



# Bembel 2.0, AV "Vorwärts" 05 Groß-Zimmern

Groß Zimmern, 19. Dezember 2015

Pl.	Name, Vorname	Verein	Geb	KG	Kniebeugen				Bankdrücken				Kreuzheben				Total	Wilks	Pkt	
					V1	V2	V3	KB	V1	V2	V3	BD	Sub	V1	V2	V3				KH
<b>Frauen - Aktive</b>																				
1	Patricia Rieger		25.08.87	76,75	125,0	132,5	140,0	140,0	62,5	67,5	72,5	72,5	212,5	145,0	152,5	160,0	160,0	372,5	349,1443	12
2	Tiziana Nernosi		14.04.98	76,85	110,0	120,0	-125,0	120,0	60,0	65,0	-70,0	65,0	185,0	135,0	-140,0	140,0	140,0	325,0	304,3625	9
3	Nadine Bisor	SSV Hagen	06.06.88	68,0	92,5	105,0	-110,0	105,0	50,0	-60,0	60,0	60,0	165,0	122,5	140,0	145,0	145,0	310,0	314,743	8
4	Annabell Pfeiffer	Kölner AC	08.11.98	62,35	90,0	95,0	102,5	102,5	55,0	60,0	-65,0	60,0	162,5	120,0	130,0	-137,5	130,0	292,5	316,602	7
5	Viktoria Beilmann		01.11.99	58,0	85,0	90,0	-95,0	90,0	-47,5	47,5	50,0	50,0	140,0	95,0	102,5	110,0	110,0	250,0	286,175	6
6	Christine Hottmann	Squat force	21.10.88	53,25	60,0	70,0	-75,0	70,0	30,0	37,5	-42,5	37,5	107,5	70,0	80,0	85,0	85,0	192,5	235,6008	5
7	Sandra Reinecke	Kraftsport Aachen	09.04.87	57,7	47,5	55,0	60,0	60,0	25,0	32,5	-37,5	32,5	92,5	50,0	60,0	65,0	65,0	157,5	181,0305	4
<b>Männer - Junioren - 85 kg</b>																				
1	Nino Kuhn	Squat force	14.05.92	84,0	180,0	200,0	215,0	215,0	130,0	140,0	145,0	145,0	360,0	235,0	250,0	270,0	270,0	630,0	417,564	12
2	Stefan Schultheiß	Studio 1 Singen	11.01.95	82,0	180,0	-200,0	-200,0	180,0	130,0	140,0	-150,0	140,0	320,0	230,0	-250,0	250,0	250,0	570,0	383,268	9
3	Andreas Berlet		29.08.94	82,5	180,0	205,0	215,0	215,0	130,0	140,0	-145,0	140,0	355,0	190,0	205,0	210,0	210,0	565,0	378,4935	8
4	Gustav Mockenhaupt	AV Groß-Zimmern	07.09.92	84,8	135,0			135,0	115,0	122,5	-125,0	122,5	257,5	215,0	230,0	240,0	240,0	497,5	327,952	7
5	Tobias Ommer	Team Insanity	05.03.92	78,0	150,0	160,0	-170,0	160,0	110,0	115,0	-117,5	115,0	275,0	200,0	-215,0	-215,0	200,0	475,0	329,6025	6
6	Vincent Keck		29.01.97	77,5	140,0	152,5	157,5	157,5	100,0	107,5	112,5	112,5	270,0	180,0	195,0	200,0	200,0	470,0	327,543	5
7	Marvin Centner		25.02.94	84,0	145,0	155,0	162,5	162,5	95,0	-105,0	-105,0	95,0	257,5	185,0	195,0	200,0	200,0	457,5	303,231	4
8	Daniel Knaut	AV Groß-Zimmern	24.04.98	81,5	120,0	130,0	135,0	135,0	100,0	110,0	120,0	120,0	255,0	175,0	190,0	200,0	200,0	455,0	307,0795	3
9	Kevin Keller		05.07.96	72,0	145,0	160,0	170,0	170,0	95,0	105,0	-110,0	105,0	275,0	175,0	-190,0	-190,0	175,0	450,0	330,165	2
10	Tobias Knaut	AV Groß-Zimmern	23.07.95	81,0	142,5	152,5	-157,5	152,5	92,5	100,0	107,5	107,5	260,0	170,0	180,0	-200,0	180,0	440,0	298,056	1
11	Dominik Dietz	Dauborn Barbell	02.04.96	82,0	125,0	132,5	142,5	142,5	-105,0	105,0	-110,0	105,0	247,5	170,0	-185,0	185,0	185,0	432,5	290,813	1
12	Jan Oppenberg		21.07.96	82,5	145,0	160,0	-170,0	160,0	85,0	95,0	-100,0	95,0	255,0	160,0	170,0	175,0	175,0	430,0	288,057	1
12	Michael Meyer		20.06.93	84,0	110,0	120,0	130,0	130,0	90,0	100,0	-105,0	100,0	230,0	180,0	190,0	200,0	200,0	430,0	285,004	1
14	Levent Polte		20.05.94	83,0	130,0	135,0	142,5	142,5	90,0	-100,0	-100,0	90,0	232,5	165,0	175,0	180,0	180,0	412,5	275,3438	1
15	Maximilian Gerdes		10.06.93	80,0	125,0	130,0	135,0	135,0	100,0	-105,0	105,0	105,0	240,0	160,0	165,0	170,0	170,0	410,0	279,907	1
16	Till Thomale	Squat force	10.01.96	70,0	120,0	130,0	140,0	140,0	90,0	100,0	107,5	107,5	247,5	130,0	145,0	160,0	160,0	407,5	305,3805	1
17	Tim Reich		21.11.96	71,0	135,0	145,0	150,0	150,0	75,0	85,0	-87,5	85,0	235,0	150,0	160,0	-175,0	160,0	395,0	292,853	1
<b>Männer - Junioren - 85+ kg</b>																				
1	Lukas Hähnel	Studio 1 Singen	31.01.94	96,5	190,0	210,0	220,0	220,0	150,0	160,0	167,5	167,5	387,5	240,0	250,0	260,0	260,0	647,5	399,9608	12
2	Kai Eckert	Dauborn Barbell	30.12.95	95,0	205,0	222,5	230,0	230,0	135,0	145,0	150,0	150,0	380,0	240,0	255,0	260,0	260,0	640,0	398,080	9
3	Philipp Ndeiy		02.09.92	100,0	185,0	200,0	215,0	215,0	150,0	162,5	-172,5	162,5	377,5	230,0	240,0	250,0	250,0	627,5	381,8965	8
4	Simon Wiese	AC Marburg 1888	28.07.92	95,0	205,0	210,0	215,0	215,0	150,0	-155,0	155,0	155,0	370,0	235,0	245,0	255,0	255,0	625,0	388,750	7
5	Manuel Holzheimer	TSV Bischofsheim	06.11.95	113,5	150,0	175,0	200,0	200,0	90,0	105,0	-120,0	105,0	305,0	210,0	250,0	270,0	270,0	575,0	335,2825	6
6	Sebastian Schultheiß	Studio 1 Singen	23.12.91	90,5	140,0	150,0	160,0	160,0	120,0	130,0	-140,0	130,0	290,0	210,0	220,0	235,0	235,0	525,0	334,215	5

7	Karl Tilly	Kraftsport Aachen	08.02.93	109,0	140,0	152,5	162,5	162,5	125,0	132,5	-137,5	132,5	295,0	170,0	185,0	200,0	200,0	495,0	292,149	4
8	Anton Goldhofer		15.04.94	91,0	140,0	150,0	160,0	160,0	105,0	115,0	-120,0	115,0	275,0	175,0	185,0	200,0	200,0	475,0	301,5775	3
9	Dennis Tittel		30.12.95	90,0	160,0	170,0	180,0	180,0	80,0	85,0	90,0	90,0	270,0	160,0	170,0	-177,5	170,0	440,0	280,896	2
10	Leon Wiese	ASC Zeilsheim	16.06.95	91,5	130,0	140,0	150,0	150,0	85,0	95,0	100,0	100,0	250,0	160,0	175,0	-190,0	175,0	425,0	269,0675	1

### Männer - Aktive - 90 kg

1	Jeffrey Podszuweit		12.07.77	86,5	200,0	220,0	232,5	232,5	180,0	190,0	-195,0	190,0	422,5	230,0	-250,0	-250,0	230,0	652,5	425,3648	12
2	Erfan Ghasemy		17.04.85	89,05	185,0	195,0	-205,0	195,0	122,5	130,0	-140,0	130,0	325,0	225,0	237,5	245,0	245,0	570,0	365,883	9
3	Dirk Lyzwa	AV Groß-Zimmern	13.10.91	83,3	185,0	200,0	-205,0	200,0	125,0	135,0	140,0	140,0	340,0	205,0	220,0	-230,0	220,0	560,0	373,016	8
4	Oscar Fuhge		30.09.86	86,9	175,0	185,0	190,0	190,0	135,0	142,5	-150,0	142,5	332,5	195,0	207,5	215,0	215,0	547,5	356,0393	7
5	Marc Müller	Kraftsport Aachen	25.02.92	86,9	170,0	-177,5	-177,5	170,0	102,5	110,0	-112,5	110,0	280,0	220,0	230,0	237,5	237,5	517,5	336,5303	6
6	Philipp Schütze		25.11.88	84,1	165,0	175,0	-180,0	175,0	125,0	-135,0	-135,0	125,0	300,0	170,0	180,0	200,0	200,0	500,0	331,200	5
7	Marcel Bock	AV Groß-Zimmern	03.01.89	78,3	150,0	160,0	-165,0	160,0	112,5	120,0	-122,5	120,0	280,0	200,0	210,0	217,5	217,5	497,5	344,3695	4
8	Christian Geheb		02.06.86	84,2	-160,0	165,0	170,0	170,0	105,0	110,0	-117,5	110,0	280,0	195,0	205,0	-212,5	205,0	485,0	321,0215	3
9	Thomas Glanz	Kraftsport Aachen	09.10.86	80,9	120,0	132,5	145,0	145,0	80,0	87,5	95,0	95,0	240,0	155,0	165,0	177,5	177,5	417,5	283,0233	2
10	Daniel Mattern		31.07.91	83,5	100,0	105,0	110,0	110,0	85,0	95,0	-100,0	95,0	205,0	160,0	170,0	180,0	180,0	385,0	256,0635	1
11	Horst Reiterer		15.03.81	79,0	100,0	-110,0	110,0	110,0	67,5	-70,0	-70,0	67,5	177,5	125,0	135,0	145,0	145,0	322,5	221,9445	1

### Männer - Aktive - 90+ kg

1	Tim Konertz	Kölner AC	09.05.89	103,2	225,0	235,0	245,0	245,0	150,0	155,0	-160,0	155,0	400,0	285,0	300,0	-310,0	300,0	700,0	420,910	12
2	Friedrich Mockenhaupt	AV Groß-Zimmern	06.06.89	104,0	222,5	-235,0	235,0	235,0	147,5	157,5	162,5	162,5	397,5	265,0	285,0	-300,0	285,0	682,5	409,227	9
3	Patrick Jäggi	Barbell Club Landquart	23.03.87	108,0	185,0	195,0	202,5	202,5	120,0	-127,5	130,0	130,0	332,5	212,5	225,0	240,0	240,0	572,5	338,8628	8
4	Faisal Yassin		15.06.87	95,9	180,0	190,0	200,0	200,0	125,0	135,0	-140,0	135,0	335,0	215,0	227,5	-240,0	227,5	562,5	348,4125	7
5	Lars Richmann		08.05.91	108,0	180,0	190,0	-200,0	190,0	140,0	-150,0	-150,0	140,0	330,0	210,0	220,0	230,0	230,0	560,0	331,464	6
6	Björn Hoffmann	TV Elz	23.02.85	95,6	160,0	170,0	-175,0	170,0	130,0	132,5	135,0	135,0	305,0	200,0	210,0	220,0	220,0	525,0	325,6575	5
7	Markus Will	AV Groß-Zimmern	30.05.80	118,0	172,5	182,5	200,0	200,0	112,5	120,0	130,0	130,0	330,0	170,0	190,0	-202,5	190,0	520,0	300,144	4
8	Jürgen Pfohl	Kölner AC	01.12.78	94,5	140,0	145,0	152,5	152,5	130,0	132,5	137,5	137,5	290,0	200,0	207,5	212,5	212,5	502,5	313,3088	3
9	Philipp Gerhards	Kraftsport Aachen	15.06.90	100,0	135,0	145,0	157,5	157,5	125,0	135,0	142,5	142,5	300,0	165,0	177,5	190,0	190,0	490,0	298,214	2
10	Christian Hötzel		05.09.80	122,5	120,0	-140,0	140,0	140,0	90,0	105,0	115,0	115,0	255,0	170,0	190,0	200,0	200,0	455,0	260,3965	1