

Powerlifting Association Germany (P.A.G.) KDK RAW Frauen/Master RAW/EQ & KDK Männer Master EQ

int. Deutsche Meisterschaften 2018

RAW

6.April -8. April 2018 in Plettenberg

Gruppe 1

M/N	NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT			MAX.	BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilks	+McCullogh	PL.	4. SQ	4. BP	4. DL	Coef.
								1.	2.	3.		1.	2.	3.		1.	2.	3.								
n	40+	44	69,20	Dr.Fritsch,Brita Squat	PAG	-75,0	135,0			135,0				135,0				135,0	135,378	141,335	1.					1,0028
n	55+	56	64,20	Maczka,Brigitte Squat	PAG	-67,5	30,0	-32,5	-32,5	30,0				30,0				30,0	31,764	40,436	1.					1,0588
m	U19	17	93,10	Auer, Stefan	PAG	-100,0	135,0	145,0	152,5	152,5	80,0	87,5	-92,5	240,0	135,0	142,5	150,0	390,0	244,881		1.					0,6279
m	U23	22	72,90	Wolf, Alexander	PAG	-75,0	-180,0	-180,0	-180,0	-180,0	100,0	110,0	112,5	-67,5	160,0	170,0	190,0	122,5	89,070				115,0	-200,0		0,7271
m	U23	20	95,00	Hofman, Hendrik	PAG	-100,0	-110,0	100,0	122,5	122,5	120,0	130,0	-136,0	252,5	125,0	132,5	142,5	395,0	245,690		1.					0,6220
n	O	30	52,00	Hoffmans,Anne	NL	-52,0	90,0	95,0	97,5	97,5	52,5	-57,5	-57,5	150,0	100,0	105,0	110,0	260,0	324,116		1.					1,2466
n	O	38	71,80	Pieper,Verena	PAG	-75,0	70,0	80,0		80,0	55,0	-60,0		135,0	90,0	100,0	105,0	240,0	234,696		2.					0,9779
n	O	25	65,10	Conter,Lindsay	PAG	-67,5	97,5	100,0	-102,5	100,0	60,0	-62,5	62,5	162,5	117,5	-120,0	-120,0	280,0	293,412		2.					1,0479
n	O	39	67,40	Zankl,Lolita	PAG	-67,5	90,0	100,0	110,0	110,0	100,0	110,0	-120,0	220,0	160,0	170,0	180,0	400,0	408,680		1.					1,0217
n	O	23	73,80	Senz,Mone Sinara	PAG	-75,0	105,0	117,5	125,0	125,0	55,0	62,5	65,5	190,5	125,0	140,0	150,0	340,5	327,016		1.	130,0	-67,5	160,0		0,9604
m	O	23	87,80	Braun, Lukas	PAG	-90,0	215,5	230,0	240,0	240,0	142,5	150,0	157,5	397,5	200,0	210,0	220,0	617,5	399,337		1.	-250,0	-162,5			0,6467
m	O	22	104,00	Holter, Thomas	PAG	-110,0	180,0	190,0	-200,0	190,0	115,0	-125,0	125,0	315,0	195,0	200,0	212,5	527,5	316,289		1.			217,5		0,5996
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LEFT-REFEREE  
NAME: Dirk Schumann

RIGHT-REFEREE  
NAME: Bastian de Vries

Deutsche Rekorde

Powerlifting Association Germany (P.A.G.) KDK RAW Frauen/Master RAW/EQ & KDK Männer Master EQ

int. Deutsche Meisterschaften 2018

RAW

6.April -8. April 2018 in Plettenberg

Gruppe 2

M/N	NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT				BENCHPRESS				DEADLIFT			TOT.	Wilks	+McCullogh	PL.	4. SQ	4. BP	4.DL	Coef.			
								1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.											
m		M60+	63	81,50	Maczka, Mieczyslaw Squat	PAG	-90,0	-110,0	120,0	120,0				120,0				120,0	80,988	119,052	1.						0,6749		
m		M75+	77	76,80	Mielich, Ulrich	PAG	-82,5	60,0	70,0	75,0	75,0	50,0	55,0	57,5	132,5	95,0	105,0	115,0	247,5	173,522	343,574	1.						0,7011	
m		M55+	58	91,50	Riedel, Detlef	PAG	-100,0	210,0	220,0	230,0	230,0	120,0	130,0	135,0	365,0	200,0	210,0	215,0	580,0	367,198	485,436	1.						0,6331	
m		M45+	49	88,70	Driess, Markus	PAG	-90,0	155,0	165,0	-172,5	165,0	120,0	125,0	-130,0	290,0	180,0	190,0	-200,0	480,0	308,736	349,489	1.						0,6432	
m		M50+	54	96,70	Kotschenreuter, Peter	PAG	-100,0	120,0	127,5	135,0	135,0	-110,0	112,5	-120,0	247,5	160,0	170,0	180,0	427,5	263,853	324,011	1.						0,6172	
m		M40+	42	101,70	Eschele, Michael	PAG	-110,0	180,0	190,0	200,0	200,0	125,0	135,0	142,5	342,5	200,0	210,0	220,0	562,5	340,088	344,849	1.		145,0				0,6046	
m		M50+	52	107,50	Reiter, Jörk	PAG	-110,0	170,0	182,5	182,5	182,5	110,0	122,5	131,0	313,5	240,0	260,0	272,5	586,0	347,381	412,341	1.						0,5928	
m		M45+	48	119,50	Werfing, Paul	PAG	-125,0	150,0	155,0	160,0	160,0	130,0	135,0	140,0	300,0	170,0	190,0	205,0	505,0	290,628	323,759	2.						0,5755	
m		M45+	49	112,90	Türk, Oliver	PAG	-125,0	200,0	210,0	-220,0	210,0	140,0	150,0	155,0	365,0	220,0	240,0	250,0	615,0	359,160	406,569	1.						0,5840	
m		M45+	47	112,90	Falk, Rene	PAG	-125,0					140,0	147,5	-155,0	147,5	275,0	300,0	307,5	455,0	265,720	291,229						0,5840		
m		M50+	50	116,50	Bayer, Bernd	PAG	-125,0	135,0	145,0	165,0	165,0	105,0	110,0	-115,0	275,0	130,0	140,0	150,0	425,0	246,118	283,035	1.						0,5791	
m		M55+	55	118,50	Notschaele, Mark	PAG	-125,0	220,0	230,0	245,0	245,0	162,5	-172,5	172,5	417,5	230,0	240,0	-250,0	657,5	379,115	473,893	1.	-250,0					0,5766	
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Deutsche Rekorde

**Powerlifting Association Germany (P.A.G.) KDK RAW Frauen/Master RAW/EQ & KDK Männer Master EQ**

**int. Deutsche Meisterschaften 2018**

**RAW +EQ**

**6.April -8. April 2018 in Plettenberg**

**Gruppe 3**

M/N	NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT				BENCHPRESS			DEADLIFT			TOT.	Wilks	+McCullogh	PL.	4. SQ	4. BP	4.DL	Coef.	
								1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.									3.
n		U19	16	89,20	Schulte, Dana RAW	PAG	-90,0	90,0	95,0	105,0	105,0	42,5	50,0	-55,0	155,0	115,0	127,5	140,0	295,0	#WERT!		1.				#WERT!
n		U23	19	72,00	Philip, Carolin RAW	PAG	-75,0	100,0	110,0	120,0	120,0	80,0	85,0	90,0	210,0	130,0	140,0	150,0	360,0	#WERT!		1.				#WERT!
n		M50+	51	55,50	Stöbe, Claudia RAW	PAG	-56,0	50,0	60,0	65,0	65,0	40,0	45,0	-50,0	110,0	85,0	100,0	-115,0	210,0	248,829	290,632	1.				1,1849
n		M45+	45	65,50	Scharf-Plazanic, Alexandra RAW	PAG	-67,5	95,0	-100,0	102,5	102,5	65,0	-70,0	-70,0	167,5	110,0	117,5	-127,5	285,0	297,312	315,151	1.				1,0432
n		M55+	58	67,40	Zankl, Lolita RAW	PAG	-67,5	100,0	110,0	120,0	120,0	100,0	110,0	-115,0	230,0	165,0	175,0	180,0	410,0	418,897	553,782	1.				1,0217
n		M40+	44	68,20	Dr. Fritsch, Brita RAW	PAG	-75,0	135,0	145,0	150,0	150,0	85,0	90,0	-95,0	240,0	160,0	170,0	180,0	420,0	425,502	444,224	1.			185,0	1,0131
m		M65+	67	73,20	Steffen, Burkhard EQ	PAG	-75,0	125,0	135,0	145,0	145,0	85,0	90,0	95,0	240,0	120,0			360,0	260,964	416,760	1.				0,7249
m		M60+	62	76,60	Eschenasy, Calin EQ	PAG	-82,5	-190,0	200,0	-220,0	200,0	120,0	-130,0	-130,0	320,0	200,0	-215,0	220,0	540,0	379,242	546,108	1.				0,7023
m		M60+	63	81,50	Maczka, Mieczyciow EQ Squat	PAG	-82,5	-110,0	120,0		120,0				120,0				120,0	80,988	119,052	1.				0,6749
m		M55+	56	98,80	Leser, Herbert EQ	PAG	-100,0	182,5	-195,0	-200,0	182,5	132,5	-145,0	-147,5	315,0	175,0	182,5	-190,0	497,5	304,271	387,337	1.				0,6116
m		M55+	55	120,70	Jungmann, Frank EQ	PAG	-125,0	240,0	260,0	270,0	270,0	190,0	200,0		470,0	220,0	240,0	-250,0	710,0	407,682	509,603	1.				0,5742
m		M45+	47	119,00	Groenhof, Eddie EQ	NL	-125,0	270,0	285,0	290,0	290,0	170,0	-177,5	-177,5	460,0	240,0	255,0	270,0	730,0	420,553	460,926	1.				0,5761
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**int. Deutsche Meisterschaften 2018** **RAW**  
**6.April -8. April 2018 in Plettenberg** **Gruppe 4**

M/N	NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT			MAX.	BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilks	+McCullogh	PL	4. SQ	4. BP	4. DL	Coef.
								1.	2.	3.		1.	2.	3.		1.	2.	3.								
m		O	24	59,00	Lehmann, Sherif	PAG	-60,0	-45,0	60,0	70,0	70,0	-45,0	60,0	-70,0	130,0	90,0	110,0	120,0	250,0	216,550		1.			125,0	0,8662
m		O	27	63,00	Marasco, Michelangelo	PAG	-67,5	140,0	-152,5	-152,5	140,0	-110,0	110,0	-115,0	250,0	170,0	175,0	180,0	430,0	351,138		1.				0,8166
m		O	25	109,20	Piechot, Robin	PAG	-110,0	155,0	-167,5	167,5	167,5	105,0	110,0	112,5	280,0	180,0	197,5	205,0	485,0	286,053		4.				0,5898
m		O	23	108,00	Timmer, Alexander	PAG	-110,0	-210,0	200,0	-225,0	200,0	122,5	-127,5	-127,5	322,5	185,0	200,0	220,0	542,5	321,106		2.				0,5919
m		O	24	104,90	Von Elling, Rouven	PAG	-110,0	170,0	190,0	200,0	200,0	127,5	140,0	-150,0	340,0	200,0	225,0	235,0	575,0	343,735		1.				0,5978
m		O	28	107,40	Van Dalen, Steffen	NL	-110,0	172,5	180,0	-190,0	180,0	-150,0	155,0	-157,5	335,0	200,0	-210,0		535,0	317,255		3.				0,5930
m		O	30	119,00	Kuipers, Harm	NL	-125,0	170,0	180,0	190,0	190,0	105,0	112,5	-125,0	302,5	185,0			487,5	280,849		1.				0,5761
m		O	28	112,50	Hellendorn, Ruth	NL	-125,0	165,0	175,0	185,0	185,0	100,0	-110,0	-112,5	285,0	175,0	185,5	200,0	485,0	283,531		2.				0,5846
m		O	29	68,90	Gasparo, Michele	PAG	-75,0	130,0	135,0	-140,0	135,0	-80,0	85,0	-87,5	220,0	127,5	137,5	142,5	362,5	274,993		1.				0,7586
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RAW

6.April -8. April 2018 in Plettenberg

Gruppe 5

M/N	NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT			MAX.	BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilks	+McCullogh	PL	4. SQ	4. BP	4. DL	Coef.	
								1.	2.	3.		1.	2.	3.		1.	2.	3.									
m		O	25	80,50	Klamt, Janis	PAG	-82,5	150,0	-160,0	-165,0	150,0	105,0	110,0	-115,0	260,0	180,0	200,0	205,0	465,0	316,200		3.					0,6800
m		O	27	82,50	Schmitz, Jeff	PAG	-82,5	-165,0	165,0	-170,0	165,0	105,0	110,0	115,0	280,0	190,0	202,5	-205,0	482,5	323,227		2.					0,6699
m		O	36	82,30	Riedel, Ringo	PAG	-82,5	210,0	220,0	230,0	230,0	145,0	155,0	-160,0	385,0	210,0	235,0	240,0	625,0	419,313		1.					0,6709
m		O	24	86,30	Kolbe, Tim	PAG	-90,0	150,0	160,0	165,0	165,0	105,0	112,5	-117,5	277,5	180,0	195,0	202,5	480,0	313,344		4.					0,6528
m		O	35	87,30	Dzevad, Feratovic	PAG	-90,0	150,0	160,0	170,0	170,0	110,0	125,0	-132,5	295,0	190,0	210,0	-225,0	505,0	327,594		2.					0,6487
m		O	34	89,00	Calleger, Sascha	PAG	-90,0	200,0	215,0	227,5	227,5	157,5	162,5	167,5	395,0	245,0	265,0	275,0	670,0	430,207		1.			285,0		0,6421
m		O	30	88,10	Läfle, Leo	PAG	-90,0	150,0	160,0	167,5	167,5	95,0	102,5	-110,0	270,0	195,0	210,0	220,0	490,0	316,295		3.					0,6455
m		O	29	89,30	Waldschläger, Torben	PAG	-90,0	-150,0	150,0	-160,0	150,0	110,0	115,0	120,0	270,0	180,0	190,0	200,0	470,0	301,270		5.					0,6410
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int. Deutsche Meisterschaften 2018

RAW

6.April -8. April 2018 in Plettenberg

Gruppe 6

M/N	NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT			MAX.	BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilks	+McCullogh	PL	4 SQ	4 BP	4.DL	Coef.	
								1.	2.	3.		1.	2.	3.		1.	2.	3.									
m		O	27	92,80	Zinn, Kai	PAG	-100,0	115,0	120,0	130,0	130,0	-90,0	90,0	-92,5	220,0	135,0	140,0	150,0	370,0	232,656		11.				0,6288	
m		O	25	93,30	Schwalenberg, Maik	PAG	-100,0	150,0	160,0	170,0	170,0	-130,0	137,5		307,5	175,0	185,0	192,5	500,0	313,600		7.				0,6272	
m		O	33	94,90	Schmatz, Daniel	PAG	-100,0	185,0	200,0	210,0	210,0	145,0	150,0	-155,0	360,0	230,0	240,0	250,0	610,0	379,603		2.				0,6223	
m		O	28	96,00	Theuermann, Benjamin	PAG	-100,0	150,0	155,0	160,0	160,0	120,0	127,5	-130,0	287,5	190,0	200,0	210,0	497,5	308,002		9.				0,6191	
m		O	29	96,50	Gasparo, Tiziano	PAG	-100,0	205,0	215,0	222,5	222,5	117,5	125,0	-127,5	347,5	190,0	195,0	200,0	547,5	338,191		4.	223,5			0,6177	
m		O	28	97,50	Hofbeck, Lorenz	PAG	-100,0	160,0	170,0	-190,0	170,0	110,0	112,5	120,0	290,0	190,0	210,0	-230,0	500,0	307,500		8.				0,6150	
m		O	35	97,80	Heinz, Torsten	PAG	-100,0	160,0	170,0	180,0	180,0	100,0	105,0	110,0	290,0	200,0	215,0	225,0	515,0	316,313		6.				0,6142	
m		O	26	98,10	Hiller, Daniel	PAG	-100,0	160,0	180,0	-195,0	180,0	110,0	115,0	-120,0	295,0	220,0	230,0	-240,0	525,0	322,035		5.				0,6134	
m		O	25	98,50	Lape, Kilian	PAG	-100,0	195,0	200,0	210,0	210,0	115,0	120,0	125,0	335,0	205,0	210,0	215,0	550,0	336,765		3.				0,6123	
m		O	28	99,50	Feijen, Pascal	PAG	-100,0	140,0	150,0	155,0	155,0	110,0	115,0	117,5	272,5	180,0	190,0	-197,5	462,5	282,033		10.				0,6098	
m		O	27	100,00	Ruthardt, Stephan	PAG	-100,0	175,0	195,0	220,0	220,0	125,0	140,0	-155,0	360,0	240,0	260,0	-285,0	620,0	377,332		1.	-223,0			0,6086	
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**int. Deutsche Meisterschaften 2018**

**Bankdrücken RAW**

**6.April -8. April 2018 in Plettenberg**

**Gruppe 1**

M/N	NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT			MAX.	BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilks	+McCullogh	PL.	4. SQ	4. BP	4. DL	Coef.	
								1.	2.	3.		1.	2.	3.		1.	2.	3.									
n		M70+	71	62,20	Cedel, Ingrid	PAG	-67,50					35,0	37,5	-40,0	37,5				37,5	40,665	70,757	1.					1,0844
n		M55+	56	66,40	Maczka, Brigitte	PAG	-67,50					30,0	35,0		35,0				35,0	36,148	46,016	1.					1,0328
m		M75+	76	67,70	Cedel, Gerd	PAG	-67,50					80,0	-82,5	-82,5	80,0				80,0	61,536	119,380	1.					0,7692
n		M40+	44	69,70	Dr.Fritsch, Brita	PAG	-67,50					85,0	90,0	-92,5	90,0				90,0	89,802	93,753	1.					0,9978
m		M70+	74	72,50	Bongard, Heinz-Werner	PAG	-75,00					80,0	90,0	95,0	95,0				95,0	69,350	128,991	1.					0,7300
m		M70+	74	80,60	Nebelung, Helmut	PAG	-82,50					80,0	85,0	-90,0	85,0				85,0	57,758	107,429	1.					0,6795
n		M65+	68	81,50	Eulenstein, Ursula	PAG	-82,50					70,0	72,5	-75,0	72,5				72,5	65,671	107,043	1.					0,9058
m		M60+	63	82,00	Maczka, Mieczyslaw	PAG	-82,50					100,0	110,0		110,0				110,0	73,964	108,727	2.					0,6724
m		M60+	64	81,00	Niemann, Hartmut	PAG	-82,50					130,0	135,0	140,0	140,0				140,0	94,836	142,349	1.		145,0			0,6774
m		M65+	66	84,50	Markwort, Hubert	PAG	-90,00					60,0	65,0	-67,5	65,0				65,0	42,939	67,200	1.					0,6606
m		M60+	61	95,30	Winklareth, Mivhael	PAG	-90,00					122,5	130,0	137,5	137,5				137,5	85,401	120,416	1.					0,6211
m		O	39	87,00	Vennwald, Svenja	PAG	-90,00					50,0	52,5	55,0	55,0				55,0	35,745		1.					0,6499
m		M75+	75	98,00	Dr. Schildbach, Heiner	PAG	-100,00					110,0	-115,0	-115,0	110,0				110,0	67,496	128,242	1.					0,6136
m		M70+	71	96,60	Dr. Eulenstein, Joachim	PAG	-110,00					120,0			120,0				120,0	74,088	128,913	1.					0,6174
m		M65+	67	96,00	Gersdorf, Axel	PAG	-100,00					115,0	120,0	-125,0	120,0				120,0	74,292	118,644	1.					0,6191
m		M60+	61	103,80	Kapplinghaus, Stefan	PAG	-110,00					110,0	-115,0	115,0	115,0				115,0	69,000	97,290	1.					0,6000
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**Powerlifting Association Germany (P.A.G.) KDK RAW Frauen/Master RAW/EQ & KDK Männer Master EQ**

**int. Deutsche Meisterschaften 2018**

**Bankdrücken RAW**

**6.April -8. April 2018 in Plettenberg**

**Gruppe 2**

M/N	NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT			MAX.	BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilks	+McCullogh	PL	4. SQ	4. BP	4. DL	Coef.			
								1.	2.	3.		1.	2.	3.		1.	2.	3.											
m		M50+	52	59,10	Falke , Rainer	PAG	-60,0					100,0	105,0	-110,0	105,0				105,0	90,804	107,784	1.						0,8648	
m		Open	39	96,40	Fischer, Wolfgang	PAG	-90,0					130,0	145,0	-152,5	145,0				145,0	89,610	103,052	1.						0,6180	
m		M50+	50	99,20	Vincent, Matthew	PAG	-100,0					142,5	-145,0	-150,0	142,5				142,5	87,011	105,022	2.						0,6106	
m		M50+	53	96,60	Ritter, Thorsten	PAG	-100,0					145,0	155,0	-160,0	155,0				155,0	95,697	113,592	1.						0,6174	
m		M50+	52	92,10	Eberle, Peter	PAG	-100,0					130,0	135,0	137,5	137,5				137,5	86,776	104,739	3.						0,6311	
m		M50+	50	102,80	Bauer, Alexander	PAG	-110,0					150,0	160,0	-170,0	160,0				160,0	96,336	110,786	1.						0,6021	
m		M50+	51	112,20	Jaedke, Mario	GER	-125,0					150,0	160,0	170,0	170,0				170,0	99,450	116,158	1.						0,5850	
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**Bankdrücken RAW**

**6.April -8. April 2018 in Plettenberg**

**Gruppe 3**

NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT				BENCHPRESS				DEADLIFT			TOT.	Wilks	+McCullogh	PL.	4. SQ	4. BP	4. DL	Coef.
							1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.								
	O	30	64,10	Leverenz, Dirk	PAG	-67,5					90,0	95,0	97,5	97,5				97,5	78,449		1.		-100,0		0,8046
	O	28	71,10	Müller, Dennis	PAG	-75,0					112,5	117,5	-122,5	117,5				117,5	87,021		1.				0,7406
	U23	21	81,50	Van Gelder, Martin	NL	-82,5					120,0	-122,5	-122,5	120,0				120,0	80,988		1.				0,6749
	O	39	79,00	Grauberger, Friedrich	PAG	-82,5					130,0	140,0		140,0				140,0	96,348		1.				0,6882
	M50+	51	96,40	Fischer, Wolfgang	PAG	-90,0					140,0	147,5	-150,0	147,5				147,5	91,155	106,469	1.				0,6180
	U19	16	89,70	Glock, Max	PAG	-90,0					102,5	108,0	110,0	110,0				110,0	70,345		1.				0,6395
	O	33	87,30	Winitschenko, Alexander	PAG	-90,0					115,0	120,0	125,0	125,0				125,0	81,088		1.				0,6487
	O	26	80,70	Bkhaduri, Robin	PAG	-90,0					120,0	-125,0		120,0				120,0	81,480		2.				0,6790
	U23	19	84,00	Glok, Dennis	PAG	-90,0					107,5	112,5	115,0	115,0				115,0	76,222		1.				0,6628
	O	27	109,00	Khodyryev, Dmytro	Ukraine	-125,0					-170,0	170,0	-180,0	170,0				170,0	100,334		2.				0,5902
	O	33	116,70	Nasurow, Ruslan	PAG	-125,0					200,0	207,5	-210,0	207,5				207,5	120,101		1.				0,5788
	O	22	116,40	Vakufac, Aldin	PAG	125+					150,0	160,0	170,0	170,0				170,0	98,464		1.				0,5792

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**int. Deutsche Meisterschaften 2018 Bankdrücken RAW**

**6.April -8. April 2018 in Plettenberg Gruppe 4**

M/N	NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT			MAX.	BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilks	+McCullogh	PL	4 SQ	4 BP	4 DL	Coef.		
								1.	2.	3.		1.	2.	3.		1.	2.	3.										
m		M45+	47	73,50	Gietz, Sven	PAG	-75,0					105,0	110,0	112,5	112,5				112,5	81,315	89,121	2.					0,7228	
m		M55+	55	74,00	Holland, Ralf	PAG	-75,0					100,0	102,5	-105,0	102,5				102,5	73,728	92,160	1.					0,7193	
m		M45+	48	73,70	Kroneberger, Slava	PAG	-75,0					117,5	122,5	-125,0	122,5				122,5	88,372	98,446	1.					0,7214	
m		M45+	48	80,90	Kuzmann, Marian	PAG	-82,5					130,0	135,0	137,5	137,5				137,5	93,211	103,837	1.					0,6779	
m		M55+	58	83,00	Ewert, Hartmut	PAG	-90,0					140,0	145,0	147,5	147,5				147,5	98,456	130,159	1.					0,6675	
m		M55+	57	91,80	Thiede, Detlef	PAG	-100,0					100,0	110,0	112,5	112,5				112,5	71,111	92,231	1.					0,6321	
m		M40+	43	108,00	Dietz, Matthias	PAG	-110,0					120,0	130,0	140,0	140,0				140,0	82,866	85,186	1.					0,5919	
m		M40+	43	116,80	Pirogow, Alexej	PAG	-125,0					195,0	205,0	-210,0	205,0				205,0	118,634	121,955	1.					0,5787	
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**Bankdrücken EQ**

**6.April -8. April 2018 in Plettenberg**

**Gruppe 5**

NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT			MAX.	BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilks	+McCullogh	PL	4.SQ	4.BP	4.DL	Coef.
							1.	2.	3.		1.	2.	3.		1.	2.	3.								
M55+		56	66,40	Maczka, Brigitte	PAG	-67,50					-30,0	32,5	37,5	37,5				37,5	38,730	49,303	1.				1,0328
M40+		43	61,00	Eberle, Tatjana	PAG	-67,50					-70,0	-70,0		-70,0				-70,0	-77,049	-79,206					1,1007
M60+		63	82,00	Maczka, Mieczyslaw	PAG	-82,50					100,0	110,0		110,0				110,0	73,964	108,727	1.				0,6724
O		38	93,40	De Vries, Bastiaan	NL	-82,50					155,0	-160,0	-160,0	155,0				155,0	97,170		1.				0,6269
M65+		69	88,60	Mariefeldt, Fred	PAG	-90,00					147,5	-155,0	-155,0	147,5				147,5	94,931	157,965	1.				0,6436
M40+		44	83,60	Kraft, Paul	PAG	-90,00					-190,0	190,0	-200,0	190,0				190,0	126,293	131,850	1.				0,6647
M65+		67	96,00	Gersdorf, Axel	PAG	-100,00								140,0				140,0	86,674	138,418					0,6191
M50+		52	100,00	Freiberg, Wladimir	PAG	-100,00					222,5	232,5	240,0	240,0				240,0	146,064	173,378	1.				0,6086
M40+		43	94,90	Roman, Kwiatek	DE	-100,00					-190,0	-190,0	-190,0	-190,0				-190,0	-118,237	-121,548					0,6223
M50+		54	100,50	Maier, Hermann	PAG	-110,00					120,0	130,0	132,5	132,5				132,5	80,481	98,830	1.				0,6074
M45+		46	99,90	Huisman, Maikel	NL	-110,00					120,0	125,0	-127,5	125,0				125,0	76,100	82,036	1.				0,6088
M40+		43	108,00	Dietz, Matthias	PAG	-110,00					-180,0	-180,0		-180,0				-180,0	-106,542	-109,525					0,5919
O		35	106,40	Utkov, Alexander	PAG	-110,00					-160,0	-170,0	-170,0	-160,0				-160,0	-95,168						0,5948
M45+		45	119,60	Funkner, Vladimir	PAG	-125,00					200,0	-210,0	210,0	210,0				210,0	120,834	128,084	1.				0,5754

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**int. Deutsche Meisterschaften 2018**

**Kreuzheben RAW**

**6.April -8. April 2018 in Plettenberg**

**Gruppe 1**

M/N	NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT				BENCHPRESS				DEADLIFT			TOT.	Wilks	+McCullogh	PL.	4. SQ	4. BP	4. DL	Coef.				
								1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.	3.												
m		M70+	71	62,20	Celdel, Ingrid	PAG	-67,50										85,0	90,0	95,0	95,0	78,451	136,505	1.						0,8258	
m		M55+	56	66,40	Maczka, Brigitte	PAG	-67,50										77,5	85,0		85,0	66,411	84,541	1.						0,7813	
m		M45+	47	63,10	Gerland, Elvira	PAG	-67,50										85,0	90,0	100,0	100,0	81,550	89,379	1.						0,8155	
m		M40+	44	69,70	DR.Fritsch, Brita	PAG	-75,00										160,0	170,0	180,0	180,0	135,342	141,297	1.						0,7519	
m		M40+	40	71,20	Sibel, Irina	PAG	-75,00										92,5	100,0	102,5	102,5	75,830	75,830	1.						0,7398	
m		U19	18	89,60	Gerner, Angela	PAG	-90,00										100,0	107,5	115,0	115,0	73,577		1.						0,6398	
m		O	38	102,60	Mörchen, Stefanie	PAG	90+										100,0	115,0	-122,5	115,0	69,299		1.						0,6026	
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**int. Deutsche Meisterschaften 2018** **Kreuzheben RAW/EQ**  
**6.April -8. April 2018 in Plettenberg** **Gruppe 2**

M/N	NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT				BENCHPRESS			DEADLIFT			TOT.	Wilks	+McCullogh	PL.	4. SQ	4. BP	4. DL	Coef.			
								1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.									3.		
m		O	35	80,00	Küçük, Ömer	PAG	-82,50																				0,6827	
m		O	23		Schwallenberg, M	PAG	-90,00																					
m		O	39	96,40	Fischer, Wolfgang	PAG	-100,00																					
m		O	28	101,40	Kraft, Johannes	PAG	-110,00																					
m		O	38	116,00	Bauer, Alexej EQ	PAG	-125,00																					
m		U23	22	116,40	Vakufac, Aldin	PAG	-125,00																					
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Kreuzheben RAW

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Gruppe 3

M/N	NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT				BENCHPRESS			DEADLIFT			TOT.	Wilks	+McCullough	PL.	4. SQ	4. BP	4. DL	Coef.						
								1.	2.	3.	MAX.	1.	2.	3.	SUB.	1.	2.									3.					
m		M75+	76	67,70	Ceddel, Gerd	PAG	-67,50											120,0	127,5	132,5	132,5	101,919	197,723	1.						0,7692	
m		M60+	63	82,00	Maczka, Mieczyslaw	PAG	-82,50											120,0	135,0		135,0	90,774	133,438	2.						0,6724	
m		M50+	51	96,40	Fischer, Wolfgang	PAG	-100,00											175,0	-180,0		175,0	108,150	126,319	1.						0,6180	
m		M60+	61	75,60	Eschenasy, Calin	PAG	-82,50											170,0	-200,0	200,0	200,0	141,720	199,825	1.						0,7086	
m		M40+	42	96,00	Sibel, Sergej	PAG	-100,00											190,0	200,0	207,5	207,5	128,463	130,262	1.						0,6191	
m		M40+	43	108,00	Dietz, Matthias	PAG	-110,00											140,0	160,0	180,0	180,0	106,542	109,525	1.						0,5919	
m		M50+	51	112,20	Jaedke, Mario	PAG	-125,00											250,0	270,0		270,0	157,950	184,486	1.						0,5850	
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**Kreuzheben EQ**

**6.April -8. April 2018 in Plettenberg**

**Gruppe 4**

M/N	NR	ST.	AGE	BDW.	NAME	NATION	CAT.	SQUAT			MAX.	BENCHPRESS			SUB.	DEADLIFT			TOT.	Wilks	+McCullogh	PL.	4. SQ	4. BP	4. DL	Coef.		
								1.	2.	3.		1.	2.	3.		1.	2.	3.										
m		M45+	46	64,20	Binger, Frank	PAG	-67,50									185,0	195,0	-202,5	195,0	156,683	168,904	1.					0,8035	
n		M55+	56	66,40	Maczka, Brigitte	PAG	-67,50									82,5	90,0		90,0	92,952	118,328	1.					1,0328	
m		M60+	63	82,00	Maczka, Mieczyslaw	PAG	-82,50									120,0	137,5		137,5	92,455	135,909	1.					0,6724	
m		M55+	58	78,00	Kraus, Valerij	PAG	-82,50									-230,0	230,0		230,0	159,597	210,987	1.					0,6939	
m		M65+	69	88,60	Marienfeld, Fred	PAG	-90,00									170,0	180,0	190,0	190,0	122,284	203,481	1.					0,6436	
m		M45+	46	99,90	Huisman, Maikel	PAG	-100,00									200,0	210,0	-220,0	210,0	127,848	137,820	1.					0,6088	
m		M60+	61	103,80	Kapplinghaus, Stefan	PAG	-110,00									180,0	190,0	200,0	200,0	120,000	169,200	1.					0,6000	
m		M40+	43	109,00	Dietz, Matthias	PAG	-110,00									140,0	165,0	190,0	190,0	112,138	115,278	1.					0,5902	
m		O	26	134,80	Müller, Tim	PAG	-140,00									240,0	260,0	-282,5	260,0	146,146		1.					0,5621	
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