 153,0 kg | 22.04.17 | Bad Sachsa |
| -105,0 | Kruse, Till | SV Quitt Ankum | 185,0 kg | 13.04.19 | Vechta |
| -120,0 | Kruse, Till | SV Quitt Ankum | 185,0 kg | 01.06.19 | Ankum |
| +120,0 | | | | | |

Nds. Landesrekorde (EQ) im Bankdrücken der weiblichen Junioren

| | | | | | |
|-------|----------------------|----------------------|----------|----------|-------|
| -43,0 | | | | | |
| -47,0 | | | | | |
| -52,0 | | | | | |
| -57,0 | Schlosser, Helena | VT Union Groß Ilsede | 82,5 kg | 08.10.11 | |
| -63,0 | Gersberg, Lea-Sophie | TV Papenburg | 107,5 kg | 01.06.19 | Ankum |
| -69,0 | | | | | |
| -76,0 | Schneider, Sandra | AC Rendsburg | 65,0 kg | 30.04.11 | |
| -84,0 | | | | | |
| +84,0 | | | | | |

Nds. Landesrekorde (EQ) im Bankdrücken der männlichen Junioren

| | | | | | |
|--------|----------------------|---------------------|----------|----------|--|
| -53,0 | | | | | |
| -59,0 | Riethmüller, Andreas | MTV VaterJahn Peine | 77,5 kg | 21.04.12 | |
| -66,0 | Lück, Clemens | FSV BW Bergen | 110,0 kg | 30.04.11 | |
| -74,0 | Stragies, Kevin | SV Quitt Ankum | 150,0 kg | | |
| -83,0 | Haugk, Benjamin | SV Motor Barth | 187,5 kg | 27.04.13 | |
| -93,0 | Dimmel, Artur | SV Quitt Ankum | 187,5 kg | 21.04.12 | |
| -105,0 | Krause, Sascha | Herrnburger AV | 175,0 kg | 06.10.12 | |
| -120,0 | Lieberknecht, Nick | VfV Cremlingen | 200,0 kg | | |
| +120,0 | Rohmann, Dennis | Herrnburger AV | 185,0 kg | 30.04.16 | |

Nds. Landesrekorde (EQ) im Bankdrücken der weiblichen Aktiven

| | | | | | |
|-------|----------------------|----------------------|----------|----------|--------------|
| -47,0 | Wachtel, Claudia | VfV Cremlingen | 47,5 kg | 30.04.11 | |
| -52,0 | | | | | |
| -57,0 | Schlosser, Helena | VT Union Groß Ilsede | 100,0 kg | 27.04.13 | |
| -63,0 | Gramann, Laura | VT Union Groß Ilsede | 82,5 kg | | |
| -69,0 | Beinke, Dorothee | SV Quitt Ankum | 79,0 kg | 18.06.23 | Braunschweig |
| -76,0 | | | | | |
| -84,0 | Müller-Freye, Karina | VfV Cremlingen | 105,0 kg | 21.04.12 | |
| +84,0 | | | | | |

Nds. Landesrekorde (EQ) im Bankdrücken der männlichen Aktiven

| | | | | | |
|--------|------------------|----------------------|----------|----------|--|
| -59,0 | | | | | |
| -66,0 | Rilke, Henrik | SV Quitt Ankum | 147,5 kg | 30.04.11 | |
| -74,0 | Klass, Nikolay | Todtglüsinger SV | 160,0 kg | 30.04.16 | |
| -83,0 | Haugk, Benjamin | SV Motor Barth | 187,5 kg | 27.04.13 | |
| -93,0 | Persen, Tobias | SV Motor Barth | 220,0 kg | 30.04.16 | |
| -105,0 | Hentschel, André | VT Union Groß Ilsede | 250,0 kg | | |
| -120,0 | Groß, Rene | SV Motor Barth | 280,0 kg | 30.09.17 | |
| +120,0 | Fahlbusch, Kevin | FSV Sarstedt | 312,5 kg | 08.10.11 | |

Nds. Landesrekorde (EQ) im Bankdrücken der weiblichen Senioren AK I

| | | | | | |
|--------------|----------------------|----------------|-----------------|----------|--|
| -47,0 | Resch, Catrin | Herrnburger AV | 75,0 kg | 08.10.11 | |
| -52,0 | | | | | |
| -57,0 | Pfeiffer, Anita | Gostorfer SV | 60,0 kg | 30.04.11 | |
| -63,0 | Nothnagel, Petra | SC Elite | 80,0 kg | 21.04.12 | |
| -69,0 | | | | | |
| -76,0 | Müller-Freye, Karina | VfV Cremlingen | 90,0 kg | 30.04.11 | |
| -84,0 | Müller-Freye, Karina | VfV Cremlingen | 105,0 kg | 21.04.12 | |
| +84,0 | | | | | |

Nds. Landesrekorde (EQ) im Bankdrücken der männlichen Senioren AK I

| | | | | | |
|---------------|-----------------|------------------|-----------------|----------|--|
| -59,0 | | | | | |
| -66,0 | Rilke, Henrik | SV Quitt Ankum | 147,5 kg | 30.04.11 | |
| -74,0 | Pöhls, Andreas | Greifenpower | 190,0 kg | 26.04.14 | |
| -83,0 | Forutan, Sharam | Todtglüsinger SV | 162,5 kg | | |
| -93,0 | Klöhn, Olaf | Greifenpower | 172,5 kg | 26.04.14 | |
| -105,0 | Kühl, Jan | Greifenpower | 210,0 kg | 26.04.14 | |
| -120,0 | Kruse, Reiko | Kröpeliner SV | 225,0 kg | 25.04.15 | |
| +120,0 | Wilke, Heiko | Todtglüsinger SV | 235,0 kg | 21.04.12 | |

Nds. Landesrekorde (EQ) im Bankdrücken der weiblichen Senioren AK II

| | | | | | |
|--------------|------------------|--------------|----------------|----------|------------|
| -47,0 | | | | | |
| -52,0 | Wiethorn, Marina | SC Elite | 40,0 kg | 21.04.12 | |
| -57,0 | | | | | |
| -63,0 | Nothnagel, Petra | SC Elite | 80,0 kg | 22.04.17 | Bad Sachsa |
| -69,0 | | | | | |
| -76,0 | Martin, Anke | SC Elite | 92,5 kg | 21.04.12 | |
| -84,0 | Beninga, Anke | SC Elite | 90,0 kg | 30.04.11 | |
| +84,0 | Meyer, Barbara | Greifenpower | 90,0 kg | 30.04.11 | |

Nds. Landesrekorde (EQ) im Bankdrücken der männlichen Senioren AK II

| | | | | | |
|---------------|---------------------|---------------------|-----------------|----------|------------|
| -59,0 | Virzi, Carmelo | MTV VaterJahn Peine | 92,5 kg | 30.04.11 | |
| -66,0 | Decker, Harald | TSV Stralsund | 130,0 kg | 27.04.13 | |
| -74,0 | Appelmann, Dieter | AC Usedom | 155,0 kg | 30.04.11 | |
| -83,0 | Hundertmark, Dieter | TC Hameln | 157,5 kg | 21.04.12 | |
| -93,0 | Heinrich, Frank | TSV Stralsund | 205,0 kg | 26.04.14 | |
| -105,0 | Seidler, Marco | Preetzer TSV | 190,0 kg | 22.04.17 | Bad Sachsa |
| -120,0 | Meyer, Bernd | Herrnburger AV | 225,0 kg | 30.04.11 | |
| +120,0 | Meyer, Bernd | Herrnburger AV | 215,0 kg | 08.10.11 | |

Nds. Landesrekorde (EQ) im Bankdrücken der weiblichen Senioren AK III

| | | | | | |
|-------|------------------|----------|---------|----------|---------|
| -47,0 | | | | | |
| -52,0 | | | | | |
| -57,0 | Lankau, Marianne | SC Elite | 60,0 kg | 25.08.18 | Ankum |
| -63,0 | | | | | |
| -69,0 | | | | | |
| -76,0 | | | | | |
| -84,0 | Beninga, Anke | SC Elite | 82,5 kg | 14.04.18 | Tostedt |
| +84,0 | | | | | |

Nds. Landesrekorde (EQ) im Bankdrücken der männlichen Senioren AK III

| | | | | | |
|--------|------------------|------------------|----------|----------|--|
| -59,0 | | | | | |
| -66,0 | | | | | |
| -74,0 | Decker, Harald | TSV Stralsund | 137,5 kg | 25.04.15 | |
| -83,0 | Ute, Gunter | AC Rendsburg | 160,0 kg | 30.04.11 | |
| -93,0 | Schuricht, Lutz | VfV Cremlingen | 180,0 kg | 30.04.11 | |
| -105,0 | Reimann, Helmut | Todtglüsinger SV | 205,0 kg | 27.04.13 | |
| -120,0 | Falk, Hans-Peter | Herrnburger AV | 217,5 kg | 26.04.14 | |
| +120,0 | Paul, Harald | FSV BW Bergen | 157,5 kg | | |

Nds. Landesrekorde (EQ) im Bankdrücken der weiblichen Senioren AK IV

| | | | | | |
|-------|-------------------|----------|---------|----------|-------|
| -47,0 | | | | | |
| -52,0 | | | | | |
| -57,0 | | | | | |
| -63,0 | Nothnagel, Ursula | SC Elite | 60,0 kg | 30.04.11 | |
| -69,0 | | | | | |
| -76,0 | Nothnagel, Ursula | SC Elite | 52,5 kg | 01.06.19 | Ankum |
| -84,0 | | | | | |
| +84,0 | | | | | |

Nds. Landesrekorde (EQ) im Bankdrücken der männlichen Senioren AK IV

| | | | | | |
|--------|------------------|------------------|----------|----------|---------|
| -59,0 | | | | | |
| -66,0 | | | | | |
| -74,0 | Kohrt, Walter | Preetzer TSV | 80,0 kg | 21.04.12 | |
| -83,0 | Kuhrt, Werner | SV Motor Wolgast | 125,0 kg | 27.04.13 | |
| -93,0 | Marienfeld, Fred | SC Elite | 150,0 kg | 14.04.18 | Tostedt |
| -105,0 | Feldmann, Klaus | SV SNW Berlin | 122,5 kg | 08.10.11 | |
| -120,0 | | | | | |
| +120,0 | | | | | |