

Vereinsrekorde Frauen RAW

Stand: 23.11.2025

Kniebeuge		Jugend	Junioren	Aktive	AK1	AK2	AK3
-47,0 kg							
-52,0 kg			42,5 kg	65,0 kg	65,0 kg		
-57,0 kg			77,5 kg	80,0 kg	80,0 kg		
-63,0 kg			100,0 kg	107,5 kg	107,5 kg	107,5 kg	
-69,0 kg			100,0 kg	100,0 kg			
-72,0 kg							
-76,0 kg				55,0 kg			
-84,0 kg							
+84,0 kg							

Bankdrücken		Jugend	Junioren	Aktive	AK1	AK2	AK3
-47,0 kg							
-52,0 kg		42,5 kg	42,5 kg	42,5 kg	40,0 kg		
-57,0 kg		37,5 kg	50,0 kg	55,0 kg	55,0 kg	35,0 kg	
-63,0 kg			55,0 kg	57,5 kg	55,0 kg	55,0 kg	
-69,0 kg			60,0 Kg	60,0 Kg	57,5 kg	57,5 kg	57,5 kg
-72,0 kg				55,0 kg	55,0 kg	55,0 kg	
-76,0 kg		42,5 Kg					
-84,0 kg				35,0 kg			
+84,0 kg							

Kreuzheben		Jugend	Junioren	Aktive	AK1	AK2	AK3
-47,0 kg							
-52,0 kg			90,0 kg	95,0 kg	95,0 kg		
-57,0 kg			95,0 kg	105,0 kg	105,0 kg		
-63,0 kg			117,5 kg	127,5 kg	127,5 kg	127,5 kg	
-69,0 kg			115,0 kg	115,0 kg			
-72,0 kg							
-76,0 kg							
-84,0 kg				75,0 kg			
+84,0 kg							

Kraftdreikampf		Jugend	Junioren	Aktive	AK1	AK2	AK3
-47,0 kg							
-52,0 kg			157,5 kg	197,5 kg	197,5 kg		
-57,0 kg			180,0 kg	217,5 kg	217,5 kg		
-63,0 kg			257,5 kg	286,0 kg	286,0 kg	286,0 kg	
-69,0 kg			257,5 kg	257,5 kg			
-72,0 kg							
-76,0 kg							
-84,0 kg				165,0 kg			
+84,0 kg							

Kniebeuge		Jugend	Junioren	Aktive	AK1	AK2	AK3	AK4
-59,0 kg								
-66,0 kg		122,5 kg	145,0 kg	145,0 kg				
-74,0 kg			130,0 kg	130,0 kg	122,5 kg	122,5 kg	122,5 kg	122,5 kg
-83,0 kg		100,0 kg	125,0 kg	180,0 kg	165,0 kg	165,0 kg	162,5 kg	162,5 kg
-93,0 kg		215,0 kg	215,0 kg	215,0 kg	180,0 kg	180,0 kg	150,0 kg	
-105,0 kg				185,0 kg	185,0 kg	185,0 kg		
-120,0 kg								
+120,0 kg				180,0 kg	180,0 kg			

Bankdrücken		Jugend	Junioren	Aktive	AK1	AK2	AK3	AK4
-59,0 kg		60,0 kg		75,0 kg				
-66,0 kg		90,0 kg	100,0 kg	105,0 kg				
-74,0 kg		115,0 kg	115,0 kg	140,0 kg	97,5 kg	97,5 kg	97,5 kg	90,0 kg
-83,0 kg		102,5 kg	102,5 kg	140,0 kg	140,0 kg	135,0 kg	117,5 kg	117,5 kg
-93,0 kg		125,0 kg	125,0 kg	140,0 kg	140,0 kg	135,0 kg	110,0 kg	
-105,0 kg			90,0 kg	212,5 kg	212,5 kg	127,5 kg	85,0 kg	
-120,0 kg				160,0 kg				
+120,0 kg				130,0 kg	130,0 kg			

Kreuzheben		Jugend	Junioren	Aktive	AK1	AK2	AK3	AK4
-59,0 kg								
-66,0 kg		150,0 kg	175,0 kg	175,0 kg				
-74,0 kg		135,0 kg	210,0 kg	210,0 kg	162,5 kg	162,5 kg	162,5 kg	162,5 kg
-83,0 kg		150,0 kg	195,0 kg	215,0 kg	215,0 kg	215,0 kg	165,0 kg	165,0 kg
-93,0 kg		240,0 kg	242,5 kg	242,5 kg	215,0 kg	215,0 kg	155,0 kg	
-105,0 kg				225,0 kg	225,0 kg	200,0 kg	200,0 kg	
-120,0 kg								
+120,0 kg				212,5 kg	212,5 kg			

Kraftdreikampf		Jugend	Junioren	Aktive	AK1	AK2	AK3	AK4
-59,0 kg								
-66,0 kg		362,5 kg	415,0 kg	415,0 kg				
-74,0 kg			430,0 kg	430,0 kg	375,0 kg	375,0 kg	375,0 kg	375,0 kg
-83,0 kg		292,5 kg	420,0 kg	505,0 kg	505,0 kg	505,0 kg	440,0 kg	440,0 kg
-93,0 kg		572,5 kg	577,5 kg	577,5 kg	520,0 kg	520,0 kg	415,0 kg	
-105,0 kg				512,5 kg	512,5 kg	512,5 kg		
-120,0 kg								
+120,0 kg				520,0 kg	520,0 kg			

Bankdrücken EQ		Jugend	Junioren	Aktive	AK1	AK2	AK3	AK4
-59,0 kg								
-66,0 kg				160,5 kg				
-74,0 kg			122,5 kg	160,0 kg	100,0 kg	100,0 kg	100,0 kg	
-83,0 kg			125,0 kg	150,0 kg	150,0 kg	145,0 kg		
-93,0 kg				155,0 kg	150,0 kg	150,0 kg		
-105,0 kg				197,5 kg				
-120,0 kg				185,0 kg	185,0 kg			
+120,0 kg								