

GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

KNIEBEUGE UNEQUIPPED: DEUTSCHE REKORDE

FRAUEN - 44 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 47,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Dreihues, Franziska (2023)	47,50
SR (24-39)	Dreihues, Franziska (2023)	47,50
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 50,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Sonkina, Vera (2018)	67,50
SR (24-39)	Sonkina, Vera (2018)	67,50
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)	Graupner, Bettina (2019)	50,00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 53 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Sendner, Lisa (2019)	95,00
SR (24-39)	Sendner, Lisa (2019)	95,00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 55,5 KG

T1 (14-15)		
T2 (16-17)	Wünsch, Leni (2023)	85,00
T3 (18-19)		
JR (20-23)		
SR (24-39)	Ruoff, Lara (2024)	104,00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 58,5 KG

T1 (14-15)		
T2 (16-17)	Krater, Hannah (2019)	70,00
T3 (18-19)	Schulze, Veronika (2017)	115,00
JR (20-23)	Arnet, Lea (2025)	120,00
SR (24-39)	Arnet, Lea (2025)	120,00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 63 KG

T1 (14-15)		
T2 (16-17)	Sattler, Nina (2024)	110,00
T3 (18-19)	Sattler, Nina (2026)	115,00
JR (20-23)	Pietschmann, Laura (2021)	110,00
SR (24-39)	Schmidt, Christiane (2018)	120,00
M1 (40-44)	Forner, Christiane (2025)	115,00
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 70 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Langenberg, Alina (2019)	92,50
JR (20-23)	Naser, Jennifer (2019)	125,50
SR (24-39)	Stoll, Sibylle Katharina (2025)	140,00
M1 (40-44)	Troup, Justine Maria (2026)	125,00
M2 (45-49)		
M3 (50-54)	Müller, Daniela (2019)	102,50
M4 (55-59)	Müller, Daniela (2022)	117,50
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

Neuer Rekord (bei der letzten Aktualisierung aufgenommen)

GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

KNIEBEUGE UNEQUIPPED: DEUTSCHE REKORDE

FRAUEN - 80 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Marquardt, Vivienne (2024)	87,50
JR (20-23)		
SR (24-39)	Koslowski, Vanessa (2019)	137,50
M1 (40-44)	Huttenlocher, Gabriella (2012)	55,00
M2 (45-49)		
M3 (50-54)	Centamore, Elisabetta (2025)	80,00
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 90 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Beger, Romina (2023)	147,50
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 110 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Baum, Alexandra (2026)	75,00
M1 (40-44)		
M2 (45-49)	Baum, Alexandra (2026)	75,00
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN + 110 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 52 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 56 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 60 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Probst, Tobias (2018)	95,00
JR (20-23)	Achmet, Sinan (2016)	122,50
SR (24-39)	Boison, Nana (2019)	135,00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)	Grünberg, Michael (2018)	95,00
M4 (55-59)	Grünberg, Michael (2025)	110,00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 67,5 KG

T1 (14-15)		
T2 (16-17)	Motora, Tymofii (2026)	145,00
T3 (18-19)		
JR (20-23)	Dette, Moritz (2023)	162,50
SR (24-39)	Kree, Daniel (2016)	165,00
M1 (40-44)		
M2 (45-49)	Stanzl, Thomas (2017)	110,00
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

Neuer Rekord (bei der letzten Aktualisierung aufgenommen)

KNIEBEUGE UNEQUIPPED: DEUTSCHE REKORDE

MÄNNER - 75 KG

T1 (14-15)	Müller, Fynn (2024)	115,00
T2 (16-17)	Zwirner, Leo (2017)	140,00
T3 (18-19)	Thaqi, Arbijos (2018)	190,00
JR (20-23)	Untermayer, Daniel (2019)	190,00
SR (24-39)	Thaqi, Arbijos (2018)	190,00
M1 (40-44)	Webb, Daniel (2022)	190,00
M2 (45-49)	Heinlein, Mathias (2026)	187,50
M3 (50-54)	Werner, Robert (2024)	142,50
M4 (55-59)	Gieseler, Christian (2023)	115,00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)	Apel, Bernd (2023)	105,00
M8 (75-79)		
M9 (80-84)		

MÄNNER - 82,5 KG

T1 (14-15)		
T2 (16-17)	Wagner, Lukas (2019)	165,00
T3 (18-19)	Brandt, Florian (2013)	165,00
JR (20-23)	Schultheiss, Stefan (2015)	200,00
SR (24-39)	Feininger, Dennis (2017)	207,50
M1 (40-44)	Mengler, David (2022)	190,00
M2 (45-49)	Heinlein, Mathias (2025)	185,00
M3 (50-54)		
M4 (55-59)	Luxem, Jürgen (2026)	110,00
M5 (60-64)	Schneider, Rüdiger (2019)	85,00
M6 (65-69)	Schlenger, Viktor (2017)	155,00
M7 (70-74)	Schlenger, Viktor (2022)	145,00
M8 (75-79)		
M9 (80-84)		

MÄNNER - 90 KG

T1 (14-15)		
T2 (16-17)	Kleen, Moritz (2017)	147,50
T3 (18-19)	Mungay, Taylor Lukas (2026)	170,00
JR (20-23)	Hollmann, Maik (2019)	208,00
SR (24-39)	Wenz, Yannick (2019)	232,50
M1 (40-44)	Wegner, Viktor (2022)	230,00
M2 (45-49)	Powell, Robert (2015)	190,00
M3 (50-54)	Richter, Steffen (2019)	171,00
M4 (55-59)	Richter Steffen (2022)	180,00
M5 (60-64)	Richter Steffen (2025)	190,50
M6 (65-69)		
M7 (70-74)		
M8 (75-79)	Neumüller, Arthur (2026)	80,00
M9 (80-84)		

MÄNNER - 100 KG

T1 (14-15)		
T2 (16-17)	Jakobi, Timo (2017)	202,50
T3 (18-19)	Jakobi, Timo (2019)	252,50
JR (20-23)	Fliegner, Louis (2023)	205,50
SR (24-39)	Jakobi, Timo (2019)	252,50
M1 (40-44)	Kindling, Tino (2019)	182,50
M2 (45-49)	Wiedersich, Gerrit (2017)	160,00
M3 (50-54)		
M4 (55-59)	Piron, Roger (2018)	162,50
M5 (60-64)	Piron, Roger (2023)	165,00
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 110 KG

T1 (14-15)		
T2 (16-17)	Hastenrath, Raphael (2017)	200,00
T3 (18-19)		
JR (20-23)	Fliegner, Louis (2024)	232,50
SR (24-39)	Muth, Andre (2017)	225,00
M1 (40-44)	Schmidt, Niko (2015)	212,50
M2 (45-49)		
M3 (50-54)		
M4 (55-59)	Dressler, Ansgar (2026)	190,00
M5 (60-64)	Richter, Steffen (2026)	191,00
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 125 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Vitkin, Daniil (2025)	225,00
SR (24-39)	Welz, Jan (2024)	265,00
M1 (40-44)	Ax, Markus (2025)	180,50
M2 (45-49)	Berends, Uwe (2016)	220,00
M3 (50-54)	Tetzlaff, Martin (2021)	230,00
M4 (55-59)	Netaj, Hamid Sharif (2026)	160,00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 145 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Fröhlich, Dominik (2025)	261,00
M1 (40-44)	Kücük, Yasar (2018)	260,00
M2 (45-49)	Tetzlaff, Martin (2018)	212,50
M3 (50-54)	Tetzlaff, Martin (2024)	241,00
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER + 145 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Kücük, Yasar (2017)	285,00
M1 (40-44)	Kücük, Yasar (2017)	285,00
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

Neuer Rekord (bei der letzten Aktualisierung aufgenommen)

GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

BANKDRÜCKEN UNEQUIPPED: DEUTSCHE REKORDE

FRAUEN - 44 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 47,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Rühle, Theresa (2023)	45,00
SR (24-39)	Rühle, Theresa (2023)	45,00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 50,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Sonkina, Vera (2018)	37,50
SR (24-39)	Sonkina, Vera (2018)	37,50
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)	Graupner, Bettina (2019)	32,50
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 53 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Sendner, Lisa (2019)	42,50
SR (24-39)	Pflüger, Elena (2019)	57,50
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)	Graupner, Bettina (2017)	30,00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 55,5 KG

T1 (14-15)		
T2 (16-17)	Wünsch, Leni (2023)	45,00
T3 (18-19)		
JR (20-23)		
SR (24-39)	Marinova, Mariyana (2008)	70,00
M1 (40-44)		
M2 (45-49)	Kling, Nicole (2024)	41,00
M3 (50-54)	Kling, Nicole (2025)	37,50
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 58,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Schulze, Veronika (2017)	65,00
JR (20-23)	Arnet, Lea (2025)	65,00
SR (24-39)	Stephan, Sarah (2025)	80,00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 63 KG

T1 (14-15)		
T2 (16-17)	Sattler, Nina (2024)	57,50
T3 (18-19)	Sattler, Nina (2026)	75,00
JR (20-23)	Gehrmann, Chiara (2022)	55,00
SR (24-39)	Anton, Myriam (2021)	77,50
M1 (40-44)	Forner, Christiane (2026)	72,50
M2 (45-49)		
M3 (50-54)	Meyer, Angela (2025)	32,50
M4 (55-59)		
M5 (60-64)		
M6 (65-69)	Hegner, Heide (2023)	55,00
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 70 KG

T1 (14-15)		
T2 (16-17)	Grund, Annika (2024)	52,50
T3 (18-19)		
JR (20-23)	Naser, Jennifer (2019)	65,00
SR (24-39)	Troup, Justine Maria (2026)	75,00
M1 (40-44)	Troup, Justine Maria (2026)	75,00
M2 (45-49)		
M3 (50-54)	Weber-Menne, Katja (2025)	67,50
M4 (55-59)	Müller, Daniela (2024)	62,50
M5 (60-64)	Hegner, Heide (2021)	60,00
M6 (65-69)		
M7 (70-74)	Lang, Cäcilia (2022)	38,50
M8 (75-79)		
M9 (80-84)		

Neuer Rekord (bei der letzten Aktualisierung aufgenommen)

GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

BANKDRÜCKEN UNEQUIPPED: DEUTSCHE REKORDE

FRAUEN - 80 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Marquardt, Vivienne (2024)	50,00
JR (20-23)	Thiele, Madlin (2024)	42,50
SR (24-39)	Gutting, Gianna (2025)	107,50
M1 (40-44)	Kappe, Sonja (2023)	60,00
M2 (45-49)	Kappe, Sonja (2024)	65,00
M3 (50-54)	Centamore, Elisabetta (2025)	73,50
M4 (55-59)	Kinkel, Birgit (2019)	37,50
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 90 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Amtsberg, Leonie Sophie (2024)	47,50
SR (24-39)	Kruse, Johanna (2023)	82,50
M1 (40-44)		
M2 (45-49)	Hoffmann, Bianca (2026)	55,00
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 110 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Baum, Alexandra (2026)	47,50
M1 (40-44)		
M2 (45-49)	Baum, Alexandra (2026)	47,50
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN + 110 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 52 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 56 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Doan, Van (2024)	80,00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 60 KG

T1 (14-15)	Motora, Tymofii (2024)	94,00
T2 (16-17)	Burcea-Marcu, Andreas (2015)	55,00
T3 (18-19)	Probst, Tobias (2018)	92,50
JR (20-23)	Achmet, Sinan (2015)	77,50
SR (24-39)	Bugaenko, Alexander (2015)	130,00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)	Grünberg, Michael (2016)	75,00
M4 (55-59)	Grünberg, Michael (2026)	77,50
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 67,5 KG

T1 (14-15)		
T2 (16-17)	Tetzlaff, Jurek (2025)	115,00
T3 (18-19)	Mayer, Noah (2021)	112,50
JR (20-23)	Dette, Moritz (2023)	105,00
SR (24-39)	Bugaenko, Alexander (2013)	130,00
M1 (40-44)		
M2 (45-49)	Stanzel, Thomas (2016)	92,50
M3 (50-54)		
M4 (55-59)	Bechthold, Paul (2017)	115,00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

Neuer Rekord (bei der letzten Aktualisierung aufgenommen)

GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

BANKDRÜCKEN UNEQUIPPED: DEUTSCHE REKORDE

MÄNNER - 75 KG

T1 (14-15)	Müller, Fynn (2024)	92,50
T2 (16-17)	Rosselli, Dario (2015)	117,50
T3 (18-19)	Thaqi, Arbijos (2018)	135,00
JR (20-23)	Roller, Andrej (2017)	122,50
SR (24-39)	Rojas Garcia, Nicolas (2016)	157,50
M1 (40-44)	Abel, Kenan (2023)	152,50
M2 (45-49)	Kroneberger, Slawa (2017)	122,50
M3 (50-54)	Schröter, Friedhelm (2016)	120,00
M4 (55-59)	Schröter, Friedhelm (2017)	132,50
M5 (60-64)	Holland, Ralf (2024)	105,00
M6 (65-69)		
M7 (70-74)	Apel, Bernd (2023)	85,00
M8 (75-79)	Haft, Heinrich (2021)	77,50
M9 (80-84)	Haft, Heinrich (2024)	72,50

MÄNNER - 82,5 KG

T1 (14-15)		
T2 (16-17)	Montag, Nicolas (2026)	111,00
T3 (18-19)	Füser, Sebastian (2018)	125,00
JR (20-23)	Tischler, Martin (2026)	147,50
SR (24-39)	Blumenrath, Marc (2018)	175,50
M1 (40-44)	Rojas Garcia, Nicolas (2025)	150,00
M2 (45-49)	Mengler, David (2024)	137,50
M3 (50-54)	Grass, Alex (2026)	125,00
M4 (55-59)	Günther, Andreas (2023)	127,50
M5 (60-64)	Günther, Andreas (2024)	130,00
M6 (65-69)	Schlinger, Viktor (2017)	107,50
M7 (70-74)	Schlinger, Viktor (2023)	107,50
M8 (75-79)	Haft, Heinrich (2019)	87,50
M9 (80-84)		

MÄNNER - 90 KG

T1 (14-15)		
T2 (16-17)	Kleen, Moritz (2017)	108,00
T3 (18-19)	Yalcin, Cemre (2017)	90,00
JR (20-23)	Banczyk, Adrian (2019)	155,00
SR (24-39)	Blumenrath, Marc (2015)	182,50
M1 (40-44)	Nikitins, Aleksandrs (2022)	160,00
M2 (45-49)	Lier, Tobias (2026)	170,00
M3 (50-54)	Luxem, Thomas (2013)	120,00
M4 (55-59)	Meyer, Wolfgang (2025)	123,00
M5 (60-64)	Filarski, Christian (2014)	140,00
M6 (65-69)	Neumüller, Arthur (2019)	75,00
M7 (70-74)	Apel, Bernd (2024)	95,00
M8 (75-79)	Neumüller, Arthur (2026)	80,00
M9 (80-84)		

MÄNNER - 100 KG

T1 (14-15)		
T2 (16-17)	Zalsky, Jan (2023)	112,50
T3 (18-19)	Jakobi, Timo (2018)	150,50
JR (20-23)	Gercke, David (2014)	183,00
SR (24-39)	Brisi, Robin Marc (2024)	185,00
M1 (40-44)	Berdinskikh, Konstantin (2015)	160,00
M2 (45-49)	Kling, Andreas (2016)	150,00
M3 (50-54)	Kling, Andreas (2020)	177,50
M4 (55-59)	Kling, Andreas (2023)	175,00
M5 (60-64)	Ritter, Thorsten (2025)	145,00
M6 (65-69)	Stricker, Michael (2023)	112,50
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 110 KG

T1 (14-15)		
T2 (16-17)	Müller, Nico (2017)	120,00
T3 (18-19)	Grund, Matthias (2024)	105,00
JR (20-23)	Vitkin, Daniil (2024)	145,00
SR (24-39)	Schenk, Martin (2026)	190,00
M1 (40-44)	Seidel, Sascha (2024)	175,00
M2 (45-49)	Ax, Markus (2026)	126,00
M3 (50-54)	Kling, Andreas (2019)	173,00
M4 (55-59)	Kling, Andreas (2024)	180,00
M5 (60-64)	Stingl, Olaf (2026)	140,00
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 125 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Plachert, Marius (2024)	111,00
JR (20-23)	Schäfer, Loren (2015)	176,00
SR (24-39)	Tetzlaff, Martin (2026)	211,00
M1 (40-44)	Pirogow, Alexey (2017)	200,00
M2 (45-49)	Tetzlaff, Martin (2018)	190,00
M3 (50-54)	Tetzlaff, Martin (2026)	211,00
M4 (55-59)	Hollander, Maik (2025)	165,00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 145 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Kemper, Erik (2022)	105,00
JR (20-23)		
SR (24-39)	Fröhlich, Dominik (2025)	210,00
M1 (40-44)	Tetzlaff, Martin (2015)	190,50
M2 (45-49)	Tetzlaff, Martin (2020)	195,00
M3 (50-54)	Tetzlaff, Martin (2022)	190,00
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER + 145 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Strozda, Dustin (2023)	175,00
SR (24-39)	Schäfer, Steffen (2019)	202,50
M1 (40-44)	Küçük, Yasar (2016)	200,00
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

Neuer Rekord (bei der letzten Aktualisierung aufgenommen)

GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

KREUZHEBEN UNEQUIPPED: DEUTSCHE REKORDE

FRAUEN - 44 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 47,5 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Dreihues, Franziska (2023)	100,00
SR (24-39)	Dreihues, Franziska (2023)	100,00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 50,5 KG

T1 (14-15)	Stoebke, Melissa (2018)	57,50
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Sonkina, Vera (2018)	80,00
SR (24-39)	Graupner, Bettina (2018)	90,00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)	Graupner, Bettina (2018)	90,00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 53 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)	Sendner, Lisa (2019)	125,00
SR (24-39)	Marinova, Mariyana (2007)	135,00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)	Kling, Nicole (2026)	105,00
M4 (55-59)	Graupner, Bettina (2017)	80,00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 55,5 KG

T1 (14-15)		
T2 (16-17)	Wünsch, Leni (2023)	102,50
T3 (18-19)		
JR (20-23)		
SR (24-39)	Marinova, Mariyana (2008)	155,00
M1 (40-44)		
M2 (45-49)	Kremer, Marika (2017)	102,50
M3 (50-54)	Kling, Nicole (2025)	95,00
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 58,5 KG

T1 (14-15)		
T2 (16-17)	Krater, Hannah (2019)	100,00
T3 (18-19)	Schulze, Veronika (2017)	135,00
JR (20-23)	Arnet, Lea (2025)	145,00
SR (24-39)	Arnet, Lea (2025)	145,00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 63 KG

T1 (14-15)		
T2 (16-17)	Blaschke, Leonie (2019)	90,00
T3 (18-19)	Sattler, Nina (2026)	150,00
JR (20-23)	Pietschmann, Laura (2021)	125,00
SR (24-39)	Sattler, Nina (2026)	150,00
M1 (40-44)	Forner, Christiane (2026)	142,50
M2 (45-49)		
M3 (50-54)	Meyer, Angela (2025)	90,00
M4 (55-59)		
M5 (60-64)		
M6 (65-69)	Lang, Căcilia (2021)	100,00
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 70 KG

T1 (14-15)	Runge, Marie-Sofie (2022)	97,50
T2 (16-17)	Wrzecziono, Emilia (2022)	102,50
T3 (18-19)	Langenberg, Alina (2019)	130,00
JR (20-23)	Erbe, Hannah (2023)	160,00
SR (24-39)	Erbe, Hannah (2023)	162,50
M1 (40-44)	Troup, Justine Maria (2026)	141,00
M2 (45-49)		
M3 (50-54)	Müller, Daniela (2019)	120,00
M4 (55-59)	Müller, Daniela (2022)	137,50
M5 (60-64)		
M6 (65-69)		
M7 (70-74)	Lang, Căcilia (2022)	105,00
M8 (75-79)		
M9 (80-84)		

Neuer Rekord (bei der letzten Aktualisierung aufgenommen)

GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

KREUZHEBEN UNEQUIPPED: DEUTSCHE REKORDE

FRAUEN - 80 KG

T1 (14-15)		
T2 (16-17)	Oehlmann, Josefine (2022)	107,50
T3 (18-19)	Marquardt, Vivienne (2024)	115,00
JR (20-23)	Thiele, Madlin (2024)	70,00
SR (24-39)	Schieder, Birte (2026)	173,00
M1 (40-44)	Huttenlocher, Gabriella (2012)	75,00
M2 (45-49)	Kappe, Sonja (2025)	117,50
M3 (50-54)	Centamore, Elisabetta (2025)	117,50
M4 (55-59)	Kinkel, Birgit (2019)	120,00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 90 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Weiß, Leonie (2022)	110,00
JR (20-23)	Amtsberg, Leonie Sophie (2024)	110,00
SR (24-39)	Beger, Romina (2023)	180,00
M1 (40-44)		
M2 (45-49)	Hoffmann, Bianca (2026)	140,00
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN - 110 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Baum, Alexandra (2026)	105,00
M1 (40-44)		
M2 (45-49)	Baum, Alexandra (2026)	105,00
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

FRAUEN + 110 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 52 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)		
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 56 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Tilektessov, Azamat (2023)	167,50
M1 (40-44)		
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 60 KG

T1 (14-15)		
T2 (16-17)	Burcea-Marcu, Andreas (2015)	125,00
T3 (18-19)	Probst, Tobias (2018)	125,00
JR (20-23)	Achmet, Sinan (2015)	196,00
SR (24-39)	Achmet, Sinan (2015)	196,00
M1 (40-44)		
M2 (45-49)		
M3 (50-54)	Grünberg, Michael (2020)	150,00
M4 (55-59)	Grünberg, Michael (2024)	170,00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 67,5 KG

T1 (14-15)		
T2 (16-17)	Motora, Tymofii (2026)	220,00
T3 (18-19)	Lützenrath, Maxim-Leopold (2019)	142,50
JR (20-23)	Zopka, Frederic (2023)	225,00
SR (24-39)	Hock, Andreas (2016)	230,00
M1 (40-44)	Stanzel, Thomas (2014)	170,00
M2 (45-49)	Stanzel, Thomas (2017)	195,00
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

Neuer Rekord (bei der letzten Aktualisierung aufgenommen)

GERMAN DRUG-FREE POWERLIFTING FEDERATION e. V.

KREUZHEBEN UNEQUIPPED: DEUTSCHE REKORDE

MÄNNER - 75 KG

T1 (14-15)	Schindelhauer, Constantin (2026)	155,00
T2 (16-17)	Zwirner, Leo (2017)	160,00
T3 (18-19)	Thaqi, Arbijos (2018)	248,50
JR (20-23)	Untermayer, Daniel (2019)	225,00
SR (24-39)	Thaqi, Arbijos (2018)	248,50
M1 (40-44)	Haaft, Sebastian (2024)	210,00
M2 (45-49)	Meier, Florian (2025)	217,50
M3 (50-54)	Stanzel, Thomas (2022)	207,50
M4 (55-59)	Gieseler, Christian (2023)	175,00
M5 (60-64)		
M6 (65-69)		
M7 (70-74)	Apel, Bernd (2023)	130,00
M8 (75-79)		
M9 (80-84)		

MÄNNER - 82,5 KG

T1 (14-15)		
T2 (16-17)	Kurukulasuriya, Tharake Fernando	255,00
T3 (18-19)	Füser, Sebastian (2018)	240,00
JR (20-23)	Schultheiß, Stefan (2015)	250,00
SR (24-39)	Nemet, Felix (2026)	275,00
M1 (40-44)	Klingert, Maik (2022)	255,00
M2 (45-49)	Hamilton, Duane (2024)	217,50
M3 (50-54)	Bold, Thomas (2017)	182,50
M4 (55-59)	Bold, Thomas (2017)	200,00
M5 (60-64)	Schneider, Rüdiger (2019)	135,00
M6 (65-69)	Piron, Roger (2026)	170,00
M7 (70-74)	Schlenger, Viktor (2022)	165,00
M8 (75-79)	Schlenger, Viktor (2025)	167,50
M9 (80-84)		

MÄNNER - 90 KG

T1 (14-15)		
T2 (16-17)	Arapoglu, Patrik (2015)	202,50
T3 (18-19)	Mungay, Taylor Lukas (2026)	220,00
JR (20-23)	Stürmer, Christoph (2007)	285,00
SR (24-39)	Wenz, Yannick (2019)	293,00
M1 (40-44)	Kukowka, Martin (2014)	247,50
M2 (45-49)	Powell, Robert (2015)	230,00
M3 (50-54)	Spies, Gerhard (2014)	230,00
M4 (55-59)	Meyer, Wolfgang (2026)	215,00
M5 (60-64)	Reger, Michael (2024)	220,00
M6 (65-69)	Neumüller, Arthur (2019)	130,00
M7 (70-74)	Neumüller, Arthur (2023)	152,00
M8 (75-79)	Neumüller, Arthur (2026)	140,00
M9 (80-84)		

MÄNNER - 100 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Jakobi, Timo (2019)	280,00
JR (20-23)	Schuster, Matthias (2023)	255,50
SR (24-39)	Huber, Tim (2017)	300,00
M1 (40-44)	Kindling, Tino (2019)	230,00
M2 (45-49)	Corvaglia, Alessandro (2026)	230,00
M3 (50-54)	Steinborn, Lars (2018)	227,50
M4 (55-59)	Kotschenreuther, Peter (2022)	225,00
M5 (60-64)	Reger, Michael (2024)	225,00
M6 (65-69)	Schwittlich, Karl-Heinz (2017)	136,00
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 110 KG

T1 (14-15)		
T2 (16-17)	Müller, Nico (2017)	230,00
T3 (18-19)	Grund, Matthias (2024)	227,50
JR (20-23)	Fliegner, Louis (2025)	290,00
SR (24-39)	Bauer, Michael (2017)	302,50
M1 (40-44)	Kindling, Tino (2021)	265,00
M2 (45-49)	Geitner, Alexander (2024)	250,00
M3 (50-54)	Dressler, Ansgar (2024)	255,00
M4 (55-59)	Dressler, Ansgar (2026)	260,00
M5 (60-64)	Steinborn, Lars (2026)	202,50
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 125 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Preuss, Jan (2013)	265,50
JR (20-23)	Möller, Christian (2017)	281,00
SR (24-39)	Boitelle, Jerome (2016)	310,00
M1 (40-44)	Boitelle, Jerome (2018)	306,50
M2 (45-49)	Holetzeck, Conrad (2013)	245,00
M3 (50-54)	Winkler, Karlheinz (2015)	240,00
M4 (55-59)	Steinborn, Lars (2023)	225,50
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER - 145 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)	Kemper, Erik (2022)	200,00
JR (20-23)		
SR (24-39)	Oteng, Godfred (2024)	282,50
M1 (40-44)	Küçük, Yasar (2018)	280,50
M2 (45-49)	Hülpüsch, Tobias (2018)	260,50
M3 (50-54)	Hansen, Heiner (2013)	261,00
M4 (55-59)	Hansen, Heiner (2018)	257,50
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

MÄNNER + 145 KG

T1 (14-15)		
T2 (16-17)		
T3 (18-19)		
JR (20-23)		
SR (24-39)	Schäfer, Steffen (2019)	302,50
M1 (40-44)	Küçük, Yasar (2017)	280,00
M2 (45-49)		
M3 (50-54)		
M4 (55-59)		
M5 (60-64)		
M6 (65-69)		
M7 (70-74)		
M8 (75-79)		
M9 (80-84)		

Neuer Rekord (bei der letzten Aktualisierung aufgenommen)