

GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

KNIEBEUGE UNEQUIPPED: DEUTSCHE REKORDE

FRAUEN - 44 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 47,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 50,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Sonkina, Vera (2018)	67.50
SR (24-39)	Sonkina, Vera (2018)	67.50
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)	Graupner, Bettina (2019)	50.00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 53 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Sendner, Lisa (2019)	95.00
SR (24-39)	Sendner, Lisa (2019)	95.00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 55,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Marinova, Mariyana (2010)	103.50
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 58,5 KG

T1 (14-15)		
T2 (16-17)	Krater, Hannah (2019)	70.00
T3 (18-19)	Schulze, Veronika (2017)	115.00
JR (20-23)		
SR (24-39)	Tschirch, Sonja (2018)	115.50
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 63 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Pietschmann, Laura (2021)	110.00
SR (24-39)	Schmidt, Christiane (2018)	120.00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 70 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Langenberg, Alina (2019)	92.50
JR (20-23)	Naser, Jennifer (2019)	125.50
SR (24-39)	Naser, Jennifer (2019)	125.50
M1 (40-44)		
M2 (45-49)		
M3 (50-54)	Müller, Daniela (2019)	102.50
M4 (55-59)	Müller, Daniela (2022)	117.50
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

 Neuer Rekord (bei der letzten Aktualisierung aufgenommen)

GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

KNIEBEUGE UNEQUIPPED: DEUTSCHE REKORDE

FRAUEN - 80 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Koslowski, Vanessa (2019)	137.50
M1 (40-44)	Huttenlocher, Gabriella (2012)	55.00
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 90 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN + 90 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 52 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 56 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 60 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Probst, Tobias (2018)	95.00
JR (20-23)	Achmet, Sinan (2016)	122.50
SR (24-39)	Boison, Nana (2019)	135.00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)	Grünberg, Michael (2018)	95.00
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 67,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Probst, Tobias (2019)	100.00
SR (24-39)	Kree, Daniel (2016)	165.00
M1 (40-44)		
M2 (45-49)	Stanzl, Thomas (2017)	110.00
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

 Neuer Rekord (bei der letzten Aktualisierung aufgenommen)

GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

KNIEBEUGE UNEQUIPPED: DEUTSCHE REKORDE

MÄNNER - 75 KG

T1 (14-15)	Huttenlocher, Lars (2012)	80.00
T2 (16-17)	Zwirner, Leo (2017)	140.00
T3 (18-19)	Thaqi, Arbijos (2018)	190.00
JR (20-23)	Untermayer, Daniel (2019)	190.00
SR (24-39)	Thaqi, Arbijos (2018)	190.00
M1 (40-44)	Webb, Daniel (2022)	190.00
M2 (45-49)	Werner, Robert (2022)	132.50
M3 (50-54)	Stanzl, Thomas (2022)	122.50
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 82,5 KG

T1 (14-15)		
T2 (16-17)	Wagner, Lukas (2019)	165.00
T3 (18-19)	Brandt, Florian (2013)	165.00
JR (20-23)	Schultheiss, Stefan (2015)	200.00
SR (24-39)	Feininger, Dennis (2017)	207.50
M1 (40-44)	Mengler, David (2022)	190.00
M2 (45-49)	Schapperth, Michael (2017)	96.00
M3 (50-54)		
M4 (55-59)		
M5 (60-64)	Schneider, Rüdiger (2019)	85.00
M6 (65-69)	Schlinger, Viktor (2017)	155.00
M7 (70-74)	Schlinger, Viktor (2022)	145.00
M8 (75-79)		
M9 (80-84)		

MÄNNER - 90 KG

T1 (14-15)		
T2 (16-17)	Kleen, Moritz (2017)	147.50
T3 (18-19)	Yalcin, Cemre (2017)	140.00
JR (20-23)	Hollmann, Maik (2019)	208.00
SR (24-39)	Wenz, Yannick (2019)	232.50
M1 (40-44)	Wegner, Viktor (2022)	230.00
M2 (45-49)	Powell, Robert (2015)	190.00
M3 (50-54)	Richter, Steffen (2019)	171.00
M4 (55-59)	Richter Steffen (2022)	180.00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 100 KG

T1 (14-15)		
T2 (16-17)	Jakobi, Timo (2017)	202.50
T3 (18-19)	Jakobi, Timo (2019)	252.50
JR (20-23)	Kantarev, Artur (2018)	205.00
SR (24-39)	Jakobi, Timo (2019)	252.50
M1 (40-44)	Kindling, Tino (2019)	182.50
M2 (45-49)	Wiedersich, Gerrit (2017)	160.00
M3 (50-54)		
M4 (55-59)	Piron, Roger (2018)	162.50
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 110 KG

T1 (14-15)		
T2 (16-17)	Hastenrath, Raphael (2017)	200.00
T3 (18-19)		
JR (20-23)	Pierry, Maurice (2016)	220.00
SR (24-39)	Muth, Andre (2017)	225.00
M1 (40-44)	Schmidt, Niko (2015)	212.50
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 125 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Möller, Christian (2017)	210.00
SR (24-39)	Magold, André (2022)	250.00
M1 (40-44)	Winkler, Klaus (2012)	180.00
M2 (45-49)	Berends, Uwe (2016)	220.00
M3 (50-54)	Tetzlaff, Martin (2021)	230.00
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 145 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Kücük, Yasar (2018)	260.00
M1 (40-44)	Kücük, Yasar (2018)	260.00
M2 (45-49)	Tetzlaff, Martin (2018)	212.50
M3 (50-54)	Tetzlaff, Martin (2022)	230.00
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER + 145 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Kücük, Yasar (2016)	270.00
M1 (40-44)	Kücük, Yasar (2017)	285.00
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

Neuer Rekord (bei der letzten Aktualisierung aufgenommen)

GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

BANKDRÜCKEN UNEQUIPPED: DEUTSCHE REKORDE

FRAUEN - 44 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 47,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 50,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Sonkina, Vera (2018)	37.50
SR (24-39)	Sonkina, Vera (2018)	37.50
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)	Graupner, Bettina (2019)	32.50
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 53 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Sendner, Lisa (2019)	42.50
SR (24-39)	Pflüger, Elena (2019)	57.50
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)	Graupner, Bettina (2017)	30.00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 55,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Marinova, Mariyana (2008)	70.00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 58,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Schulze, Veronika (2017)	65.00
JR (20-23)		
SR (24-39)	Hein, Anastasia (2019)	71.50
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 63 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Gehrmann, Chiara (2022)	55.00
SR (24-39)	Anton, Myriam (2021)	77.50
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)	Lang, Căcilia	36.00
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 70 KG

T1 (14-15)		
T2 (16-17)	Schmidt, Maja (2020)	50.00
T3 (18-19)		
JR (20-23)	Naser, Jennifer (2019)	65.00
SR (24-39)	Hansen, Barbara (2017)	70.00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)	Müller, Daniela (2019)	57.50
M4 (55-59)	Szillat, Ines (2019)	35.00
M5 (60-64)	Hegner, Heide (2021)	60.00
M6 (65-69)		
M7 (70-74)	Lang, Căcilia (2022)	38.50
M8 (75-79)		
M9 (80-84)		

 Neuer Rekord (bei der letzten Aktualisierung aufgenommen)

GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

BANKDRÜCKEN UNEQUIPPED: DEUTSCHE REKORDE

FRAUEN - 80 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Gutting, Gianna (2015)	90.00
M1 (40-44)	Huttenlocher, Gabriella (2012)	35.00
M2 (45-49)		
M3 (50-54)	Kinkel, Birgit (2019)	35.00
M4 (55-59)	Kinkel, Birgit (2019)	37.50
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 90 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Esch, Katharina (2019)	55.00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN + 90 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 52 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 56 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 60 KG

T1 (14-15)		
T2 (16-17)	Burcea-Marcu, Andreas (2015)	55.00
T3 (18-19)	Probst, Tobias (2018)	92.50
JR (20-23)	Achmet, Sinan (2015)	77.50
SR (24-39)	Bugaenko, Alexander (2015)	130.00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)	Grünberg, Michael (2016)	75.00
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 67,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Mayer, Noah (2021)	112.50
JR (20-23)	Probst, Tobias (2019)	95.00
SR (24-39)	Bugaenko, Alexander (2013)	130.00
M1 (40-44)		
M2 (45-49)	Stanzel, Thomas (2016)	92.50
M3 (50-54)		
M4 (55-59)	Bechthold, Paul (2017)	115.00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

 Neuer Rekord (bei der letzten Aktualisierung aufgenommen)

GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

BANKDRÜCKEN UNEQUIPPED: DEUTSCHE REKORDE

MÄNNER - 75 KG

T1 (14-15)	Huttenlocher, Lars (2012)	50.00
T2 (16-17)	Rosselli, Dario (2015)	117.50
T3 (18-19)	Thaqi, Arbijos (2018)	135.00
JR (20-23)	Roller, Andrej (2017)	122.50
SR (24-39)	Rojas Garcia, Nicolas (2016)	157.50
M1 (40-44)	Abel, Kenan (2022)	140.00
M2 (45-49)	Kroneberger, Slawa (2017)	122.50
M3 (50-54)	Schröter, Friedhelm (2016)	120.00
M4 (55-59)	Schröter, Friedhelm (2017)	132.50
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)	Haft, Heinrich (2021)	77.50
M9 (80-84)		

MÄNNER - 82,5 KG

T1 (14-15)		
T2 (16-17)	Füser, Sebastian (2016)	110.00
T3 (18-19)	Füser, Sebastian (2018)	125.00
JR (20-23)	Banczyk, Adrian (2018)	145.00
SR (24-39)	Blumenrath, Marc (2018)	175.50
M1 (40-44)	Mengler, David (2019)	143.00
M2 (45-49)		
M3 (50-54)		
M4 (55-59)	Gieseler, Christian (2021)	100.00
M5 (60-64)	Schneider, Rüdiger (2019)	85.00
M6 (65-69)	Schlinger, Viktor (2017)	107.50
M7 (70-74)	Schlinger, Viktor (2022)	95.00
M8 (75-79)	Haft, Heinrich (2019)	87.50
M9 (80-84)		

MÄNNER - 90 KG

T1 (14-15)		
T2 (16-17)	Kleen, Moritz (2017)	108.00
T3 (18-19)	Yalcin, Cemre (2017)	90.00
JR (20-23)	Banczyk, Adrian (2019)	155.00
SR (24-39)	Blumenrath, Marc (2015)	182.50
M1 (40-44)	Nikitins, Aleksandrs (2022)	160.00
M2 (45-49)	Powell, Robert (2015)	142.50
M3 (50-54)	Luxem, Thomas (2013)	120.00
M4 (55-59)	Luxem, Thomas (2015)	115.00
M5 (60-64)	Filarski, Christian (2014)	140.00
M6 (65-69)	Neumüller, Arthur (2019)	75.00
M7 (70-74)	Neumüller, Arthur (2022)	85.00
M8 (75-79)		
M9 (80-84)		

MÄNNER - 100 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Jakobi, Timo (2018)	150.50
JR (20-23)	Gercke, David (2014)	183.00
SR (24-39)	Gercke, David (2014)	183.00
M1 (40-44)	Berdinskikh, Konstantin (2015)	160.00
M2 (45-49)	Kling, Andreas (2016)	150.00
M3 (50-54)	Kling, Andreas (2020)	177.50
M4 (55-59)	Kling, Andreas (2022)	170.00
M5 (60-64)	Georg, Manfred (2016)	135.00
M6 (65-69)	Stricker, Michael (2021)	110.00
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 110 KG

T1 (14-15)		
T2 (16-17)	Müller, Nico (2017)	120.00
T3 (18-19)		
JR (20-23)	Preißer, Dennis (2018)	130.00
SR (24-39)	Zühlke, Robert (2022)	181.00
M1 (40-44)	Shapovalov, Valeriy (2021)	153.00
M2 (45-49)	Schmitz, Sascha (2019)	110.00
M3 (50-54)	Kling, Andreas (2019)	173.00
M4 (55-59)	Kling, Andreas (2022)	168.50
M5 (60-64)	Lauer, Stefan (2021)	122.50
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 125 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Köhne, Alexander (2014)	110.00
JR (20-23)	Schäfer, Loren (2015)	176.00
SR (24-39)	Mankel, Jan-Philipp (2017)	200.50
M1 (40-44)	Pirogow, Alexey (2017)	200.00
M2 (45-49)	Tetzlaff, Martin (2018)	190.00
M3 (50-54)	Tetzlaff, Martin (2022)	190.00
M4 (55-59)	Hagen, Detlef (2021)	130.00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 145 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Kemper, Erik (2022)	105.00
JR (20-23)		
SR (24-39)	Tetzlaff, Martin (2020)	195.00
M1 (40-44)	Tetzlaff, Martin (2015)	190.50
M2 (45-49)	Tetzlaff, Martin (2020)	195.00
M3 (50-54)	Tetzlaff, Martin (2022)	190.00
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER + 145 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Schäfer, Steffen (2019)	202.50
M1 (40-44)	Küçük, Yasar (2016)	200.00
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

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GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

KREUZHEBEN UNEQUIPPED: DEUTSCHE REKORDE

FRAUEN - 44 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 47,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 50,5 KG

T1 (14-15)	Stoebke, Melissa (2018)	57.50
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Sonkina, Vera (2018)	80.00
SR (24-39)	Graupner, Bettina (2018)	90.00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)	Graupner, Bettina (2018)	90.00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 53 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Sendner, Lisa (2019)	125.00
SR (24-39)	Marinova, Mariyana (2007)	135.00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)	Graupner, Bettina (2017)	80.00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 55,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Marinova, Mariyana (2008)	155.00
M1 (40-44)		
M2 (45-49)	Kremer, Marika (2017)	102.50
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 58,5 KG

T1 (14-15)		
T2 (16-17)	Krater, Hannah (2019)	100.00
T3 (18-19)	Schulze, Veronika (2017)	135.00
JR (20-23)		
SR (24-39)	Tschirch, Sonja (2018)	140.00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 63 KG

T1 (14-15)		
T2 (16-17)	Blaschke, Leonie (2019)	90.00
T3 (18-19)		
JR (20-23)	Pietschmann, Laura (2021)	125.00
SR (24-39)	Bluhme, Anne (2018)	130.00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)	Lang, Căcilia (2021)	100.00
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 70 KG

T1 (14-15)	Runge, Marie-Sofie (2022)	97.50
T2 (16-17)	Wrzeciono, Emilia (2022)	102.50
T3 (18-19)	Langenberg, Alina (2019)	130.00
JR (20-23)	Naser, Jennifer (2019)	150.00
SR (24-39)	Naser, Jennifer (2019)	150.00
M1 (40-44)	Perulli, Jessica (2018)	140.00
M2 (45-49)		
M3 (50-54)	Müller, Daniela (2019)	120.00
M4 (55-59)	Müller, Daniela (2022)	137.50
M5 (60-64)		
M6 (65-69)		
M7 (70-74)	Lang, Căcilia (2022)	105.00
M8 (75-79)		
M9 (80-84)		

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GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

KREUZHEBEN UNEQUIPPED: DEUTSCHE REKORDE

FRAUEN - 80 KG

T1 (14-15)		
T2 (16-17)	Oehlmann, Josefine (2022)	107.50
T3 (18-19)		
JR (20-23)		
SR (24-39)	Koslowski, Vanessa (2019)	172.50
M1 (40-44)	Huttenlocher, Gabriella (2012)	75.00
M2 (45-49)		
M3 (50-54)	Kinkel, Birgit (2017)	115.00
M4 (55-59)	Kinkel, Birgit (2019)	120.00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 90 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Weiß, Leonie (2022)	110.00
JR (20-23)		
SR (24-39)	Esch, Katharina (2019)	112.50
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN + 90 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 52 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 56 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 60 KG

T1 (14-15)		
T2 (16-17)	Burcea-Marcu, Andreas (2015)	125.00
T3 (18-19)	Probst, Tobias (2018)	125.00
JR (20-23)	Achmet, Sinan (2015)	196.00
SR (24-39)	Achmet, Sinan (2015)	196.00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)	Grünberg, Michael (2020)	150.00
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 67,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Lützenrath, Maxim-Leopold (2019)	142.50
JR (20-23)	Probst, Tobias (2019)	132.50
SR (24-39)	Hock, Andreas (2016)	230.00
M1 (40-44)	Stanzel, Thomas (2014)	170.00
M2 (45-49)	Stanzel, Thomas (2017)	195.00
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

 Neuer Rekord (bei der letzten Aktualisierung aufgenommen)

GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

KREUZHEBEN UNEQUIPPED: DEUTSCHE REKORDE

MÄNNER - 75 KG

T1 (14-15)	Huttenlocher, Lars (2012)	80.00
T2 (16-17)	Zwirner, Leo (2017)	160.00
T3 (18-19)	Thaqi, Arbijos (2018)	248.50
JR (20-23)	Untermayer, Daniel (2019)	225.00
SR (24-39)	Thaqi, Arbijos (2018)	248.50
M1 (40-44)	Webb, Daniel (2022)	200.00
M2 (45-49)	Werner, Robert (2021)	180.00
M3 (50-54)	Stanzel, Thomas (2022)	207.50
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 82,5 KG

T1 (14-15)		
T2 (16-17)	Kurukulasuriya, Tharake Fernando	255.00
T3 (18-19)	Füser, Sebastian (2018)	240.00
JR (20-23)	Schultheiß, Stefan (2015)	250.00
SR (24-39)	Kurukulasuriya, Tharake Fernando	255.00
M1 (40-44)	Klingert, Maik (2022)	255.00
M2 (45-49)	Hanosek, Thomas (2014)	190.00
M3 (50-54)	Bold, Thomas (2017)	182.50
M4 (55-59)	Bold, Thomas (2017)	200.00
M5 (60-64)	Schneider, Rüdiger (2019)	135.00
M6 (65-69)	Schlinger, Viktor (2019)	165.00
M7 (70-74)	Schlinger, Viktor (2022)	165.00
M8 (75-79)		
M9 (80-84)		

MÄNNER - 90 KG

T1 (14-15)		
T2 (16-17)	Arapoglu, Patrik (2015)	202.50
T3 (18-19)	Yalcin, Cemre (2017)	170.00
JR (20-23)	Stürmer, Christoph (2007)	285.00
SR (24-39)	Wenz, Yannick (2019)	293.00
M1 (40-44)	Kukowka, Martin (2014)	247.50
M2 (45-49)	Powell, Robert (2015)	230.00
M3 (50-54)	Spies, Gerhard (2014)	230.00
M4 (55-59)	Bold, Thomas (2018)	201.00
M5 (60-64)		
M6 (65-69)	Neumüller, Arthur (2019)	130.00
M7 (70-74)	Neumüller, Arthur (2022)	150.00
M8 (75-79)		
M9 (80-84)		

MÄNNER - 100 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Jakobi, Timo (2019)	280.00
JR (20-23)	Nieberle, Philipp (2017)	255.00
SR (24-39)	Huber, Tim (2017)	300.00
M1 (40-44)	Kindling, Tino (2019)	230.00
M2 (45-49)	Powell, Robert (2015)	220.00
M3 (50-54)	Steinborn, Lars (2018)	227.50
M4 (55-59)	Kotschenreuther, Peter (2022)	225.00
M5 (60-64)		
M6 (65-69)	Schwittlich, Karl-Heinz (2017)	136.00
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 110 KG

T1 (14-15)		
T2 (16-17)	Müller, Nico (2017)	230.00
T3 (18-19)	Maier, Robert (2014)	200.00
JR (20-23)	Fürst, Marcel (2016)	260.00
SR (24-39)	Bauer, Michael (2017)	302.50
M1 (40-44)	Kindling, Tino (2021)	265.00
M2 (45-49)	Willems, Sascha (2018)	170.00
M3 (50-54)	Steinborn, Lars (2019)	215.00
M4 (55-59)	Steinborn, Lars (2022)	226.00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 125 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Preuss, Jan (2013)	265.50
JR (20-23)	Möller, Christian (2017)	281.00
SR (24-39)	Boitelle, Jerome (2016)	310.00
M1 (40-44)	Boitelle, Jerome (2018)	306.50
M2 (45-49)	Holetzeck, Conrad (2013)	245.00
M3 (50-54)	Winkler, Karlheinz (2015)	240.00
M4 (55-59)	Steinborn, Lars (2021)	225.00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 145 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Kemper, Erik (2022)	200.00
JR (20-23)		
SR (24-39)	Küçük, Yasar (2018)	280.50
M1 (40-44)	Küçük, Yasar (2018)	280.50
M2 (45-49)	Hülpüsch, Tobias (2018)	260.50
M3 (50-54)	Hansen, Heiner (2013)	261.00
M4 (55-59)	Hansen, Heiner (2018)	257.50
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER + 145 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Schäfer, Steffen (2019)	302.50
M1 (40-44)	Küçük, Yasar (2017)	280.00
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

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