



Bembel 2.0 IV - Kraftdreikampf ohne Equipment, Absolutwertung

Groß Zimmern, 15. Dezember 2018



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	
Frauen - Aktive																					
1	Julia Roll	Aachener Kraftsportverein e.V.	10.01.95	87,8	125,0	130,0	-135,0	130,0	77,5	82,5	85,0	85,0	215,0	145,0	150,0	155,0	155,0	370,0	323,121	12	
2	Anna Beckenbach	Powerbuilding 24	06.02.97	77,7	100,0	110,0	-120,0	110,0	65,0	72,5	77,5	77,5	187,5	150,0	155,0	160,0	160,0	347,5	323,314	9	
3	Isabelle Bausch	SV Fellbach	28.02.89	76,5	105,0	110,0	-115,0	110,0	67,5	72,5	-77,5	72,5	182,5	125,0	130,0		130,0	312,5	293,4688	8	
4	Mareike Haas	Schwerathletik Gießen e.V.	16.09.96	85,4	92,5	97,5	102,5	102,5	72,5	77,5	80,0	80,0	182,5	122,5	130,0	-135,0	130,0	312,5	276,4375	8	
5	Lisa Kämpf	Schwerathletik Mannheim	07.12.89	63,8	95,0	100,0	-105,0	100,0	52,5	57,5	-60,0	57,5	157,5	125,0	132,5	-140,0	132,5	290,0	308,502	6	
6	Theresia Schliebe	Schwerathletik Gießen e.V.	04.06.95	70,7	92,5	95,0	-100,0	95,0	60,0	65,0	67,5	67,5	162,5	117,5	125,0	-130,0	125,0	287,5	284,0788	5	
7	Francesca Tedesco		22.09.94	76,0	100,0	105,0	-115,0	105,0	45,0	47,5	-50,0	47,5	152,5	120,0	130,0	-140,0	130,0	282,5	266,3693	4	
8	Daniela Stopp	Classic Barbell Club	02.02.93	64,75	95,0	102,5	-110,0	102,5	50,0	55,0	57,5	57,5	160,0	105,0	115,0	120,0	120,0	280,0	294,588	3	
9	Anna Hanus	Schwerathletik Mannheim	24.05.96	68,2	90,0	97,5	-100,0	97,5	50,0	55,0	-57,5	55,0	152,5	117,5	127,5	-135,0	127,5	280,0	283,668	3	
10	Sabrina Günther	Schwerathletik Gießen e.V.	31.01.96	65,0	85,0	90,0	100,0	100,0	52,5	57,5	62,5	62,5	162,5	100,0	105,0	115,0	115,0	277,5	291,1253	1	
11	Jacqueline Rietenbach	Dauborn Barbell	25.10.94	62,4	80,0	87,5	-92,5	87,5	-52,5	52,5	55,0	55,0	142,5	117,5	-125,0	125,0	125,0	267,5	289,3815	1	
12	Justine Winkler	Squat Force	29.08.94	65,0	85,0	95,0	-100,0	95,0	50,0	-55,0	-55,0	50,0	145,0	110,0	117,5	122,5	122,5	267,5	280,6343	1	
13	Vanessa Wannicke	Schwerathletik Gießen e.V.	08.12.00	68,1	95,0	100,0	105,0	105,0	47,5	50,0	-55,0	50,0	155,0	95,0	105,0	112,5	112,5	267,5	271,2985	1	
14	Marnie Koenen	AV05 Groß-Zimmern	05.01.79	76,35	80,0	87,5	95,0	95,0	52,5	55,0	-57,5	55,0	150,0	105,0	110,0	115,0	115,0	265,0	249,153	1	
15	Laura Bastos do Nascimento		21.10.94	73,0	85,0	90,0	-95,0	90,0	50,0	52,5	55,0	55,0	145,0	100,0	110,0	112,5	112,5	257,5	249,054	1	
16	Alice Rose Teschabaioglu		31.08.92	69,5	72,5	82,5	-85,0	82,5	50,0	-55,0	-55,0	50,0	132,5	100,0	110,0	115,0	115,0	247,5	247,4505	1	
17	Tabea Leix	Squat Force	20.02.00	71,0	80,0	90,0	-100,0	90,0	40,0	45,0	-47,5	45,0	135,0	85,0	95,0	105,0	105,0	240,0	236,448	1	
18	Mona Heil		27.03.93	69,65	-80,0	80,0	-82,5	80,0	45,0	47,5	-50,0	47,5	127,5	105,0	110,0	-115,0	110,0	237,5	237,0963	1	
19	Alicia Stefanie Schmitz	Sherlock Gainz	15.01.99	58,5	77,5	82,5	87,5	87,5	37,5	-42,5	-42,5	37,5	125,0	85,0	95,0	102,5	102,5	227,5	258,6903	1	
20	Janina Schumann		02.03.97	94,5	70,0	75,0	80,0	80,0	37,5	42,5	-45,0	42,5	122,5	95,0	97,5	102,5	102,5	225,0	190,800	1	
21	Susanne Holzweiler	Schwerathletik Gießen e.V.	20.08.93	60,75	70,0	-75,0	-75,0	70,0	40,0	42,5	45,0	45,0	115,0	72,5	77,5	80,0	80,0	195,0	215,319	1	
Junioren - 85 kg																					
1	Till Thomale	Squat Force	10.01.96	83,25	190,0	200,0	-205,0	200,0	140,0	145,0	150,0	150,0	350,0	-220,0	230,0	-235,0	230,0	580,0	386,454	12	
2	Tobias Kronmüller	Squat Force	17.10.97	83,2	165,0	175,0	185,0	185,0	127,5	135,0	142,5	142,5	327,5	225,0	240,0	250,0	250,0	577,5	384,9615	9	
3	Maximilian Stein	Dauborn Barbell	03.08.95	84,1	180,0	-187,5	-187,5	180,0	135,0	-142,5	142,5	142,5	322,5	-225,0	-230,0	230,0	230,0	552,5	365,976	8	
4	Lukas Rimpl		04.11.00	80,35	160,0	167,5	175,0	175,0	95,0	105,0	112,5	112,5	287,5	185,0	200,0	212,5	212,5	500,0	340,400	7	
5	Dominik Dietz	Dauborn Barbell	02.04.96	83,7	150,0	162,5	167,5	167,5	112,5	120,0	125,0	125,0	292,5	185,0	200,0	-205,0	200,0	492,5	327,1185	6	
6	Johannes Joßberger		01.01.97	80,75	165,0	175,0	180,0	180,0	92,5	100,0	105,0	105,0	285,0	190,0	-215,0	-205,0	190,0	475,0	322,3825	5	
7	Timo Bertram	Kraftsport Colonia	21.11.97	83,0	145,0	152,5	160,0	160,0	87,5	92,5	97,5	97,5	257,5	175,0	190,0	200,0	200,0	457,5	305,3813	4	
8	Florian Hensch		20.06.95	83,0	130,0	140,0	150,0	150,0	95,0	102,5	-110,0	102,5	252,5	165,0	175,0	190,0	190,0	442,5	295,3688	3	
9	Maximilian Vaintroub	Schwerathletik Mannheim	26.05.02	80,3	135,0	145,0	155,0	155,0	100,0	107,5	112,5	112,5	267,5	140,0	150,0	160,0	160,0	427,5	291,1703	2	
10	Christoph Knoll		20.07.95	81,1	120,0	130,0	-140,0	130,0	107,5	115,0	-117,5	115,0	245,0	157,5	170,0	172,5	172,5	417,5	282,6058	1	
Junioren - 85+ kg																					
1	Nik Schöner	Schwerathletik Mannheim	12.12.95	108,9	240,0	-252,5	252,5	252,5	170,0	180,0	185,0	185,0	437,5	270,0	290,0	-300,0	290,0	727,5	429,4433	12	

2	Kai Eckert	Dauborn Barbell	30.12.95	102,4	240,0	252,5	260,0	260,0	155,0	162,5	-170,0	162,5	422,5	245,0	265,0	277,5	277,5	700,0	422,100	9
3	Philipp Bleilinger	TSV Altenberg	29.01.95	135,7	255,0	270,0		270,0	152,5	160,0	-167,5	160,0	430,0	265,0	-290,0	-300,0	265,0	695,0	390,2425	8
4	Daniel Knaut	AV05 Groß-Zimmern	24.04.98	91,7	190,0	200,0	207,5	207,5	155,0	165,0	170,0	170,0	377,5	230,0	-240,0	-240,0	230,0	607,5	384,2438	7
5	Kevin Mahling	Dauborn Barbell	15.08.95	125,8	200,0	215,0	220,0	220,0	130,0	142,5	-150,0	142,5	362,5	210,0	225,0	235,0	235,0	597,5	340,0373	6
6	Klaus Welters	Schwerathletik Gießen e.V.	26.03.95	103,3	182,5	192,5	202,5	202,5	120,0	132,5	140,0	140,0	342,5	205,0	240,0	-275,0	240,0	582,5	350,1408	5
7	Benedikt Hoffahrt	AV05 Groß-Zimmern	19.09.98	99,6	190,0	200,0	210,0	210,0	110,0	117,5	125,0	125,0	335,0	210,0	220,0	230,0	230,0	565,0	344,424	4
8	Tobias Knaut	AV05 Groß-Zimmern	23.07.95	87,7	190,0	200,0	-205,0	200,0	125,0	132,5	-140,0	132,5	332,5	220,0	230,0	-237,5	230,0	562,5	363,9938	3
9	Johannes Reuter	Schwerathletik Gießen e.V.	31.08.98	106,3	-175,0	187,5	195,0	195,0	112,5	117,5	122,5	122,5	317,5	215,0	230,0	240,0	240,0	557,5	331,7125	2
10	Alessandro Oettinger	Squat Force	22.12.00	91,5	-165,0	170,0	190,0	190,0	105,0	112,5	-120,0	112,5	302,5	210,0	230,0	245,0	245,0	547,5	346,6223	1
11	Jaxier Schubert		24.05.96	92,2	180,0	187,5	-200,0	187,5	110,0	-117,5	117,5	117,5	305,0	210,0	220,0	235,0	235,0	540,0	340,632	1
12	Moritz Schlüter	TSV Altenberg	06.04.97	96,6	155,0	170,0	-180,0	170,0	95,0	100,0	-102,5	100,0	270,0	195,0	210,0	-220,0	210,0	480,0	296,352	1



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Groß Zimmern, 15. Dezember 2018



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
Männer - Aktive - 90 kg																				
1	Fabian Gerritzen	Todtglüsingener Sportverein	18.08.87	89,15	210,0	225,0	240,0	240,0	120,0	130,0	135,0	135,0	375,0	-275,0	-300,0	300,0	300,0	675,0	433,0125	12
2	Felix Dinkel	Coburger Turnerschaft 1861 e.V.	18.07.86	88,85	200,0	215,0	-220,0	215,0	135,0	-142,5	-142,5	135,0	350,0	235,0	242,5	255,0	255,0	605,0	388,773	9
3	Julian Reiber	Schwerathletik Gießen e.V.	02.06.90	86,4	175,0	185,0	192,5	192,5	135,0	142,5	-147,5	142,5	335,0	230,0	240,0	250,0	250,0	585,0	381,5955	8
4	Thomas Beetz		02.03.91	87,55	205,0	-212,5	212,5	212,5	127,5	135,0	142,5	142,5	355,0	220,0	230,0	-255,0	230,0	585,0	378,9045	8
5	Raphael Ries		08.07.92	88,4	170,0	180,0	190,0	190,0	155,0	165,0	-175,0	165,0	355,0	210,0	220,0	230,0	230,0	585,0	376,974	8
6	Matthias Siegle	SV Fellbach	11.07.63	80,0	195,0	-202,5	-202,5	195,0	135,0	140,0	-142,5	140,0	335,0	227,5	235,0	-250,0	235,0	570,0	389,139	5
7	Dirk Lyzwa	AV05 Groß-Zimmern	13.10.91	84,8	192,5	-205,0	205,0	205,0	140,0	145,0	150,0	150,0	355,0	202,5	215,0	-227,5	215,0	570,0	375,744	5
8	Dirk Englert		19.10.93	83,35	185,0	195,0	200,0	200,0	-120,0	125,0	132,5	132,5	332,5	200,0	220,0	230,0	230,0	562,5	374,5125	3
9	Maik Klingert	ASV Grotzingen	23.01.79	85,85	157,5	167,5	177,5	177,5	105,0	115,0	125,0	125,0	302,5	205,0	215,0	225,0	225,0	527,5	345,3543	2
10	Daniil Pysmenny		21.04.01	84,8	150,0	160,0	165,0	165,0	102,5	110,0	115,0	115,0	280,0	215,0	230,0	245,0	245,0	525,0	346,080	1
11	Marius Meinhold		13.01.93	87,35	165,0	180,0	190,0	190,0	110,0	-120,0	-125,0	110,0	300,0	200,0	210,0	220,0	220,0	520,0	337,220	1
12	Daniel Jung	Dauborn Barbell	08.05.92	86,85	155,0	165,0	170,0	170,0	110,0	115,0	117,5	117,5	287,5	210,0	220,0	230,0	230,0	517,5	336,6338	1
13	David Wolf	AC Siegfried Darmstadt	12.04.92	85,2	170,0	177,5	185,0	185,0	110,0	115,0	-117,5	115,0	300,0	182,5	190,0	195,0	195,0	495,0	325,4625	1
14	Markus Driess	AC Heros Wemmetweiler	07.12.68	89,4	147,5	155,0	-162,5	155,0	120,0	127,5	-132,5	127,5	282,5	190,0	197,5	202,5	202,5	485,0	310,691	1
15	Daniel Schenk		23.04.77	88,05	-140,0	140,0	160,0	160,0	110,0	-115,0	-115,0	110,0	270,0	200,0	210,0	-220,0	210,0	480,0	309,936	1
16	Jan Eric Leitz		10.04.86	87,85	160,0	167,5	-175,0	167,5	87,5	-95,0	-97,5	87,5	255,0	205,0	215,0	222,5	222,5	477,5	308,7038	1
17	Yunus Celik	Aachener Kraftsportverein e.V.	28.12.92	78,9	160,0	170,0	180,0	180,0	97,5	105,0	112,5	112,5	292,5	175,0	180,0	-187,5	180,0	472,5	325,458	1
18	Kevin Brocker		08.04.93	84,4	150,0	165,0	-180,0	165,0	107,5	115,0	-120,0	115,0	280,0	170,0	185,0	190,0	190,0	470,0	310,670	1
19	Philipp Troßmann		21.05.94	89,1	130,0	135,0	-145,0	135,0	100,0	-110,0	-110,0	100,0	235,0	200,0	205,0	210,0	210,0	445,0	285,5565	1
Männer - Aktive - 90+ kg																				
1	Lukas Hähnel	Powerlifting Hegan	31.01.94	109,95	260,0	270,0	280,0	280,0	180,0	190,0	195,0	195,0	475,0	280,0	290,0	300,0	300,0	775,0	456,165	12
2	Gregor Loosen	Schwerathletik Mannheim	06.06.86	122,85	245,0	257,5	-265,0	257,5	160,0	170,0	175,0	175,0	432,5	280,0	300,0	-305,0	300,0	732,5	418,9168	9
3	Friedrich Mockenhaupt	AV05 Groß-Zimmern	06.06.89	111,3	225,0	240,0	250,0	250,0	162,5	172,5	180,0	180,0	430,0	270,0	287,5	300,0	300,0	730,0	428,072	8
4	Pascal Rothweiler		08.03.90	96,65	240,0	260,0	-270,0	260,0	165,0	-175,0	-200,0	165,0	425,0	265,0	285,0	-300,0	285,0	710,0	438,283	7
5	Sascha Calleger	AC Heros Wemmetweiler	03.08.83	99,15	210,0	222,5	230,0	230,0	167,5	175,0	180,0	180,0	410,0	255,0	-275,0	-285,0	255,0	665,0	406,1155	6
6	Stefan Schultheiss	Powerlifting Hegan	11.01.95	92,1	220,0	-230,0	230,0	230,0	160,0	165,0	170,0	170,0	400,0	250,0	260,0	-270,0	260,0	660,0	416,526	5
7	Omer Ramovic	Dauborn Barbell	16.05.92	96,8	175,0	190,0	200,0	200,0	125,0	135,0	145,0	145,0	345,0	250,0	265,0	-280,0	265,0	610,0	376,309	4
8	Arved Kinder		27.04.93	109,25	187,5	200,0	215,0	215,0	142,5	150,0	-160,0	150,0	365,0	220,0	240,0	-260,0	240,0	605,0	356,7685	3
9	Matthias Zielke		26.02.88	94,55	185,0	200,0	210,0	210,0	125,0	132,5	137,5	137,5	347,5	235,0	252,5	-257,5	252,5	600,0	374,040	2
10	Patrick Moebius	Team PaRo EHT	22.06.91	120,3	190,0	200,0	-210,0	200,0	145,0	-152,5	-152,5	145,0	345,0	245,0	255,0		255,0	600,0	344,760	2
11	Alexander Wirth	Dauborn Barbell	06.04.94	100,8	180,0	192,5	-200,0	192,5	145,0	155,0	-160,0	155,0	347,5	230,0	240,0	-252,5	240,0	587,5	356,4363	1
12	Michael Menzel		04.07.91	103,5	175,0	190,0	202,5	202,5	85,0	100,0	112,5	112,5	315,0	185,0	210,0	235,0	235,0	550,0	330,330	1
13	David Helfert		19.03.94	94,5	165,0	172,5	-177,5	172,5	130,0	137,5	142,5	142,5	315,0	200,0	215,0	-220,0	215,0	530,0	330,455	1
14	Roland Kurtz	Team PaRo EHT	20.03.68	107,65	170,0	-180,0	-180,0	170,0	135,0	142,5	-147,5	142,5	312,5	215,0	-225,0		215,0	527,5	312,5438	1

15	Anthony Norton	KSV 1884 Mannheim	25.02.92	111,8	165,0	175,0		175,0	105,0	112,5	-117,5	112,5	287,5	215,0	235,0	-245,0	235,0	522,5	305,976	1
16	Manuel Pieper	KSV 1884 Mannheim	03.07.84	114,25	160,0	170,0	177,5	177,5	110,0	117,5	125,0	125,0	302,5	175,0	190,0	200,0	200,0	502,5	292,5053	1
17	Rolf Weisbrod		07.05.88	100,55	140,0	155,0	165,0	165,0	100,0	107,5	110,0	110,0	275,0	190,0	205,0	215,0	215,0	490,0	297,577	1
18	Daniel John	KDK Flensburg e.V.	21.11.87	99,1	125,0	132,5	140,0	140,0	95,0	102,5	107,5	107,5	247,5	175,0	190,0	200,0	200,0	447,5	273,333	1