

Bundesverband Deutscher Kraftdreikämpfer (BVDK e.V.)

Stand: 01.01.2021

Deutsche Rekorde (RAW) im Bankdrücken der weiblichen Aktiven

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|-----------------|---------------------------------|---------------------------|-------|------------|-------------|
| 47,0 kg | Friedrich Marion | PSV Schwedt/O. | 78,0 | 05.11.2017 | Greifswald |
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| 52,0 kg | Standard | | 85,0 | | |
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| 57,0 kg | Feuerer Fiona | ESV München-Neuaubing | 93,0 | 18.11.2018 | Frauenau |
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| 63,0 kg | Sommer von Bachhaus Gunda Fiona | FC Rhein-Main Rüsselsheim | 115,0 | 20.09.2014 | Lauchhammer |
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| 69,0 kg | Standard | | 105,0 | | |
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| 72,0 kg | Börsch Nicole | AC Power Elite Haiger | 109,0 | 09.11.2019 | Coburg |
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| 76,0 kg | Standard | | 110,0 | | |
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| 84,0 kg | Szarvas Sylvia | USV TU Dresden | 130,0 | 13.10.2017 | Chemnitz |
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| 84,0+ kg | Standard | | 117,5 | | |

Deutsche Rekorde (RAW) im Bankdrücken der männlichen Aktiven

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|------------------|---------------------|-------------------------|-------|------------|-------------|
| 59,0 kg | Berger Joschua-Noah | TV "Jahn" Siegen | 137,5 | 18.05.2018 | Vantaa |
| | | | | | |
| 66,0 kg | Ziemer Philipp | Greifenpower e.V. | 160,0 | 09.08.2019 | Hamm |
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| 74,0 kg | Standard | | 170,0 | | |
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| 83,0 kg | Scheel Gerrit | A.C.E. 1974 Gießen e.V. | 205,0 | 10.08.2019 | Hamm |
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| 93,0 kg | Scheel Christoph | ACE 1974 Gießen | 212,5 | 21.09.2014 | Lauchhammer |
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| 105,0 kg | Bast Jan | SV Motor Barth e.V. | 235,0 | 10.08.2019 | Hamm |
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| 120,0 kg | Standard | | 230,0 | | |
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| 120,0+ kg | Koch Kevin | KSV Team Harz | 255,0 | 12.09.2015 | Lauchhammer |