

# Vereinsrekorde Frauen RAW

Stand: 18.05.2026

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	110,0 kg	110,0 kg	110,0 kg	
-72,0 kg						
-76,0 kg			55,0 kg			
-84,0 kg						
+84,0 kg	142,5 kg	142,5 kg	142,5 kg			

Bankdrücken	Jugend	Junioren	Aktive	AK1	AK2	AK3
-47,0 kg						
-52,0 kg	42,5 kg	42,5 kg	47,5 kg	47,5 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	65,0 kg	65,0 kg	65,0 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	125,0 kg	125,0 kg	125,0 kg	
-72,0 kg						
-76,0 kg						
-84,0 kg			75,0 kg			
+84,0 kg	155,0 kg	155,0 kg	155,0 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	290,0 kg	290,0 kg	290,0 kg	
-72,0 kg						
-76,0 kg						
-84,0 kg			165,0 kg			
+84,0 kg	362,5 kg	362,5 kg	362,5 kg			

Vereinsrekorde Männer RAW/EQ

Stand: 18.05.2026

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	170,0 kg	170,0 kg	162,5 kg	162,5 kg
-93,0 kg	215,0 kg	240,0 kg	240,0 kg	190,0 kg	190,0 kg	190,0 kg	182,5 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	110,0 kg	110,0 kg	140,0 kg	140,0 kg	137,5 kg	117,5 kg	117,5 kg
-93,0 kg	125,0 kg	130,0 kg	140,0 kg	140,0 kg	135,0 kg	127,5 kg	127,5 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	220,0 kg	220,0 kg	220,0 kg	165,0 kg	165,0 kg
-93,0 kg	240,0 kg	252,5 kg	252,5 kg	217,5 kg	217,5 kg	217,5 kg	180,0 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	510,0 kg	510,0 kg	440,0 kg	440,0 kg
-93,0 kg	572,5 kg	622,5 kg	622,5 kg	535,0 kg	535,0 kg	535,0 kg	485,0 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							