

## Hessischer Athleten Verband e.V.

### Hessische Rekorde im Kraftdreikampf der Seniorinnen der Altersklasse I

#### 47,0 kg

Kniebeugen	Standard	.....	<b>97,5</b>	.....	.....
Bankdrücken	Standard	.....	<b>52,5</b>	.....	.....
Kreuzheben	Standard	.....	<b>97,5</b>	.....	.....
Dreikampf	Standard	.....	<b>235,0</b>	.....	.....

#### 52,0 kg

Kniebeugen	Standard	.....	<b>110,0</b>	.....	.....
Bankdrücken	Standard	.....	<b>85,0</b>	.....	.....
Kreuzheben	Standard	.....	<b>110,0</b>	.....	.....
Dreikampf	Standard	.....	<b>270,0</b>	.....	.....

#### 57,0 kg

Kniebeugen	Standard	.....	<b>122,5</b>	.....	.....
Bankdrücken	Standard	.....	<b>70,0</b>	.....	.....
Kreuzheben	Standard	.....	<b>122,5</b>	.....	.....
Dreikampf	Standard	.....	<b>300,0</b>	.....	.....

#### 63,0 kg

Kniebeugen	Standard	.....	<b>135,0</b>	.....	.....
Bankdrücken	Kring Pia	AC Haiger	<b>87,5</b>	20.05.2022	Lohr a.M.
Kreuzheben	Anita Thimm	KSV Langen	<b>145,0</b>	01.04.2011	Gräfenhainichen
Dreikampf	Standard	.....	<b>345,0</b>	.....	.....

#### 72,0 kg

Kniebeugen	Standard	.....	<b>147,5</b>	.....	.....
Bankdrücken	Standard	.....	<b>85,0</b>	.....	.....
Kreuzheben	Nicole Siemsen	AS Heros Kassel	<b>155,0</b>	24.09.2011	Wiesbaden
Dreikampf	Standard	.....	<b>360,0</b>	.....	.....

#### 84,0 kg

Kniebeugen	Standard	.....	<b>160,0</b>	.....	.....
Bankdrücken	Standard	.....	<b>92,5</b>	.....	.....
Kreuzheben	Standard	.....	<b>160,0</b>	.....	.....
Dreikampf	Standard	.....	<b>390,0</b>	.....	.....

#### 84,0+ kg

Kniebeugen	Standard	.....	<b>170,0</b>	.....	.....
Bankdrücken	Standard	.....	<b>105,0</b>	.....	.....
Kreuzheben	Standard	.....	<b>170,0</b>	.....	.....
Dreikampf	Standard	.....	<b>422,5</b>	.....	.....

Stand:

23. Mai 2022

## Hessische Rekorde im Kraftdreikampf der Seniorinnen der Altersklasse II

### 47,0 kg

Kniebeugen	Standard	.....	<b>85,0</b>	.....	.....
Bankdrücken	Standard	.....	<b>42,5</b>	.....	.....
Kreuzheben	Standard	.....	<b>85,0</b>	.....	.....
Dreikampf	Standard	.....	<b>200,0</b>	.....	.....

### 52,0 kg

Kniebeugen	Standard	.....	<b>97,5</b>	.....	.....
Bankdrücken	Standard	.....	<b>50,0</b>	.....	.....
Kreuzheben	Standard	.....	<b>97,5</b>	.....	.....
Dreikampf	Standard	.....	<b>232,5</b>	.....	.....

### 57,0 kg

Kniebeugen	Standard	.....	<b>110,0</b>	.....	.....
Bankdrücken	Standard	.....	<b>60,0</b>	.....	.....
Kreuzheben	Standard	.....	<b>110,0</b>	.....	.....
Dreikampf	Standard	.....	<b>265,0</b>	.....	.....

### 63,0 kg

Kniebeugen	Standard	.....	<b>122,5</b>	.....	.....
Bankdrücken	Kring Pia	AC Haiger	<b>87,5</b>	20.05.2022	Lohr a.M.
Kreuzheben	Anita Thimm	KSV Langen	<b>145,0</b>	01.04.2011	Gräfenhainichen
Dreikampf	Anita Thimm	KSV Langen	<b>330,0</b>	01.04.2011	Gräfenhainichen

### 72,0 kg

Kniebeugen	Standard	.....	<b>135,0</b>	.....	.....
Bankdrücken	Standard	.....	<b>77,5</b>	.....	.....
Kreuzheben	Standard	.....	<b>135,0</b>	.....	.....
Dreikampf	Standard	.....	<b>330,0</b>	.....	.....

### 84,0 kg

Kniebeugen	Standard	.....	<b>147,5</b>	.....	.....
Bankdrücken	Standard	.....	<b>85,0</b>	.....	.....
Kreuzheben	Standard	.....	<b>147,5</b>	.....	.....
Dreikampf	Standard	.....	<b>360,0</b>	.....	.....

### 84,0+ kg

Kniebeugen	Standard	.....	<b>155,0</b>	.....	.....
Bankdrücken	Standard	.....	<b>95,0</b>	.....	.....
Kreuzheben	Standard	.....	<b>155,0</b>	.....	.....
Dreikampf	Standard	.....	<b>382,5</b>	.....	.....

Stand:

23. Mai 2022

## Hessische Rekorde im Kraftdreikampf der Seniorinnen der Altersklasse III

### 47,0 kg

Kniebeugen	Standard	.....	<b>72,5</b>	.....	.....
Bankdrücken	Standard	.....	<b>35,0</b>	.....	.....
Kreuzheben	Standard	.....	<b>55,0</b>	.....	.....
Dreikampf	Standard	.....	<b>170,0</b>	.....	.....

### 52,0 kg

Kniebeugen	Standard	.....	<b>82,5</b>	.....	.....
Bankdrücken	Standard	.....	<b>42,5</b>	.....	.....
Kreuzheben	Standard	.....	<b>82,5</b>	.....	.....
Dreikampf	Standard	.....	<b>195,0</b>	.....	.....

### 57,0 kg

Kniebeugen	Standard	.....	<b>92,5</b>	.....	.....
Bankdrücken	Standard	.....	<b>50,0</b>	.....	.....
Kreuzheben	Standard	.....	<b>92,5</b>	.....	.....
Dreikampf	Standard	.....	<b>222,5</b>	.....	.....

### 63,0 kg

Kniebeugen	Anita Thimm	KSV Langen	<b>110,0</b>	01.04.2011	Gräfenhainichen
Bankdrücken	Kring Pia	AC Haiger	<b>87,5</b>	20.05.2022	Lohr a.M.
Kreuzheben	Anita Thimm	KSV Langen	<b>145,0</b>	01.04.2011	Gräfenhainichen
Dreikampf	Anita Thimm	KSV Langen	<b>330,0</b>	01.04.2011	Gräfenhainichen

### 72,0 kg

Kniebeugen	Standard	.....	<b>115,0</b>	.....	.....
Bankdrücken	Standard	.....	<b>65,0</b>	.....	.....
Kreuzheben	Standard	.....	<b>115,0</b>	.....	.....
Dreikampf	Standard	.....	<b>280,0</b>	.....	.....

### 84,0 kg

Kniebeugen	Standard	.....	<b>125,0</b>	.....	.....
Bankdrücken	Standard	.....	<b>72,5</b>	.....	.....
Kreuzheben	Standard	.....	<b>125,0</b>	.....	.....
Dreikampf	Standard	.....	<b>305,0</b>	.....	.....

### 84,0+ kg

Kniebeugen	Standard	.....	<b>132,5</b>	.....	.....
Bankdrücken	Standard	.....	<b>80,0</b>	.....	.....
Kreuzheben	Standard	.....	<b>132,5</b>	.....	.....
Dreikampf	Standard	.....	<b>325,0</b>	.....	.....

Stand:

23. Mai 2022

## Hessische Rekorde im Kraftdreikampf der Seniorinnen der Altersklasse IV

**47,0 kg**

Kniebeugen	.....	.....	.....	.....	.....
Bankdrücken	.....	.....	.....	.....	.....
Kreuzheben	.....	.....	.....	.....	.....
Dreikampf	.....	.....	.....	.....	.....

**52,0 kg**

Kniebeugen	.....	.....	.....	.....	.....
Bankdrücken	.....	.....	.....	.....	.....
Kreuzheben	.....	.....	.....	.....	.....
Dreikampf	.....	.....	.....	.....	.....

**57,0 kg**

Kniebeugen	.....	.....	.....	.....	.....
Bankdrücken	.....	.....	.....	.....	.....
Kreuzheben	.....	.....	.....	.....	.....
Dreikampf	.....	.....	.....	.....	.....

**63,0 kg**

Kniebeugen	.....	.....	.....	.....	.....
Bankdrücken	.....	.....	.....	.....	.....
Kreuzheben	.....	.....	.....	.....	.....
Dreikampf	.....	.....	.....	.....	.....

**72,0 kg**

Kniebeugen	.....	.....	.....	.....	.....
Bankdrücken	.....	.....	.....	.....	.....
Kreuzheben	.....	.....	.....	.....	.....
Dreikampf	.....	.....	.....	.....	.....

**84,0 kg**

Kniebeugen	.....	.....	.....	.....	.....
Bankdrücken	.....	.....	.....	.....	.....
Kreuzheben	.....	.....	.....	.....	.....
Dreikampf	.....	.....	.....	.....	.....

**84,0+ kg**

Kniebeugen	.....	.....	.....	.....	.....
Bankdrücken	.....	.....	.....	.....	.....
Kreuzheben	.....	.....	.....	.....	.....
Dreikampf	.....	.....	.....	.....	.....

Stand:

23. Mai 2022