

Bayerischer Gewichtheber- und Kraftsportverband (BGKV e.V.)

Bayerische Rekorde der weiblichen Senioren AK III (EQ)

05.03.2021

Kniebeuge

47	Standard		55,0		
52	Standard		65,0		
57	Standard		72,5		
63	Standard		80,0		
69	Standard		85,0		
72	Standard		87,5		
76	Standard		90,0		
84	Standard		95,0		
+84	Standard		105,0		

Bankdrücken

47	Standard		45,0		
52	Standard		47,5		
57	Standard		52,5		
63	Standard		55,0		
69	Standard		62,5		
72	Standard		65,0		
76	Standard		80,0		
84	Speth Eva/54	TSV Burgau	92,5	03.10.2015	Burgau
+84	Standard		72,5		

Kreuzheben

47	Standard		65,0		
52	Standard		72,5		
57	Standard		80,0		
63	Standard		92,5		
69	Standard		95,0		
72	Standard		105,0		
76	Standard		100,0		
84	Speth Eva/54	TSV Burgau	90,0	03.10.2015	Burgau
+84	Standard		125,0		

Total

47	Standard		165,0		
52	Standard		185,0		
57	Standard		205,0		
63	Standard		227,5		
69	Standard		240,0		
72	Standard		255,0		
76	Standard		255,0		
84	Speth Eva/54	TSV Burgau	222,5	03.10.2015	Burgau
+84	Standard		300,0		

Bayerische Rekorde im Einzelbankdrücken

47	Standard		47,5		
52	Engelbrecht Karin	1. AC Bayreuth v. 1954	77,5	07.05.2016	Randersacker
57	Standard		55,0		
63	Standard		60,0		
69	Standard		65,0		
72	Standard		67,5		
76	Standard		92,5		
84	Speth Eva/54	TSV Burgau	110,0	16.10.2014	Hamm
+84	Speth Eva/54	TSV Burgau	107,5	20.04.2016	Rödby

Bayerische Rekorde im Einzelkreuzheben

47	Standard		65,0		
52	Standard		72,5		
57	Standard		80,0		
63	Standard		92,5		
69	Standard		100,0		
72	Standard		105,0		
76	Standard		110,0		
84	Speth Eva/54	TSV Burgau	120,0	29.11.2014	Sonneberg
+84	Standard		125,0		