

## 5. Berliner und Brandenburger Landesmeisterschaften im Kraftdreikampf am 24. April 2010 in Lauchhammer

Name, Vorname	Verein	Geb.-j.	Kö.-gew.	WILKS	Kniebeugen				Bankdrücken				Kreuzheben				Total	Platz	Relativ
					1. Vers.	2. Vers.	3. Vers.	Top	1. Vers.	2. Vers.	3. Vers.	Top	1. Vers.	2. Vers.	3. Vers.	Top			
<b>Junioren weiblich</b>																			
<b>Klasse -56 kg</b>																			
Wendlandt, Mareen	SV Motor Eberswalde	1991	53,3	1,2230	120,0	130,0	137,5	<b>137,5</b>	60,0	-65,0	65,0	<b>65,0</b>	115,0	125,0	132,5	<b>132,5</b>	<u>335,0</u>	1.	409,71
<b>Klasse -90 kg</b>																			
Schubert, Marlen	AC Rüdersdorf	1990	84,0	0,8917	95,0	115,0	125,0	<b>125,0</b>	55,0	-75,0	80,0	<b>80,0</b>	110,0	-125,0	---	<b>110,0</b>	<u>315,0</u>	1.	280,89
<b>Aktive weiblich</b>																			
<b>Klasse -60 kg</b>																			
Stoppa, Kathrin	PL Lauchhammer	1984	59,4	1,1236	105,0	112,5	-117,5	<b>112,5</b>	67,5	72,5	-75,0	<b>72,5</b>	92,5	100,0	-105,0	<b>100,0</b>	<u>285,0</u>	1.	320,23
<b>Klasse -67,5 kg</b>																			
Broxtermann, Katja	Sanssouci Gym Potsdam	1986	67,5	1,0206	80,0	90,0	95,0	<b>95,0</b>	50,0	60,0	-70,0	<b>60,0</b>	100,0	110,0	120,0	<b>120,0</b>	<u>275,0</u>	1.	280,67
<b>Klasse -75 kg</b>																			
Kluske, Janine	PL Lauchhammer	1985	69,3	1,0028	135,0	142,5	150,0	<b>150,0</b>	85,0	-92,5	-97,5	<b>85,0</b>	125,0	135,0	142,5	<b>142,5</b>	<u>377,5</u>	1.	378,56
Röhrich, Andrea	AC Rüdersdorf	1978	70,6	0,9890	80,0	87,5	92,5	<b>92,5</b>	60,0	67,5	75,0	<b>75,0</b>	105,0	115,0	125,0	<b>125</b>	<u>292,5</u>	2.	289,28
<b>AK I weiblich</b>																			
<b>Klasse -82,5 kg</b>																			
Wunderlich, Sylvia	Sanssouci Gym Potsdam	1965	81,6	0,9052	110,0	120,0	---	<b>120,0</b>	70,0	75,0	-80,0	<b>75,0</b>	130,0	140,0	---	<b>140,0</b>	<u>335,0</u>	1.	303,24
<b>AK II weiblich</b>																			
<b>Klasse -82,5 kg</b>																			
Berndt, Sibylle	AC Lauchhammer	1958	80,2	0,9137	-100,0	110,0	-115	<b>110,0</b>	75,0	-77,5	77,5	<b>77,5</b>	100,0	115,0	-125,0	<b>115,0</b>	<u>302,5</u>	1.	276,39
<b>B-Jugend männlich</b>																			
<b>Klasse -75 kg</b>																			
Seibel, Marco	AC Lauchhammer	1995	69,1	0,7569	-90,0	-95,0	100,0	<b>100,0</b>	60,0	62,5	-65,0	<b>62,5</b>	110,0	120,0	130,0	<b>130,0</b>	<u>292,5</u>	1.	221,39
<b>Klasse -100 kg</b>																			
Jurick, Tim (a.K.)	AC Lauchhammer	1996	95,9	0,6194	90,0	95,0	100,0	<b>100,0</b>	60,0	65,0	70,0	<b>70,0</b>	110,0	120,0	130,0	<b>130,0</b>	<u>300,0</u>	a.K.	185,82
<b>A-Jugend männlich</b>																			
<b>Klasse -60 kg</b>																			
Menzel, Bryan	AC Lauchhammer	1994	57,8	0,8830	100,0	105,0	110,0	<b>110,0</b>	65,0	-70,0	-70,0	<b>65,0</b>	120,0	130,0	-135,0	<b>130,0</b>	<u>305,0</u>	1.	269,32
<b>Klasse -67,5 kg</b>																			
Pabst, Eugen	AC Rüdersdorf	1993	65,9	0,7862	85,0	90,0	97,5	<b>97,5</b>	70,0	75,0	80,0	<b>80,0</b>	90,0	92,5	100,0	<b>100,0</b>	<u>277,5</u>	1.	218,17
<b>Klasse -75 kg</b>																			
Alic, Jasko	AC Rüdersdorf	1994	67,8	0,7683	100,0	110,0	115,0	<b>115,0</b>	75,0	77,5	80,0	<b>80,0</b>	130,0	140,0	150,0	<b>150,0</b>	<u>345,0</u>	1.	265,06
Diederich, Maik	AC Lauchhammer	1993	72,4	0,7315	-55,0	-60,0	65,0	<b>65,0</b>	-45,0	50,0	-55,0	<b>50,0</b>	80,0	90,0	100,0	<b>100,0</b>	<u>215,0</u>	2.	157,27
<b>Klasse -82,5 kg</b>																			
Gronschel, Sebastian	AC Rüdersdorf	1992	75,8	0,7074	140,0	150,0	-170,0	<b>150,0</b>	105,0	110,0	-115,0	<b>110,0</b>	170,0	-175,0	-175,0	<b>170,0</b>	<u>430,0</u>	1.	304,18
Leisker, Robert	AC Lauchhammer	1993	77,7	0,6957	85,0	90,0	95,0	<b>95,0</b>	72,5	77,5	-80,0	<b>77,5</b>	150	157,5	165,0	<b>165,0</b>	<u>337,5</u>	2.	234,80

Name, Vorname	Verein	Geb.-j.	Kö.- gew.	WILKS	Kniebeugen				Bankdrücken				Kreuzheben				Total	Platz	Relativ
					1. Vers.	2. Vers.	3. Vers.	Top	1. Vers.	2. Vers.	3. Vers.	Top	1. Vers.	2. Vers.	3. Vers.	Top			
<b>Junioren männlich</b>																			
<b>Klasse -75 kg</b>																			
Tetschke, Tobias	AC Lauchhammer	1989	73,8	0,7207	150,0	165,0	180,0	<b>180,0</b>	80,0	87,5	- 90,0	<b>87,5</b>	165,0	175,0	182,5	<b>182,5</b>	<u>450,0</u>	1.	324,32
<b>Klasse -82,5 kg</b>																			
Koschnik, Leon	AC Rüdersdorf	1988	82,1	0,6719	235,0	250,0	260 (LR)	<b>260,0</b>	160,0	- 165,0	165,0	<b>165,0</b>	220,0	250,0	---	<b>250,0</b>	<u>675,0</u>	1.	453,53
Lux, Martin	AC Rüdersdorf	1989	81,6	0,6744	220,0	- 240	- 240	<b>220,0</b>	120,0	130,0	137,5	<b>137,5</b>	200,0	225,0	- 235,0	<b>225,0</b>	<u>582,5</u>	2.	392,84
Wambolt, Alex	AC Rüdersdorf	1987	78,6	0,6905	150,0	- 160,0	---	<b>150,0</b>	140,0	150,0	- 155,0	<b>150,0</b>	180,0	190,0	---	<b>190,0</b>	<u>490,0</u>	3.	338,35
<b>Klasse -100 kg</b>																			
Böttger, Marcus	AC Lauchhammer	1990	98,1	0,6134	300,0	315,0	- 325,0	<b>315,0</b>	190,0	200,0	205,0	<b>205,0</b>	250,0	260,0	- 270,0	<b>260,0</b>	<u>780,0</u> LR	1.	478,45
<b>Klasse -110 kg</b>																			
Radtke, Sören	AC Rüdersdorf	1988	100,1	0,6083	- 210	- 210	210,0	<b>210,0</b>	200,0 LR	207,5 LR	215,0 LR	<b>215,0</b>	210	---	---	<b>210,0</b>	<u>635,0</u>	1.	386,27
<b>Aktive männlich</b>																			
<b>Klasse -75 kg</b>																			
Kronschwitz, Ron	PL Lauchhammer	1981	74,2	0,7179	220,0	245,0	---	<b>245,0</b>	175,0	180,0	- 185,0	<b>180,0</b>	220,0	235,0	247,5	<b>247,5</b>	<u>672,5</u> LR	1.	482,79
Schwabe, Mirko	AC Rüdersdorf	1979	73,1	0,7256	200,0	- 210,0	- 215,0	<b>200,0</b>	125,0	130,0	- 140,0	<b>130,0</b>	215,0	230,0	245,0	<b>245,0</b>	<u>575,0</u>	2.	417,22
<b>Klasse -90 kg</b>																			
Stuckatz, David	SV Großräschen	1975	86,8	0,6507	215,0	- 235,0	- 235,0	<b>215,0</b>	160,0	167,5	175,0	<b>175,0</b>	210,0	225,0	245,0	<b>245,0</b>	<u>635,0</u>	1.	413,19
<b>Klasse -100 kg</b>																			
Hülzenbecher, Lars	AC Beeskow	1983	94,0	0,6250	200,0	220,0	- 225,0	<b>220,0</b>	140,0	155,0	- 160,0	<b>155,0</b>	290,0	- 305,0	- 305,0	<b>290,0</b>	<u>665,0</u>	1.	415,63
Friedrich, Daniel	PL Lauchhammer	1984	98,3	0,6129	- 225,0	225,0	- 230,0	<b>225,0</b>	125,0	132,5	140,0	<b>140,0</b>	215,0	225,0	- 230,0	<b>225,0</b>	<u>590,0</u>	2.	361,61
Kahlfeld, Stefan	AC Rüdersdorf	1972	94,1	0,6247	155,0	165,0	170,0	<b>170,0</b>	130,0	137,5	- 145,0	<b>137,5</b>	205,0	215,0	222,5	<b>222,5</b>	<u>530,0</u>	3.	331,09
<b>Klasse -110 kg</b>																			
Krziwda, Thomas	Sanssouci Gym Potsdam	1973	101,0	0,6062	- 220,0	220,0	- 235,0	<b>220,0</b>	- 160,0	160,0	167,5	<b>167,5</b>	240,0	- 262,5	- 262,5	<b>240,0</b>	<u>627,5</u>	1.	380,39
<b>Klasse -125 kg</b>																			
Göbel, Ronny	PL Lauchhammer	1976	115,5	0,5804	250,0	- 265,0	275,0	<b>275,0</b>	210,0	217,5	- 222,5	<b>217,5</b>	245,0	265,0	280,0	<b>280,0</b>	<u>772,5</u>	1.	448,36
<b>AK I männlich</b>																			
<b>Klasse -67,5 kg</b>																			
Wunderlich, Frank	Sanssouci Gym Potsdam	1964	64,8	0,7973	125,0	- 135,0	- 145,0	<b>125,0</b>	105,0	110,0	- 115,0	<b>110,0</b>	165,0	177,5	- 185,0	<b>177,5</b>	<u>412,5</u>	1.	328,89
<b>Klasse -82,5 kg</b>																			
Woschny, Ingo	Sanssouci Gym Potsdam	1965	81,7	0,6739	200,0	210,0	220,0	<b>220,0</b>	172,5	- 182,5	182,5	<b>182,5</b>	200,0	210,0		<b>210,0</b>	<u>612,5</u>	1.	412,76
<b>Klasse -90 kg</b>																			
Jacob, Klaus-Dieter	PL Lauchhammer	1961	88,2	0,6451	230,0	250,0	---	<b>250,0</b>	205,0	212,5	---	<b>212,5</b>	240,0	260,0		<b>260,0</b>	<u>722,5</u>	1.	466,08
Keller, Frank	AC Heros Berlin	1961	88,6	0,6439	170,0	180,0	190,0	<b>190,0</b>	130,0	140,0	- 147,5	<b>140,0</b>	180,0	190,0	192,5	<b>192,5</b>	<u>522,5</u>	2.	336,44
Schulz, Thomas	AC Rüdersdorf	1962	87,7	0,6471	162,5	172,5	177,5	<b>177,5</b>	112,5	117,5	125,0	<b>125,0</b>	190,0	200,0	- 207,5	<b>200,0</b>	<u>502,5</u>	3.	325,17
<b>Klasse -110 kg</b>																			
Hänsicke, Peer	SV Motor Eberswalde	1969	100,1	0,6083	270,0	- 285,0	- 295,0	<b>270,0</b>	215,0	222,5	- 227,5	<b>222,5</b>	230,0	---	---	<b>230,0</b>	<u>722,5</u>	1.	439,50

Name, Vorname	Verein	Geb.-j.	Kö.-gew.	WILKS	Kniebeugen				Bankdrücken				Kreuzheben				Total	Platz	Relativ
					1. Vers.	2. Vers.	3. Vers.	Top	1. Vers.	2. Vers.	3. Vers.	Top	1. Vers.	2. Vers.	3. Vers.	Top			
<b>AK II männlich</b>																			
<b>Klasse -60 kg</b>																			
Wendlandt, Achim	SV Motor Eberswalde	1960	59,3	0,9565	110,0	120,0	125,0	<b>125,0</b>	95,0	100,0	105,0	<b>105,0</b>	120,0	135,0	140,0	<b>140,0</b>	<b>370,0</b>	1.	353,91
<b>Klasse -75 kg</b>																			
Panitzsch, Jörg	TSV 90 Zehdenick	1954	69,0	0,7578	180,0	190,0	- 195,0	<b>190,0</b>	95,0	105,0	112,5	<b>112,5</b>	185,0	195,0	- 202,5	<b>195,0</b>	<b>497,5</b>	1.	377,01
<b>Klasse -82,5 kg</b>																			
Asmus, Roland	SV Motor Eberswalde	1960	76,0	0,7061	210 (LR)	225 (LR)	235 (LR)	<b>235,0</b>	120,0	130,0	137,5	<b>137,5</b>	220 (LR)	237,5 (LR)	250 (LR)	<b>250,0</b>	<b>622,5 LR</b>	1.	439,55
Springstein, Wolf-Peter	SV Großräschen	1951	81,5	0,6749	170,0	180,0	- - -	<b>180,0</b>	120,0	145,0	152,5	<b>152,5</b>	180,0	190,0	- 215,0	<b>190,0</b>	<b>522,5</b>	2.	352,64
Berndt, Rudolf	AC Lauchhammer	1953	76,0	0,7061	120,0	130,0	140,0	<b>140,0</b>	95,0	- 100,0	- - -	<b>95,0</b>	130,0	140,0	150,0	<b>150,0</b>	<b>385,0</b>	3.	271,85
<b>Klasse -90 kg</b>																			
Kürbis, Michael	Sanssouci Gym Potsdam	1958	88,6	0,6439	170,0	180,0	190,0	<b>190,0</b>	120,0	130,0	140,0	<b>140,0</b>	170,0	185,0	200,0	<b>200,0</b>	<b>530,0</b>	1.	341,27
<b>AK III männlich</b>																			
<b>Klasse -90 kg</b>																			
Reitze, Karl	AC Heros Berlin	1944	85,0	0,6583	160,0	170,0	180,0	<b>180,0</b>	105,0	110,0	115,0	<b>115,0</b>	170,0	180,0	185,0	<b>185,0</b>	<b>480,0</b>	1.	315,98
<b>AK IV männlich</b>																			
Feldmann, Klaus	SV Siegfried NW Berlin	1936	99,4	0,6101	110,0	120,0	- - -	<b>120,0</b>	120,0	125,0	127,5	<b>127,5</b>	155,0	160,0	- - -	<b>160,0</b>	<b>407,5</b>	1.	248,62

**Relativsieger:****Kategorie****Sportlerin****Verein****Relativleistung**

Frauen (gesamt)	Mareen Wendlandt	SV Motor Eberswalde	409,71
männliche Jugend (ges.)	Sebastian Grönschel	AC Rüdersdorf	304,18
männliche Junioren	Marcus Böttger	AC Lauchhammer	478,45
männliche Aktive	Ron Kronschwitz	PL Lauchhammer	482,79
männl. Senioren AK I	Klaus-Dieter Jacob	PL Lauchhammer	466,08
männl. Senioren AK II - IV	Roland Asmus	SV Motor Eberswalde	439,55

**"Vereinswertung":****Verein****Platzierungen****Σ**

AC Rüdersdorf	12-12-12-12-12-9-9-8-8-8-	123
AC Lauchhammer	12-12-12-12-12-9-9-8-	86
Sanssouci Gym Potsdam	12-12-12-12-12-12	72
Powerlifting Lauchhammer	12-12-12-12-12-9-	69
SV Motor Eberswalde	12-12-12-12-	48
AC Heros Berlin	12-9-	21
SV Großräschen	12-9-	21
AC Beeskow	12-	12
SV Siegfried NW Berlin	12-	12
TSV 90 Zehdenick	12-	12