

Niedersächsische Meisterschafts-Rekorde
Kraftdreikampf (EQ)
- Frauen -

Stand: 14.01.2020

Erklärungen:

Ist ein Rekord, der im KDK aufgestellt wurde höher, als der im Einzelbankdrücken oder Einzelkreuzheben, so wird er in den Einzeldisziplinen übernommen.

Nds. Landesrekorde (EQ) im Kraftdreikampf der weiblichen Jugend

43,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

47,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

52,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

57,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

63,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

72,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

84,0 kg

| | | | | | |
|-------------|--------------------|---------------|-----------------|--|--|
| Kniebeuge | Lieberknecht, Lisa | KSV Team Harz | 120,0 kg | | |
| Bankdrücken | | | | | |
| Kreuzheben | Lieberknecht, Lisa | KSV Team Harz | 130,0 kg | | |
| Dreikampf | | | | | |

84,0 + kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

Nds. Landesrekorde (EQ) im Kraftdreikampf der weiblichen Junioren

43,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

47,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

52,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

57,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

63,0 kg

| | | | | | |
|-------------|----------------------|--------------|-----------------|----------|-------|
| Kniebeuge | Gersberg, Lea-Sophie | TV Papenburg | 150,0 kg | 01.06.19 | Ankum |
| Bankdrücken | Gersberg, Lea-Sophie | TV Papenburg | 107,5 kg | 01.06.19 | Ankum |
| Kreuzheben | Gersberg, Lea-Sophie | TV Papenburg | 142,5 kg | 01.06.19 | Ankum |
| Dreikampf | Gersberg, Lea-Sophie | TV Papenburg | 400,0 kg | 01.06.19 | Ankum |

72,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

84,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

84,0 + kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

Nds. Landesrekorde (EQ) im Kraftdreikampf der weiblichen Aktiven

47,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

52,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

57,0 kg

| | | | | | |
|-------------|-------------------|-------------------|-----------------|--|--|
| Kniebeuge | Schlosser, Helena | VT U. Groß Ilsede | 145,0 kg | | |
| Bankdrücken | Schlosser, Helena | VT U. Groß Ilsede | 90,0 kg | | |
| Kreuzheben | Schlosser, Helena | VT U. Groß Ilsede | 140,0 kg | | |
| Dreikampf | Schlosser, Helena | VT U. Groß Ilsede | 375,0 kg | | |

63,0 kg

| | | | | | |
|-------------|----------------|-------------------|-----------------|--|--|
| Kniebeuge | Gramann, Laura | VT U. Groß Ilsede | 130,0 kg | | |
| Bankdrücken | Gramann, Laura | VT U. Groß Ilsede | 82,5 kg | | |
| Kreuzheben | Gramann, Laura | VT U. Groß Ilsede | 132,5 kg | | |
| Dreikampf | Gramann, Laura | VT U. Groß Ilsede | 345,0 kg | | |

72,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

84,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

84,0 + kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

Nds. Landesrekorde (EQ) im Kraftdreikampf der weiblichen Senioren

AK I

47,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

52,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

57,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

63,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

72,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

84,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

84,0 + kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

Nds. Landesrekorde (EQ) im Kraftdreikampf der weiblichen Senioren

AK II

47,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

52,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

57,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

63,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

72,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

84,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

84,0 + kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

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

47,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

52,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

57,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

63,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

72,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

84,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

84,0 + kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

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

47,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

52,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

57,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

63,0 kg

| | | | | | |
|-------------|-------------------|-------------------|-----------------|--|--|
| Kniebeuge | Nothnagel, Ursula | SC Elite Hannover | 75,0 kg | | |
| Bankdrücken | Nothnagel, Ursula | SC Elite Hannover | 57,5 kg | | |
| Kreuzheben | Nothnagel, Ursula | SC Elite Hannover | 100,0 kg | | |
| Dreikampf | Nothnagel, Ursula | SC Elite Hannover | 230,0 kg | | |

72,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

84,0 kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |

84,0 + kg

| | | | | | |
|-------------|--|--|--|--|--|
| Kniebeuge | | | | | |
| Bankdrücken | | | | | |
| Kreuzheben | | | | | |
| Dreikampf | | | | | |