

Bayerischer Gewichtheber- und Kraftsportverband (BGKV)

Ewige Bestenliste (EQ) im Kraftdreikampf der männlichen Altersklasse I

ab 01.01.2011

| Kraftdreikampf | | KB | BD | KH | Total | | |
|----------------|-----------------------|----------------------------|-------|-------|-------|-----------------|-----------------------|
| 59 | | | | | | | |
| 1. | Gottschalk, Jörg | KSV Höllhöhe | 165,0 | 110,0 | 161,0 | 436,0 kg | 10.19 Unterölsbach |
| 66 | | | | | | | |
| 1. | Wagner Michael | ESV München-Neuaubing | 142,5 | 102,5 | 197,5 | 442,5 kg | 03.23 Augsburg |
| 2. | Pleithner Rudolf/62 | KSC Puch | 110,0 | 122,5 | 125,0 | 357,5 kg | 10.11 Neuaubing/Obb. |
| 74 | | | | | | | |
| 1. | Henneberger Christian | SG Randersacker | 230,0 | 142,5 | 237,5 | 610,0 kg | 01.18 Unterölsbach |
| 2. | Bauer Udo/65 | SV Würzburg 05 | 210,0 | 115,0 | 265,0 | 590,0 kg | 10.12 Randersacker |
| 3. | Schiffner Patrick | KSC Amberg II | 207,5 | 147,5 | 222,5 | 577,5 kg | 03.18 Helsingborg |
| 4. | Geerhardt Janos/67 | SG Randersacker | 225,0 | 135,0 | 210,0 | 570,0 kg | 04.11 Gräfenhainichen |
| 5. | Dorfner Florian | Turngemeinde Landshut 1861 | 207,5 | 127,5 | 217,5 | 552,5 kg | 03.18 Landshut |
| 6. | Schumann, Dirk | Coburger Turnerschaft | 195,0 | 140,0 | 210,0 | 545,0 kg | 02.16 Randersacker |
| 7. | Frei Johann/74 | ASV Neu Ulm | 195,0 | 125,0 | 210,0 | 530,0 kg | 04.14 Nürnberg |
| 8. | Ganzer Georg/65 | TV Kempten | 190,0 | 137,5 | 200,0 | 527,5 kg | 05.12 Randersacker |
| 9. | Wagner Michael | ESV München-Neuaubing | 147,5 | 105,0 | 200,0 | 452,5 kg | 01.23 Neuaubing |
| 10. | Greindl Bernhard | TSV 1888 Waging am See | 137,5 | 105,0 | 157,5 | 400,0 kg | 10.17 Chemnitz |
| 83 | | | | | | | |
| 1. | Schunk Ricardo | TSV Katzwang 05 | 245,0 | 175,0 | 232,5 | 652,5 kg | 01.16 Unterölsbach |
| 2. | Dömling, Marco | SG Randersacker | 240,0 | 152,5 | 235,0 | 627,5 kg | 01.17 Köln |
| 3. | Henneberger Christian | SG Randersacker | 245,0 | 140,0 | 230,0 | 615,0 kg | 04.15 Darmstadt |
| 4. | Staude Andreas | STC Bavaria Landshut | 220,0 | 140,0 | 255,0 | 615,0 kg | 03.19 Mainz |
| 5. | Dömling Marco | SG Randersacker | 242,5 | 147,5 | 215,0 | 605,0 kg | 04.19 Randersacker |
| 6. | Geerhardt Janos | SG Randersacker | 217,5 | 142,5 | 240,0 | 600,0 kg | 04.16 Mainz |
| 7. | Schindler Reik | SG Randersacker | 225,0 | 132,5 | 222,5 | 580,0 kg | 01.14 Unterölsbach |
| 8. | Ehogharukomwen Sunday | KSC Attila Dachau | 210,0 | 80,0 | 267,5 | 557,5 kg | 05.12 Randersacker |
| 9. | Markwardt Albin | ESV München-Neuaubing | 170,0 | 122,5 | 227,5 | 520,0 kg | 03.23 Augsburg |
| 10. | Heynck Max | KSC Puch | 170,0 | 127,5 | 210,0 | 507,5 kg | 01.14 Unterölsbach |
| 11. | Kamhawi Semir | SG Randersacker | 170,0 | 115,0 | 222,5 | 507,5 kg | 04.22 Randersacker |
| 12. | Schwabauer Eugen | SSV Höchstädt | 160,0 | 150,0 | 180,0 | 490,0 kg | 09.15 Lauchhammer |
| 13. | Ganzer Georg | TV Kempten | 165,0 | 125,0 | 195,0 | 485,0 kg | 10.14 Ebenhofen/Schw. |
| 14. | Huf Manfred | AC Kaufbeuren | 140,0 | 105,0 | 210,0 | 455,0 kg | 10.14 Ebenhofen/Schw. |
| 15. | Blazia Seweryn | STC Bavaria 20 Landshut | 160,0 | 100,0 | 192,5 | 452,5 kg | 01.24 Landshut |
| 16. | Greindl Bernhard | TSV 1888 Waging am See | 135,0 | 110,0 | 170,0 | 415,0 kg | 03.18 Helsingborg |
| 17. | Rinderer Richard | STC Bavaria 20 Landshut | 142,5 | 110,0 | 120,0 | 372,5 kg | 10.19 Unterölsbach |

Bayerischer Gewichtheber- und Kraftsportverband (BGKV)

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|------------------------|--------------------------------|-------|-------|-------|-----------------|-------|-----------------|
| 1. Herzog Michael | KSC Frauenau | 250,0 | 195,0 | 217,5 | 662,5 kg | 03.18 | Schrobenhausen |
| 2. Schunk Ricardo | TSV Katzwang 05 | 250,0 | 180,0 | 230,0 | 660,0 kg | 03.17 | Essen |
| 3. Staude Andreas | STC Bavaria 20 Landshut | 220,0 | 152,5 | 260,0 | 632,5 kg | 01.19 | Landshut |
| 4. Dömling Marco | SG Randersacker | 240,0 | 155,0 | 230,0 | 625,0 kg | 01.16 | Unterölsbach |
| 5. Schwabauer Eugen | SSV Höchstädt | 220,0 | 200,0 | 200,0 | 620,0 kg | 04.15 | Randersacker |
| 6. Wich Dominik | AC Bavaria Forchheim 1908 e.V. | 212,5 | 167,5 | 225,0 | 605,0 kg | 10.23 | FRauenau |
| 7. Räß Alfons | HSC Pfatter | 205,0 | 157,5 | 240,0 | 602,5 kg | 08.16 | Unterölsbach |
| 8. Meier Guido | ESV München-Neuaubing | 200,0 | 130,0 | 260,0 | 590,0 kg | 04.11 | Neuaubing/Obb. |
| 9. Slach Martin | AC Kaufbeuren | 210,0 | 145,0 | 230,0 | 585,0 kg | 10.16 | Ebenhofen/Schw. |
| 10. Geerhardt Janos | SG Randersacker | 205,0 | 135,0 | 242,5 | 582,5 kg | 06.16 | Randersacker |
| 11. Warwas Christian | KSC Attila Dachau | 210,0 | 155,0 | 200,0 | 565,0 kg | 10.15 | Neuaubing/Obb. |
| 12. Hammer Daniel | Powerlifting Würzburg e.V. | 195,0 | 150,0 | 220,0 | 565,0 kg | 12.18 | Bindlach |
| 13. Schindler Reik | SG Randersacker | 200,0 | 137,5 | 225,0 | 562,5 kg | 04.14 | Nürnberg |
| 14. Wichmann Alexander | ESV München-Neuaubing | 190,0 | 132,5 | 240,0 | 562,5 kg | 10.17 | Chemnitz |
| 15. Wich Dominik | AC Bavaria Forchheim 1908 e.V. | 205,0 | 152,5 | 202,5 | 560,0 kg | 09.22 | Forchheim |
| 16. Kamhawi Semir | SG Randersacker | 175,0 | 120,0 | 225,0 | 520,0 kg | 04.23 | Katzwang |
| 17. Sladky Drake | 1.ASC Nürnberg Süd | 162,5 | 140,0 | 200,0 | 502,5 kg | 04.14 | Nürnberg |
| 18. Müller Wolfgang | ACO Schrobenhausen | 140,0 | 127,5 | 202,5 | 470,0 kg | 03.16 | Landshut |
| 19. Gmach Jürgen | HSC Pfatter | 125,0 | 87,5 | 182,5 | 395,0 kg | 01.17 | Pfatter |

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| | | | | | | | |
|------------------------|-----------------------------------|-------|-------|-------|-----------------|-------|-----------------|
| 1. Kraus Helmut/71 | FC Ebenhofen | 300,0 | 230,0 | 252,5 | 782,5 kg | 10.11 | Burgau/Schw. |
| 2. Thenhart Thorsten | Powerlifting Würzburg e.V. | 305,0 | 225,0 | 252,5 | 782,5 kg | 04.22 | Randersacker |
| 3. Grießl Josef/67 | STC Bavaria 20 Landshut | 290,0 | 152,5 | 282,5 | 725,0 kg | 04.11 | Gräfenhainichen |
| 4. Wellecke Torsten | AC Kaufbeuren | 272,5 | 192,5 | 260,0 | 725,0 kg | 04.17 | Neuaubing/Obb. |
| 5. Ziegler Thomas/67 | TSV Katzwang 05 | 270,0 | 187,5 | 250,0 | 707,5 kg | 04.11 | Gräfenhainichen |
| 6. Kropf Norbert | AC Bavaria Forchheim 1908 e.V. | 260,0 | 210,0 | 237,5 | 707,5 kg | 12.22 | Unterölsbach |
| 7. Degaspero Stefan/72 | KSC Attila Dachau | 220,0 | 182,5 | 282,5 | 685,0 kg | 10.16 | Neuaubing/Obb. |
| 8. Farkas Gabor | TSG 1885 Augsburg-Lechhausen e.V. | 250,0 | 180,0 | 240,0 | 670,0 kg | 02.20 | Bindlach |
| 9. Motzkus Dirk | SG Randersacker | 240,0 | 202,5 | 225,0 | 667,5 kg | 04.18 | Randersacker |
| 10. Döring, Kai | ESV München-Neuaubing | 220,0 | 180,0 | 235,0 | 635,0 kg | 03.19 | Frauenau |
| 11. Mitrea Ovidiu | TSG Augsburg | 217,5 | 165,0 | 250,0 | 632,5 kg | 03.22 | Würzburg |
| 12. Meier Guido/66 | ESV München-Neuaubing | 210,0 | 140,0 | 265,0 | 615,0 kg | 03.15 | Landshut |
| 13. Unger, Tobias | ESV München-Neuaubing | 222,5 | 142,5 | 250,0 | 615,0 kg | 03.16 | Landshut |
| 14. Slach Martin | AC Kaufbeuren | 215,0 | 145,0 | 235,0 | 595,0 kg | 01.17 | Neuaubing/Obb. |
| 15. Gröbner Philipp | TSV Katzwang | 192,5 | 150,0 | 230,0 | 572,5 kg | 01.23 | Randersacker |
| 16. Stadler Tobias | KKC Bodyfit Abbach | 180,0 | 120,0 | 260,0 | 560,0 kg | 03.18 | Landshut |
| 17. Makra Milan | Turngemeinde Landshut 1861 e.V. | 180,0 | 115,0 | 190,0 | 485,0 kg | 01.23 | Landshut |
| 18. Wich Dominik | AC Bavaria Forchheim 1908 e.V. | 130,0 | 117,5 | 157,5 | 405,0 kg | 12.18 | Bindlach |

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| | | | | | | | |
|------------------------|--------------------------------|-------|-------|-------|-----------------|-------|-----------------|
| 1. Seefeld Christoph | AC Bavaria Forchheim 1908 e.V. | 375,0 | 290,0 | 320,0 | 985,0 kg | 11.21 | Stavanger |
| 2. Reinbold Roman | TSV Katzwang 05 | 320,0 | 220,0 | 282,5 | 822,5 kg | 07.18 | Pilsen |
| 3. Schwanke Mario | STC Bavaria 20 Landshut | 302,5 | 252,5 | 260,0 | 815,0 kg | 04.11 | Gräfenhainichen |
| 4. Zimmermann Wolfgang | KSC II Amberg | 270,0 | 240,0 | 290,0 | 800,0 kg | 07.11 | Ebenhofen/Schw. |
| 5. Thenhart Thorsten | Powerlifting Würzburg e.V. | 300,0 | 222,5 | 240,0 | 762,5 kg | 05.23 | Würzburg |
| 6. Sörgel Markus | AC Bavaria Forchheim 1908 e.V. | 270,0 | 240,0 | 235,0 | 745,0 kg | 02.23 | Erfurt |
| 7. Titz Jürgen/65 | STHV Ohlstadt | 285,0 | 190,0 | 230,0 | 705,0 kg | 03.14 | Lauchhammer |
| 8. Grießl Josef | STC Bavaria 20 Landshut | 275,0 | 150,0 | 275,0 | 700,0 kg | 02.12 | Landshut |
| 9. Motzkus Dirk | SG Randersacker | 255,0 | 195,0 | 227,5 | 677,5 kg | 01.20 | Randersacker |
| 10. Dahl Erik/65 | ESV München-Neuaubing | 260,0 | 165,0 | 220,0 | 645,0 kg | 04.14 | Nürnberg |
| 11. Franke Wolfgang | STC Bavaria 20 Landshut | 215,0 | 170,0 | 245,0 | 630,0 kg | 07.11 | Ebenhofen/Schw. |
| 12. Lorenz Sven | STC Bavaria 20 Landshut | 215,0 | 195,0 | 215,0 | 625,0 kg | 05.23 | Frauenau |
| 13. Lerach Stephan | KSC Frauenau | 210,0 | 170,0 | 230,0 | 610,0 kg | 07.11 | Ebenhofen/Schw. |
| 14. Döring Kai | ESV München-Neuaubing | 217,5 | 162,5 | 220,0 | 600,0 kg | 02.17 | Lauchhammer |
| 15. Ziegler Thomas | TSV Katzwang 05 | 180,0 | 155,0 | 235,0 | 570,0 kg | 09.14 | Lauchhammer |
| 16. Bader Martin | ESV München-Neuaubing | 190,0 | 155,0 | 220,0 | 565,0 kg | 09.17 | Neuaubing/Obb. |
| 17. Heinig Michael | STC Bavaria 20 Landshut | 187,5 | 127,5 | 215,0 | 530,0 kg | 07.11 | Ebenhofen/Schw. |
| 18. Baumann Thomas | TSG 1885 Augsburg-Lechhausen | 177,5 | 120,0 | 205,0 | 502,5 kg | 01.23 | Neuaubing |

Bayerischer Gewichtheber- und Kraftsportverband (BGKV)

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|----|----------------------|--------------------------------|-------|-------|-------|------------------|-------|-----------------|
| 1. | Seefeld Christoph | AC Bavaria Forchheim 1908 e.V. | 382,5 | 307,5 | 320,0 | 1010,0 kg | 11.22 | Viborg |
| 2. | Kondraschow Jewgenij | KSC Puch e.V. | 340,0 | 240,0 | 320,0 | 900,0 kg | 01.23 | Neuaubing |
| 3. | Reinbold Roman/72 | TSV Katzwang 05 | 267,5 | 237,5 | 262,5 | 767,5 kg | 05.12 | Randersacker |
| 4. | Hofmeister Marcus | SG Randersacker | 295,0 | 210,0 | 220,0 | 725,0 kg | 12.17 | Unterölsbach |
| 5. | Sauerer Florian | STC Bavaria 20 Landshut | 260,0 | 180,0 | 270,0 | 710,0 kg | 03.23 | Landshut |
| 6. | Dr. Zweck H.P./65 | AC Amberg | 242,5 | 185,0 | 245,0 | 672,5 kg | 07.11 | Ebenhofen/Schw. |

Bayerischer Gewichtheber- und Kraftsportverband (BGKV)

Ewige Bestenliste (EQ) im Kraftdreikampf der männlichen Altersklasse I

ab 01.01.2011

Bankdrücken

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| | | | |
|-----------------------|-------------------------------------|-----------------|--------------------|
| 1. Wick Rupert/66 | KSC Frauenau | 157,5 kg | 09.12 Frauenau |
| 2. Gottschalk Jörg | KSV Höllhöhe Bayerwald Powerlifting | 115,0 kg | 09.18 Unterölsbach |
| 3. Palchine Vladislav | TG Veitshöchheim | 77,5 kg | 04.17 Würzburg |
| 4. Rieder Herbert | TV Kempten | 37,5 kg | 05.14 Ebenhofen |

66

| | | | |
|------------------------|------------------|-----------------|----------------------|
| 1. Wick Rupert/66 | KSC Frauenau | 155,0 kg | 07.12 Frauenau |
| 2. Pleithner Rudolf/62 | KSC Puch | 122,5 kg | 10.11 Neuaubing/Obb. |
| 3. Palchine, Vladislav | TG Veitshöchheim | 80,0 kg | 06.15 Unterölsbach |

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| | | | |
|---------------------------|----------------------------|-----------------|--------------------|
| 1. Schumann Dirk | Coburger Turnerschaft 1861 | 145,0 kg | 11.17 Randersacker |
| 2. Henneberger, Christiar | SG Randersacker | 140,0 kg | 02.19 Randersacker |
| 3. Ganzer Georg/65 | TV Kempten | 135,0 kg | 05.12 Amberg |
| 4. Gottschalk Willi/65 | SC Oberölsbach | 125,0 kg | 03.14 Unterölsbach |
| 5. Kotonski Walter/71 | FC Ebenhofen | 117,5 kg | 05.13 Randersacker |
| 6. Riggle Alexander/66 | TSV Burgau | 110,0 kg | 05.15 Kaufbeuren |
| 7. Frei Johann | ASV 1897 Neu-Ulm | 105,0 kg | 05.17 Augsburg |
| 8. Fügl Stephan/71 | SC Oberölsbach | 100,0 kg | 07.13 Unterölsbach |
| 9. König Sven/68 | ASV Neu-Ulm | 77,5 kg | 05.12 Amberg |

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| | | | |
|--------------------------|----------------------------|-----------------|--------------------|
| 1. Schunk Ricardo | TSV Katzwang 05 | 180,0 kg | 03.14 Unterölsbach |
| 2. Radzuweit Reimund | KSC Attila Dachau | 175,0 kg | 05.12 Amberg |
| 3. Asenkerschbaumer He | ACO Schrobenhausen | 165,0 kg | 09.18 Unterölsbach |
| 4. Ganzer Georg | TV Kempten | 155,0 kg | 03.14 Unterölsbach |
| 5. Sontheimer Helmut | ASV Neu-Ulm | 152,5 kg | 11.12 Lauchhammer |
| 6. Warwas Christian | KSC Attila Dachau | 152,5 kg | 06.15 Unterölsbach |
| 7. Dömling Marco | SG Randersacker | 152,5 kg | 09.17 Amberg |
| 8. Ulrich Jürgen | STHV Lechfeld | 150,0 kg | 05.11 Frauenau |
| 9. Pritzl Jürgen | KSC Frauenau | 150,0 kg | 07.12 Frauenau |
| 10. Schindler Reik | SG Randersacker | 142,5 kg | 06.15 Unterölsbach |
| 11. Geerhardt Janos | SG Randersacker | 140,0 kg | 10.14 |
| 12. Heynck Max | KSC Puch | 130,0 kg | 05.14 Randersacker |
| 13. Kotonski Walter | FC Ebenhofen | 130,0 kg | 06.15 Unterölsbach |
| 14. Troidl Roland | AC Amberg | 125,0 kg | 07.12 Frauenau |
| 15. Schindler Heiko | SG Randersacker | 125,0 kg | 11.14 Unterölsbach |
| 16. Gottschalk Willibald | SC Oberölsbach | 122,5 kg | 09.14 |
| 17. Fröschl Joachim | KKC Bodyfit Bad Abbach | 115,0 kg | 04.12 Landshut |
| 18. Huf Manfred | AC Kaufbeuren | 110,0 kg | 05.15 Kaufbeuren |
| 19. Heinold Michael | 1. AC Bayreuth | 110,0 kg | 06.15 Unterölsbach |
| 20. Augustiniok Stefan | Turngemeinde Landshut 1861 | 110,0 kg | 09.17 Neuaubing |
| 21. Daudrich Jurij | ASV 1897 Neu-Ulm | 107,5 kg | 05.14 Ebenhofen |
| 22. Kamhawi Semir | SG Randersacker | 105,0 kg | 05.23 Randersacker |
| 23. Böhler Frank | TV Kempten | 102,5 kg | 10.15 Burgau |
| 24. Hannusch Andreas | AC Amberg | 100,0 kg | 05.12 Amberg |
| 25. Fügl Stephan | SC Oberölsbach | 97,5 kg | 07.13 Amberg |

Bayerischer Gewichtheber- und Kraftsportverband (BGKV)

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| | | | | | |
|-----|----------------------|--------------------------------|-----------------|-------|--------------|
| 1. | Semskij Klaus | STC Bavaria 20 Landshut | 250,0 kg | 11.12 | Lauchhammer |
| 2. | Schwabauer Eugen | SSV Höchstädt | 200,0 kg | 04.16 | Unterölsbach |
| 3. | Duhr Thomas | TSV Katzwang 05 | 190,0 kg | 05.23 | Amberg |
| 4. | Lang Kurt | FC Holzheim | 180,0 kg | 07.12 | Frauenau |
| 5. | Welsch Daniel | KSC Amberg II | 180,0 kg | 06.22 | Weismain |
| 6. | Hammer Daniel | Powerlifting Würzburg e.V. | 175,0 kg | 03.20 | Randersacker |
| 7. | Surkov Wladimir | ASV Neu-Ulm | 170,0 kg | 12.11 | Rüsselsheim |
| 8. | Wich Dominik | AC Bavaria Forchheim 1908 e.V. | 170,0 kg | 05.23 | Amberg |
| 9. | Räb Alfons | HSC Pfatter | 165,0 kg | 05.16 | Randersacker |
| 10. | Schunk Ricardo | TSV Katzwang 05 | 160,0 kg | 09.12 | Frauenau |
| 11. | Wiemann Jörg | AC Bavaria Forchheim 1908 | 157,5 kg | 06.18 | Randersacker |
| 12. | Sontheimer Helmut | ASV 1897 Neu Ulm | 155,0 kg | 05.12 | Amberg |
| 13. | Schulz Andreas | KSC II Amberg | 155,0 kg | 07.12 | Frauenau |
| 14. | Schindler Reik | SG Randersacker | 152,5 kg | 05.17 | Amberg |
| 15. | Stade Andreas | STC Bavaria 20 Landshut | 152,5 kg | 04.19 | Unterölsbach |
| 16. | Harrer Mario | FC Holzheim | 150,0 kg | 06.15 | Unterölsbach |
| 17. | Asenkerschbaumer He | ACO Schrobenhausen | 150,0 kg | 09.18 | Amberg |
| 18. | Ulrich Jürgen | STHV Lechfeld | 145,0 kg | 08.11 | Lauchhammer |
| 19. | Seitz Josef | SC Oberölsbach | 145,0 kg | 07.13 | Amberg |
| 20. | Neumair Jakob | TSG Augsburg | 145,0 kg | 10.13 | Augsburg |
| 21. | Slach Martin | AC Kaufbeuren | 145,0 kg | 10.16 | Ebenhofen |
| 22. | Stecher Roland | STHV Lechfeld | 140,0 kg | 10.11 | Burgau/Schw. |
| 23. | Weinberger Alexander | ASV 1897 Neu Ulm | 140,0 kg | 03.14 | Unterölsbach |
| 24. | Bretträger Josef | KSC Attila Dachau | 135,0 kg | 02.13 | Unterölsbach |
| 25. | Kamm Thomas | FC Holzheim | 130,0 kg | 07.12 | Frauenau |

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| | | | | | |
|-----|----------------------|--------------------------------|-----------------|-------|----------------|
| 1. | Semskij Klaus/64 | STC Bavaria 20 Landshut | 285,0 kg | 10.11 | Hamm/Luxemburg |
| 2. | Zimmermann Wolfgan | KSC II Amberg | 255,0 kg | 11.12 | Lauchhammer |
| 3. | Kraus Helmut/71 | FC Ebenhofen | 230,0 kg | 10.11 | Burgau/Schw. |
| 4. | Grimminger, Markus | ESV München-Neuaubing | 220,0 kg | 10.16 | Frauenau |
| 5. | Thenhart, Thorsten | SV Würzburg 05 | 217,5 kg | 10.21 | Ankum |
| 6. | Kropf Norbert | AC Bavaria Forchheim 1908 e.V. | 210,0 kg | 10.23 | Landshut |
| 7. | Motzkus Dirk | SG Randersacker | 205,0 kg | 05.17 | Amberg |
| 8. | Gruber Christian/63 | FC Ebenhofen | 202,5 kg | 07.12 | Neuaubing |
| 9. | Ziegler Thomas/67 | TSV Katzwang 05 | 200,0 kg | 04.11 | Nürnberg/Mfr. |
| 10. | Bauer Markus/70 | AC Amberg | 200,0 kg | 09.16 | Amberg |
| 11. | Schmidl Thomas/71 | KKC Bodyfit Bad Abbach | 197,5 kg | 11.16 | Burgau/Schw. |
| 12. | Pollak Mike | FC Ebenhofen | 197,5 kg | 11.16 | Burgau/Schw. |
| 13. | Kocamaz Ruhi/66 | AC Kaufbeuren | 190,0 kg | 02.13 | Unterölsbach |
| 14. | Teufel Lars | KSV Höllhöhe | 190,0 kg | 04.17 | Unterölsbach |
| 15. | Degaspero Stefan/72 | KSC Attila Dachau | 182,5 kg | 10.16 | Neuaubing |
| 16. | Lerach Stephan/62 | KSC Frauenau | 180,0 kg | 09.11 | Amberg |
| 17. | Franke Wolfgang/71 | STC Bavaria 20 Landshut | 180,0 kg | 06.15 | Unterölsbach |
| 18. | Döring Kai | ESV München-Neuaubing | 172,5 kg | 09.17 | Neuaubing |
| 19. | Thürheimer Hermann/6 | TSV Burgau | 170,0 kg | 10.11 | Burgau/Schw. |
| 20. | Räb, Alfons | HSC Pfatter | 165,0 kg | 08.15 | Unterölsbach |
| 21. | Wenzlaw Udo/66 | AC Bavaria Forchheim | 160,0 kg | 10.11 | Forchheim |
| 22. | Winderlich Dieter/66 | KSC Attila Dachau | 160,0 kg | 05.12 | Amberg |
| 23. | Bretträger Josef | KSC Attila Dachau | 150,0 kg | 05.17 | Amberg |
| 24. | Fuchs Wolfgang/62 | AC Amberg | 145,0 kg | 07.11 | Unterölsbach |
| 25. | Bader Martin/74 | ESV München-Neuaubing | 145,0 kg | 03.14 | Unterölsbach |

Bayerischer Gewichtheber- und Kraftsportverband (BGKV)

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|-----|---------------------|--------------------------------|----------|-------|---------------|
| 1. | Semskij Klaus | STC Bavaria 20 Landshut | 293,0 kg | 12.11 | Rüsselsheim |
| 2. | Schwanke Mario | STC Bavaria 20 Landshut | 262,5 kg | 11.11 | Barth |
| 3. | Sörgel Markus | AC Bavaria Forchheim 1908 e.V. | 257,5 kg | 10.23 | Landshut |
| 4. | Zimmermann Wolfgang | KSC II Amberg | 255,0 kg | 11.16 | Unterölsbach |
| 5. | Salbeck Günther | SC Wald | 250,0 kg | 06.18 | Randersacker |
| 6. | Reinbold Roman | TSV Katzwang 05 | 242,5 kg | 07.12 | Frauenau |
| 7. | Salomo Silko | AC Amberg | 240,0 kg | 05.13 | Randersacker |
| 8. | Sörgel Markus | TSV Katzwang 05 | 225,0 kg | 06.22 | Weismain |
| 9. | Thenhart Thorsten | Powerlifting Würzburg e.V. | 220,0 kg | 05.23 | Randersacker |
| 10. | Faaß Rolf | STHV Lechfeld | 212,5 kg | 10.11 | Burgau/Schw. |
| 11. | Gruber Christian | FC Ebenhofen | 205,0 kg | 04.11 | Nürnberg/Mfr. |
| 12. | Motzkus Dirk | SG Randersacker | 205,0 kg | 11.18 | Klötze |
| 13. | Pollak Mike | FC Ebenhofen | 202,5 kg | 04.17 | Unterölsbach |
| 14. | Thenhart Thorsten | SV Würzburg 05 | 200,0 kg | 09.16 | Unterölsbach |
| 15. | Wittmann Klaus | FC Holzheim | 192,5 kg | 01.11 | Unterölsbach |
| 16. | Lorenz Sven | STC Bavaria 20 Landshut | 192,5 kg | 05.23 | Amberg |
| 17. | Schmatloch Michael | KSC Frauenau | 190,0 kg | 07.13 | Amberg |
| 18. | Franke Wolfgang | STC Bavaria 20 Landshut | 185,0 kg | 01.11 | Unterölsbach |
| 19. | Bauer Markus | AC Amberg | 185,0 kg | 07.12 | Frauenau |
| 20. | Degasperi Stefan | KSC Attila Dachau | 185,0 kg | 11.16 | Burgau/Schw. |
| 21. | Lorenz Sven | STC Bavaria 20 Landshut | 185,0 kg | 04.19 | Unterölsbach |
| 22. | Schmidt Heinz | SC Oberölsbach | 182,5 kg | 10.14 | |
| 23. | Lerach Stephan | KSC Frauenau | 180,0 kg | 10.11 | Frauenau |
| 24. | Titz Jürgen | FC Ebenhofen | 180,0 kg | 02.13 | Unterölsbach |
| 25. | Grimminger Markus | AC Kaufbeuren | 167,5 kg | 09.18 | Amberg |

120+

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|----|-----------------------|-------------------------|----------|-------|----------------|
| 1. | Salbeck Günther | SC Wald e.V. | 265,0 kg | 09.19 | Mainz |
| 2. | Reinbold Roman/72 | TSV Katzwang 05 | 250,0 kg | 09.12 | Frauenau |
| 3. | Schwanke Mario/71 | STC Bavaria 20 Landshut | 240,0 kg | 04.13 | Prag |
| 4. | Faaß Rolf/65 | STHV Lechfeld | 205,0 kg | 05.11 | Frauenau |
| 5. | Schmidt Heinz/67 | SC Oberölsbach | 202,5 kg | 11.14 | Unterölsbach |
| 6. | Lauber Dirk/63 | 1. AC Bayreuth | 200,0 kg | 01.11 | Unterölsbach |
| 7. | Hofmeister Marcus/76 | SG Randersacker | 195,0 kg | 09.17 | Schrobenhausen |
| 8. | Zweck Hans-Peter Dr./ | AC Amberg | 187,5 kg | 05.12 | Amberg |
| 9. | Weiß Christian/73 | TSG Augsburg | 185,0 kg | 06.13 | Ebenhofen |

Bayerischer Gewichtheber- und Kraftsportverband (BGKV)

Ewige Bestenliste (EQ) im Kraftdreikampf der männlichen Altersklasse I

ab 01.01.2011

Kreuzheben

59

| | | | |
|---------------------|--------------|----------|-----------------|
| 1. Gottschalk, Jörg | KSV Höllhöhe | 160,0 kg | 10.16 Forchheim |
| 2. Rieder Herbert | TV Kempten | 95,0 kg | 11.15 Amberg |

66

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|------------------------|----------|----------|----------------------|
| 1. Pleithner Rudolf/62 | KSC Puch | 125,0 kg | 10.11 Neuaubing/Obb. |
|------------------------|----------|----------|----------------------|

74

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|--------------------------|-------------------|----------|--------------------|
| 1. Bauer Udo | SV Würzburg 05 | 266,0 kg | 11.13 Randersacker |
| 2. Ehogharukomwen Sun | KSC Attila Dachau | 250,0 kg | 06.11 Landshut |
| 3. Henneberger Christian | SG Randersacker | 242,5 kg | 12.17 Mainz |
| 4. Geerhardt Janos | SG Randersacker | 240,0 kg | 12.11 Lauchhammer |
| 5. Schlüter Patrick | KSC Amberg II | 220,0 kg | 11.18 Amberg |
| 6. Bauer Stefan | TG Veitshöchheim | 165,0 kg | 09.23 Randersacker |
| 7. Schumann Winfried | TSG Augsburg | 160,0 kg | 06.13 Landshut |

83

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|-----------------------|----------------------------|----------|--------------------|
| 1. Ehogharukomwen Sun | KSC Attila Dachau | 270,0 kg | 12.11 Lauchhammer |
| 2. Walt Bruno | STC Bavaria 20 Landshut | 260,0 kg | 06.13 Landshut |
| 3. Geerhardt Janos | SG Randersacker | 245,0 kg | 11.13 Randersacker |
| 4. Makuschkin Juri | TG Landshut | 230,0 kg | 06.12 Landshut |
| 5. Heynck Max | KSC Puch | 220,0 kg | 11.14 Amberg |
| 6. Schindler Reik | SG Randersacker | 220,0 kg | 11.14 Amberg |
| 7. Dömling, Marco | SG Randersacker | 220,0 kg | 09.17 Randersacker |
| 8. Huf, Manfred | AC Kaufbeuren | 215,0 kg | 11.15 Amberg |
| 9. Kamhawi Semir | SG Randersacker | 215,0 kg | 07.23 Landshut |
| 10. Ganzer Georg | TV Kempten | 205,0 kg | 08.13 Randersacker |
| 11. Hannusch Andreas | AC Amberg | 200,0 kg | 11.15 Amberg |
| 12. Schumann Dirk | Coburger Turnerschaft 1861 | 175,0 kg | 09.17 Randersacker |
| 13. Catena Marcello | ASV 1897 Neu-Ulm e.V. | 130,0 kg | 05.19 Randersacker |

93

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|--------------------------|---------------------------------|----------|--------------------|
| 1. Staude Andreas | STC Bavaria 20 Landshut | 273,5 kg | 05.19 Randersacker |
| 2. Räß Alfons | HSC Pfatter | 260,0 kg | 11.18 Amberg |
| 3. Meier Guido | ESV München-Neuaubing | 255,0 kg | 12.11 Lauchhammer |
| 4. Zotz Heinz | KSC Attila Dachau | 250,0 kg | 11.11 Amberg |
| 5. Fritsch Thomas | TSG Augsburg | 250,0 kg | 11.11 Amberg |
| 6. Melzl Wolfgang | HSC Pfatter | 250,0 kg | 11.14 Amberg |
| 7. Wichmann Alexander | ESV München-Neuaubing | 242,5 kg | 09.17 Neuaubing |
| 8. Makuschkin Juri | TG Landshut | 237,5 kg | 11.12 Nürnberg |
| 9. Degasperi Stefan | KSC Attila Dachau | 235,0 kg | 12.12 Neuaubing |
| 10. Geerhardt Janos | SG Randersacker | 232,5 kg | 11.14 Amberg |
| 11. Slach Martin | AC Kaufbeuren | 230,0 kg | 10.16 Ebenhofen |
| 12. Hedinger Daniel | STC Bavaria 20 Landshut | 215,0 kg | 06.17 Landshut |
| 13. Schindler Reik | SG Randersacker | 215,0 kg | 09.17 Randersacker |
| 14. Dömling Marco | SG Randersacker | 215,0 kg | 09.23 Randersacker |
| 15. Hannusch Andreas | AC Amberg | 205,0 kg | 09.16 Randersacker |
| 16. Corvaglia Alessandro | Vicherschmiede Powersport e. V. | 200,0 kg | 09.23 Randersacker |
| 17. Wiemann Jörg | AC Bavaria Forchheim | 195,0 kg | 11.15 Amberg |
| 18. Tillack Lech | ESV 1927 Regensburg | 145,0 kg | 11.11 Amberg |

Bayerischer Gewichtheber- und Kraftsportverband (BGKV)

105

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|-----|---------------------|--------------------------------|----------|--------------------|
| 1. | Blüml Reinhold/71 | KKC Bodyfit Bad Abbach | 300,0 kg | 06.11 Landshut |
| 2. | Stadler Tobias | KKC Bodyfit | 290,0 kg | 07.19 Chemnitz |
| 3. | Brandlmeier Rainer | STC Bavaria 20 Landshut | 270,0 kg | 06.11 Landshut |
| 4. | Grießl, Josef | STC Bavaria Landshut | 262,5 kg | 09.15 Randersacker |
| 5. | Degasperi Stefan/72 | KSC Attila Dachau | 255,0 kg | 11.13 Frauenau |
| 6. | Kraus Helmut/71 | FC Ebenhofen | 252,5 kg | 10.11 Burgau/Schw. |
| 7. | Ziegler Thomas/67 | TSV Katzwang 05 | 252,5 kg | 12.11 Lauchhammer |
| 8. | Pangerl Josef | KSV Höllhöhe | 235,0 kg | 06.15 Landshut |
| 9. | Döring Kai | ESV München-Neuaubing | 235,0 kg | 05.19 Randersacker |
| 10. | Hammer Daniel | Powerlifting Würzburg e.V. | 230,0 kg | 08.19 Randersacker |
| 10. | Kropf Norbert | AC Bavaria Forchheim 1908 e.V. | 230,0 kg | 08.19 Randersacker |
| 11. | Lerach Stephan/62 | KSC Frauenau | 220,0 kg | 09.11 Randersacker |
| 12. | Franke, Wolfgang | STC Bavaria 20 Landshut | 220,0 kg | 06.16 Landshut |
| 13. | Motzkus Dirk | SG Randersacker | 215,0 kg | 09.18 Randersacker |
| 14. | Mlejnecky Knut | ESV München-Neuaubing | 215,0 kg | 06.19 Landshut |
| 15. | Bretträger Josef | KSC Attila Dachau | 180,0 kg | 10.16 Neuaubing |
| 16. | Wich Dominik | AC Bavaria Forchheim 1908 e.V. | 170,0 kg | 05.19 Randersacker |

120

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|-----|---------------------|----------------------------|----------|--------------------|
| 1. | Sandl Hans-Jürgen | KSV Höllhöhe | 287,5 kg | 06.16 Landshut |
| 2. | Zimmermann Wolfgang | KSC II Amberg | 285,0 kg | 11.11 Amberg |
| 3. | Reinbold Roman | TSV Katzwang | 282,5 kg | 11.15 Unterölsbach |
| 4. | Degasperi Stefan | KSC Attila Dachau | 282,5 kg | 10.16 Neuaubing |
| 5. | Franke Wolfgang | STC Bavaria 20 Landshut | 255,0 kg | 11.11 Amberg |
| 6. | Thenhart Thorsten | Powerlifting Würzburg e.V. | 255,0 kg | 09.18 Randersacker |
| 7. | Motzkus Dirk | SG Randersacker | 252,5 kg | 08.19 Randersacker |
| 8. | Schäpe Tobias | KSC Attila Dachau e.V | 235,0 kg | 05.19 Randersacker |
| 9. | Lerach Stephan | KSC Frauenau | 230,0 kg | 06.11 Landshut |
| 10. | Titz Jürgen | FC Ebenhofen | 230,0 kg | 11.13 Frauenau |
| 11. | Lorenz Sven | STC Bavaria 20 Landshut | 225,0 kg | 09.23 Randersacker |
| 12. | Bader Martin | Bader Martin | 220,0 kg | 09.17 Neuaubing |
| 13. | Lauke Mathias | TV 1860 Immenstadt | 220,0 kg | 07.19 Chemnitz |
| 14. | Heinig Michael | STC Bavaria 20 Landshut | 212,5 kg | 06.11 Landshut |
| 15. | Salomo Silko | AC Amberg | 200,0 kg | 11.15 Amberg |

120+

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|----|----------------------|---------------------------|----------|--------------------|
| 1. | Zweck Hans-Peter Dr. | AC Amberg | 242,5 kg | 11.11 Amberg |
| 2. | Rieblinger Manfred | AC Olympia Schrobenhausen | 235,0 kg | 11.18 Amberg |
| 3. | Hofmeister Marcus | SG Randersacker | 225,0 kg | 09.17 Randersacker |